

Excavation & Recovery of the True Self through Stratums

Our habitual self-image

We start our journey with who we would like to be and how we automatically see ourselves.

Our actual behavior

We start to notice that our behaviors are incongruent with our habitual self-image.

Our internal attitudes and motivations

We notice the attitudes and motives that lie behind our behavior causing us to do what we do.

Our underlying affects and tensions

We discover our moment-to-moment felt sense, tension in our shoulders or feelings of restlessness.

Our rage, shame and fear, and the libidinal energies

We discover more primitive, primal energy states as we go deeper.

Our grief, remorse and ego deficiency

We experience existential, heartrending levels of emotions and pain; conscious purgative suffering.

Emptiness, the Void

We fully realize our personality is a temporary fabrication, a story we've told ourselves over and over. To leave it behind feels like falling off a cliff.

True Personal Being

Paradoxically we still experience ourselves as personal functional beings but our identity is centered in Essence and our actions are guided by Divine awareness rather than by the projects and preoccupations of our personalities. We have individual awareness together with a great outpouring of love, gratitude and awe.