

## Shadow Processing

Dennis Genpo Merzel Roshi formulated "Big Mind Process" in the late 1990s, "talking" with various voices in the mind, empty chair process.

**Intro:** Switch positions as I ask to speak to various voices

**Facilitator:** Ok, I would like to talk to the voice of *The Skeptic*.

(Everyone does a small sitting position *shift* to change of voice or shift in perspective.)

**F:** Who are you?

**Student:** I am the voice of *The Skeptic*.

**F:** What is your job?

**S:** To be skeptical.

**F:** Will you ever stop being skeptical?

**S:** No. It's my JOB to be skeptical. That is what I'm supposed to do.

**F:** What are you skeptical of?

**S:** Everything.

(Some students will volunteer items, digging deeper.)

Control

May I speak with *The Controller*? [always ask]

Thank you.

I want your permission to talk to the other voices. Is that ok? I'd like you to continue controlling while I speak to \_\_\_\_\_, ok? The other voices can give you support so that you can be a better controller.

Protector (of the slings and arrows)

Me from you

You from me

Self from self (voices from voices)

Desire (voice that gets you out of bed)

What does society say about desire?

**Facilitator:** Ok, I would like to talk to the voice of \_\_\_\_\_ . [Greed, or whatever is next on your list.]

(Everyone does a small sitting position *shift* to change of voice or shift in perspective.)

**F:** Who are you?

**Student:** I am the voice of \_\_\_\_\_ .

**F:** What is your job?

**S:** To be \_\_\_\_\_ .

**F:** Will you ever stop being \_\_\_\_\_ ?

**S:** No. It's my JOB to be \_\_\_\_\_ . That is what I'm supposed to do.

**F:** What are you \_\_\_\_\_ of?

**S:** Everything.

(Some students will volunteer items, digging deeper.)

**F:** Why are you \_\_\_\_\_ useful?

**S:** I \_\_\_\_\_

(All responses are done in the 1<sup>st</sup> person as the Skeptic. Address each voice directly as if sitting in front of it.)

**F:** How long will you be \_\_\_\_\_ ?

**S:** \_\_\_\_\_

**F:** What if you quit being \_\_\_\_\_ ?

**S:** \_\_\_\_\_

**F: What if you had help, if I could get you help and you could take a break?**

**S:** \_\_\_\_\_

**F:** Thank you for speaking with us. I now need to speak with \_\_\_\_\_ .

**The Guardians Dualistic Voices** that protect the self that gets taken over by the ego; the instinctual animalistic separate sense of self

- The Skeptic or Cynic
- The Controller
- The Protector
- The Risk Manager
- The Critic or Judge
- The Victim
- The Image Consultant

The *voices of emotions*

- Pride
- Impatience
- Sadness and grief
- Loneliness
- Anger
- Fear

**Resistance voices** are those whose only word is NO, which is usually not heard by the conscious self.

However, it is felt almost continually as a string of moving and chronic tensions in the body, tiredness, sleepiness, spacing out as in becoming absent, and resisting paying attention:

- The **Fixer**
- The **Damaged Self** (takes all the damage when the above fail)
- The **Innocent Child** (this is what all of the above are protecting)
- The **Fully Owned Damaged Self**

- **Undamaged Authentic Self** (Shadow + Authentic)

The *Voices of Freedom* are voices designed to take the self beyond safety and comfort so that it can mature by living life with all its uncertainties and dangers:

- Desire
- The Seeking Mind
- The Mind that Seeks the Way
- The Follower of the Way

**The non-dualistic transcendent Voices** represent qualities of being present in states of consciousness beyond the ego self. They are not in dialogue internally. Instead they become obvious when the ego noise is transcended. They can be intuited as inner knowingness and sometime they do manifest as a subtle whisper to the self. They are presented separately only for the purpose of clear learning and understanding.

- The observer
- The way
- Grace
- Big Mind
- Big Heart
- Yin Compassion
- Yang Compassion
- Christ Consciousness
- Stillness of Pure Being
- Ocean of Compassion
- Ground of Pure Being

### **The Integrated Self (Real Self)**

- True Holy Self

### **At dismissal to leave on a good note**

- The voice of Great Joy