

PRECIS MAY WEEKEND 2020

1st talk Hameed on What is Contact

2nd talk Nancee on Object Relations

We are going to closer look into the Who that makes contact - the intrapsychic structure of the ego/self – called OBJECT RELATIONS

An OR is a multi-media snapshot of a moment of interaction- the internal image of our self interacting with our internal image of the other and the affect between the two. THAT'S THE GLUE "THE FEELING" BTW THE 2

it is not just an image, or a mental structure: it is truly is a multi-media video: the sounds, the smells, the body sensations, the feelings all are recorded.

more clinical definition of ORs:

It comes from Ego psychology that we have found so far has the most clear and comprehensive view of ego development and Object Relations theory further illuminates the causes and conditions in which the ego develops. This theory concurs with our understanding and experience of soul development in the DA.

According to object relations theory, particularly the work of Margaret Mahler and Otto Kernberg, an object relation consists of three parts: a self-image, usually called a "self-representation"; an object-image, usually called an "object-representation"; and the emotional relation or affect between the two, such as LOVE, ANGER, REJECTION, FEAR OR DESIRE. An object relation simply stated is the relation between self and object that is usually an emotional relation.

The "object" (that actually can be any object like an institution, politics, your computer, your pet) but is generally the human love object, to a child a human being is an object until there's recognition that others exist in their own right. We receive countless impressions, many moments of interaction, of object relations.

These BECOME THE BUILDING BLOCKS THAT FORM OUR EGO IDENTITY/ cohesive self-image, that over time, fuse and consolidate to make an overall object-image

and the various self-representations also fuse and solidify to make a total and cohesive self-image.

All of this happens gradually in the first three years of life as the child grows during the last stage of the separation/individuation process.

And then WA LA we have the intrapsychic structure of – ME, MY SELF, MY RELATION TO Other/usually MOTHER (ing person)

This is how the human soul learns, gains knowledge and grows. These are examples of how we learn to relate to the other and the world and how these impressions become the building blocks that form our ego identity/our cohesive self-image.

So what we take ourselves to be is a cascade of images that intermingle over time and become solidified in an overall image of an individual self filled with these ORs.

We are looking through the eyes of the many ORs within us - that represent the self and the other - overlaying and projecting these images onto our self & others, on our relations –with all the multimedia impressions that go with them.

And BOTH SIDES LIVE IN US. Not just one. Though we usually prefer one side over the other – often felt as small one or big one.

there are millions and millions of these moments ORs

SO FAST FORWARD TO YOUR AGE NOW AND THE MILLIONS OF IMPRESSIONS, EXPERIENCES OF SELF AND OTHER THAT ARE PATTERNED AND ETCHED IN YOUR SOUL SINCE BIRTH

AND NOW YOU really want to relate and make REAL CONTACT with another – both are bringing all of this with you and it can get pretty wonky, murky and confusing – as these MANY INTERNAL DYNAMICS GET PLAYED OUT INSIDE EACH OF US AS WE MEET EACH OTHER.

So let's shine light on this very subject - **Time to do an EXERCISE – 20 min. each**

It will be a Gestalt to explore both sides of an object relation that plays out in you. So you will NEED 2 CHAIRS. Choose an object relations in your life today – that you feel is actively triggered with some kind of strong emotional reaction that is hard to shake off or let go of...that you get caught in repeatedly in relationships

Could be with your mother, father, sister, brother, partner, friend, teacher, someone you don't even know – a public or political figure, a film or rock star, or could even be an institution, a corporation, your computer, pet...best to stick with person since we want to bring more awareness to ORs in the way of making personal contact.

Sit in both seats of the OR- relate from both sides and explore what each is like, also sense into the shape you take in this OR, what are the sensations, what is the feeling betw the 2... WHO DO YOU TAKE YOURSELF TO BE - the small one, in relation to big one or visa versa and what side do you find yourself more often than the other...

TALK #3 – HISTORY IN THE WAY OF CONTACT - NANCEE

So what we find as we attempt to MAKE CONTACT and relate to another person are the millions of impressions, snapshots of self and other – the multi media images, sounds, smells, touch, experiences, ideas, feelings that make up YOU –

the many internal object relations that have all OUR ENTIRE LIFE TIME, our COMPLETE HISTORY – A STOREHOUSE OF - our experiences, our family and cultural conditioning, our ideas, beliefs and stories about our self and others – FROM BIRTH TO NOW– all of this is attempting to meet, MAKE CONTACT with another – whom is meeting you with all of their...

So you can see, when we encounter another, these images of our sense of self just might interfere with the reality of what is actually here. Our history is full of these Object Relations that cover over/overlay reality and interferes with our ability to see clearly and MAKE REAL CONTACT.

We are SEEING OURSELVES AND THE WORLD THROUGH THE MULTI LAYERED STRUCTURE OF OUR SELF – WITH SOME KIND OF A FILTER, A PARTICULAR LENS AND VIEW FILLED WITH OUR PERSONAL EXPERIENCES AND HISTORY.

It has the feeling of BEING IN OUR OWN PERSONAL RE- RUN MOVIE. We really want to MAKE CONTACT & yet unconsciously we project onto the other, the part they play in this movie, they become stand ins for our relationships of the past – mom, dad, bro sis...

ANOTHER IMPORTANT IMPACT & INFLUENCE THAT CAN GET IN THE WAY OF MAKING REAL CONTACT THAT SHAPES & STRUCTURES THIS SENSE OF SELF IS: THE FAMILY UNIT/OUR FAMILY CULTURE (is set in another layer of a larger cultural environment) THAT FIRST SETS THE STAGE WHERE ALL THE ORS BEGIN WITH MOM AND THEN MOM AND DAD AND THE SIBS.

So these impressions, images of self and other, the interactions THAT HAPPENED IN YOUR EARLY YEARS OF LIFE WITHIN THE FAMILY UNIT – ALL THE ORs the multi media of feelings, sensations, experiences, FORM WHO YOU THINK YOU ARE— WHO YOU THINK IS SITTING HERE RIGHT NOW, WHO IS LISTENING- WHO YOU THINK WALKED INTO THE ROOM - the general sense of THE PERSON YOU ARE.

And this YOU as a person IS NOT SEPARATED FROM YOUR EXPERIENCE from YOUR PERSONAL HISTORY and all that has happened to you over the years this YOU is NOT SEPARATE FROM YOUR RELATIONSHIPS, THE ENVIRONMENT AND THE PEOPLE IN IT AND THIS all IMPACTS OUR CONTACT WITH OTHERS.

SO NOW WE WANT TO LOOK MORE CLOSELY AT THE PERSONAL PATTERNS OF RELATING that FORMED OUT OUR HISTORY OF THESE ORs THAT ARE STORED IN THE LIVING PRESENCE THAT WE ARE and HAVE BEEN shaped and grooved INTO THE SENSITIVE SUBSTANCE OF OUR SOUL – filled with memory traces, imprints - impressed upon and structured by all of our experiences and interactions & HOW OUR PERSONAL HISTORY IMPACTS OUR SOUL WHEN MAKING CONTACT WITH ANOTHER.

WE DO NOT SEE THE OTHER CLEARLY - your ORs are overlaying onto the other and what often happens when you meet the other - your UNIQUE & VERY PERSONAL RE-RUN MOVIE starts playing and SO DOES THEIRS and THERE YOU ARE IN 2 COMPLETELY DIFFERENT OLD RE-RUNS TRYING TO CONNECT, MAKE CONTACT

and you begin to relate in old familiar ways (AND REMEMBER THE FEELING TONE CAN BE ANY FEELING - LOVE, ANGER, REJECTION, FEAR, DESIRE)

HARD TO see what is true and not true and it interferes with your ability TO MAKE REAL CONTACT.

How on earth can we make TRUE CONTACT from our true self, from a sense of personal presence – that is fresh and clear, full, rich, open, contactful presence that is free from the many patterns, impressions, interactions of our past?

Let's FIND OUT WHAT IS IN THE WAY, shine more light on the layers of history, the filters, patterns and overlays that darken our view and let's meet them with open curiosity and care, being with whatever is there – let the revelations from the unconscious come out of the shadows into the light so maybe we can see more clearly what and who is actually here...

EXERCISE- TRIAD: 15 min. Mono 5 feedback

You chose an OR gets projected mixed with a current relationship. Now you are parcing out what was the OR that was mixed with it.

We want to continue working with the relationship you chose yesterday – the one that is present in your life today. You saw how has played out where you were on one side or the other.

Today, we want to parce out and recognize the inner object relation (the original OR) that you have projected on this more current relationship that you explored yesterday. Some truth some not truth Trace it back as far as you can in your personal history.

Explore the pattern in this OR – As you describe this pattern of relating, sense into the affect – the feeling between the two – that is the glue - how this feeling has followed you throughout your life. What other relationships have you seen this pattern in?

What is the history of this pattern, you want to follow the thread, the pattern back, down to the roots of this OR – when did you first feel it, with whom (mother, father sibs, grandparent, friend, teacher)... trace the history back to it's origin and as you do sense yourself deeply,

Allow yourself to feel into the first time you took this shape and posture in this OR – you may be the small, weak, collapsed one or the big, strong, aggressive one, you may be the rejected on or the one that rejects, the one who was neglected or the one who neglects...With kindness, stay with and be with what arises in you

best you can - the sounds, visuals, smells, touch, feelings - the multi media of experiences in this OR that is imprinted, patterned into your soul.

TALK #4 KAREN – REAL CONTACT