

## FREEDOM TO BE: BREAKING FREE FROM THE SUPEREGO

(Part 2 of the Red Essence and Superego)

DH10 Big Group: June 2 – 3, 2018

Hameed, Bob and Mayuri

### Talk 1 - AGGRESSION & ENGAGEMENT – Bob Duchmann

#### A. - Review RED & True Assertion

1. Review of RED/SE work from previous 3 weekends:
  - Jan: Aliveness > Life Force > real Strength
  - March: Red qualities of expansion and courage
  - May: SE part 1 what is it and its impact
  - June: The RED ... False and true aggression & SE, the hole/disconnection and defending
2. **DA Method - Basic 2 levels: Essential and Egoic Imitation:** Psychological issues connect them
3. **Alchemical Transformation** - needs energy for mysterious alchemical change: stuff of the ego transforms with energy and strength into a Being that is REAL and TRUE rather than structure of limited ideas and history.
4. **RED brings: expansion, capacity, strength, assertion**
5. **RED - BE WHERE WE ARE vs.** swayed by external view of conventional reality
6. **RED - Challenges conventional view** - to boldly go
7. **True strength is sensitive and** responds to what is actually needed.
8. **Reclaiming disowned aggression** – embodies the RED

#### B. REVIEW SE – ATTACKS & IMPACTS (uses our false aggression)

1. **Stepping Stone:** Confronting the SE as “stepping stone” to embody our Essential Strength/Red
2. **Review SE attacks & impact:** keeps us small, contained, safe, status quo, guides
3. **SE’s coercive/aggressive force** (parent’s voice, constant inner dialog)
4. **Keeps us in line, conforming**
5. **EVEN worse** - SE using our aggro against us –

#### C. EGO STRENGTH – puffed up, hard vs. absent, denial, repression

1. **Cutoff from fundamental,** true, real strength
2. **True assertion channeled through cutoff tiny ego structure** - contractions and limitations
3. **Tremendous energy locked up** in little bitty space

4. **More cutoff - more distorted** RED qualities become
5. **Sadly RED “increases” defensive function**
6. **Layers thicken, hard – feels like strength**
7. **Ego Space: small, tight, contracted, held back, reactive**
8. **Ego Survival:** Defensiveness, hard, destructive reactions
9. **Ego Defense:** protects (who?) impenetrable, defensive layer - ‘You can’t hurt me...’
10. **Ego assertion:** Buttons – Automatic
11. **Repressed anger or discharged**

## **D. FAMILY MODELING: pseudo, imitative, fake or passive, absent, hidden**

1. **Ego Strength: inflation – puffed up –strong all the time**  
or
2. **Ego Passivity: non- existent, passive/aggressive, hidden, repressed**  
**EX - REPRESSED:** assert to take care of ourselves but get punished ...’go to your room for raising your voice...’ When you’re five, how to be strong except by yelling.  
Learn not good to be strong or to yell so we stop yelling and feeling the assertion to take care of ourselves. Accommodation by force  
Or  
**Aliveness, playfulness thwarted** by parents who are stressed and can’t deal with your aliveness, so  
you learn to repress your desires/assertions/aliveness and your anger too.  
We learn that if we show anger, we will get aggressed upon.

**EX: GUILT** - abandon our strength because we feel guilty...’every time I was strong my mother got scared or got hurt so I learned not to be strong...’ So, guilt can stop our strength.

**EX: Father was a weakling,** you never saw strength in him, you never had a model and your mother was a bully and you said, who wants that? So you’re mad at both of them, neither of them are a good guide. That is just an example of the kind of history that might arise.

**No one knows how to deal with anger** so it gets repressed or impulsively acted out – take your pick

## **E. EFFECTIVE vs. INEFFECTIVE ASSERTION (brief introduction)**

1. True assertion doesn’t get entangled vs. ego engaging and entangling with SE - The RED
2. True assertion: not minimizing ourselves or compromising to make nice, stay merged, be polite etc.

3. True assertion: Able to challenge, confrontation vs. ego whine and complain
4. True assertion: Opens, clears, gives space, freedom vs. ego pinched, contained, small
5. \*Learn to be Effective with our own SE (what tomorrow is all about)

**F. DEALING W/PARENT COERSION = DEALING W/ SE (WHY WE STAY ENGAGED)**

1. Don't disengage because it brings up all kinds of fears and concerns
2. Exploring very old and entrenched inner relationship (in our minds)
3. Going up against mom and dad – family Taboo
4. Survival depended on a positive relating w/ our parents
5. Totally dependent infants
6. History/Fears of retaliation, punishment, isolation if we get angry and push back
7. Separating from our parents (isolation, lost, alone – in our minds that is)
8. Who will guide me? – What do I do with my life?
9. Loss of support, guidance
10. Id/animal drives will surface and we may become inappropriate
11. Good Guy self-image busted as our libidinal life force energy gets released
12. What will control me, why would I bother to be good and do the right thing
13. Run amuck
14. Start acting out all over the place.
15. Who am I? if not enmeshed in a dysfunctional relationship with our internal parent.
16. Experience feelings we have guarded against.
17. Might get angry or hateful
18. Rebel: what will happen to us if there is no one to rebel against.
19. **Historically and Instinctually relate to our SE attacks by:  
rationalize, arguing, bargaining, absorbing, counterattack, collapse, explain,  
accommodate, Rebel, plead, sulk, try harder, prove them wrong, give up,  
complain**
20. **What's in common with these? Always an other in the mix that we are  
referencing and engaging, even if we are rebelling – its rebelling against  
someone etc.**

**\*\*\*\* EXERCISE MONOLOG - 15 minutes/5 feedback (60 MINUTES TOTAL)**

Explore your relationship and history to your normal sense of strength (ego strength)  
Start wherever you are now and follow it in – staying connected to your presence and  
felt sense of your body.

Don't just tell us what you think – explore what you are sensing and feeling as you  
explore.

## History/modeling:

What did you see/learn in your family/parent about strength/aggression/assertion?

Did they have it, not have it? Were they in denial, acting out, aggressive, passive, collapsed?

What was modeled for you around being strong or not being strong?

Do you feel you are a strong person, a weak person, insecure of your capacities, your strength?

What is your favored way of relating to your inner critic's attacks?

Which of the ineffectual responses do you use? Rebel, bargain, explain, plead, accommodate, sulk, try harder, prove them wrong, collapse, give up, complain,

Angry at mothers/fathers for judging us – shutting us down – SE!!

Part of the process - let it come out as you learn to defend your self – that is fine. Let it happen

## **TALK 2: THE HOLE OF STRENGTH – Bob Duchmann**

### **a. THE HOLE OVERVIEW**

We may or may not have access to our own aggression/anger but either way, under ego's strength and defensiveness, protection is the absence, the missing, the cutoff, the GAP, THE HOLE of STRENGTH

1. Theory of Holes – “The no meat of the matter”
2. Wisdom of Insecurity – mouth of the hole – lives just under false strength
3. Describe the hole: deficiency, weakness, incapacity, deflation, limpness, collapse
4. Rejection of experience of the hole: SE, History, don't understand it, shame ...
5. Allow the deficiency – explore it and drop thru

### **b. THEORY OF HOLES**

1. Remember the gap between the two levels?
2. Disconnection from TN – imitation of SE/EGO/Parents
3. Still there, just obscured and hidden
4. We dissolve our structure – vulnerable and open
5. Expand into the deficient emptiness
6. Stay put and let being reconnect with whatever is needed
7. Thru the gap, not around, away from, or instead of
8. Takes courage, trust and NO SE

9. Counter intuitive

### c. **HOLE OF STRENGTH/RED**

1. TN is not False strength – REAL Strength
  2. **little murmur** of 'I'm not so sure I can'
  3. **Insecurity, uncertainty** - deep incapacity and weakness
  4. Weakness, timid, not enough, can't do it, not sure, no capacity
  5. Tired, - can't even lift a finger - lifeless
  6. NOT the RIGHT STUFF
  7. Disconnected and cut off from TN (real capacity and strength)
  8. **THE GAP**
  9. Invitation to drop into the lack of RED
10. Our notions of what real strength is are being challenged in very deep place  
EX: need air to feed the fire of this strength- fire in a vacuum, it goes out and that's what happens with the ego structure. It feels itself to be a vacuum in and of itself, but if you penetrate into what we take to be real strength, you go into that vacuum. It's weak, cut off, and there is actually the sense of no strength.

### d. **APPROACHING THE HOLE – EVENT HORIZON**

1. At first we identify with the deficiency – we think it is us and reject it
2. Don't understand what this is
3. Ashamed and embarrassed (SE)
4. Think it proves how bad, wrong, messed up we are
5. Everyone covers this
6. Never actually explored –
7. Unexamined –
8. Huge Beliefs - Deficiency is wrong, bad, disgusting
9. Tons of projections on it –
10. Instinctually afraid of emptiness from our childhood
11. Fear of dissolving
12. Helpless and vulnerable
13. Avoiding it all our lives
14. Devoid of all strength

### e. **MOUTH OF THE HOLE – LIMINAL SPACE**

1. Disclaimer – no one has died from this
2. Proper set and setting
3. Helps to have support
4. Counter intuitive: into rather than away from
5. Counter instinctual
6. Complete surrender - zero resistance

7. Use Subtle sensing
8. Embrace Not Knowing
9. Disorientation
10. Curious – can I actually experience and sense nothing? How can that be?
11. Courage
12. Its just awareness, space

#### f. INTO THE EMPTINESS WE GO ... MEET THE GAP

1. Weakness is a wormhole into another dimension – the realness of being
2. To find the opening – start by admitting the weakness and lack underneath it all
3. 100% allow the weakness, deflation, limpness, collapsed
4. Watch out for the SE

#### g. FULL EMERSION – BECOMING THE GAP – ABSENCE – EMPTINESS

1. Welcome it to effect us fully
2. 100% impacted by the lack of strength, the disconnection, the deficiency
3. **It's a Real State:** bodily felt sense as weak, limp
4. **Hopeless**
5. **Hitting bottom**
6. **NOTE: Not the same as being** identified with a limitation, inadequacy
7. **May feel Existential pain of disconnection** from our True Nature - pain of being estranged from oneself.
8. **May feel Big Loss:** recognize the disconnection, the lack of any of these qualities - what a terrible huge loss
9. How could I have lived all these years without knowing this, without being this, without being connected to this, which is so fundamental?
10. **Noble Suffering'** for the cause of truth - not just inflicting pain on ourselves.

#### h. HOLE of STRENGTH EXPLORED

1. Empty, void, hollowed out, deflated, weakness, zero energy, depleted, zero life force, no vitality, deadness
2. **Might as well look around** – been avoiding it all our lives – now is the time
3. Sense the weakness, smallness, incapacity
4. Curious rather than SE about it.
5. **Good Scientists** who don't reject the findings just because its not what they hoped for or wanted to see. They
6. Stay the course to truly learn about the results and how they come about etc.

7. **Remember:** not because you are weak- you got disconnected from your strength. Human beings inherently have strength. Because our strength is the might of the Divine as it appears in us, in our soul.

**Lots coming up** - everybody is in a different place.

1. Some dealing with recognizing our false ego strength all this time
2. some experiencing the fear of letting defensive strength go
3. Some are just digging in - resistant and hardened
4. some feeling weakness of one kind or another
5. Some feeling deficient
6. some feeling the pain of the loss
7. some experiencing the history that comes up around this quality of strength.
8. Some can't help but be mad at both your mother and father or God
9. Some just spacing out
10. Some excited – finally permission to be nothing
11. Some intrigued, dismayed, befuddled
12. All OK – just continue on – Its part of what you signed up for as a human being
13. **Gentle and compassionate:** delicate and accepting, soft heart. Kindness not judgments

**We know this is not easy**

**Its normal though** – not a bad thing - supposed to happen – its the process – we even have a name for it:

T of Holes

**Go to Exercise ~**

1. TMAW you avoid feeling weak? (filling the hole)
2. WRA not feeling depleted? (beliefs about feeling a hole)
3. TMAW you feel the absence of strength? (the hole itself)

### **Talk 3: Red Summary and Introduction to the Lataif- Hameed**

Hameed started by giving a great introduction to the Kath meditation and the importance of sensing before the meditation, which we will be sending to the core students.

For the talk, Hameed gave an introduction to the Lataif , the Sacred Impulse, the characteristics, and the Holes and related them to the red

essence and that we will be continuing to do that for teach of the other lataif over the coming months.

## **Talk 4: Defending Ourselves- Mayuri Onerheim**

This afternoon, we are practicing how to deal with the SE attacks, by bringing our strength and aggression to incinerate the attacks.

When we learn to defend, we LIBERATE ourselves from the cramping effect of SE that OPENS SPACE so our consciousness can be clear to hold who we truly are

As we go on the path, defending becomes more SIMPLE & NATURAL, but at BEGINNING we need to FOCUS on defending as the SE is insidious, determined, insistent and has a big cramping effect on us.

So we are learning to SEPARATE from the attacks

-Bring awareness to the unconsciousness, but CAN'T CUT it out of our lives because as long as you have a body, you have a SE but we can DIMINISH the IMPACT  
= so don't want to have SE attacks about having a SE

**DEFENDING= ACTIVELY separating by ACTIVATING our strength and intelligence**

### **FIRST STEPS**

1. Become aware of, recognize the attack
2. Look at content of the attack
3. Recognize how attack is intended to make you feel
4. Determine how this NEGATES who you are
5. Determine WHY you believe it, WHERE it comes from, which lead EVENTUALLY to a PARENT figure.  
-It is MORE EFFECTIVE to defend if you know which parent had the judgment or criticism
6. Look at who it makes you BELIEVE who you are

In other words, UNDERSTAND the whole inner reality that will SEPARATE it from PRESENT reality

NOW you are ready to DEFEND = CONSCIOUS ACT that confronts HEAD ON

-Speaking from your DEEPEST AWARENESS of yourself and using this to DEFEND  
- Speak with INTENTION to STOP the attack and PATTERN of ATTACKING yourself



## **CHARACTERISTICS OF DEFENSE**

1. WILLING to act on OWN BEHALF
2. Need our Strength
3. PLANNING doesn't work
4. Don't ARGUE
5. SHORT statements
6. ANY PHRASE- question/statement/sound/gesture

## **METHODS OF DEFENSE**

1. INDIGNATION "How dare you speak to me that way"
2. EXAGGERATION "Yes I'm the most boring person in the east bay"
3. ASSERTIVE "BACK OFF, GET THE HELL OUT, FUCK OFF"
4. AGREEMENT "that's right loud and loving it"
5. EXPOSING "who are you, God?"
7. ACTIVE VISUALIZATION – Beating up or destroying the SE

Not an exhaustive list- be creative and whatever works

IN ALL OF THESE-

Words give SENSE of SEPARATING from the ATTACK

BUT ACTUAL separation is on the GUT LEVEL, from INTENTION

AT BEGINNING. needs to be a self-conscious effort- loud, repeated, exaggerated

## **RECOGNIZING IF THE DEFENSE HAS WORKED**

When defense SUCCESSFUL: FEEL different INTERNALLY

A sense of RELEASE

An energy or LIGHTNESS

Feeling PRESENT

More SELF-ASSURED

SEPARATE

NOT CARING if the voice is there or not

Maybe even PEACE, DIGNITY

**EXERCISE: Three people?** Gestalt: SUPEREGO GESTALT

First you find an attack that you have difficulty with, that affects you, some kind of judgment, criticism or put down, whatever from your list.

Spend a couple of minutes discussing it with your partners. When you know which parent, then you do a Gestalt, meaning you sit on your chair and imagine

your parent in front of you. then you go sit with your parent is and say the attack to your self. You become your parent and say the attack, which is 'you are never going to amount to anything...' then you move back to your own seat and become you and say to your parents what you usually say, what you actually did, or what you say in your mind, or what you say to your friends, the habitual attempt at defense that you have been doing these years. Just do it, to see how that dialogue happens. Also, see how it feels doing that habitual response. So, you act out the attack and the habitual response.

After that, you discuss with your partners, what would be the best defense, real defense, that will disengage you. When you agree on the defense strategy, and you accept it, then you go back and do the Gestalt again. This time you respond with the new response. You might say that you can't say that to your father, but you are not saying it to your real father, it is part of your mind by now. You are not hurting anybody. So, first anger might come out, but really the anger is an expansive strength. So, as you say it, see how it feels, see the difference. And then you might discuss how you feel with your partner. That way you are seeing an actual reenactment, like theater, how it usually happens and what is the new way you are doing it. Then you move on to the next person.