

Leaving the Cycle of Conflict



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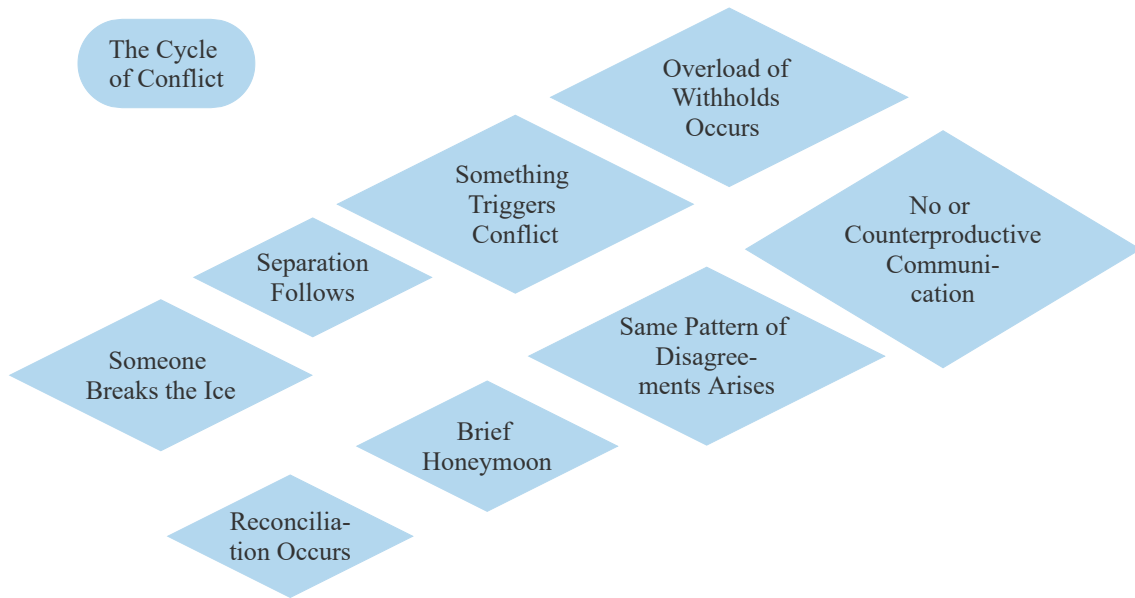


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Introduction



This book fulfills a promise I made to myself when a young child. I was tired of watching my Mom and Dad “start in on each other.” I promised myself that I wouldn’t be this way when I grew up.

I call this “intergenerational transfer.” Michael calls it “legacy behaviour.” It’s my job to end it.

Actually I made myself a few promises. I promised myself that I wouldn’t “keep the family secrets,” which, aside from the perpetual bickering was that Dad was beating Mom up. That’s what lies behind my accent on transparency. I’m not a secret keeper and have no ambitions to become one - except in the line of duty.

Another promise I made was to my Mother. One day, when my brother Paul and I were listening to Mom and Dad arguing downstairs, I heard my Dad wallop my Mother and her fall unconscious to the ground.

I was heartbroken and said to my Mom, I can’t help you now, Mom, but I will some day. I fulfilled that promise in eight years listening to refugee claims - specializing in gender issues. But that’s another story.

If we could find the exit points from the cycle of abuse/conflict, that would serve both my Mom and Dad. Because he was every bit as much a prisoner of his past as she was a prisoner of his present.

I won't go into his past but it was a lifetime of violence, danger, and struggle. I can understand why he was "not going to take any lip" from me.

In the end, it's all my movie, just as it's all yours. Since I'm not going to be leaving the blue marble any time soon, I'm rewriting the script.

Exiting the Cycle of Conflict and Abuse

Leaving the Cycle of Conflict

Aug. 18, 2023

<https://goldenageofgaia.com/?p=347146>



There isn't much we can do, individually, about the conflict building outside of us.

But we know there's more at play than meets any ground-level eye (ours included).

And we know that it's guided by universal laws. One of them is the Law of Balance, also called As Within so Without, As Above so Below.

Conflict without. In Earth's history, it's been cyclical. It surely must mirror the conflict within contemporary leaders.

As I watch the conflict arise within me, I see - and remember - how often in my life I've been embroiled in cyclical conflict. Heavens, my first fourteen years were nothing but one long cycle of conflict, veering into a cycle of abuse at times.

I have within me the cycle of conflict. I've long wanted to address the subject and with the mayhem outside of us at present, this may be the ideal time.

In the next few articles, I'd like to look at a cycle of conflict that I think a lot of us may recognize.

The rising love energies are said to be bringing conflict to the surface wherever it exists. None of it can come with us when we ascend.

All of it must rise to the surface, be experienced, learned from, and released. Or, if we attach ourselves to it and hold onto it, we may have to wait for the next bus.

My family followed a cycle of conflict, erupting into catastrophic abuse on three occasions.

I inherited a two-handed script that incorporated both their lines and moods.

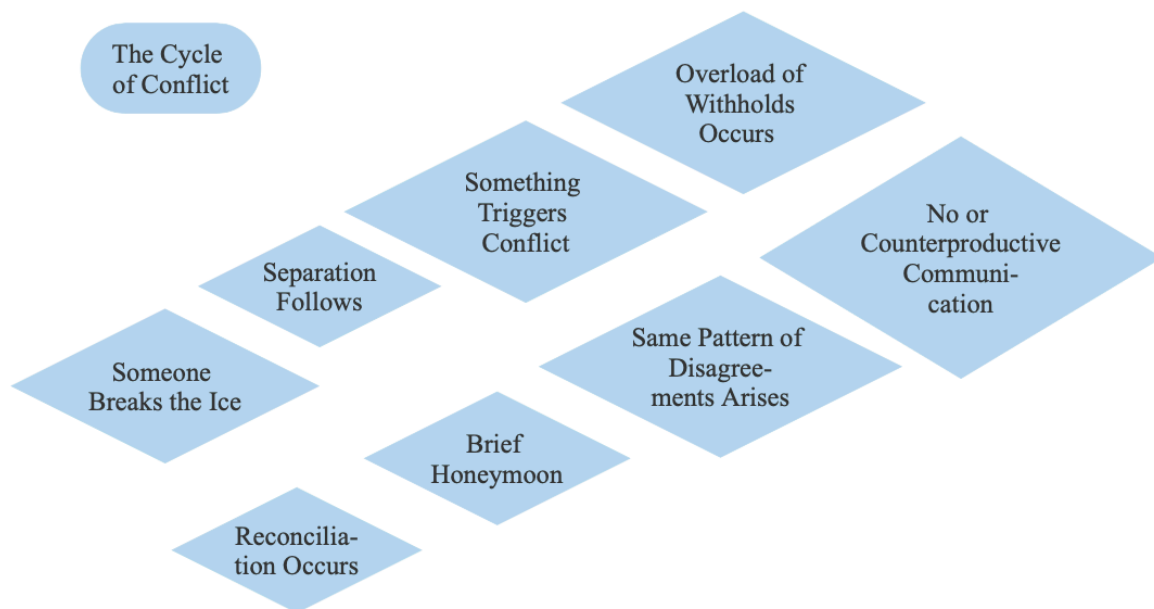
I'm now seeing that many people in relationship follow the same cycle; hence my desire to have a look at it as a subject.

Again, I'm talking about ongoing domestic conflict that never reaches the level of violence, but does reach the level of hostile and continual bickering that never gets resolved.

The first thing that needs to happen to get beyond it if we're in it is, in my opinion, to become aware of it. The graphic, below, is a description of how the cycle of conflict works and how my family operated.

Here's what occurs. There's an argument, a blow-up, an explosion. Then there's a time of separation, a cooling-off period.

Finally someone breaks the ice. Then there's a reconciliation, a brief period of getting along, broken by some disagreements that were never resolved.



Let's pause here for a moment. Those disagreements, if they're discussed at all, are discussed in good/bad, right/wrong terms, without either side taking personal responsibility. A lot of name calling, raised voices. People refuse to talk - or listen.

If we stay with good/bad, right/wrong, then the withholds - the things we're not sharing which generate resentment in us - mount. When they become too many to manage and any little spark is applied, we explode.

Then we separate and remain in our corners until someone breaks the ice. And away we go, all over again, less hopeful, less optimistic and ... *nothing has changed*....

Thereafter, we make several unproductive choices. I'd like to go over them, and possible ways out, in the next few articles.

Right/Wrong Not a Way Out

Aug. 19, 2023

<https://goldenageofgaia.com/2023/08/19/347152/>



Credit: [verywell.com](https://www.verywell.com)

I was talking yesterday about the cycle of conflict and breaking free from it. Let me start with some background.

Carousel of Tears

I spent my first fourteen formative years on this carousel of tears I call a cycle of conflict.

It was a never-ending loop which usually ended in divorce. I've seen very few people trapped in the cycle of conflict who emerged with their relationship intact. And they don't know why because they "always got back together again."

Back then, we not only had no insights into how to end the conflict; we couldn't even see its cyclical nature.

Becoming Our Parents

Having seen the cost to my family of the cycle of conflict, I made myself a promise that I would stop the family inheritance, the intergenerational transfer that Michael once called "legacy behavior."

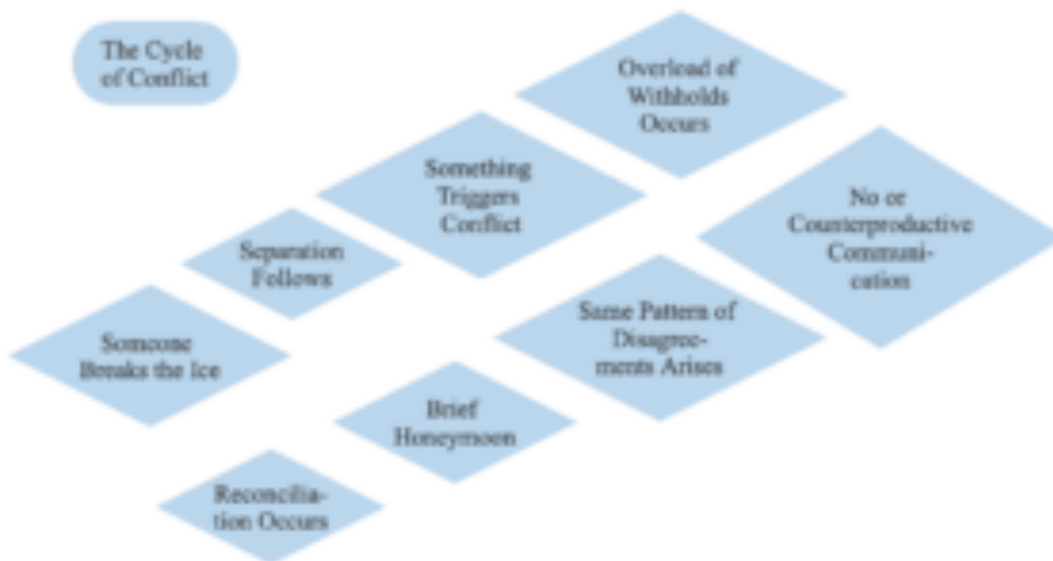
But I mentioned to you earlier that the legacy behavior was the only movie I had in my head.

When we "become our Father," what really is happening is that we're reaching back into our memory banks and bringing forward as our mode of behavior the only movie all of us have - what our Dad or Mom did.

And we don't see what we're doing happening for the same reason we may not pay attention to what's happening in our world. We're busy doing other things.

That's how we become our parent.

Just that one matter alone - not becoming our parents - takes a high degree of awareness and an unwillingness to respond automatically in order to break the pattern. And, no, I'm still down here in the trenches on these matters, working away with everyone else.



Never Seem to Learn and Nothing Changes

Another feature of the cycle of conflict is that we never seem to learn. Instead, we seem to focus on and congratulate ourselves for getting back together again.

For me, getting back together again is *a* significant event but it's not *the* significant event.

The significant event is recognizing that we're caught in a cycle of conflict that only ever brings heartache and resolving to exit it.

So long as we fool ourselves that reconciliation is the big win, we may not do the work to break the cycle.

Everyone promises not to do it again and off we go, not communicating or communicating unproductively. The same issues arise. The frustration begins and is worse because we thought we had the issue handled. All it takes is a spark.

Is this not the theme of countless Hollywood movies?

Continued tomorrow. Thanks for continuing with me.

Productive and Unproductive Communication



No or Unproductive Communication

When we won't communicate at all or communicate with blame and shame or other unproductive strategies, the other person tends to clam up. Then the issues and withholds (undelivered communications) start to build up.

If nothing changes or gets better ever, the person may just one day up and leave.

Someone told me the other day of a man who left for soccer practice one day and then suddenly needed to return to get his cellphone. There he saw his wife's brother moving all her stuff out. This was the first the husband knew about it.

It's my belief that people who go round and round this unfortunate loop, comforting themselves that them getting back together is the main thing, one day just eventually quit, like the player's wife. Or find that their partner has just quit, like the player.

Going round and round is wearing and dull. One day we stop caring. Past that, we just want out.

Good/Bad, Right/Wrong

I'd like to focus on one type of unproductive discussion we have which I call good/bad, right/wrong.

One reason why I don't advise discussing matters from the intellectual level is because they so often devolve into good/bad, right/wrong. And that can become like quicksand, into which we sink ... and disappear.

We argue incessantly about factors that aren't even what motivate us into action.

In right/wrong, you say A and I say B. And we both defend our positions.

But if we switched places, dollars to donuts I'd be saying A and you'd be saying B. All seems to depend on our point of view, our vantage point, where we sit, and not on the truth of the matter.

Again, in our zero sum thinking, if we're right, someone else has to be wrong. That leaves a lot of bruises and other residue, often festering and contributing in turn to another turn of the carousel.

Discussion seldom gets above good/bad, right/wrong and thus proves fruitless and stultifying. It leads nowhere and simply exhausts everyone. We need to up-level it to the experiential level and focus on how we feel.

Communicating How We Feel

Communicating how we feel is the information the other needs to know regarding whether to act or not. (1) "I'm concerned." No action. "I'm helpless. Please! Somebody!" Concerted action! Our feelings are the factor that motivate us to action.

Communicating how we feel has other advantages. First, it's verifiable by me. Only I feel what I feel. And only I know how I feel. It isn't something that can be messed with. I'm the expert on the subject.

But many people, if I asked them how they're feeling, might not know what to answer. How would I know what I'm feeling? Where would I look? I don't know how I feel.

Our ability to maneuver in this territory may be limited at the moment, but I'm certain our emotional IQ will rise dramatically in the weeks and months ahead.

Feedback

Sincerely trying on feedback is also needed. Without our partner being able to deliver feedback, again, the situation might never change.

The ordinary tendency is to rebuff feedback, deny it, contest it, and in other ways resist it. That ultimately leads to lethargy in us and resistance in our partner.

What is lethargy? I'm asleep and I'm asleep to the fact that I'm asleep. In Hinduism, this condition is called the guna or cosmic force of thamas.

If you really observe thamas or lethargy, you'll see it's like a blanket that smothers everything but the most basic of actions and interactions.

How do we "receive" feedback? Try it on. Test it out. See if it fits. If it does, own it.

Tomorrow we look at true reconciliation.

Footnotes

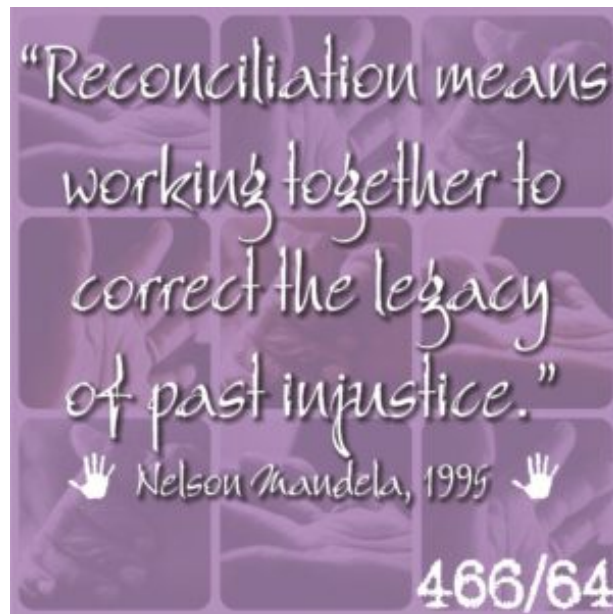
(1) On the value of listening, see:

- *Are You Listening?* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Are-You-Listening-R5.pdf>
- *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>
- *The Value of Listening* at <https://goldenageofgaia.com/wp-content/uploads/2021/08/The-Value-of-Listening-3.pdf>

True Reconciliation Means Working Together

Sept. 1, 2023

<https://goldenageofgaia.com/?p=347467>



Adhere to Agreed-Upon Rules and Boundaries

These will vary from relationship to relationship. But no physical violence or shouting should be one of them.

True Reconciliation

As Nelson Mandella says, "reconciliation means working together to correct the legacy of past injustices."

To exit the cycle peacefully and productively takes mutual commitment and work of the kind Nelson probably had in mind.

I emphasize "working together."

With work and cooperation, I believe the cycle of conflict, which is the experience of countless couples with its "legacy of past injustices," can be ended.

If we won't do the work necessary to emerge from our own domestic conflict, how will we emerge from our global conflict?

Wishlist

Gosh, I just felt overwhelmed at the thought of rebirthing the Growth Movement by reviewing some of their major insights and conclusions.

No, that has to wait till after the Reval and I'll hire a staff of researchers to do it.

But just as a wish list, in what we've been discussing around relationship conflict, I'd like to see us:

(A) Tell the truth, harmlessly but accurately, and drop the games, acts, rackets, etc.

(B) Stay away from right/wrong, good/bad.

(C) Share how we feel, how we're impacted, and what we want.

(D) Take personal responsibility for our thoughts, feelings, and actions, as far as that applies.

(E) Be willing to listen to feedback, try it on, test it out, and see if it fits. If it fits, own it and

(F) Adhere to agreed-upon groundrules and boundaries.

Tomorrow we conclude by looking at the process of leaving the cycle of conflict when you're single.

Exiting the Cycle as a Single

September 2, 2024

<https://goldenageofgaia.com/?p=347152>



Exiting the Cycle as a Single

I'm a satisfied single ... ok, a happy hermit ... and so I don't have the opportunity to pursue the exit points from the cycle of conflict with anyone.

I have to make changes in myself, which is probably all we need to do anyways!

So my first contribution to ending the cycle of conflict in myself is going to be:

To examine what it means to "get mad."

There's a trigger point on one side of which I'm not mad and on the other side of which, I am. Why is it not an easy thing for me to just rule out crossing the line?

I know why. My Dad yelled at me from inches away from my face when I was seven and I shattered It took fifty years to put Humpty together again. During those years, I did notice that I fused back together again when I got mad. So I came to value "getting mad." I was myself again.

It was only the other person who didn't like it.

So that's where my below-consciousness embracing of "getting mad" comes from.

Now that I see that, I can let it go. On the other side of it, I feel fine embracing boundaries.

My second contribution is:

To examine what it means to take personal responsibility for my life.

Whenever I blame another person or accept blame from another person, I'm reproducing my Father's thoughtless pattern. My Father was reproducing my Grandfather's. I knew my Grandpa.

I need to take responsibility for the pattern and end it in me.

To take complete responsibility for my life - if not for what happens to me necessarily, but definitely for my response - that's a goal worth aiming for. And that too, I think, would interrupt the cycle of conflict.

It's as if we all have virtual-reality headmasks on and yet we star in each other's holodrama. The game decides what our partners do but we decide our responses. All along it remains our virtual-reality game.

This is all my game.

Meanwhile, bless Mom and Dad. They did the best they could with a pretty bad hand.

Thank you for coming along with me! The subject for me is just starting and represents one of my offerings towards bringing peace to Earth.

Related Articles

(Arranged Chronologically)

Resist, Resent, Revenge - Part 1/2

April 17, 2015

<https://goldenageofgaia.com/2015/04/17/resist-resent-revenge-part-12/>



Credit: www.lifetletloose.com

As a student of awareness, I know that my proper subject of study is me and, as a journalist, my proper partner for sharing is you.

So let me look at a pattern in my own behavior that I'm investigating in order to let go of.

Everything hid shall be made plain. Why would I want to hide anything that's only going to come out later? Fear of ridicule, yes. But being free of this stuff is so much more rewarding than fearing ridicule.

I also want to say, if I can talk about these topics, hey, so can others. There's no need to keep polishing our image when it never worked in the past and won't work in the future.

The response pattern is called “resist, resent, revenge.” (1) It's a subtle and yet pervasive behavior pattern in our society.

I see it as one strategy in an agenda of desire and control. The person who employs it usually wants what he (or she) wants when he wants it. And he uses control to get it.

I wager that most 3D people have tried to use control in some situations, no matter how subtly. Many people were just better at it than others and never got called on it.

The one who controls expects others to bend to the service of his (or her) desires. This pattern is usually associated with an exaggerated sense of self-importance and self-servingness in most explanations.

The person who chooses this pattern opts for a lack of self-control coupled with a desire to control others. Left unchecked, it develops into an inflated sense of entitlement and an almost infantile tendency to demand. It's the epitome of Third Dimensionality.

I notice that I don't derive the resistance pattern from just one parent's modeling but from both. When I want to control, I take a plank from any abandoned structure I can find. It's the valuing of control that's the family legacy.

And the legacy of most families at that time. I'd lay in bed at night listening to the neighbor smack his kid and it was way worse treatment than I got.

While I'm in the grips of this pattern, I feel all the emotions attached to it - irritation, anger, separation, angst, hatred, vengefulness, etc. And I justify what I do by pointing to the feelings. I feel irritated so it's OK that I act objectionably. If I feel bad enough, then anything goes.

I was going to say "within reason" but that's the whole point. How far one goes in their quest for control is the critical question in our society. Some people are old grumps; some people are opportunistically violent; some people are sociopaths. All of them have this pattern.

How far anyone went in our 3D society was always what needed to be predicted. Many television programs are aired about people who failed to predict well.

My defence when I used this pattern was what Eric Berne called “Look What You Made Me Do.” (2) You made me mad. You made me anxious, etc. No personal responsibility here and hence no personal power.

When I'm running this pattern, I'm betting on the wrong horse.

(Concluded in [Part 2](#).)

Footnotes

(1) The concept comes from Werner Erhard.

(2) Eric Berne, *Games People Play*.

Resist, Resent, Revenge – Part 2/2

April 17, 2015

<https://goldenageofgaia.com/2015/04/17/resist-resent-revenge-part-22/>



Credit: www.ksl.com

(Concluded from [Part 1.](#))

There's a relationship architecture that this pattern fits into. I remember seeing it in my family of origin.

When control is assured, things went well and everyone was happy. When one person refused to be controlled, things broke down, slowly or rapidly. But usually rapidly at the end, with a kick or a swipe.

There was also a cyclical pattern to the abuse in my family. Calm/disagreement/explosion/separation; calm/disagreement/explosion/separation. Calm was usually purchased at the expense of doing something together: trip to Disneyland, trip to Montreal, etc.

The pattern is so much a part of my "seeing" (my always, already listening) that it's taken a paint scraper to make this much of a crack to allow me to see into it.

One reader called it an always, already listening. (3) Yes, a pre-existing filter through which we see and hear things. It determines how we hear, what we hear, etc. And how and what we hear is always, already the same.

Where are the entry points here? Well, of course, I can ask the Mother to have this taken from me.

I can use St. Germaine's violet flame on it. I can invoke the Law of Repulsion. And I may.

But as a student of awareness, I'd rather start by using my awareness as the tool by which I neutralize or remove it. Going that route increases my discernment.

Where's the entry point? Paradoxical intention? Paradoxical intention would have me try the shoe on and see if it fits. Rather than resisting the label, I can get into it to see what insight that produces. Let me try it.

OK. I *want* to resist. I *want* to resent. I *want* to revenge.

Resist - I'm the chief of the resistance forces. I have the reflexes of a warrior, which are to resist. No one knows how to resist like I do.

Resent - I have an elephant's memory. Step on my toes and I remember it for the rest of my life. Santa has nothing on my gunnysack. I resent opportunistically, eternally and implacably.

Revenge - Revenge is sweet. I like the feeling of satisfaction one gets. I trot out all my commonplaces: I showed him. I taught that fellah a lesson and so on. I can see why people might choose to go off the rails.

OK. So what did that use of paradoxical intention do for me?

I feel sad at the picture I've painted of myself. It's not a pretty picture if only a fraction true. The mere drift is depressing.

I wouldn't have seen that had I not acted it out.

I feel very sad and may allow these feelings to play out over the course of today to see what they produce and where they lead.

If only because this pattern ignores the Law of Freewill, there's no future in it, never mind the objectionable nature of it.

It's taken an infinite amount of observation to see even this far into it. There's a lot more but it'll take much more minute watchfulness to uncover it. But then that's what a student of awareness does.

Footnotes

(1) After Werner Erhard.

Linda Steiner: Reflect, Recognize, Rejuvenate – Part 1/2

April 18, 2015

<https://goldenageofgaia.com/2015/04/18/reflect-recognize-rejuvenate-part-12/>



In his April 17th post, ([Resist, Resent, Revenge – Part 1/2 – Golden Age of Gaia](#)), Steve Beckow shared his experiences of a painful childhood and the struggles of processing the difficult emotions that we all may carry with us as we move forward through our lives – resistance, resentment and revenge seeking behaviors.

It appears as though most, if not all, of us have incurred some degree of trauma in our lives – leaving us with varying degrees of residual anger, resentment, fear, sadness and helplessness. As a social psychologist, I may be able to shed some light on these issues and illustrate that, with understanding, mindfulness, and most importantly, self love, we can transform resistance, resentment and revenge into rejuvenation. Let me explain...

Self-Disclosure vs. Self-Presentation

The first point that Steve makes is that we develop strategies for a control agenda in order to manipulate and control others. He describes this process as egoistic and self-serving – to obtain our own desired outcomes and personal rewards.

What Steve is describing is known as “self-presentation”. At any given moment, we all have the choice of how to engage others in our social, personal and professional interactions. We can either engage in “self-disclosure” or “self-presentation”.

When we *self-disclose*, we are communicating our true, genuine and authentic selves to others – the good, the bad and the ugly. We are honest, direct and lay all our cards on the table. We are willing to reap whatever consequences might arise in terms of how others may respond to us.

We don’t “change colors”, like a chameleon, based on our social contexts. We exhibit a consistent personality regardless of condition or circumstance. But engaging in the self-disclosure of our sincere thoughts, feelings and behaviors necessitates a secure self-concept, positive self-esteem and, not least of all, strength of character.

On the other hand, when we *self-present* – we are showing others a constructed image of ourselves – a mask and pretense of what we want others to see. We are concealing our true selves and hiding behind a manufactured social face – much like an actor playing a role.

There are essentially two primary reasons why we engage in self-presentation. The first, as Steve describes, is out of our desire to control and manipulate others. We “pretend” to be something that we are not in order to win approval and trust from others – but, with the hidden agenda of shaping others to do our bidding.

This is a deceitful and insidious enterprise and one that has been made into an art form by many unscrupulous politicians, religious leaders, advertisers, and individuals who lull others into a false sense of security in order to take advantage of them. In essence – wolves in sheep’s clothing.

But there’s another, less insidious, reason why people self-present. Many engage in self-presentation out of an effort to mask low self-esteem and internalized self-degradation and shame. Sometimes, we pretend to be something other than what we truly are because we fear that our “true” selves won’t be acceptable, lovable, valuable or appreciated.

In order to gain social approval and acceptance, we change our colors to be in line with what we believe others desire or expect. This doesn't have a malicious intent. The agenda in these cases is to protect our scars, hide our skeletons deep inside our closets and bury our sense of shame from the light of day and the scrutiny of others.

When we experience physical and emotional abuse, neglect and trauma as children, we internalize these experiences as painful reminders that our "true selves" are not lovable or acceptable. We learn to expect that the repetitive pattern of rejection experienced in our homes as children will continue and generalize to all social relationships we engage in as we mature. In short – we learn that love is "conditional" and therefore, self-present ourselves in alignment with whatever "conditions" dictate.

The Cycle of Abuse

In his post, Steve describes the pattern of family dynamics that he experienced as a child. He recalled repeated cycles of inflicted pain – followed by the opposite extremes of exciting vacations and family outings.

What Steve has described is well documented and has been labeled the "Cycle of Abuse." It's the classic, textbook scenario that abusive relationships tend to follow. The abuser (parent, partner, family member, spouse, etc.) undergoes a repetitive pattern that cycles between 3 phases: *tension building*, *abuse*, and what's been described as the "*honeymoon period*." Once the honeymoon period comes to a close, the patterns begin again with tension building and what results is an endless, vicious cycle.

The tension-building phase is characterized by increased irritability, short fuses and irrational judgments. The abuser appears to be increasingly short-tempered and can be set off by the most minor of incidents (dinner isn't ready on time, a child's toy is on the floor, etc.). These minor, daily annoyances turn up the heat on the abuser's pressure cooker until it reaches a boiling point – and then – BAM! The abuser lashes out, hurting those who are closest (and weakest).

Following the abuse, the abuser experiences a temporary moment of regret and remorse. Not because he/she is empathetic for the victim – but because he/she

doesn't want the victim to leave, thereby preventing future opportunities to exert control.

That's where the honeymoon period comes in. In an effort to lure the victim back into the lair, the abuser engages in lavish, profuse and exaggerated expressions of apology, promises that it will never happen again, and over-the-top gifts, surprises and commitments to seek help and change their ways.

The victims, hungry for love and acceptance, take the bait and the cycle continues and typically worsens, becoming more severe over time.

Lack of Accountability

Steve discusses that those who attempt to control others lack personal accountability for their actions. This trait is also a classic, textbook characteristic of abusive individuals and groups. It's only during the "honeymoon period" that false statements of taking responsibility come into play. On a grander scale – this is what political campaign season really is – a time to lure voters into the lair. But once there, all the promises go out the window.

Those that abuse others rarely take responsibility for their actions – hence the reference Steve cited in "Look What You Made Me Do?" No-one wants to see themselves in a negative light so, rather than acknowledging personal shortcomings, wrong-doings and weaknesses, the abusers cast blame away from themselves. This is the primary reason why the cycle continues and the result is two fold: 1) it allows them to derogate their victim to validate future acts of abuse, and 2) it prevents the abuser from undergoing any concrete change for the better.

We've All Been Traumatized

The vast majority of people on Earth have been victims of trauma. From domestic abuse and violence to bullying, military duty and prejudice, most of us carry physical, emotional and spiritual scars inflicted by others.

Even in the rare cases of those who had loving homes, positive peer and intimate relationship and have never encountered discrimination, mass media fill in the blanks. Watching television, movies, video games, and especially daily news

reports is enough to trigger feelings of fear, anger, hatred, resentment and feelings of wanting to “lash out” against the “enemy”.

Studies show that a large number of American children suffer from classic symptoms of abuse and post-traumatic stress simply by watching violent television programming, whether fictional entertainment or graphic depictions of violence and unrest on the nightly news.

(Concluded in Part 2.)

Linda Steiner: Reflect, Recognize, Rejuvenate – Part 2/2

April 18, 2015

<https://goldenageofgaia.com/2015/04/18/reflect-recognize-rejuvenate-part-22/>



(Continued from Part 1.)

Reflect, Recognize, Rejuvenate

So, in light of such a bleak picture of the human condition – where do we go from here?

It's important to remember that, despite the overwhelming exposure to social abuse, we still have free will and, therefore, a choice of how we wish to live our lives. Naturally, it's perfectly normal to harbor feelings of resistance, resentment and revenge. But these feelings to do NOT define who we are. In order to turn the tables in a more positive direction, we must do three things: reflect, recognize and rejuvenate.

Reflect

As painful as it may be, the first step is to reflect on the abuses you have experienced in your life and allow yourself to feel the full measure of their impact. Pull those skeletons out of the closet and lay them out before you – making them transparent in the full light of day. Feel their pain and suffering – your pain and suffering. Cry, meditate, pray, scream – whatever it takes. But know that without facing your inner demons, they will continue to grow in strength, magnitude and power over your lives.

Recognize

The word “recognition” is worth examining. The word “cognition” refers to :” thought” – so to re-cognize is to “re-think” the notions you’ve adopted about yourself and the world.

Recognize that the “Great Powerful Oz” – who has been such an intimidating presence in your life – is really nothing more than a little man behind a curtain pulling switches and leavers.

Pull back the curtain on the illusion of power and control that you’ve been led to believe tethers you to victimization. Recognize that you are not the person that your abuser has insisted you are. Recognize the spiritual aspect of your existence – why you are here – who you *really* are. Recognize that the abusers (whoever they are) are probably victims themselves and struggling, no matter how destructively, to cope with their own inherent fears.

Recognize that it’s not your fault. The blame, shame and accusations perpetuated by the abuser's lack of accountability was their mechanism to control you and avoid themselves, not a reflection of who you are. And finally, and perhaps most importantly, recognize that power is not something people “hold” over you. It is something that is “given” to them by us. Once you recognize that, you are in the driver seat of your own destiny. You can then begin to chart your course to the destination you choose.

Rejuvenate

One of the beautiful bi-products of abuse (yes, I said *beautiful*), is that abuse has the power to manifest empathy. We can define empathy as our ability to recognize and experience what others are feeling. When we live a secure and sheltered life, we may fail to understand the abuses that others are undergoing. We lack a concrete awareness of what it's like to be victimized.

When we've experienced abuse, we can say that "we've been there and done that." It fosters greater sensitivity, compassion and understanding, attributes that are the breeding ground of peace and social justice.

I lost my father to suicide as a young and only child. I was raised by an abusive, alcoholic mother and left home at 15 to get away from her. I entered a relationship with a man whom I believed would be my "knight in shining armor" only to find that, he too, was an abusive alcoholic who proceeded to beat me for the next 5 years of my life. My extended family was murdered in Nazi concentration camps, and the story goes on and on.

Once into adulthood, I realized that I had a choice. I could wallow in self-pity, lick my wounds and curse a cruel world – or – I could reconstruct my perceptions of self and others and turn my life's trauma into a beautiful thing – rejuvenation!

I could use my experiences to teach and empower others. I could become fully "self-disclosing" and tell my stories to others so that they too, could rise like the Phoenix from the ashes of despair and go on to "pay it forward."

I went from a terribly injured and traumatized high-school drop-out to a Ph.D. in Applied Social Psychology and educator. I give seminars on domestic violence and present my research on social justice.

And why? Because of empathy. Because I know how it feels. Because I don't want others to go through what I had to. Because I was able to empathize with the victims of injustice in terms of racism, violence against women, hatred and the abuse of power and control. Because I care.

So when you are in the process of rejuvenating yourself – consider the Native American fable about the two wolves which reads:

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, “My son, the battle is between two wolves inside us all.

“One is Evil – It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

“The other is Good – It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a minute and then asked his grandfather: “Which wolf wins?” The old Cherokee simply replied, “The one you feed.”

The choice is yours.... Which one will you feed?

Healing Everything

December 10, 2017

<https://goldenageofgaia.com/2017/12/10/healing-everything/>



Excerpt only

My aim is to stop the [global] cycle of conflict, here. For that, everyone needs to be forgiven and given a fresh start. No, not people who are a danger to the public. But everyone up to that point.

That doesn't mean every action has to be forgiven. Some behavior is genuinely harmful and should not be tolerated. Rape is an example. I may oppose the behavior while loving the person.

As a global society, we have to call the conflict that ensues all around us to a halt. That's the very first thing.

I've traced it back to perhaps 1200 BC. Since that time, Earth's civilizations have been constantly warring with one another.

After bringing this incessant conflict to a halt, we need to look closely at what it would take to keep the peace.

And then we need to keep it.

Cognitive Dissonance Builds and is Processed

February 1, 2021

<https://goldenageofgaia.com/2021/02/01/cognitive-dissonance-builds-and-is-processed/>



Excerpt only

[I am in the midst of cognitive dissonance and hence in an upset.]

I could stop there, but I'd like to take the matter further.

It seems like a battle of love against will, my Divine Feminine against my Divine Masculine. I ask my mind to throw up an image of the original incident.

OK, yes, I see the origin. My mother and father were, in my mind, fighting constantly. This memory of their continual battles, which I later called "a cycle of abuse," is what I'm seeing in the outside world.

We couldn't see it in the outside world unless we know it already in the inside: I know domestic violence. (1)

I don't have a recollection of love plus will, the Divine Feminine and the Divine Masculine working together in harmony. Only a lot of suppression which then explodes, rinse and repeat.

I know this situation won't be solved as an either/or. Both have to be part of the solution.

I wouldn't be surprised to find one day that spiritual evolution consists in large measure of "either/ors" that are resolved by becoming "both/ands." Like a lot of bubbles that are coupled together and then become one.

Love and will; not love or will.

This is an area where I hand off from the Recovery Dept. to the Reparenting Dept. This is not upset recovery now. It's adult re-education.

In the absence of any recollection of family harmony and cooperation, such that this lack is shaping my antagonistic view of current events, what do I need to do by way of reparenting to correct the situation?

Two Words for It: Just Stop!

May 24, 2019

<https://goldenageofgaia.com/2019/05/24/two-words-for-it-just-stop/>



Credit: auction.Catawiki.com

I went through an amazing process this morning. And I went through it sitting at my computer, in the midst of writing something else.

I switched over and began recording my thoughts after each had happened. The results were quite remarkable for me.

I'm in the course of writing an article and I got up off my chair to get something.

As I did so I felt random fear. In the background of my consciousness but always there.

Big Steve slid into the driver's seat and said to Little Steve, in the most affectionate tones: "Don't be afraid, Steve."

Little Steve is my Wounded Child and Big Steve is my Adult, my Higher Self. Neither is my everyday consciousness (1) but either can take control of it and be in the driver's seat for a time.

You're watching my Adult mend the wounds of my Wounded Child. Only "I" can do this and this is it happening: Reparenting in progress. Neurosurgery.

I (Little Steve, Wounded Child) was so glad to be reassured by someone. I found myself relaxing from an undetected but constant background state of fear that I've been living in since forever. Peace returned. Or, more precisely: I returned to peace.

Almost immediately, I had a second thought: I can no longer afford a hateful thought. Where it came from I don't know. But perhaps a hateful thought is what brings conflict, after which I live in fear. Perhaps they're all connected. That would make sense to me.

And the answer to having a hateful thought was, once it was noticed, just stop. Again where this answer came from I know not.

Just stop.

That's the solution to all our negative thoughts and actions, is it not?

Have we as a society lost our self-control mechanism? Our suppression button altogether? Have the many massacres engineered by the dark side to discourage us caused us to give up hope?

Supposing you have that thought. Then, just stop. Let it go. Experience any feelings that come up, which is the equivalent of saying "listen" to them, and let them go as well. And drop any ideas of hateful action. (2)

The default you fall back into ends up in original innocence so you've nothing to fear from letting negative thoughts go.

Hard-core reparenting. Emotional boot camp for myself, intransigent kamikaze that I've been.

I paused and looked back on what had just happened. I noticed how contrived it all was.

I was the one creating the hate and fear - Little Steve, my Wounded Child - and I was the only one capable of taking it away - Big Steve, my Adult, my Higher Self.

Am I not the sorcerer's apprentice? Can anyone trust me with the creative wand after all the hate and fear I've created for myself? Maybe not.

Has not the entire population of this planet become a collective sorcerer's apprentice in a way?

Let's look at one collective item only: Take the islands of plastic garbage floating on the high seas, washing up on islands like the Cocos, and being found in the Challenger Deep (is nowhere too deep?)? Are we all not implicated?

Have we not run amok in many fields as a human race - pharmaceuticals, drugs, GMOs, pesticides, toxic vaccines, chemtrails, deforestation, weather warfare, etc.?

And the answer for all of it is? In my view? Just stop.

Footnotes

(1) I know. I know. That IS the Self.

(2) The Buddha: Do only wholesome actions; refrain from unwholesome actions; and purify the mind.

From Vasanas to Scripts

September 17, 2021

<https://goldenageofgaia.com/2021/09/17/from-vasanas-to-scripts/>



A two-handed script

I recently had a breakthrough in my cleansing process.

Up till now I'd been processing singular vasanas (or core issues) as they erupted.

(1) A few days back, something different presented itself.

I felt awful and there was no reason that I could see why I might feel that way. So I began to observe. "Feel to heal," Kathleen says and I did so.

I named the feeling I was having as depression and I followed it. I used Kathleen's question: "How does this feeling relate to the past?"

But I wasn't just feeling depressed. I was depressed one minute and ... arrogant, self-important the next.

I had no idea that the two were even related or, if they were, how. I was confused and puzzled by the apparently-conflicting emotions.

And then I saw it.

I was not dealing with an ordinary vasana per se. I was dealing with a two-handed script. Two people's vasanas were talking to each other - in patterned ways.

I've dealt with scripts in the distant past as well, as part of cleansing a vasana, but I have no active memory of it. I know it was a subject we discussed decades ago. (2)

What was the script that was being played out in the background of my consciousness?

My family went through a cycle of conflict - mounting disagreement, then a fight, then separation, then making up, then mounting disagreement.... It went on endlessly.

My Dad really believed he was - and had to be - "the man of the house." He could be arrogant, self-important.

When that happened my Mother invariably responded with disappointment and depression and, surprised at not getting the deference he expected, they fought.

They followed a predictable script and what's happening for me is that, if one side of their two-handed script gets triggered, the other side comes up with it.

I saw the problem arise after I had a grumpy, irritable thought. I became depressed almost right after it. And I finally recognized what was happening as something I knew well.

I'm recalling how Dad, when he got in one of his moods, would wreck everything that stood in his path. I now know about the difficulties of his own childhood and can appreciate why he was that way. But it was no fun growing up with it.

I now see myself playing my Dad's and Mom's hands, sequentially. I have both inside my mind.

Previously I would have looked for layers in a single vasana - depression is one layer, say; arrogance a second. But this was clearly the family's circular emotional

process having been etched in stone in memory, rather than my own singular reaction pattern or vasana.

In the Sixties, we'd have gotten at scripts people live, as Claude Steiner called them, through such means as psychodrama and rule reconstruction. (3) But these and other growth processes are probably little practiced today.

So now I can add "scripts" to the phenomena to be fruitfully observed. One by one these knots in consciousness will be released.

The real learning lies in observing these inner constructions. Ascension will cleanse us of all of them. Now is the time, in my view, to do it ourselves and perfect our self-healing skills.

But if you want to be rid of the script now and in one go, rather than learn from it by observing it, then invoke the universal law:

I invoke the Divine Mother and the Law of Elimination to take this script of conflict away from me, immediately and forever, and erase all traces of it from my thoughts, feelings, and behavior.

Footnotes

(1) Using the upset clearing process: "How to Handle Unwanted Feelings: The Upset Clearing Process," April 25, 2011, at <https://goldenageofgaia.com/2011/04/25/how-to-handle-unwanted-feelings-the-upset-clearing-process/>

(2) When I wrote this I forgot that I'd stumbled across this same two-handed script in mid-August 2021: See "Not Out of the Woods," August 13, 2021, at <https://goldenageofgaia.com/2021/08/13/always-more-to-go/>

(3) Psychodrama involved having other members of an encounter group play important members of the family with lines they had to say. Rule reconstruction would involve positioning people to reconstruct a rule in the family - so, father glaring, with arms crossed; mother nagging; sister sticking out her tongue; etc. The sight of the family "statues" usually triggered insights, including scripts people lived.

I Want My Happiness Back

September 20, 2021

<https://goldenageofgaia.com/2021/09/20/i-want-my-happiness-back/>



Since seeing the two-handed script of my Mom and Dad arguing, I've been watching my moods, my inner chatter. (1)

I'm seeing that the impact on me of watching their heart-breaking conflict, day in and day out, or whenever I ventured out of my room, (2) was way beyond what I've seen so far.

For a moment, I experienced the amount of tension I hold in my body routinely. Just at this moment and this and this. It's way over what I expected to find.

Because of the ongoing conflict - overt and simmering - my inner landscape is a battleground. There are shells flying and people shooting. The tension I feel in my body on an everyday basis is akin to steel bands.

I feel like I'm in a porcelain body. (Michael and I have a prearranged signal for "yes." I just got a yes.)

I've been living every day of my life in a state of moderate, below-awareness tension. My baseline has been (Michael is saying yes again) rock-like when there's

no requirement for it to be so. Keeping yourself in a knot while on Earth is strictly optional.

It's a wonder I haven't given myself cancer.

I did? (3)

To think that I was finished with my Mom and Dad on the basis of the work I'd done so far - without seeing this - was naive.

I always wondered why I felt so little hope around relationships. I'm literally shell-shocked from those years in the trenches ... I mean, family. I don't think I could manage a relationship right now. I'm not here.

Feel to heal, Kathleen says. Make peace between your mother and your father. Balance the inner male and female.

I'm experiencing all that arises as a result of my feeling and seeing.

As this imaginary porcelain body disintegrates, I'm flooded with memories of the very best times in my life. At the same time, I feel like I've swum a mile to reach the shore and I'm exhausted.

I invoke the Divine Mother and the Laws of Elimination, Karmic Dispensation, and Grace to take all the strain and tension I've created in my life - and body - away from me and to free me from all other effects of this remembered family scenario.

I want my body back. I want my happiness back.

Let there be peace in my inner family. Let Dad see the uncivilized nature of his behavior. And let Mom find on the higher planes the love she so persistently sought here.

Footnotes

(1) See “From Vasanas to Scripts,” September 17, 2021, at <https://goldenageofgaia.com/?p=326368> and “An Almost-Near Near-Death Experience,” September 18, 2021, at <https://goldenageofgaia.com/?p=326397>

(2) Ding! Sort of like today. I'm hunkered down in my room (locked down) just like when I was a kid. I feel very comfortable here. In my mental set, I never left my room. I just made lemonade out of lemons.

(3) I had prostate cancer back in 2016. I had a triple bypass in 2018.

Emergence: From Hell to Breakfast - Part 1/2

Sept. 21, 2021

<https://goldenageofgaia.com/2021/09/21/326547/>



I'm having a mini-full-life review here as a result of seeing my family script. (1)
The memories are flashing by.

I remembered that I liked being angry because when I got angry I fused together. I became my self again. I revelled in those moments.

When I was not angry I was this dissociated, unsure guy who went out of his way to please people. Just like my Dad.

Well, if that's the way it was for me and I know my Dad suffered worse abuse in his family ... I can appreciate why he'd be the way he was.

When I breathe into my inner musculature now, instead of it feeling rock hard, it feels as soft as butter.

With that degree of muscular holding going on routinely, I can now appreciate how it could be that my emotional range of experience seemed narrow to me.

And I can imagine how others, who've also experienced childhood abuse and trauma, might have a crimped range of emotional experience and expression as well.

Oh look, I can breathe again!

The release of this muscular holding I've been doing does not bring happiness in and of itself. It's again a launching pad.

I'm restored to inner stillness, available for what's next. But not catapulted into bliss. (Not yet.)

All of this has been transpiring from 2 am to 4:30 am.

Seeing the baseline of tension in my own body from nursing this cycle of conflict and walking in the rut it created, I can appreciate why Dad was so unaware. My family on my Dad's side were not known for their sensitivity and awareness.

A long, long time ago I wrote a paper on the cycle of conflict, but not till this moment have I experienced it or seen the impact of it on my body, mind, and feelings. I'm now realizing it, even if the realization is minor at this point rather than major.

This mechanical exterior I've built for myself over decades is cracking and crumbling. I'm not stirring until it's gone.

(To be concluded tomorrow.)

Footnotes

(1) See "From Vasanas to Scripts," September 17, 2021, at <https://goldenageofgaia.com/?p=326368>, "An Almost-Near Near-Death Experience," September 18, 2021, at <https://goldenageofgaia.com/?p=326397>, and "I Want My Happiness Back," September 19, 2021, at <https://goldenageofgaia.com/?p=326544>.

Emergence: From Hell to Breakfast - Part 2/2

September 22, 2021

<https://goldenageofgaia.com/2021/09/22/emergence-part-2-2/>



You remember I mentioned that I believe everything hid shall be made known?

All of our hidden vasanas, I think, are rising to the surface. Some of them are really painful.

Here's a painful one for me. If my family followed a cycle of conflict, and I've now uncovered it in myself as a rut I followed all my life, is it not logical to deduce that I played my Father's hand in every relationship I've been in - sooner or later, and to a greater or lesser degree? It was after all the only movie I had in my head.

Face into that one. I do and it sweeps over me like a wave of realization.

Realization this time is not like being lifted above the surface and looking down. It was like a ring of fire that burnt through me.

Interesting.

I've never seen or felt awareness work like a ring of fire before. It may be the result of my invoking the universal laws yesterday and the day before. I don't know.

I actually feel myself on the other side of the scenario now, as noticeable as if I were in the water and am now on dry land.

The "me" I now feel is entirely new. I have control of my will back. Without a need to force it on anyone. I can feel it.

Oh my. I just plain like the feel of this current state of consciousness, whatever it is. Could I please have a user's manual? What name shall I give it?

Normality?

Yes, I think that's what it really is. I've come back to center and this is what center is. For the human being, center is normality. Just plain normal.

Everything I've been describing is a deviation from the center, from the normal, the way a human being is supposed to function, the design parameters of karmically-productive behavior.

I'm not saying deviation is necessarily bad or even always avoidable. I'm just saying it is as surely a deviation as a temperature up or down from 98.6 degrees F is a deviation from the center, the normal temperature. There is a normal and an abnormal.

I've been abnormally acting out all my life.

But pondering that now will take me right back into the upset instead of savoring this moment of freedom from it. As my own listener, I won't do that.

This outcome confirms my belief, as expressed in *A Manual for Listeners*, (1) that, if we have the opportunity to lay all the pieces out on the table, there's a good chance realization will follow. We don't need help. We just need a listening.

Or a writing.

I'm at peace with myself at this moment. I have no agenda. I remember a course I took called *From Hell to Breakfast*. That's what it feels like. I think I'll eat.

If I didn't write this down, I'd never remember it a day from now. The written record needs to be the final arbiter because my memory is not at this time reliable, whereas you were here, as this was happening.

The growth I think will prove lasting but the details of how it happened are only to be found right here.

I have no idea of what to do next and no concern about it.

What is the process I just went through? In the past, I've called the process "emergence." (2) Its basic premise is: The truth shall set you free.

Footnotes

(1) *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>.

(2) See "Emerge from the Shell," February 9, 2020, at <https://goldenageofgaia.com/?p=306371> and *Emergence as a Path for Lightworkers* at <https://goldenageofgaia.com/wp-content/uploads/2020/09/Emergence-as-a-Path-for-Lightworkers.pdf>.

Stop. Just Stop

July 4, 2022

<https://goldenageofgaia.com/2022/07/04/stop-just-stop/>



Just stop!

One of the values that has been systematically attacked since the Second World War is the value of decency.

On the scale of values, "decency" for me ranks higher than, say, "reasonable." Can we discuss?

To my way of thinking, reasonable is like the cake and decency is like the icing. Decency is a slice of "reasonable" plus a layer of personal attention, caring, compassion.

A reasonable person I expect fairness or justice from; nothing more. A decent person I expect a degree of extra caring from; this is someone I can talk to, confide in.

Our sense of decency has been under attack on every conceivable front for decades. Tattoos, rap music, ripped jeans, cancel culture, adrenochrome, Satanism, on and on go the ways that our sense of decency has come under attack and been undermined. Beyond Satanism I can conceive of no worse.

The normal response to what I'm saying is to go into opposition with whomever is seen as cancelling our culture of decency.

I'm not about to ask you to go into opposition to anything. What we resist persists.

You know I value balance, the center, the middle, the heart, the Self. I decline to advise any kind of extreme behavior. I'm not asking you to take a step away from where you are now.

Those of you who know me know that I discovered in my personal work a few years back that I was held back by the belief that I had to have something to put in place of a harmful behavior pattern before I dropped it. So I was always busy looking for the alternative and got distracted. Thus I never changed.

Then one day I saw I could just stop. It was a revolution, which I've described elsewhere. (1)

I did not have to have something to put in place of something else I was doing that was harmful. All I needed to do was stop. And I stopped. And I stopped. In the middle of sentences I stopped.



And so I'm saying here as well: What we need to do as individuals and as a global society is ... stop.

I didn't say "what our neighbor needs to do"; I said "we." Never mind our neighbor. Those were the bad old days of blame and shame, also fanned by the cabals and cartels to divide and conquer.

Stop listening to rap music. Rap music was promoted to create conflict and crime that would lead to incarcerations; the people behind rap music own shares in for-profit prisons. (2) Rap music exudes violence.

Tattoos, ripped jeans - the people who make the fashions want to depress and alienate you and they've succeeded.

Satanism is the worst. Adrenochrome production through child torture and murder is all part of it. Terrible, terrible things are being practiced in and under our world, the ground having been prepared by the multifront attack on our basic decency.

We know who's doing it and rounding them up is being handled by the global white-hat military behind the cover of a lot of nuclear play-acting. We don't need to worry about that. Those that are with us are far stronger than those who are against us.

What we need to do is to stop the transfer of a culture of malevolence by stopping practicing it.

Only those who insist on transmitting the malevolent values of a Satanist society - to call a spade a spade - will suffer eventually. Those who change course and leave ship will - I hope and trust - find society ready to welcome them back. We all have been saint and sinner in this life and others. I know I have.

In the meantime I request that everyone who wishes to, commit to bringing the culture of decency back in our own lives in every way we can. Surely we've had a deep enough experience as a global society of what life is like when malevolence rules. Mass murder becomes genocide becomes omnicide.

Time now to reverse course and come back.

Or not and be left behind.

Footnotes

(1) "Two Words for It: Just Stop!" May 24, 2019, at <https://goldenageofgaia.com/2019/05/24/two-words-for-it-just-stop/>

(2) See "The Secret Meeting that Changed Rap Music and Destroyed a Generation," June 30, 2020, at <https://goldenageofgaia.com/2020/06/30/the-secret-meeting-that-changed-rap-music-and-destroyed-a-generation-4/>

Repertoire Obsolete

March 10, 2023

<https://goldenageofgaia.com/2023/03/10/repertoire-obsolete/>



Repertoire obsolete, only good for laughs

For whatever reason I now experience there being space between something happening and my response. I'm no longer automatically reacting. I seem to have more room in myself, less craziness.

That could be because I'm more at peace and so not as much driven by vasanas (core issues) and the automatic response patterns they give rise to.

It could be the impact of the rising love energies.

It could be my change of vote from being the troll under the bridge (a grumpy old f@rt) to being a reasonably nice guy. And what being a nice guy brings.

It could be this space I'm in of silence of the mind and stillness of the emotions. I really don't know.

Whatever the case, I now have space between "stimulus" and "response." And what I see has me laugh and cry.

I have this litany of "smart" or "catchy" things I say. And I catch myself on the verge of saying one of them. And I look at that and ask myself why am I about to say that?

And I see a five-year-old boy wanting the approval of his parents.

Do I really want to keep doing that? No, I don't. And I find myself saying less these days for exactly that reason.

Stroking the ego is no longer of interest. That makes my repertoire of catchy things obsolete.

One more thing to let go of.



As I observe myself responding to situations and a catchy response comes up, I find it triggers "business" (issues, upsets) in me, in its train. I'm kept busy moving from one triggered vasana to another, recovering, repairing the damage, getting nowhere....

Wait a minute. This is familiar.

This is my Mom and Dad's cycle of conflict: Have a fight, be separate, come together, have a good time, have a fight, be separate.... Nothing ever got resolved.

I'll use the universal law on that one. Don't need it any longer if I ever did.

As I transition from troll to human, I find that even a harmful or irritable thought these days has a greatly-multiplied effect on me. I feel awful. I no longer like it, if I once did. I'm being trained out of my grumpiness like Pavlov's dog.

If it has that effect on me at a higher-fourth dimensional level, can you imagine how unpleasant it would be for a higher-dimensional galactic to feel our negative vibrations?

So all that has to go and I have no manual on how to do it. Well, actually, yes, I do: The universal laws.

Pushing my edge these days seems to return again and again to sending out love to the world. If I'm not being loving, it's getting to be more and more painful.

Is Time Running Out?

March 31, 2023

<https://goldenageofgaia.com/2023/03/31/is-time-running-out/>



Time is running out

Anger is up for me right now, anger that has been suppressed for decades, that my Universal Self and Michael, I imagine, feel it's now time for me to tackle.

I can't take this anger with me into the work I'll be doing. And if I don't get to the bottom of it now and get it out of my life, it'll be the Hitler effect again.

As a CEO, for a while things will go fine and my wealth and position will earn me respect. And then one day I'll get triggered and angry and, from that day onwards, all things will begin to go downhill. (1)

I'm drawing on all I know to complete the vasanas or core issues left uncompleted, change my vote, develop alternative strategies, learn not to speak when angry, etc. (2)

I see anger and fear as married. They come together, paired.

I see anger as a protector and fear as someone seeking protection. When I'm angry, if I feel closely, I can feel fear behind it.

At the most general level, what am I angry about? I'm angry when I don't get what I want. I'm angry when someone won't talk or listen to me. (This is a very strong vasana or core issue.) (3) I'm angry when someone doesn't do what I expect them to do. I'm angry when someone blocks my progress.

What is central to all of them is "I" and "want." Ego and desire. If I'm going to be the CEO of a large organization, dependent on hundreds of people doing thousands of things a day, I'm sometimes going to be frustrated, meet the unexpected, be challenged, etc. I have to have another way of handling things than anger.

One of those ways would be to hold "things" lightly and to value relationship ahead of them.

Another is to ask myself again and again and again, "What would love say?" That has to be the criterion from now on.

As I look closer at this, I see a picture of Hitler ranting at the microphone (radio was novel then).

What separates the bloodthirsty dictator from the ordinary angry Joe is how far they go with matters. The bloodthirsty dictator may torture and kill you. The ordinary Joe will simply blow his stack and that's the end of it. For one it's entertainment; for the other, it's pressure release.

But it remains simply a matter of degree, not of kind. In kind, both are attempts to force a favorable outcome. By the universal law of free will, no one should be forced to do anything.

Like all feelings, anger can appear on a spectrum from Protector to Perpetrator. As I see this, I see a pattern emerging ...

This is a moment of truth with a vasana, that can set a person free.

The moment of truth is: I'm seeing my Father's and Grandfather's pattern: If a person was right, he didn't get the back of their hand; if he was wrong, he did. My resort to anger has been conditioned by the way it was used and abused in my family of origin. I knew that intellectually, but now I've realized it.

I have, as has been the worry all along, become my Father. I feel humiliated and humbled. But there's no way out except by acknowledging it.

As I penetrate further and further into the origins of my anger, I see another family pattern that I have.

Before I go there, however, I want to fill in the background. I have a script of rescuing women. My Mother rescued me from my Dad and I rescued my Mother. We were a tag team.

So I'm a rescuer.

OK, we also followed a cycle of conflict in my family. Dad and Mom would have a fight and then sulk and avoid each other. Then something or someone would finally break the ice and we'd have a good time for perhaps a week and then....

Around and around we went.

My Mom's chief conflict strategy was to shut herself in her room and not communicate.

And seeing that tendency my Mother had, and that this was another origin of this vasana, the vasana lifted. I hate it when my partner shuts herself away and won't communicate. And this is where it comes from. Again, the truth has set me free from the upset.

However it's also revealed what security people would call a "vulnerability." I have to eliminate it before taking the reins of a few financial companies.

I already know what I need to do about my anger. The minute I feel myself triggered I have to stop and not go there. Full stop. Access denied.

I need to withdraw from the situation if need be and gather myself. I've hit a land mine but there doesn't need to be injury from it. In the spiritual realm, it depends on me, my intentions, my actions.

Just stop. Is that not the simplest thing to do on this or any other planet?

This must be what is meant by self-control, a word that equated with "repression" when I was in college. At this late date I'm learning self-control.

Time is running out. It may get harder later to "do the work." I can't take my anger with me, but how unpleasant letting go of it is depends on me.

Footnotes

(1) French historian Guillaume Pretty:

“I’d say that Hitler was a man trying to gamble and that, at the start, the fact that he neglects the whole dimension of strategic tactics, the type of ground logistical problems. All of these oversights don’t catch up with Hitler the war lord.

“And then, one day, all of these conditions for war, which should allow a war leader to grow, catch up with him, and from then on, all his bets systematically fail.” (Guillaume Pretty, “1942: The Year The Germans Lost The War | Hitler’s Lost Battles,” *Timeline*, at [youtube.com/watch?v=BuBIpe0f91w], in “Finding Blame is like Making War on a Person,” May 29, 2022, at <https://goldenageofgaia.com/2022/05/29/finding-blame-is-making-war-on-a-person/>.)

(2) For the upset clearing process and other clearing strategies, see *Vasanas: Preparing For Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/>

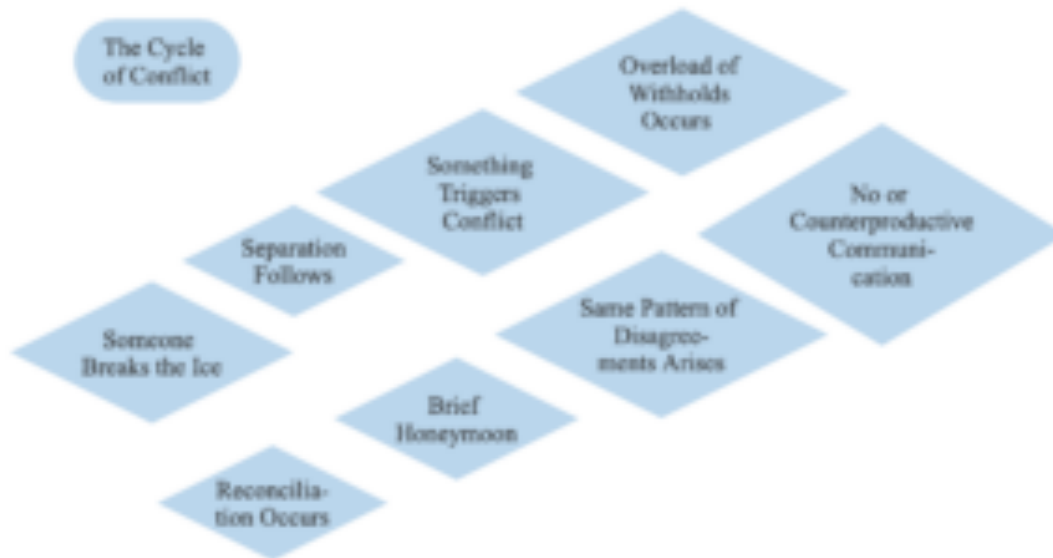
<wp-content/uploads/2022/11/Vasanas-Preparing-for-Ascension-R2.pdf>. The only thing missing from the book is the use of the universal laws.

(3) My anger there stems from two sources: (A) being the runt of the litter, I was usually not listened to and (B) when my Mother felt angry, she'd go into her room and lock the door. That infuriated me.

I Need to Know How You Feel

Sept. 9, 2023

<https://goldenageofgaia.com/?p=347778>



I shudder when I think of all the years I spent in the cycle of conflict, not knowing how to get out of whatever situation I was in.

I had no idea where the exit door was. I was going mad going round and round the same circle day after day.

Even now I know that both people to an interaction need to cooperate or the cycle will continue.

And how routinely do we - have I - turned down growth opportunities? Many of us become what psychologists describe as "help-refusing complainers." We have no intention of moving. We just don't want to be criticized for it so we have our excuses ready.

After the Reval, one fantasy I have is building as many growth centers in cities as Carnegie built libraries.

Let's get communication happening again. Loving, supportive, transparent communication.

Remember I have, in all this, a model of enlightenment that I follow. In it, there are three levels of reality that we live in: Intellectual, experiential, and realizational.

As long as the kundalini is quiet, we live in a world of ideas. When the kundalini reaches the fourth chakra, our heart opens, which is a preview of Ascension. Ascension itself is a full and permanent heart opening. (1)

We now live in a realm that knows and can tap into higher-dimensional love. And we go deeper and deeper into that - we mount the staircase again and again - until the condition of Realization becomes permanent. (2) We are now ascended and hence interdimensional. (3)

There's nothing wrong with the intellectual. It's just dry eating and not very nourishing. As a vehicle of science, it's fine. As a vehicle of interpersonal communication, it soon gets corrupted, being based on dualism, into good/bad, right/wrong. Then nothing moves. Flow stops. We are locked in a world devoid of feeling.

If you want me to do something, I need to know how you feel. Just curious? OK. Stand down. Worried sick and need you to do something? Gotcha. Right away.

I need to know how you feel.

OK, not a Marine on patrol. I'm talking about what happens when the guns fall silent.

And the deeper we go with how we feel, the higher goes the kundalini. And when the kundalini reaches the fourth chakra, boom! We have a heart opening, and NOW we know what love is. (4)

This proves to be our gateway to the divine states - love, bliss, peace, mastery, abundance, joy, ecstasy - all prove to be accessible once the portal to the higher dimensions that we call the "heart" is opened.

Meanwhile, it's our Higher Self, the Mother, our guides and archangel that are guiding the action. (5)

We must get deeper, richer, more experiential communication happening again as it was in the 1970s, before the deep state shut it down. (6)

The shared experiences that result when transparent, heartfelt communication occurs is what will bring the global community back together again after the departure of the darkness. That's when it will be the most needed.

Footnotes

(1) "The first transcendental enlightenment experience occurs when the kundalini reaches the seventh chakra. Buddhists call it becoming an arahant. Hindus call it Brahmajnana (God-Realization) and nirvikalpa samadhi (samadhi without form; i.e., transcendental samadhi).

"The arahant becomes a buddha, the Brahmajnani becomes a jivan-mukta (liberated while alive) when the energy moves farther and permanently and fully opens the heart. Not the heart chakra, but the heart. The hridayam or heart aperture opens as it did in the earlier heart opening but now remains open.

"The resulting torrent of love incinerates the vasanas or core issues. In the earlier heart opening, which I imagine is not as strong as Sahaja, the vasanas were held at bay for the length of the experience. But they were not eliminated. Now they are.

"This latter state is what classical scholars would call mukti or liberation. It's what completes our Ascension experience." ("Enlightenment in Context," August 31, 2017, at <http://goldenageofgaia.com/2017/08/31/enlightenment-in-context/>.)

(2) Steve: So it's possible to have two fourth-chakra events or maybe even more possibly?

Archangel Michael: It is possible to have multiple chakra events throughout your lifetimes, sweet one. Again, what you are thinking of is a limitation. Something is activated or not activated. Think in terms of open, open, open, open, bigger, bigger, bigger. So yes, you might have several events. You should have several events! (Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, June 12, 2019.)

(3) AAM: [We're in a] shift from the old 3rd dimensional human being, to, can we say, a global, interdimensional, transdimensional, galactic human. ("Archangel Michael: It's Time to Let Go of the Old," Oct. 22, 2012, at <http://the2012scenario.com/the-2012-scenario/what-role-are-the-angels-playing/archangel-michael-its-time-to-let-go-of-the-old/>.)

(4) Read in *An Ascension Ethnography*, after March 15, 2015. At <https://goldenageofgaia.com/wp-content/uploads/2023/08/An-Ascension-Ethnography-12.pdf>. Also: search on "heart opening."

(5) See *Our Enlightenment Partnership* at <https://goldenageofgaia.com/wp-content/uploads/2023/06/Our-Enlightenment-Partnership-3.pdf>

(6) With the recession of 1982 and its jobless recovery due to automation.

Awareness Causes Disappearance; Resistance Causes Persistence

Sept. 17, 20213

<https://goldenageofgaia.com/2023/09/17/347856/>



President Truman's desk sign

I'll be CEO of a number of companies soon enough. The buck'll stop on my desk.

To prepare for it, I'm watching every move I make, every word I speak. I can't be a useful CEO and have issues and scripts a-blazing.

I already know one of my scripts in its larger contours. It's what I've called the cycle of conflict and it's what destroys all relationships, really. (1)

Before getting into what I wanted to say specifically about it, let me anchor it in our ladder of reality. (2)

The cycle of conflict revolves around communication and it takes place, almost entirely at what I call the "intellectual" level. I'm not anti-intellectual. The intellectual has its place.

But when we approach matters of the heart, say, the intellectual plays no decisive part. Leading here is not, in my view, the mind's place. It seems best if it falls quiet and allows the heart to lead.

The fact that we restrict our approaches to the rise of conflict to the intellectual level means our approach will be dualistic and will likely bog down in right/wrong, good/bad, and the like.

As I said earlier, even if we get through our arguments, *nothing changes*. Reuniting, which many celebrate, did not change anything. The disagreements remain.

And so, when they arise again and the same lack of or unproductive communication ensues, we're primed for the next blow-up, whenever things get too difficult or a spark flies.

Given that I know I'll soon be CEO of a very large consortium of companies, in a phase of rapid expansion from the get-go, I can't afford to bring the cycle of conflict that I grew up with with me.

The whole subject has arisen recently, not surprisingly. Now - while it's up - is the time to break through it.

My narrower window and wider responsibilities will mean that I won't be able to dance around down the road. If a person comes from the cycle of conflict and won't stop after being informed of the issue, then I'll probably choose to leave that relationship.

I know Michael agrees with that - even wants it - because we once discussed it.

That discussion is so important and yet probably so controversial that I'll end the article with a full quote from it.

Archangel Michael in a personal reading with Steve Beckow through Linda Dillon, Nov. 30, 2011.

Steve: My friends are going to wonder why they cannot see me. I thought I should be talking about that.

AAM: Yes. And that it is for the greater good and the greater cause. And sometimes this lack of availability is a sore point with people and you are experiencing that already.

S: Yes, indeed I am.

AAM: And so it has to do with love. I know sometimes, dear heart, I sound like a broken record but it does have to do with love. And it is the greater love that you are working for, the greater good.

It is not that you care any less or feel any less sweet or engaged with those that you care for in a personal realm.

But the reason, one of the reasons, that you are upon the planet is to help with this transition so if you cannot be available to help with this transition, then you are really not completing what you had decided to do prior to your return, to be that holder of truth and integrity and the communicator of that how to.

People believe in truth and integrity. They believe in eliminating the drama. But they are really not very well equipped on how to eliminate it. That is one of the things you do. And yes, if it means setting aside some very dear friendships for a moment – because that is what it is; it is a moment – then so be it.

S: When you say a moment, do you mean cosmically? Like for a lifetime?

AAM: We mean cosmically.

S: So if I can't manage some relationships, it's OK to set them aside.

AAM: That is correct. You're not setting aside the love. You are not setting aside the heart commitment. What you are saying is I have need to deal with this work and I hold you close to my heart as I do it and I will be back with you even if it is in the next lifetime. I will be back with you.

So it is a matter of acknowledging the priorities not only for the common good but for why you are here.

S: Alright. That makes sense to me. (3)

As the days approach when Big Steve needs to be in the driver's seat, my script, which is the cycle of conflict, has to be fully recognized. That's all. Just raised to awareness.

Awareness dissolves issues and scripts. It's only resistance that causes them to persist.

Footnotes

(1) In *Leaving The Cycle of Conflict*.

(2) We experience life on three levels: the intellectual, the experiential, and the realizational. One is not right and another wrong; all have their place. But our enjoyment of life does increase, in my experience, the higher up the ladder we go.

(3) There are no coincidences: Mike Quinsey's recent message reads:

“If matters get out of hand, just walk away and leave them as that is in no way a cowardly response, but a sensible one that may avoid nasty confrontation. It takes strength of character to do so and you will feel all the better for doing so.” (“Mike Quinsey's Higher Self Message for Sept. 8, 2023,” at <https://goldenageofgaia.com/2023/09/08/mike-quinseys-higher-self-message-for-sept-8-2023/>.)

I do agree. This lifetime, for me, mission comes first.

Cycle of Conflict a Two-Handed Path

Sept. 18, 2023

<https://goldenageofgaia.com/2023/09/18/cycle-of-conflict-a-two-handed-path/>



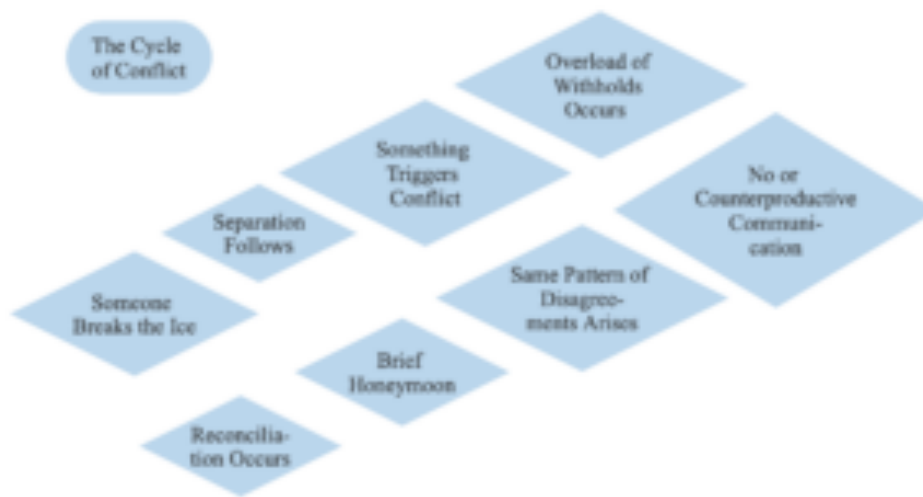
Credit: [vectorstock.com](https://www.vectorstock.com/)

The cycle of conflict is a two-handed script. It usually reflects a power differential.

One party rages; the other party is silent.

Both hands are needed for the cycle to continue.

Usually ours are inherited patterns, what Michael once called "legacy behavior."
Intergenerational transfer, sociologists call it. Whatever the case, we're stuck with the patterns.



They become habitual. When the original situation that triggered them passes, the habit pattern remains.

Now the raging partner rages just as a normal reflex and the silent partner, the same. In their new relationships, their patterns only feed the cycle.

The silent one needs to speak and listen. The raging one needs to stop and speak and listen. They need to set groundrules and keep to them.

They both need to start communicating with how they feel, then on to what their situation is, and end with what they want to see happen. Start with that as a means of escaping the conflict.

Doing this without resorting to blaming and shaming will be the challenge. Both partners cooperation is essential for this process to work.

We need to remember that a lot of what is second nature to us may be offensive to others. Just because we're used to some ways of being and doing doesn't make them necessarily acceptable. Now these unacceptable ways need to be raised to awareness, either by us ourselves or by listening to feedback.

It's hard to raise to awareness our taken-for-granted patterns. That's where the practice of self-awareness pays off: The basic agreement on the awareness path is to remain aware of ourselves and share what we see with others (if asked). (1) So we're already primed to notice the barely-visible.

Over the long term, recognition or awareness is enough. But if we want quicker release from the matter, then asking the mind to mirror back the original incident and experiencing that through to completion assumes importance. (2)

My hope, my dream is that the rising love energies will make emergence from our issues and scripts a much easier process than it is now. The more love we feel - real love, transformative love - (3) the more we'll flow through life.

Footnotes

(1) See *On Transformative Awareness* at <https://goldenageofgaia.com/wp-content/uploads/2022/11/Transformative-Awareness-9.pdf>

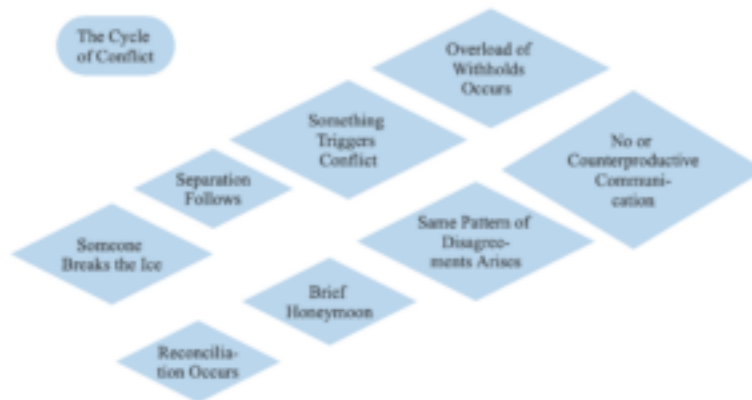
(2) “How to Handle Unwanted Feelings: The Upset Clearing Process,” April 25, 2011, in *Vasanas: Preparing for Ascension by Clearing Old Issues* at <https://goldenageofgaia.com/wp-content/uploads/2019/07/Vasanas-Preparing-for-Ascension-R8.pages.pdf>

(3) See *Love Like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

The Cycle of Conflict is a Relationship-Killer

Sept. 19, 2023

<https://goldenageofgaia.com/2023/09/19/the-cycle-of-conflict-is-a-relationship-killer/>



Every relationship I've ever lost, I've lost to an inability or unwillingness on my part or someone else's to handle conflict.

I'm tempted to say that we don't have "relationships." We have connections that are wonderful to begin with and then are choked off by the cycle of conflict and die.

You hear that Jim and Jane are having troubles. Oh, they're back together again. No, they're having troubles again. No, they're back. No, they've separated for good now.

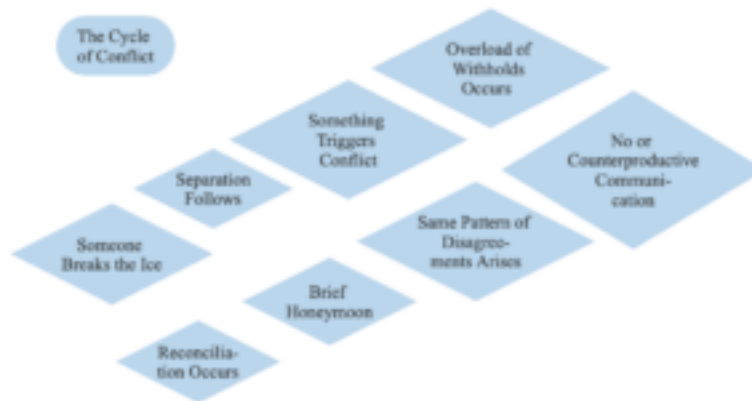
Does that not sound familiar? I can name several couples exactly like that that I know - in fact, every couple who've ever separated. One of those repeat participants would be me.

No, we weren't taught the way out in schools. I went to countless therapists, psychiatrists, etc., etc., and didn't learn a thing.

The teachers that worked were in the growth movement. They were the ones ploughing new ground.

Ben Wong, Jock McKeen, Werner Erhard, Claude Bernier, the circuit riders, I could go on and on. I acknowledge your contribution to me. I say what I say next as the result of what you (and my guides) taught me.

Let me re-introduce my graphic here.



Conflict arises when we don't get what we want or need and there's no good reason apparent why not.

Conflict arises when "delicate" subjects are avoided and yet must be addressed.

Conflict arises when one person does not care for another, not really, when people of good intent feel taken advantage of, when a person feels unlistened to, disrespected, unvalued.

When any or all of these conditions are present, we find our love for a person pitted against our desire or need for our request for support or change to be at least addressed, if not granted.

I'm only talking about those requests for support that are not listened to or not granted and we feel they should or need to be. These are at the heart of the conflict.

When the desire and the "access denied" both persist, frustration builds. The pressure of our withheld communications begins to distract us. If our intention to deliver the communication is thwarted again and again, more pressure is added.

Until something occurs that ignites an explosion. A triggering comment. A gesture or word of disrespect, a lack of appreciation, anything sets it off.

I'm serious about talking about this subject. I'd like everyone in our lightworker family here to get this cycle down to our toes. This is a relationship-killer and it needn't be happening.

We must have it be gone from our arsenal ... errrr ... repertoire of communicational strategies.



To review, first, what happens in this cycle is that discussion of a matter is left until one party is ready to blow. That in itself is not a great strategy.

Communication needs to happen sooner and on a regular basis until it becomes second nature. Until it flows, as it did with us after three months of encounter at Cold Mountain Institute.

Second, we have to be committed to this process - or get out of the relationship and save those who are committed a lot of trouble.

I know what love is (1) and I know that love cannot flourish in a relationship that doesn't handle conflict.

If you're a drama queen, this may be the wrong nest for you. I'm only speaking to the committed. I know, I know. Tough words.

But we *are* in the middle of a war; we need to communicate; and we can't afford to watch frustration build in our lightworker relationships, not with a Reval coming.

Third, the speaker needs to communicate the information that's vital. That is:

(A) How we're feeling

(B) What we want to see happen

(C) What our situation is

(D) What role we're willing to play

(E) What we need from the other person.

The other person needs to listen - really listen. (2) Not do two things at once. Not deny the person a face to speak to. Not be doing our shopping list in our head.

The listener now knows how the other person feels, which they can use to gauge the urgency of the situation. They know what the other person wants and what their situation is. They know what the speaker is doing and willing to do in the future about the situation and what help they need.

I'm only going to deal with "opening up" communication here. I'm not inspired, because that's what's happening, to discuss how the listener might want or need to respond to address or avoid conflict.

That inspiration hasn't come through yet. You'll be the first to know: "This just in!"

Unless a person is committed to drama, going about communicating in a sincere and open way, without blaming or shaming, when a want or need comes up and being met and received by the other with a corresponding degree of sincerity should take the process of frustration build-up out of the relationship.

There is then the other side of the exchange: What we do with the communication. I'll know more about that when the information comes in.

Seriously I have my capacity overload limit. Where's my coffee? One thing at a time here!

Footnotes

(1) See *Love Like We Never Imagined It to Be* at <https://goldenageofgaia.com/wp-content/uploads/2021/07/Love-Like-We-Never-Imagined-It-to-Be-R13.pdf>

(2) See:

- *Are You Listening?* at <https://goldenageofgaia.com/wp-content/uploads/2011/08/Are-You-Listening-R5.pdf>
- *A Manual for Listeners* at <https://goldenageofgaia.com/wp-content/uploads/2021/09/A-Manual-for-Listeners-R3.pdf>
- *The Value of Listening* at <https://goldenageofgaia.com/wp-content/uploads/2021/08/The-Value-of-Listening-3.pdf>

