



The Unlikely Sacred Gateway

by Deborah Saunders, August 30, 2004

Button-pushing = Transference = Sacred Gateway

We can all relate to having our buttons pushed. It's uncomfortable. Right? Few of us, if any, ever had an inkling that there's a reason that this happens. It's a sacred gateway that can lead us back Home, to our Self – to wholeness.

(Art Source: Lophorina by Cildra)

Unrecognized parts of ourselves which want to be seen and heard show up as best they can from a distant place of exile, the Unconscious. We've repressed them; pushed them from us; and, they're asking to be reclaimed and returned home. So, when they show up, we have the tendency to defend ourselves, after all, these parts were exiled for a reason, i.e., so that we would not feel hurt. Their showing up threatens us, because it threatens the status quo; AND, paradoxically, it points the way to healing into the present. These parts are part of our unresolved past and they persistently seek resolution by intruding on the present.

Transference Explained

Transference involves a re-experiencing of the past in the present. To the extent that we continue to experience the present with the crowded, restriction of the past, we will continue to be bound to the past, a slave to our unconscious repetitions and blocked in our forward movement.

Transference involves a kind of mistaken identity where something about another person bugs us and that something resembles the identity of the original offender - - one of our parents. (If that statement pushed a button in you, even that's transference.) As children, we could not tolerate either of our parents being "bad", i.e., "a bad mother" or "a bad father". For a toddler, who wants his mommy NOW, if she's not there immediately then that's a bad thing -- she's bad -- in his eyes. Young children don't yet understand that their parents are human (not a god), nor do they even understand what it is to be human. In fact, learning how to be human is something we continue to learn into adulthood.

Exploring Transference: Opening to the Potential for Deeper Truth An *Introspective Meditation Exercise**

We can gain an appreciation of how much our perceptions of reality are colored by our (compulsive) need to experience the present in ways that bring up unresolved issues from the past. We're bringing consciousness to (shining Light onto) what was unconscious which results in increased self-awareness and strengthening of our container for a healthy ego.

Sit in a quiet place with a notebook and pen in your lap. Close your eyes and become aware of your breathing -- notice the inhale and the exhale. Relax and notice your breathing. If any chatter comes up into your mind, see if you can set it to the side and keep breathing. You may have thoughts of things you need to do or other thoughts that are just mind chatter. Set the thoughts aside. You can always come back to them later if you need to. For now, you're simply noticing your breathing and relaxing.

Once the mind chatter settles down you want to start the self-inquiry. You can start this inquiry from a place of "I wonder" -- like when you were a child and there were times when you'd wonder about things that you didn't know or understand.

As yourself each question below, one at a time, giving yourself time to breathe into the question and see if something reveals itself to you. All the time, during the self-inquiry, continue to notice your breathing.

1. Do I seem to have a tendency to make (negative) assumptions about the present based on the past? If so, when do I do this?
2. Is there a recurrent theme in my interactions with others? If so, what is this theme?
3. While doing this exercise, what have I discovered about myself that I did not already know?

*Introspective Meditation: Deborah coined this type of self-inquiry meditation as one that is fully embodied where the meditator maintains full awareness of the body. Using a notebook and pen during the meditation, allows one to write notes about what's happening in the body as well as writing about what's revealed relating to the questions.

The source for much of my research in this area came from my own work with Integrated Kabbalistic Healing along with a wonderfully clear book about resistance by Martha Stark, M.D.: "A Primer on Working with Resistance."

Deborah Saunders has over 15 years experience in helping people awaken to who they truly are. She created 'A Soul Connection' in 1998 in the Washington D.C. Metropolitan area as the vehicle for teaching self-discovery classes and workshops. By 2001, she included another integral part of her self-discovery/soul work -- a Nondual healing method *Integrated Kabbalistic Healing*® -- a profoundly gentle and open-hearted way of healing into the present.

In mid-2003, Deborah moved to Graham, WA, also the location of her main office/studio. Appointments can be scheduled for either of two locations -- Graham, or downtown Puyallup. Many of her recurring clients who do not live locally work with Deborah over the phone. Her self-discovery classes/groups/workshops are offered at various locations: Graham, Puyallup, Tacoma, and Federal Way. Periodically, she offers teleclasses. For more information, visit her website: www.asoulconnection.com