

Team Therapy and Community

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At this point in my life, I believe that the journey of life is a walk to God and that it is more pleasurable, more fulfilling when we don't take that walk alone. I think it needs to be with at least one other, and works better as the numbers increase. My definition of community is walking to God together, whether or not people realize this is what the search is about.

For a long time I had been on a search to make contact without really knowing it. And I have never been satisfied with contact that wasn't meaningful, or what I would call meaningful. I have struggled with how to make contact meaningful, and how to "be in community."

It may not seem so when you meet me in a place like this, but I'm really an extremely private person. I like my own space. I've had a lot of struggle with how to have my own space and be in a community at the same time. Initially my fears were that if I was with other people, I would have to give up stuff, particularly material stuff. I would lose what I had.

In another lifetime 10 years or so ago I was a dentist, and I would make beautiful badges that would take months or a year to create, and I wouldn't let people wear them. They were mine. That's a little exaggerated, but there's a lot of truth to it, too.

For the last three to five years, I've been in the most creative space of my life. I feel things coming together in a way that they never have for me before. When I create a program or training or any new thing, my initial mind set is I have to do it. No one else is ever going to get it, teach it, work it or experience it. It's all mine. I've struggled with that place. I want to start out by letting you know that. Maybe you already do by just getting a sense of who I am.

What I'm able to do with it now is take it to God and say, "What's this about?" What is it about with not being willing to give anything away? Why do I want, for instance, this intensive experience? I've been struggling with how to manifest it in the community, and in a sense, give it to the community.

4th Core Energetic Conference Proceedings

God says, "Stuart, get in touch with how wonderful you feel when you let other people into these experiences." I create bliss in my own life by giving away the creations, and I feel that is how I know that it's God's work. When I'm helping others, I feel wonderful, and that's how I know it's God's work.

I want to come back to how I got here, or what my goal is in creating an intensive. There are a lot of stolen ideas in it, which I'll tell you about. But my goal was to create a community that's bonded, which, for me, means a community that wants to work and live together for a common purpose. And for me, the common purpose is the walk to God whether it's called that or a search for truth or whatever.

I did some explorations with a lot of different ways to create this kind of community. It took me a long time to be part of anything. I was in the background. I was shy. I was terrified. I didn't want people to know who I was. I was afraid I wouldn't be accepted if I was seen. How could one make other people who have struggled with the same experience have a desire to come together?

Eva and her Guide created an intensive, and the purpose of that intensive was really a profound experience of being cared for. Its concept was to take care of. And it created a safe environment for people who were the workers or the clients to be able to take their process as deep as possible.

I experienced two of those intensives. The first was in 1976. At the time I didn't believe in God, and I had never prayed. So I said my first prayer at that time, and I felt that there was a possibility to believe that there was a such a thing as God.

Another part of this happened three years later in 1979, which was the year Eva died. What started to manifest in my life was a team of spiritual helpers who guided me. It started with the fact that I would try to meditate. I would sit there and meditate. My sitting-still time span is about seven seconds, so meditation in that form was very difficult for me. So one of the teachers was talking about written guidance. You could ask a question and wait and maybe get an answer. That felt much more suited to me.

I asked great questions like: why is Devera a pain in the ass? And I got these fantastic answers which always turned out to not be related to the question that I asked for some reason, but had to do with helping me on my journey, giving me answers I needed to look at. I took it deeper to

make contact with what I felt was something giving me this information. I honestly was confused but I knew the information was beyond the capacity of my own mind to gather.

What finally manifested for me in a very clear way was the fact that I had a team of what I call guides. There were and still are four of them: three male and one female. I had many different kinds of experiences that aren't necessary to explain here, but some of them were physical. I don't share that often because I'm afraid people will think I'm a little weird, but I think you guys are all weird, so it doesn't matter.

In any event, I ended up with the concept of a team. If the spirit world could create teams to help humans, then I could use this model in the material world. In the intensives that Eva had created, there were also teams, but the focus was different. First I came up with the idea that what I wanted to create was a community of givers and receivers. So there would be two communities to start with—the givers are the therapists, whose intention would be to give to the people coming to work on a specific issue. My theory (maybe more my prayer) was that we would end up not being able to tell the difference between who was giving and who was receiving. The major aspect is the “purification” of the teams, done by three people processing their issues with each other to be able to come to a unitive state.

For me, the definition of the unitive state is different than bonding. Bonding means you're coming together for a similar purpose—a walk to God, a big deal purpose. In a unitive state, all are the same. If you hurt, I hurt. If you feel joy, I feel joy. You say the words, I feel good. That's a difficult one for me.

But the work that I do in this, my part of it and the part of it for anyone who would be the leader of this type of an intensive, is to work with the teams to have them come to this place of unitive consciousness.

Several things are set up. One is that there are three people per team. The purpose of having three is that three is the hardest number that I could find to get along with. Two is easier to get along with, and four is somewhat easier. Three is difficult. Competition, who's left out? These difficulties provide material to deal with so you can come to the unitive place. My role is to help the teams deal with all of the competition, and the judgments of each other.

The teams deal with their issues with each other and choose someone to lead. The leader has to be accepted by the other two members

of the team as the leader. The leader claims the fact and says "I feel like I'm the one who should be the leader," and the other two must agree, because you can't lead someone who hasn't agreed to follow you.

In my opinion, the main quality to define leadership is service. The leader serves those who follow. And when you really serve whoever is following you, you're totally free, because there's nothing that you can do wrong if your intention is to give to those who are following.

So the form of this is to have two people supporting you all the time. You have somebody—and I don't just mean the leader of the team—but if you've processed the issues among the three of you, and you feel in a unitive place, you come into an amazing space to give someone else a session.

It doesn't matter who says what in the session, magic can happen. You feel free to be yourself. You feel supported by the other two people. The goal of each person is to support the other two. This makes you safe to be yourself. Therefore people's strengths can emerge in a much greater way, and the client can have an experience that is impossible to have in any other way.

I put the therapists in the category of givers. This doesn't just mean like giving a session because the therapists spend a day connecting to clients who haven't even arrived. They connect by preparing a space for the clients to come into. The energy is spent in creating a community of givers and receivers. And the pleasure of the giving increases as yo» start to prepare for clients.

The main experience that happens initially for the clients is that they are overwhelmed. The amount that they receive is overwhelming. And the overwhelm of taking in so much giving from a generous place washes away the defenses of the clients and enables them to be in a receptive place in an amazingly short amount of time. The clients do this for three days. And the ability to go to deep places happens very, very quickly.

One of the most important real needs for someone who receives is to feel gratitude. Something needs to be created for that to happen. Receiving and taking in without a place to say thank you doesn't feel good.

In a sense, the procedure happens by creating two communities. The first community is the community of the therapists. And the therapists model a unity with each other that the clients cannot help but

experience and desire to duplicate. So the modeling of the client community happens from observing the therapist community.

The other thing is that the clients are not just given sessions, they're served meals, taken for walks, massaged. Every minute of their time is in the presence of someone on their team, although not necessarily the physical presence, sometimes just the energetic presence. Information about anything that has happened to that client during the weekend is filtered back to their team. This is an intense transformation process. All decisions regarding that client are done through the team to protect the clients from conflicting input.

The clients submit an autobiography with pictures of themselves prior to the intensive, and they all have an interview with me. That information is also passed on to the people who are their therapists before the intensive begins for the clients.

There are two aspects to how you choose to be on a team. One is that the therapist hears who the clients are and one of the client's issues may be appealing in the sense that the therapist would like to work with those issues. The other is that the therapist chooses other therapists that he/she would like to work with. It's wonderful to choose to work with these people because you want to have an experience together or are drawn to someone.

What will happen when 15 people want to work with the same client? How do you decide, how do you give over, how do you choose? These are the issues of life that bring up our individual issues and help us bond with each other and create the unitive place. It's learning to explore our competition, our judgments, and to give them over. You wouldn't believe the fights over which room the client is going to be in. And it's not unimportant. You get a perspective. It doesn't matter what we're fighting about. It matters that you can fight.

The other part is that I'm a big believer in having an intention to make a mistake. If you do not give yourself an intention to make a mistake, it means you're not free to be who you are and do your best work. You have to tie yourself down to only do it right. So making mistakes is a strong part of this because the truth of the matter is it isn't a mistake. It's simply something that you might not have planned to do, and it brings up very valuable information for the work.

I believe there are very strong possibilities in this to step out in community and be a leader. There's also instant supervision which is

impossible to find in most situations. Before they go in to do a session, the team gets input from me and from all the members of the community about what's going on for that client and some help with the direction that the client should go in.

Then after the session, they have another meeting with me to deal with all of the things that came up in that session, particularly what came up between them.

The maximum number of clients I have been able to accommodate in an intensive is six clients and 18 therapists, plus me, which is 25 people. Five clients and 15 therapists and me, 21 people, is a little more comfortable.

I think the secret of life has to do with being in relationships, and I think that there are two main aspects to being in an intimate relationship. They're opposite sides of the same coin, and many of you have probably heard me say it. But it's the sincere, genuine desire to reveal yourself to another, to let someone see who you really are. The other aspect is the sincere, genuine desire to see the other, to take them in. So even if you only do one of these, you create intimacy. If you do both, you create bliss.

I also think it's good to know the places where you don't want to create intimacy, where you don't want to reveal yourself. But the more significant the relationship is, the more you desire to see that person and to reveal yourself to that person.

Community is the same thing only bigger. It's to reveal yourself to many, to take in many. It's difficult to do. When you add more people, you start to lose the intimacy with people that you started with. And by the time it's real big, you can be having fun, but your contact probably becomes different.

But it's my belief that it's possible to not have the contact different, to have it get bigger and keep the contact with each one and make it more each time. For myself, I'm trying that, and I feel in many ways like I've had amazing contact with many of you here.

So in terms of the intensive, I feel that I reveal myself. If the goal is for everyone else to reveal themselves, I need to model that. It's not possible for me to work for any length of time without having anyone be aware of my arrogance and control issues. I have to be willing to reveal them as well as my pain, my desire to do God's work. I have an intention to reveal myself in the intensive, and I have an intention to take in what

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happens—not just what's happened with everyone who has been part of the experience—but what happens generally to make it better the next time.

For me, the excitement of a creation is that you recreate it every time you do it. And so I have a lot of desire to take in what happened, recreate it, and bring it out again.

The last thing that I want to say is I know that at this point in my life I'm doing God's work. It feels like an honor to claim that in terms of what I would define as God's work. I know it mainly because I have the deepest inner satisfaction and fullness in my life.

