

Leaving Home: *The Journey of the Soul*

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Leaving home in order to come Home. This is the subject for today. You may give hands to one another and be silent for a moment. Just close your eyes if you'd like, sit there and enjoy the music. It's like praying to the God and the Goddess within us.

So with a lot of love I welcome you all to be here. Speaking about coming home, two questions arise. The first question is where do we come from, and where are we going after death? We in Core Energetics believe that there is a greater Source than us, that we are a part of that greater Source, and in our heart there is a deep, deep longing to go back and to reunify, to reconnect with that Source again. We are in this life like a river. The river comes from the Source. The flow of the river is our life. This river is deeply longing towards something bigger than the river: towards coming to the ocean and fusing with the ocean. Fusing with the ocean means we are going to give our form away. We are not the river anymore. This is the place we really fear. Everybody fears this place. We fear giving up our ego to fuse with this place which is bigger than us all.

This greater Source is not fractured. There are no dualities there. It is a unity, infinite and divine. We do believe further that our soul separates from this place and comes down to the earth to fuse with our physical body, and together in this marriage, soul, heart and body will expand more and more, opening up and unfolding more of those soul qualities in order to come to a deeper place of purification.

So we see that spiritual growth is the meaning and purpose of human life on earth. And when we start to be aware of this, we will find two major processes.

One process is described as the involution process. It is when the energy separates from the Source and moves down towards the body, towards the earth, and fuses with the physical realms. Can you follow that? This movement is a slowing down of the vibration of energy until it comes to a solid state, the state of manifestation and form and matter.

earth

Involuntary movement of energies from the source.

The step-down process.

Evolutionary movement of energies from the earth. The step-up process. The return of energy back to the original source.

Physical realms.

Expressed as consciousness and matter.

The evolutionary movement, or the upward movement, is the expansion movement. It's expanding the energy and the consciousness in order to serve, to serve the evolutionary process, to serve the reconnection and the reunion with the Source. This is what we do in Core

Energetics. We try to expand the energy, to free the energy, to free the body from a lot of stuff, from the history, from the stuck energy. We try to free the soul to use this energy in a positive way to serve the evolutionary process.

"As above, so below." Now let's come down and look at what is happening in human reality.

Our soul is an infinity, and our body is finite. The old philosophies used to see that the soul, when it comes in our body, looks like it is in a prison. So the idea of emancipation was there—to emancipate the soul from this place and to take it again to the Source.

The old cultures used to look at our body as a temple and as a vehicle. They said our body is the vehicle which is carrying our soul and giving our soul the space and the possibilities to unfold all those qualities that the soul brought with it. I would like to show you some of the temples. They used to build them exactly like the body. Most temples in Indian, Persian, Egyptian, Greek and Christian cultures are built on the same principles. They are built like a body or like a vehicle.

There is a temple in the southeast of India. It is the sun temple, and it's very, very beautiful. It's really built like a wagon which will carry the soul from this place to the other place. The wheel of life is there, the wheel of transformation.

There is the Hotor temple in the north of Egypt. It's built in exactly three spaces: the outer space, the inner space and the holiest space. The Kundalini connects all those three spaces.

Tibetan monasteries used to be built exactly like our bodies, and when you look at a stupah, the stupah has this energy.

Even St. Peter's dome in Rome is built exactly like the Indian, Egyptian, and old Greek temples. It's built on the same principles. There is the outer side, the inner side, and then the holiest place like our body where the soul is going to live.

So let's come now to the body, and ask the second question. What is the essence of our humanity and our being? What is human nature about?

We know that there is a higher Source outside, and there is a higher Source inside us. It's the place we call Core. This is a place of unity, of infinity, a place without polarities. It's the inside Source which connects with the Source outside. It is the God and the Goddess within us, deep inside. From that place, we can see the movement going out and

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the separation of the ego. The ego needs to separate from that Source to become differentiated and to have an identity. I will call it the limited identity. Though the ego is developing polarities, dualities, it also enfolds the qualities of the soul. In the journey to unification, we will find our life task.

the universal identity
Spirituality/Core

the expanded identity
Individuality

the limited identity
Ego

Our individuality is as a bridge between the spiritual part and the ego. It's the expanded identity in us. It's the place where every one of us works.

Old cultures tell us in myths and stories about this journey of the Soul through individuality back to unity. I would like to tell you one of those stories.

I love the story of the prodigal son, the lost son. In every culture you find it, and in the old Egyptian version it says that the king and the queen gave birth to a son. The king is our body, the queen is the soul, infinity, and the son is the personality.

The king and queen gave the son the life task to go out and to find a pearl, to go to deal with the monster and to take the pearl from his hand. This son went outside and became lost in the material world. (It's like our ego going out, losing himself in the material world.)

And after a time, the parents were seeking and searching: where is our son? They found him and sent him a message saying "Remember your mission, your life task."

At that moment there was an awakening, a remembering to go and find the monster, the dragon. The son befriends the dragon and receives the pearl as a present. He returns Home, celebrated by his parents as the beauty of the soul with a new life task.

So looking at this myth, we will find a lot of steps. There are seven steps, like the seven chakras, but I will put them into five steps that I would like to share with you.

1. The inner call

- awareness and awakening
- recognition
- decision

The call of the soul - The inner call comes to us in the form of our personal longing.

All longing is ultimately the same: To experience a more loving relatedness to the self, to others, to our environment and to God.

The first step is the inner call. At the moment when the message came, there was an awakening. The inner call has three stages: Awareness and awakening; recognition; and making the decision.

2. Leaving home

- the space in between
- gateway
- new horizon

The separation and differentiation of the individual self from family and culture is a necessary stage of human development. It is the task of the entity to develop a distinct sense of self, to create his boundaries, and accept his limitation.

Leaving home is the second step. After leaving home, there is some space, a gap. Then we come to the gateway through which we must pass to go on the path, the journey of the Soul. And after that, we are on the path.

3. The path

- facing the shadow
- despair / “the dark night of the soul”
- fight

All that is dark in ourselves, can be transformed by the light of awareness.

The third step is the path itself. At the beginning, we search, we find out, we explore, and we have a lot of things to solve, a lot of problems to solve. There we face the deepest parts of ourselves. There we face the dragon. There is the fight, and behind the fight there is the despair, as a deep step. At the darkest moment of the night, the light comes out.

At that moment when the despair envelopes us and we really give up and surrender, we are going to find what we are searching for.

4. The goal

- arrival
- discovery
- the gift

Spiritual growth requires that we uncover the undeveloped and negative aspects of our personality to connect and integrate them and to discover and embrace the beauty of our higher self.

And then we are near to the goal. We arrive, we discover, and we receive. From that place, having this gift, this pearl, with us, we start going back Home, taking this present to integrate into our life task, into our everyday life.

5. Back home

- return
- arriving back home
- the new task

Spiritual growth is the meaning and purpose of human life on earth. The goal of spiritual growth is Union.

The first step is in the inner call, and the inner call starts very often from the subconscious. We get nervous; something is happening to us inside; there is an inner movement, and we can't say what it is. We can feel it as a longing. We can have it as feeling, as an intuition, as dreams, or as inner pictures.

Once this material comes more and more to consciousness, we start to define it. We start to give it a name. We feel that the energy is pulling us more and more, and expanding our consciousness about it. This is the moment when we are going to leave home. At that moment, I very often experience with my clients that they feel lost. They feel they no longer know where they are. They feel that what had worth in their life hasn't meaning anymore. They describe it like a room where old wallpaper has been peeled away, but there is no new wall covering. When you get to this place, you are leaving the safe place, but there is nothing new coming in. Then you are standing in front of the gateway, making the decision to really move towards your process.

At that moment, I experience a lot of resistance within my clients: "No, I don't want to go there. I feel foggy. I don't want to see. I feel like fainting. I can't stand it." They don't really want to turn and go in this direction. They turn back and look: "I want to go to the safe place." There we deal with a lot of resistance.

Once they have the courage to pass through this gateway—and this is our responsibility to encourage them to go there, to pass this gateway—they start to explore. They start to open up and really to find a new world in themselves. They find in new ways beautiful things, and at the same time, there is the fight, the ambivalence.

On one hand, there is an excitement about what is coming. On the other, there is a big fear, an anxiety, and this is a place where they can be helped. At this place they will start to see some shadows of their deepest soul and to start to face the lower self, the dragon. They need to go through to this dragon and to face it, and to reveal a lot about themselves.

From that place, we come to a place in the therapy or in the process where we start to find more and more our higher self, and start to find the way to transform those qualities and to use those energies which are there more constructively as support for the journey. We remove obstacles so that the soul can really unfold more and open more.

And after that, we come to a place where the discovery is. We

discover something. This is what we discover: our inner beauty, the beauty of our soul. We are going to take care of it. To take it Home with us. To take it inside with us. We teach this. It's the process of Core Energetics: and not just to take it inside, but to learn how to nourish our soul in every day; how to take care of ourselves and to share that love with others. You can have this love in you and take care of it like a small child. The goal of spiritual growth is union.

Let's go for a small journey. Sit somewhere where you feel comfortable. Close your eyes. Take a deep breath, and let go if you can. So go back now, remembering when you first thought of coming to this conference. Try to remember how you felt at that time. Imagine now and see your self making the decision to come here. From that place, see your self just leaving home, leaving the place that felt safe, secure and familiar. Feel and see what it is like to leave home. Come in touch with your feeling as you were leaving. You may see your self at the airport or on the road coming here. How is it to be in that space in between? Which feelings have you experienced at this time?

Now see your self just arriving here without knowing what is going to happen. Where are you going to stay? In which room? Which roommates are you going to have? See your self staying among a huge number of people, separated and connected at the same time, knowing some of them, but a lot of them are not so familiar.

Now see your self exploring, exploring the place, knowing the place better, knowing the other people better, getting more and more familiar with what is happening here. Be aware of your feelings at that time.

Now choose one thing that has touched you at this convention. Just choose one thing where you really felt deeply touched. Take a minute to take your self to the dark side of your soul. What does this bring up in you? See how you have come out of that place, maybe with your inner guide or your outer guide. Just explore your feelings and explore the way you came out there.

Now take a moment to reflect on your goal. What have you taken from this convention? Open your hands and see that, as an object in your hands, an object that you are going to take home with you. Look down with your inner eye to your hands and feel and see that object that you are taking back home.

See yourself now taking the journey back home. See yourself on

the road, or just at the airport saying good-bye to everybody. See and feel that transition as you approach your home. Now see yourself just arriving home, opening the door, and there is a person that loves you there just waiting for you, welcoming you home.

See yourself sharing your love, sharing your beauty with this person. After awhile, see yourself making more space for yourself to put the object that you took from here somewhere at home in order to remember and to reconnect very often with this beautiful experience.

See if you can take a space to allow yourself to sit down and to formulate your new task. What is it that you have learned and that you are willing to add to your life to enrich yourself?

OMpair

The inner call would look like moving between unconsciousness and consciousness. Then leaving home, you see the door there. It is our inner truth, that place, and we stand there really just like that: humble, with nothing to hide.

This is the place where the curve of the process starts to go down, and there are the anxieties, the resistances, and all the masky stuff comes up that people don't like to face. The deepest place in that is the darkest night of the soul. It's down, down, the place we, as therapists, are as guides, guiding the process. At that place there is a unity, and there is a mature participation. You can't say at that place "I am not there." At that place you are participating. There is no therapist and no client. We are just the whole process. We are together.

From that place we can move up after awhile, and it's great if we

can then learn the most difficult thing in this world, in relationship, and this is being separated and connected at the same time. It's very difficult to be separated and connected. So from that place, we start to go up. The process will go up towards the goal, and then the circle which starts to go towards the light. Not towards the darkness; towards the light, taking us back home.

So from this place, I would like to show you the pyramid that my teacher, my father and my friend really, in a very beautiful way, gave to humanity, the pyramid of our personality. Very often in our work we go to the subconscious, down to the dark side. We work there to find the separation, those parts which really separated from us. We work there to find the parts which we suppressed, which we denied, which we split, which we don't want to have. We find them to bring them up to the personality, to integrate the personality. And once we have integrated the personality, the movement is upwards towards the light, towards the higher consciousness.

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higher consciousness

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Many therapy schools are oriented toward working from the mind down to the subconscious level. Turning the process on one point, having the spiral moving upwards towards the evolutionary process is what we do in Core Energetics. This is the place where therapy is not therapy anymore. We move towards the evolutionary process. So we are dealing with a double spiral.

From that place, I just brought a small example with me. This is the helix spiral, the helix spiral which is in our genes and our cells, the spiral of life. We do work in the Core Energetic process energetically. We work like this: bringing the middle energy to the grounding downwards, and the aura energy which is around it is going to support us, to hold us, is going to support us just to stand up, and to be the person who we are, to integrate our personality.

pic. 1: the double helix

Once we can do that, we need to turn the spiral around. We need to use the periphery to ground ourselves, to contain the energy, and to use the Core, the center, to connect us with the Source back home.

