

## Week 3

- **Jungian Approaches to Relationships**
  - Types (introversion/extroversion)
  - Functions (thinking, feeling, intuition, sensation)
- **Self-Esteem**
  - How we lose it, How we get it back
- **Cognitive Behavioral approaches (Martin Seligman)**
  - Learned Helplessness, Learned Optimism
  - Checking beliefs, assumptions, myths
  - Controlling the mind: postpone, distract, re-frame, etc.
- **Re-Decision Work**
- **Group Dynamics / Sub-groups**
- **Students Make a Group Video using the TE Formula**
- **Shamanistic Ceremony: The search for the power animal**

## Week 3: Suggested Readings

- **Jungian Approaches to Relationships** including Types (introversion/extroversion); Functions (thinking, feeling, intuition, sensation)  
<http://www.geocities.com/lifexplore/jft.htm> Jungian function theory  
[http://www.doyletics.com/\\_arj1/jungstyp.htm](http://www.doyletics.com/_arj1/jungstyp.htm) Jung's typology  
"Jungian Approaches to Relationships" From a presentation by H.Marshall & R. Moore in training C-6. With notes thanks to Bert Boiten-Schlegel. Attached file.
- **Self-Esteem** including How we lose it, How we get it back  
Nathaniel Branden. The Six Pillars of Self-Esteem. New York, 1994.  
Marilyn J. Sorensen. Low Self-Esteem: Misunderstood & Misdiagnosed. Wolf Publishing: Sherwood. OR 2001.
- **Cognitive Behavioral approaches (Martin Seligman)** including Learned Helplessness, Learned Optimism; Checking beliefs, assumptions, myths; Controlling the mind: postpone, distract, re-frame, etc.  
Seligman, Martin (1990). Learned Optimism: How to Change Your Mind and Your Life. New York: Simon & Schuster.
- **Re-Decision Work**  
Mary McClure Goulding & Robert L. Goulding: Changing Lives through Redecision Therapy, New York, 1979  
Carolyn E. Lennox (Editor). Redecision Therapy: A Brief Action-Oriented Approach. Jason Aronson, 1997
- **Group Dynamics / Sub-groups**  
<http://www.gerardkeegan.co.uk/resource/seminalstudies.htm> regarding Sherif M. (1956)  
"Experiments in inter-group conflict" for the progression: group identity > group loyalty > inter-group warfare, and for the importance of super-ordinate goals  
<http://www.wilderdom.com/Group.html> regarding group dynamics  
<http://www.scoutbase.org.uk/library/hqdocs/facts/pdfs/fs140042.pdf> regarding group development and sub-grouping  
[http://www.managementhelp.org/grp\\_skill/theory/theory.htm](http://www.managementhelp.org/grp_skill/theory/theory.htm) regarding basic nature of groups and how groups develop
- **Students Make a Group Video using the TE Formula**  
Celebrate your creativity
- **Shamanistic Ceremony: The search for the power animal**  
[http://www.shamanlinks.net/Power\\_Animals.htm](http://www.shamanlinks.net/Power_Animals.htm) about power animals in shamanism  
Andrews, Ted. Animal-Speak: The Spiritual & Magical Powers of Creatures Great & Small. Llewellyn Publications, ISBN 0-87542-028-1

## **Jungian approaches to personality**

Carl Gustav Jung divides personalities into introvert and extravert types and then there are sensate, intuit, feeler and thinker functions

### **1. Introvert and extravert types**

What kind of type are you? An introvert or an extravert? The best way to find out is to ask yourself the question: how do I recharge? Is it by being in a group or is it by being alone? And there you have your answer.

Jung also stated that around your fortieth year you change from the one to the other. This happens under influence of hormones.

### **2. What are you? A sensate thinker, a feeling intuit or...?**

#### Sensates and intuitives:

Can you recall two weeks after a visit to somebody's apartment what color the drapes were? What the color of the floor was and what music they played? Can you remember almost exactly what you ate and how many chairs were standing in the room?

Then you probably are a sensate. You register the world through touch, smell, vision, hearing and tasting...

Do you not remember those things after two weeks but do you have a vivid recollection of the atmosphere of the house and the rooms? Then you probably are an intuit.

#### Thinkers and feelers:

In this era in which the mind rules, it is sometimes not easy to find out whether you are a thinker or a feeler. But you can often catch yourself in the language. If you often say:

I think or I don't think... you are probably a thinker

Do you find yourself saying: It feels like or, I feel ..... than you are probably a feeler.

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You are a sensate or an intuit combined with either a thinker or a feeler.

The following combinations of functions are possible:

The first word is a secondary function, the second your main function:

thinking Intuit

intuitive Thinker

feeling Intuit

intuitive Feeler

sensate Thinker

thinking Sensate

sensate Feeler

feeling Sensate

The best way to find out what is your first and what is your secondary function, is by finding out how you react under pressure. What is the first thing you do when you register the situation? Do you start thinking of feeling? Or do you register everything through the senses or by intuition?

If you are a thinking sensate, it doesn't mean that you can't train your intuition or ability to feel.

And if you are an intuitive feeler, it does not mean that you can't train your ability to think or register as a sensate.

But your essential Jungian personality functions will stay in place, they will not change through your life, they are your blueprint.

For example: I am a feeling intuit. But as a journalist on interior design it is essential for my articles to register an interior as a sensate would do, because only then I can let my readers know how an interior looks. So then I switch from my naturally intuitive registration to a sensate registration. You can do that if you are aware.

Another example: If you are in an emotional situation and you have the tendency to go completely into your feeling, you can train yourself to go into a thinking state, so that you are not swept away by your emotions.

It is the opinion of Rickie and Henry that in a relationship the partners should at least have one of these four character functions in common. They have never seen a relationship between a thinker sensate and a feeler intuit work. They simply come from different planets, are on different wavelengths. As a feeling intuit coming from a failed relationship with a sensate thinker, I agree.

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## "Jungian Approaches to Relationships"

From a presentation by H. Marshall & R. Moore in training C-6  
With notes thanks to Bert Boiten-Schlegel

### CARL GUSTAV JUNG

According to C.G. Jung, the individual self can relate to the world by means of 2 orientations or attitudes:

- Extraversion      Getting powered up by people from the outside
- Introversion     Getting powered up by himself from the inside

Complementing the extraversion/introversion orientations are four functions of thought

#### RATIONAL PRIMARY FUNCTIONS

-Thinking (I think that you feel..	<u>Opposite</u>	-Feeling (This feels true) (This feels false) (This feels right) (This feels wrong)
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#### IRRATIONAL PRIMARY FUNCTIONS

-Intuition (Knowing without sense data ...It just is...)	<u>Opposite</u>	-Sensation input of your senses ears, eyes, skin, feet
--	-----------------	--

WHEN YOU 'THINK'  
WHEN YOU USE YOUR 'INTUITION'

YOU CAN NOT 'FEEL'  
YOU DO NOT 'REGISTER SENSE DATA'

So the following functions can be possible

<u>Primary</u>	<u>Secondary</u>	<u>Personality (Sec-Prim)</u>
Thinking	- Intuition - Sensation	(Intuitive Thinker) (Sensate Thinker)
Feeling	- Intuition - Sensation	(Intuitive Feeler) (Sensate Feeler)
Intuition	- Thinking - Feeling	(Thinking Intuitive) (Feeling Intuitive)
Sensation	- Thinking - Feeling	(Thinking Sensate) (Feeling Sensate)

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**TRI ENERGETICS**

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PERSON A

RELATIONSHIP

PERSON B

THINKING SENSATE

MEETING POINT  
THINKING

INTUITIVE THINKER

+++++

For a good partner/relationship it is necessary to meet each other in one the functions! (The meeting point)

A Thinking-Sensate is OK with a  
or Sensate-Thinker

Thinking-Sensate  
Sensate-Thinker  
Feeling-Sensate  
Sensate-Feeler

THE MEETING POINT IS: SENSATION

+++++

A Thinking-Sensate is OK with a  
or Sensate-Thinker

Thinking-Sensate  
Sensate-Thinker  
Intuitive-Thinker  
Thinking-Intuitive

THE MEETING POINT IS: THINKING

+++++

A Thinking-Intuitive is OK with a  
or Intuitive-Thinker

Thinking-Intuitive  
Intuitive-Thinker  
Feeling-Intuitive  
Intuitive-Feeler

THE MEETING POINT IS: INTUITION

+++++

A Feeling-Intuitive is OK with a  
or Intuitive-Feeler

Feeling-Intuitive  
Intuitive-Feeler  
Feeling Sensate  
Sensate-Feeler

THE MEETING POINT IS: FEELING

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**TRI**ENERGETICS

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# Carl Gustav Jung's typology

C.G. Jung (1875-1961) was one of the pioneers, together with Freud and Adler, of the psychoanalytic movement that revolutionized psychology at the beginning of this century. Jung was trained as a psychiatrist, and then became one of Freud's leading disciples. Later he broke with Freud because he thought Freud's theories were too narrow, and underwent a voyage deep into his unconscious, which set the foundations for his own psychology. The first major work he wrote when he emerged from this inner transformation was his book on psychological types. Starting with Jung's efforts, the words introversion and extraversion have entered into common usage, and literally millions of people around the world have become introduced to his typology through psychological type tests, but often the deeper meaning of Jung's typology remains hidden. For Jung his typology was a way of approaching his whole psychology, and what he called the process of individuation by which we strive for psychological wholeness. Jung saw universal 'types' in human personality. These types are all present in all of us, but there tends to be one predominant type organizing our experience. One can gain insight into oneself and others by understanding the structure that Jung described, but one must not interpret it too narrowly or literally. The reality that underlies this simple intellectual model is far more complex and problematic than any description of it can suggest. (Note 1-2)

## Introversion and Extraversion

Each of us has a certain amount of psychological energy, but we use it in different ways. Some people spend it on the people and things around them. Their energy naturally flows out to these people and things. They are what Jung calls **extraverts**. There is another whole group of people whose energy naturally flows inwardly. They are the **introverts**. We live in a strongly extroverted culture and thus introversion tends to be viewed in inferior terms and seen almost as a defect. Jung, who considered himself an introvert, did not see it that way. Jung saw that both these attitudes were entirely normal. In fact, he suspected that we were born either introverted or extraverted, just like we are born with blue eyes or brown eyes. Introversion and extroversion are *attitude-types*. It wasn't as if he imagined that someone would be completely extraverted, or completely introverted. Rather, he felt that although each of us had both these attitudes, one of them usually predominated.

- **Extrovert** —————▶ Getting empowered by people from the outside
- **Introvert** —————▶ Getting empowered by yourself from the inside

## THE FOUR FUNCTIONS: Thinking and Feeling

No doubt, Jung was rather pleased with his initial work on introversion and extraversion, but as the years went by and his experience grew, he realized that these basic attitudes couldn't account for everything he was seeing. He eventually discovered that there were actually four kinds of introversion and four kinds of extraversion, and this is what he means by the four functions of thinking and feeling, sensation and intuition. Each one of these functions can be either introverted or extraverted. They are the colours, if you will, in which both introversion and extraversion can come in.

Let's look at the functions of thinking and feeling that Jung linked together as *two ways of coming to a judgment*.

**Thinking** is easy for us to grasp. It is what we mean by logical, discursive, analytical thought. A leads to B, which in turn leads to C. Thinking is the way we decide whether something is true or false. The *thinking type* is found more often in men than in women. The thinking type's mental life is concerned largely with the creation of intellectual formulae and the fitting of all life experience into these forms. Since feeling will be the inferior function, its values will suffer the most neglect. Human relationships will be quickly sacrificed if they interfere with the ruling formula.

**Feeling**, the way Jung understood it is a bit more difficult to grasp. It doesn't mean emotion, but rather a way of making a judgment that is just as valid a way as thinking is. But if thinking proceeds by way of the head, feeling uses the heart. If thinking leads to truth and falsity, feeling allows us to judge whether something is good or bad for us. The *feeling type* is found more often in women than in men. The development and sustenance of personal relationships is the major aim. Sensitivity to human needs and a willingness to meet them is its outstanding characteristic. It finds its greatest satisfaction in rapport with others. Since thinking is the inferior function, its capacity for abstract, impersonal judgments will be neglected or denied. Saying what you believe to be objectively correct can get you in a lot of trouble or alienate people whose opinion is important to your well-being. The conflict between feeling and thinking are a good illustration of the problem of decision-making. Both viewpoints have validity. Jung said that wisdom was the integration of thinking and feeling. By this he did not mean that the conflict between them could be resolved. He only meant that a wise individual is able to use either function as the situation demanded. It's not a matter of being aware of subjective and objective issues. That is all thinking. It is a matter of shifting functions and standpoints.

WHEN YOU 'THINK' —————▶ YOU **CAN NOT** 'FEEL'

## Thinking - Feeling Quiz

People would consider me  
When people argue I tell them to  
When someone has a problem my first reaction is to  
When it comes to making a decision I favour

### Thinking

☐ Reasonable  
☐ Come up with a solution  
☐ Help them work it out  
☐ My head

### Feeling

☐ Warm and sympathetic  
☐ Stop  
☐ Sympathize  
☐ My heart

## THE FOUR FUNCTIONS: Sensation and Intuition

Just as there are two equally valid ways to arrive at a judgment, Jung saw that there were two ways of perception: sensation and intuition. Sensation is easy to grasp. It means perception by means of our various senses. It means contact with people and things by way of sight, hearing, touch, taste and smell. Sensation is in touch with the here and now in all its rich detail. The *sensation type* is characterized by the excellent adaptation to simple, matter-of-fact reality. He or she is content to relate to life on its most elementary terms without subtlety, reflection or imagination. The sensation type appears stable and earthy but may lack creative spark. Vision and imagination, which could mitigate this earthbound state, are products of intuition, which is the inferior function of this type. The sensation type, in fact, will often depreciate intuitive expressions as unrealistic fantasies.

In contrast, intuition means the perception of possibilities. If sensation is oriented to the present, intuition revels in the future. The *intuitive type* is motivated chiefly by a steady stream of new visions and possibilities, derived from active intuition. The new, the strange and the different are a constant lure. He or she often perceives obscure connections between things, which seem separate and unrelated. The intuitive mind works in quick jumps, which is sometimes difficult for others to follow. This type's weakness lies in its inferior sensation function. The relationship to reality may be poor. The hard work required to bring a possibility into actuality or to make an intuitive flash generally accepted seems hard to realize.

WHEN YOU USE YOUR 'INTUITION' → YOU **DO NOT** 'REGISTRATE'

## Intuition - Sensation Quiz

I tend to  
When I have set plans  
If I were to work for a manufacturer I would prefer  
I am inclined to  
If people were to complain about me they would say  
People would call me  
When I find myself in a new situation I am more interested in

### Intuition

☐ Get excited about the future  
☐ I feel somewhat tied down  
☐ Research and design  
☐ Get involved with many projects at once  
☐ I have my head in the clouds  
☐ Imaginative  
☐ What could happen

### Sensation

☐ Savour the present  
☐ I am comfortable with them  
☐ Production and distribution  
☐ Do one thing at a time  
☐ I am in a rut  
☐ Realistic  
☐ What is happening

Ideally, all four functions should be available to the individual in order to have a complete response to life experience. It is one of the goals of Jungian psychotherapy to bring in to consciousness and to aid the development of the inferior undeveloped functions in order to approach psychic wholeness.

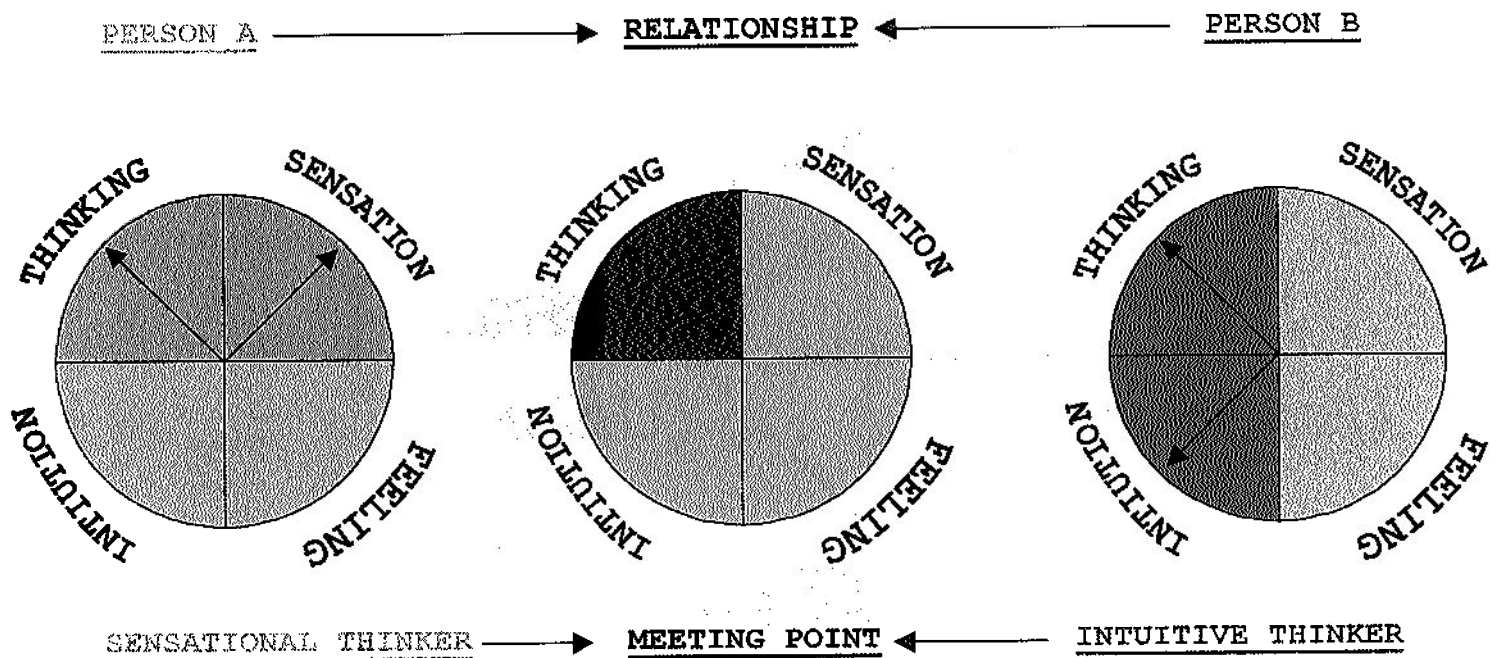
Many conflicts in human relationships and disputes can be understood through the theory of psychological types. Differences in type can underlie difficulties in interpersonal relationships. Marital conflicts are often related to differences in psychological type. Knowledge of one's own type and of the fact that other equally valid types exist can often help to relativize one's own personal reactions and can lead to more conscious and fruitful human relationships.

Rational Primary Functions: Thinking → **Opposite** → Feeling  
Irrational Primary Functions: Intuition → **Opposite** → Sensation

So the following functions can be possible:

Primary	Secondary	Personality (Sec-Prim)
Thinking	- Intuition - Sensation	(Intuitive Thinker) (Sensational Thinker)
Feeling	- Intuition - Sensation	(Intuitive Feeler) (Sensational Feeler)
Intuition	- Thinking - Feeling	(Thinking Intuitive) (Feeling Intuitive)
Sensation	- Thinking - Feeling	(Thinking Sensational) (Feeling Sensational)

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For a good partner/relationship it is necessary to meet each other in one the functions! (The meeting point)

A Thinking-Sensational  
or Sensational-Thinker

is OK with a

Thinking-Sensational  
Sensational-Thinker  
Intuitive-Thinker  
Thinking-Intuitive

THE MEETING POINT IS: THINKING

A Thinking-Sensational  
or Sensational Thinker

is OK with a

Thinking-Sensational  
Sensational-Thinker  
Feeling-Sensational  
Sensational-Feeler

THE MEETING POINT IS: SENSATION

A Thinking-Intuitive  
or Intuitive-Thinker

is OK with a

Thinking-Intuitive  
Intuitive-Thinker  
Feeling-Intuitive  
Intuitive-Feeler

THE MEETING POINT IS: INTUITION

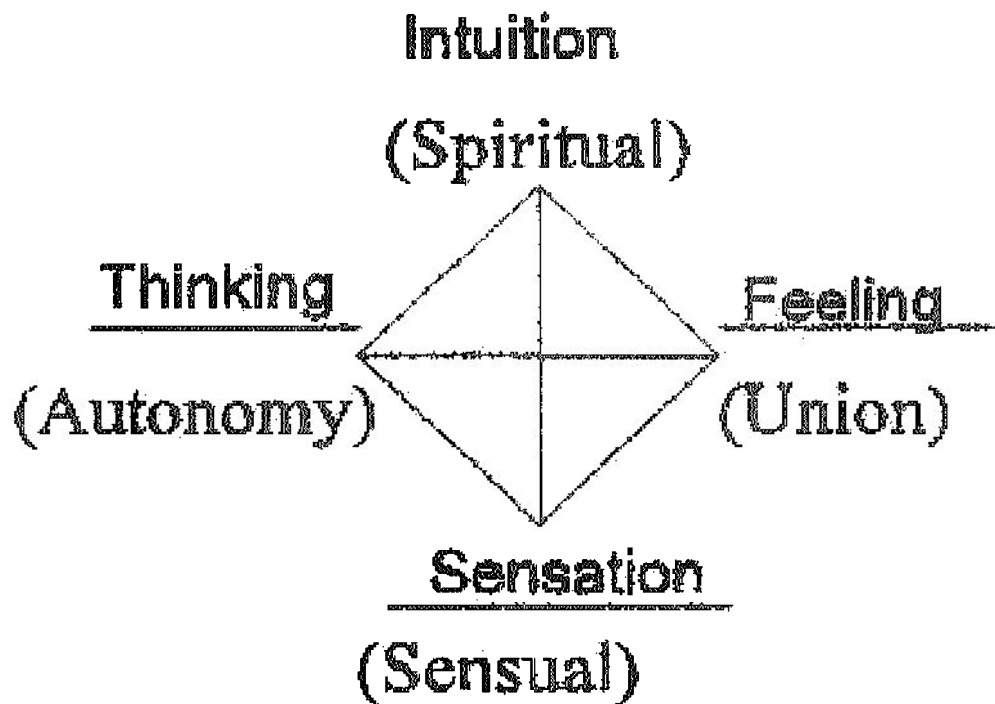
A Feeling-Intuitive  
or Intuitive-Feeler

is OK with a

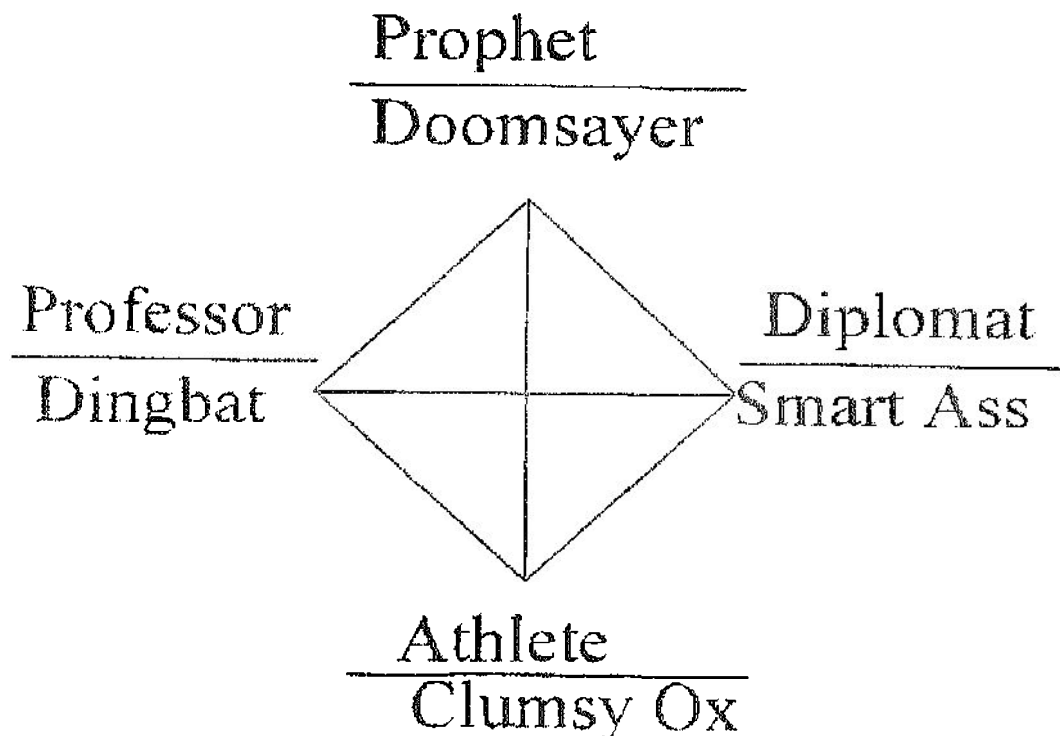
Feeling-Intuitive  
Intuitive-Feeler  
Feeling Sensational  
Sensational-Feeler

THE MEETING POINT IS: FEELING

Read the chart below and see if you can pinpoint your superior and inferior function. (Note 3)



In the typology diamond below, the first word of the phrase refers to superior function and the second word of the phrase refers to the use in case of the inferior function.



1. Jung, C.G. *Psychological Types*. Routledge and Kegan Paul, London, 1923.

2. C. G. Jung *An Outline of Analytical Psychology*. Herl Edward B. Edinger. M.D. 1968

# Self - Esteem

**Definition** Self-esteem has two aspects, that describe it:

1. **Self-effectiveness** - confidence in one's ability to cope with the basic challenges of life and that I can use my mind to think, learn, decide + choose
  - basic challenges: to earn a living – to take care for oneself – to form nourishing relationships – to overcome difficulties in life )
2. **Self-respect** - confidence in one's personal right to happiness, success, love, respect and fulfilment

**Self-esteem is a basic-need**, because if it is missing it has a negative effect on our functionality in every aspect of life – it is essential for healthy + normal behaviour, psychological growth and it provides the strength and capacity for regeneration and perseverance.

This does not mean that a person with low self-esteem is generally incapable of achieving a great deal (like the workaholic who tries to prove that he is worth something). But people with low self-esteem tend to be less effective, creative, motivated, and energized than they potentially could be. And nothing ever feels good enough.



The practices that create and strengthen self-esteem are also expressions of self-esteem.

*"If I operate consciously, I grow in self-esteem; if I have a decent level of self-esteem, the impulse to operate consciously feels natural.  
If I operate self-responsibly, I strengthen self-esteem;  
if I have self-esteem, I tend to operate self-responsibly.  
If I integrate the six practices into my daily existence, I develop high self-esteem;  
if I enjoy high self-esteem, I tend to manifest the six practices in my daily activities." N.Branden*

**We have the choice of two paths that are both self-reinforcing and self-perpetuating**

**High Self-Esteem** seeks challenges + demanding goals – reaching these goals nurtures high self-esteem. It empowers, energizes and motivates emotionally, intellectually, creatively, spiritually - in every aspect we want to experience

**Low Self-Esteem** seeks safety, the familiar and avoids challenges + demanding goals, which nurtures low self-esteem. It energizes uncertainty, fear, avoidant behaviour.

## **Factors that have an Impact on our Self-Esteem**

- There are indications that biological factors and genetic inheritance play a role in our ability to develop self-esteem
- The religion we are influenced by and the culture we live in and it's ideals + values can have a very encouraging or repressive effect on us
- Women of all cultures have been raised for centuries to maintain low self-esteem and with no expectations to being self-assertive or play a free role in life outside the family
- Every human being makes her/his own individual decisions that have an effect on a person's reality.

- One of the best ways to develop healthy self-esteem is to have parents with good self-esteem, who:

### **Raise them with love, respect + acceptance**

The language of love is touch - take your child seriously, treat your child like an adult with courtesy  
- show acceptance even though opinions might differ

### **Do not control them with**

physical abuse, ridicule or humiliation

### **Project that they believe in the child's competence and goodness**

Children need their own learning processes so they get to know and expand their own abilities

### **Encourage curiosity**

teach how to think - not what to think - teach them to think and learn as a means to survival

## **The six Pillars of Self-Esteem**

Self-esteem is not something we have or we don't - it takes our willingness and commitment to do what is necessary to develop or maintain it. We cannot work on self-esteem directly, because it is a consequence of practices and generated from within.

## **Practices to develop Self-Esteem**

1. **Living Consciously** is to be present to reality + what we are doing + experiencing. It requires that we seek to understand and keep our eyes open to face our own reality, inside and outside - our shadows, pain and fear – as well as talents
2. **Self-Acceptance** is to own and experience, without denying, the reality of our own thoughts, emotions, actions. It needs compassion for ourselves especially when we do not like or enjoy what is
3. **Self-Responsibility** means that we are the source of our own fulfilment; and to acknowledge the fact, that nobody will come to rescue us. It is an active participation in life.
4. **Self-Assertiveness** is the courage to express our needs, wants, values + ideas appropriately and the willingness to confront rather than conform; it means that we stand up for our own truth even if we fear rejection
5. **Purposeful Living** is to be responsible for our own goals and intentions and to take actions in order to achieve them until they are fulfilled
6. **Personal Integrity** is to hold on to our own principles + values; to live + act according to our ideals; to keep promises and fulfil commitments

## **Literature**

Nathaniel Branden, (Engl.) *The Six Pillars of Self-Esteem* - (Deutsch) *Die 6 Säulen des Selbstwertgefühls*  
[www.nathanielbranden.net](http://www.nathanielbranden.net) – Website of Nathaniel Branden, PH.D

May 2006, by Sabine Misczychowski for Tri-Energetics Training 1 (TE 1)

# How we lose it

**1. Practice of Living with Low Consciousness** → • do not use your own mind + do not be curious for new information • do not admit mistakes + correct them → low awareness, or denial ignorance of inner + outer reality • do not translate knowledge + awareness into action → **low self-esteem**

**Examples:**

→ • I know, I smoke too much....**but** my grandfather smoked 80 cigarettes a day and died when he was 95 years old. I know, I spend too much money, but one day ... I know, I should spend more time with my kids, **but** my work ... should stop drinking, **but**..

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**2. Practice of Low Self-Acceptance** → • general resentment of yourself + self-hatred (no possibility for growth + therapy) • you do not see your reality (feelings, emotions, actions, difficulties) and deny it • no responsibility for your own actions / self-criticism → **low self-esteem**

**Examples:**

→ • I cannot change characteristics, that I claim not to have. (**I am not angry!!!!**) ... ⇒ I cannot forgive myself the mistakes I deny... ⇒ I cannot accept to have such low self-esteem  
**and** → • „The biggest crime against ourselves, is ..., to deny and resent our greatness...”

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**3. Practice of Low Self-Responsibility** → • my behavior / feelings / destiny / unhappiness / happiness / self-esteem is somebody else's fault / responsibility • I do not use my time to fulfill my desires / intentions / visions • I am waiting for somebody to come and rescue me • or I am feeling responsible for things that are out of my control → **low self-esteem**

**Examples:**

→ • More than anything else I would like to write novels - but I am spending most of my time with talking about it and day-dreaming about my great success.  
→ • A daughter feels guilty because her mother died of cancer / was abused by her husband ....

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**4. Practice of Low Self-Assertiveness** → • Shy withdrawal - avoid confrontations to flatter + manipulate others or to belong • dreams instead of fulfillment and self-expression • self-sacrifice + fear of rejection • giving up instead of fighting courageously → **low self-esteem**

**Example:**

→ • to move as if you do not have the right to take up the space you need • to speak as if you do not want to be heard • silence, instead of speaking - to give oneself up

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**5. Practice of Living without Purpose** → • you generally leave life up to coincidence + let things flow • reaction instead of action → **low self-esteem**

**Examples:**

→ • TE: you have no clear intentions - you do not say what you want - you do not know what you need in order to do what is necessary to reach your goals

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**6. Low sense of integrity** → betray your own values, ideals, standards and opinions  
⇒ Self-deception „Only I know what I am secretly doing...” ⇒ guilt → **low self-esteem**

**Examples:**

→ • you do not keep promises + act responsibly, you come late most of the time, you cheat with the taxes although you feel bad about it, you do not live with moral consequence ⇒ you detest child-labor but you buy the cheapest products you can find

# How we get it back

**1. Practice of Living Consciously** → • use your own mind + expand knowledge • correct mistakes  
• experience reality inside (positive + negative - feelings, emotions, actions, needs, desires, intentions)  
+ outside • act according to your personal abilities → **Self-Esteem**

**Example:**

→ • Tri-Energetics: awareness to know, what you need - say, what you want - have clear intentions  
be curious to learn - tolerant when you make mistakes - flexible to start again

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**2. Practice of Self-Acceptance** → • to be basically on your own side (survival instinct) + to value + respect yourself • willingness to experience your reality (feelings, emotions, actions, difficulties) + to accept it • compassion + tolerance / friendship for yourself + wanting to understand yourself + being responsible → **Self-Esteem**

**Example:**

→ • acceptance of everything there is, without denial, or disregarding reality

⇒ Basis for letting go, change, learning (does not mean, approval)

⇒ I am an alcoholic... I accept my body / my past / the way it is/was...

→ • **Difficulties to accept?** ⇒ start with accepting your resistance

Tri-Energetics: be tolerant + compassionate with yourself

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**3. Practice of Self-Responsibility** → • for ...

the fulfillment of wishes and desires - actions - the amount of awareness within relationships - behavior towards others - how we are generally using our time - quality of our messages - personal happiness - choosing values, that are important for us - raising our self-esteem

• accept, that nobody will come to ... → **Self-Esteem**

**Example:** „Instead of waiting for someone else to solve a problem, you must ask yourself, “What needs to be done to get the results I want?” and then do it yourself. (Branden)

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**4. Practice of Self-Assertiveness** → • to take your place in the world with your own thoughts, feelings, convictions, ideas, needs + wishes, to fulfill oneself • courage to fight for your wishes, instead of giving up or sacrificing yourself, even in the face of rejection → **Self-Esteem**

**Example:**

→ • TE: awareness to know, what you need - say, what you want

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**5. Practice of Living Purposefully** → • Responsibility for identifying your own goals + intentions • realization of what needs to be done to reach goals (plan of actions) • to perform the actions that correspond with your goals • watching if results lead to fulfillment → **Self-Esteem**

**Example:**

→ • TE to have clear intentions - to say what you want - realize what you need in order to do what is necessary to reach your goals

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**6. Practice of Integrity** → Corresponding behavior and values, ideals, standards and opinions  
• to walk our talk → **Self-Esteem**

**Example:**

→ • to live the song you are singing, keeping your promises, acting responsibly, to live with moral consequence

I want to give you a small inside on the subject of learned optimism & learned helplessness. A great teacher in this area is Martin Seligman who developed this theory in the early 70's.

Seligman works on positive psychology and believe that people want more than just end suffering. He believes that people want to lead meaningful and fulfilling lives. To be optimistic – peacefull and full of love (selflove).

But what is **learned helplessness**.

Learned helplessness is a theory put forward early 1965 by Seligman based on some animal experiments which showed that Helplessness can be learned.

Seligman and his colleagues, while studying the relationship between fear and learning, accidentally discovered an unexpected phenomeon while doing experiments on dogs using pavlovoian methode (classical conditioning). You definitely remember that Pavlov discovered if a ringing bell or tone is repeatedly paired with the presentation of food, the dog salivates. Later, all you have to do is ring the bell and the dog salivates.

However , in Seligman's experiment, instead of pairing the tone with food, he paired it with harmless electric shocks (from an electric floor) , keeping the dog in a cage, unable to escape during the learning phase. The idea, then, was that after the dog learned this, the dog would feel fear on the presentation of a tone, and would then run away or do some other behaviour.

So next test was to put the conditioned dog into a cage, which consists of a low fence dividing the cage into two compartments. The dog could easily see over the fence and jump over if he wishes. So they rang the bell. Surprisingly nothing happened ! Then they decided to shock the conditioned dog, and again nothing happened ! They tried the same with an unconditioned dog who never experienced inescapable shocks. The dog as expected, immediately jumped over the fence to the other side. So apparently the dog learned to be helpless!

The theory of learned helplessness was then extended to human behaviour, and used a model for explaining depression, (a state characterized by a lack of affect and feeling.)

Depressed people became that way because they learned to be helpless. The view was that depressed people learned that whatever they did , is useless.

During the course of their lives, depressed people apparently learned that they have no control.

Learned helplessness explained a lot of things, but then researchers began to find exceptions, of people who did not get depressed, even after many bad life experiences.

Seligman discovered that a depressed person thought about the bad event in more pessimistic ways than a non-depressed person. He calles this thinking **"explanatory style"**.

For example, let's say you fail an (math) exam at school, or an interview for a job.

How do you explain why ?

- You could think
- I am stupid
  - I'm not good enough
  - I was unlucky, it was Friday the 13<sup>th</sup>
  - The math teacher is prejudiced
  - The math teacher grades hard
  - I was feeling ill that day
  - The match teacher gave an expecially hard test this time
  - I didn't have time to study

Seligman found that these explanations could be rated along three dimensions

1. Personalization (external versus internal)
2. Pervasiveness (*doordringend*) (specific versus universal)
3. Permanence (temporary versus permanent)

He found that most pessimistic explanatory style is correlated with the most depression  
 f.e - I am stupid - is classified as internal (us of I), universal and permanent  
 Saying I am stupid is quite hopeless – discouraging,

At the other hand a more optimistic person would rather blame someone or something else. F.e – the math teacher (or the interviewer) gave an especially hard test this time.  
 It is classified as external (the math teacher), specific (hard test) and temporary (this time)

An other example could be for a pessimist :

I was lucky (discounting his/her intelligence)

The optimist would say something much more encouraging, such as “I am smart”.

We often learn explanatory styles from our parents (and teachers)

2 out of 3 (both animals and humans) would stop (cease) trying to affect the situation. Further, when placed in a new situation with a different annoying element, they would make no attempt from the beginning.

1 in 10 would make no attempt to change at all to the annoying element.

1 on 3 would not worry about it and continue acting to improve their lot regardless.....

Seligman showed that pessimism is very often the cause of depression and that paying attention to your thoughts and the changing how one thinks can change a pessimist to an optimist and move out of the depressed feeling.

**BY CHANGING HOW WE THINK, WE CAN CHANGE HOW WE FEEL.**

### **But what is the difference between a pessimist and an optimist ?**

If you would look into the dictionary an optimism would be translated as :

**Optimist** : someone who always believes that good things will happen

**Pessimist** : someone who always expects that the worst thing will happen.

That's how most people translate pessimist and optimist .

### **The difference between a pessimist and an optimist following Seligman is**

- **Pessimists** have a quite destructive way of how they think about their set-back, misfortune and frustrations.
- They directly think that the cause is **permanently**. Bad events will **last a long time** – they will **undermine everything they do**  
 – They take it **very personally** as well. **It is always my fault**.  
 They often use the terms always and never.
  - o My boss is always against me.
  - o You never talk to me,
  - o I can never do this,
  - o I am always stupid and foolish....etc

Pessimism – reacting to setbacks from a presumption of personal helplessness f.e bad events will last a long time – will undermine everything I do – are my fault

- On the contrary optimists have the competence to see their set-back as something they can overcome by their effort and abilities (I can do this), something they can explain and see as isolated events to particular circumstances.

Optimisme – reaction to setbacks from a presumption of personal power ; f.e – can be overcome by my effort and abilities (I can do this) - events isolated to particular circumstances

- So Pessimist people tend to think that misfortune is their fault. They believe permanent f.e in their stupidity, lack of talent, ugliness – therefore they do not bother to change it.
- Luckily few of us are wholly pessimistic. We're sometimes somewhere in the middle between pessimist and an optimist. Most of us get a pessimistic feeling in a reaction to a particular past event. F.e I smell roses and I think back at the last discussions when I splitted up with my boy friend as the last thing he gave me was a rose.
- Such reaction to past events is considered as “normal” in psychology but Seligman says it does not have to be this way.
- A different way of explaining setbacks to yourself (or a different view on it) will protect you from letting crisis get you into depression or a depressed feeling.
- It is all about braking true your barrier.
- Those who regularly jump over this barrier listen to their internal dialogue and argue against their own limiting thoughts, quickly finding positive reasons for f.e rejection or I am not good enough. So why did it not work out? What happened ? Can I do this? Yes I can ....Etc.

### Learned Optimism

Is all about changing the basic way of how we see the world; our perception our thinking. By changing how we think , we can change how we feel

We generally use our skills for disputing with other people when they make false accusations. F.e Oh! You think I am ugly – so why – so what do you see is ugly .....etc.

How ever we hardly dispute our inner thoughts with ourselves. A lot of thoughts , a lot of our troubles our brought on by ourselves, as we ruminate (we worry)

We're responsible for our thoughts, for our thinking, ower inner voice. It implies that the way out is not something that someone is going to do for or show you, it 's something you have to do yourself.

Becoming an optimist consists out of learning a set of skills about how to talk to yourself.

Most of the time when we fail or have mis-fortune we believe that the situation/ the event is true and we act accordingly and we start to believe it.

F.e Last night I walked into the bar end nobody talked to me. I am worthless and stupid – I feel sad and lonely and start to do things on my own and avoid people and I get the feeling people are avoiding me so you see it is true I am worthless

An other way to look at our feelings at our believes is a methode Seligman which he calls

### A.B.C.D.E

It 's all about looking at our thinking – thinking rationally as the way you believe is the way you feel.

**A = adversity (tegenslag)** – **so what happened** – look at it what is going on in your head –  
F.e My boss says my report is not ok because the figures are not correct

**B = Belief (veronderstelling)** What is our believe ?

What are you **thinking immediately** when you fail or get mis fortune (I am not good enough, I am a stupid and ugly woman and I do not matter .....etc)

So it is personal (I am not good enough) it's overhauled and permanent (I do not matter anymore)

**C = consequence** – **consequence is a feeling** . What are the consequences when you have these thoughts (of f.e not being good enough)

If you hold on at your believe what do you feel. What is your fear – as fear is based on a believe

I felt sad and lonely – So the consequence of the believe is the fear of feeling lonely.

(So find out really what is the fear exactly. What is the feeling)

**D = disputation/ Question (weerleggen).** **Show evidence** – Is it true – Counter your thoughts what was really said to you. Do you have proof or is it just an interpretation and a created feeling ?

- My boss rejected the calculated figures but do not say I did not matter or was not good enough. He said I needed to verify again my figures and come back to him.
- How can you change your view on the situation ?

Change the consequence – so change the feeling

**E = Energy** = is the energy you feel when having changed your thoughts . Changing your thinking will lead to action and courage to change your life in a positive direction

It all looks may be a bit simplistic and too easy.

However the trick is to learn to identify adverse situations or events in your daily life.

Learn to hear (and record) the beliefs about those events that come to your mind and giving a depressed feeling , negative feelings (what is your head doing and saying).

Feel the consequences of those beliefs (write them down so you face them), dispute your beliefs (stop the tapes in your head – one tool to say stop for example is to wear a rubber band around your wrist – snap it and say stop) and distract yourself so you can come to action and get energy . Notice as well what happens to your energy and will to act when you dispute the negative beliefs. The more you exercise the more the style becomes your “default” response.

# C O N T R O L L I N G     T H E     M I N D

Postpone, distract and reframe as methods for handling rumination, negative thinking, and worry.

*'When your client gets rid of her depressive moods, anxiety or anger, there is no guarantee that happiness will be the reward. Emptiness is not an uncommon result. Curing the negative does not produce the positive. Strangely one can both be happy and sad. Although not in the same instant. Woman in fact, being more emotional labile, are both happier and sadder than men. The skills of becoming happy turn out to be almost entirely different from the skills of not being sad, anxious or angry. Martin E.P. Seligman Ph.D.*

Most things in life are beyond our control (the colour of our eyes, your mother-in-law, volcano-eruptions in Peru) but there is a vast territory of actions over which we *can* take control. These actions involve the way we lead our lives, how we deal with other people and how we earn our living. All those aspects of living where we have some degree of choice. Surprisingly enough we can also *choose* the way we think! The way we think about an aspect of life can diminish or enlarge the control we have over it. The power of thoughts will change what happens next. Can you recognize your habits of thinking? They don't need to be forever...

We humans worry. A lot. We do that for example by thinking negative about ourselves, believing all the bad things people tell us and most important: it's a process of ruminating. Ruminating means repeating the same worry over and over again in your mind.

There are some ways to stop your habits of thinking and change them.

The first one is called POSTPONE. To postpone means deal with a situation on a later moment. For example: You are in bed late at night and find yourself worrying about all you need to do in the next week (a whole in the roof that needs to be prepared, a schoolchoice for your daughter, a phonecall to your friend, etc.) You can't stop the thinking and worrying. What you can do is: you clap your hands together and say out loud 'STOP, I will think about that tomorrow!' (or write them down on a piece of paper, or tie a knot in your necklace etc.) The point is you can stop your mind from worrying, by telling it it can worry about it later.

The second one is DISTRACT.

If you find yourself ruminating and repeat over and over the same negative thoughts you can distract your mind in order to stop the ruminating. Your aim is to stop the mind from this repetitive pattern. You 'simply' start thinking about something else. You focus your attention on something positive. For example: You just separated with your husband, and now you heard he has a new girlfriend. You can't seem to get the thought of the two of them together out of your head. first you need to discover that you are ruminating and then start thinking about you yourself having sex. (for example..) Chanting a mantra is a nice way to distract your mind. The mantra Pratipaksha Bhavanam we sang on our last day is for a positive perspective.

The third one is REFRAME. This means looking at a situation from a different angle.

For example: you come late to your appointment with the doctor for a test. Office is closed. Now you need to wait for your friend to pick you up in an hour. You get grumpy and upset. You can reframe this event. You look at it from a different angle: 'Hey, now I have a whole hour for myself. When is the last time I had the time to relax drinking a cup of coffee and read this article that is in my bag for weeks without being disturbed by 1000s of questions of my 2, 4, 6 and 8 year olds?

*When you succeed in controlling your mind and change your thinking habits you will be able to have more control over your future and lead a more fulfilling and peaceful life.*

EV A  
C10

# REDECISION-THERAPIE

from Mary McClure Goulding  
Robert L. Goulding

= combination from **TA & Gestalttherapy**

Very early in a life the **adaptive child** of a person takes the decision, to follow the messages of his parents (drivers and injunctions), because it will survive.

On this occasion it ignores the **free/rebellion child**, which has no more chance to grow and develops pathologic pattern.

In the therapeutic session the client gets the possibility

- to experience his childlike part of himself,
- to enjoy his childlike characteristics in a imaginative scene,
- in which he is able to relive an old situation without any danger
- and (!) to end this situation as **he want to end it**.

**In redecision-therapy the client takes a new decision as a king, a session ends with good feelings and a concrete and realizable perspective in the future.**

The child makes the (emotional) work, the adult in the early child-ego takes the redecision.

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**DRIVER:** messages from the **critical parent-ego** from the **real parents**.

They are **restrictive** and can block the grows and flexibility of the child.

They are **unmistakable** and **clear** (be perfect).

**INJUNCTIONS:** messages from the **adaptive child-ego** from the **real parents**.

They are **covered** (verbal or nonverbal). Who is setting up an injunction doesn't know, what does it mean (don't, don't be).

**Racket feelings could be:**

RAGE; FEAR; ANXIETY; SADNESS; ANGER; SHAME; GUILT  
DISSAPOINTMENT; DISMISSION

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# Power Animals

**I believe we are all of the Spirit of God and the Spirit of God lives within all that lives. To understand the concept of the Native American Indian way, you must redefine Medicine. Medicine is anything that improves your connection to the Spirit of God, to the Great Mystery of life, and to all life.**

**- Lin Ekstam -**

In the shamanic belief every thing is alive and carries with it power and wisdom. Power animals are an essential component of shamanic practice. They are the helping spirit which add to the power of the shaman and are essential for success in any venture undertaken by the shaman.

Shamans believe that everyone has power animals - animal spirits which reside with each individual adding to their power and protecting them from illness, acting similarly to a guardian angel. Each power animal that you have increases your power so that illnesses or negative energy cannot enter your body. The spirit also lends you the wisdom of its kind.

A hawk spirit will give you hawk wisdom, and lend you some of the attributes of hawk.



Everyone is thought to have a few of these guardian power animals or it is thought that the individual could not survive childhood. Over the course of her or his life the person may have several. If a power animal leaves and one does not come to take its place the individual is considered, by the shaman, to be disempowered and therefore vulnerable to illness and bad luck.

Power animals do not have to be mammals and can be reptiles, insects or

sea creatures. Any living creature can serve as a power animal. (Plants and trees can serve as plant spirit guides.) Domesticated animals are generally not considered power animals because they already in service to human beings. It is possible to have a domesticated animal, but it is more likely to have a wild untamed animal serve in the capacity of a power animal.

The gifts that a particular animal is thought to give an individual varies depending on the culture. Although there are certain consistencies for certain animals. A particular power animal can come to help you with an issue that is very specific for you. It is important not to lock each animal into a category, and be open to the gifts it may be coming to share with you. If you are looking for a book on power animals *Animal Speak* by Ted Andrews is very popular.

# How to find your personal Power Animal

Power Animals are not necessarily exotic: it could be any mammal, reptile, insect or bird. Or it could be a mythical animal, like the unicorn or the Pegasus. On the other hand, your personal Power Animal could change several times during a lifetime, depending on your specific needs.

In this section you'll find the characteristics of several Power Animals. If you already know yours, look for its description here. If you don't know your Power Animal yet, ask to find out! Tell your Counselors, Guides, Higher Self or any other Unseen Friend with whom you work, that you want to know your Power Animal. Or simply ask yourself! The answer could come to you in different forms:

- \* **In dreams**

Dreaming of an animal with a special significance within the dream itself.

- \* **Through indirect messages**

Hearing or seeing the name of an animal several times in your daily life: in the news, television, casual talk, etc.

- \* **Through direct messages**

Physically encountering or seeing an animal more than twice.

- \* **In meditation**

Power Animals reveal and identify themselves as such.

- \* **By instinct or intuition**

We usually feel particularly attracted to them throughout our lives.

\* Through a shaman

Asking someone with strong intuitive powers to find out and tell us what our Power Animal is.

If you are already aware of your Power Animal, you can ask it for additional power in any given situation. You can also use this section as a kind of oracle, again trusting your own intuition in choosing a Power Animal to read its characteristics. Or you can always read them all and learn something from each one...

## Honoring your Power animal



It is important to honor your power animal. In many western cultures we are not taught to value animals or the gifts that they add to our life and the world around us. In shamanic work the power animal is essential, for a shaman who has no power - is not going to have very good results. On a personal level by honoring your power animal you let it know that its assistance is appreciated. The spirit of the animal is giving up its mobility in order to spend its time with you and assist you with your life.

Also, by honoring the power animal we make a deeper connection with it. Honoring it can be as simple as saying a thank you inside yourself, or getting an object which represents it and putting it where you can see it as you go about your day.

Shamanic practice honors and acknowledges the life and wisdom that exists in all things. Everything is believed to have something to teach

you and animals are thought to have a wealth of wisdom and protection to offer you.

If you would like to find out who your power animal is, consulting a shamanic practitioner is an option. But to discover this on your own, you can ask for a dream and see if anything comes up. You can ask the power animal to show itself to you and if you start seeing one or another animal frequently that would be its way of revealing itself to you. For instance you are flipping through the channels and see an elk on a nature program, and then later you hear someone talking about going to Elk Grove Village to visit their cousin. You see a sign for an elk's lodge. It is believed that the animal guide can communicate with you by drawing your attention to things around you, and a repetition such as that would be a way of communication. And remember, you can not choose your power animal, the power animal chooses you.

## **Listening to Animals**

Animals can teach us a lot, for example how to adapt yourself to survive a situation, or how to react when you are ill. Animals remember us of all the possibilities we have inside ourselves, but we can only learn them, if we know how to communicate with the animals.

Animals that live on land always have had a strong symbolism. They symbolize the emotional side of ourselves and represent the characteristics we have to overcome or to get under control, so we are able to express them in another way. They are symbols of strength, powers from the invisible world, which we can learn to manifest in day to day reality.

Birds are often considered as symbols of the soul. Their ability to fly reminds us of our own ability to ascend and to reach a higher level of consciousness and to connect the gap between heaven and earth. Birds stimulate us to fly out, in every case, in hope, inspiration or ideas.

Water animals express our feminine side. They can give us guidance in specific expressions of our intuitive and creative imagination.

Insects also are part of nature and they also can be power animals. In many cultures they have a leading role in the spiritual plan of nature. There are a great number of legends about spiders.

## **Buffalo**

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### **Abundance / Gratitude**

Buffalo is considered by many tribes as a symbol of abundance: its meat fed the people, skins were used for clothing and covering, bones and sinew were crafted as survival tools, hooves were converted into glue. According to Lakota tradition, White Buffalo Calf Woman gave them the Sacred Pipe, promising abundance as long as they prayed to the Great Spirit and honored All Their Relations, that is, all other creations of nature.

Buffalo's Medicine symbolizes an honor, reverence or special love for all the things that Mother Earth offers her children. It also knows that abundance is present when all relations are honored as sacred, and when gratitude is expressed to every living part of Creation.

Buffalo signals a moment to reconnect with the meaning of life and the value of peace, to praise the gifts you already have, and to recognize and honor the sacredness in all paths, though they may be different than yours.

## **Eagle**

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### **Spirit / Courage**

Eagle feathers are used all over the world as ceremonial instruments and are considered to be the most sacred healing tools. They are a symbol of power, healing and wisdom. Eagle represents a state of grace that is reached through inner work, understanding and passing the initiation tests that result from reclaiming our personal power.

Eagle Medicine is the Power of the Great Spirit. It is the spirit of tenacity. It is the gift of clear vision with which one can truly see the things one sees. It is the patience to wait for the appropriate moment. It is to live in balance with heaven and earth.

Eagle reminds you of your connection with the Great Spirit. It tells you that the universe is giving you the opportunity to fly above your life's worldly levels, or above the shadow of past realities. Eagle teaches you to look above in order to touch Grandfather Sun with your heart, to love the Shadow as much as the Light. Eagle asks you to grant yourself permission to be free in order to reach the joy that your heart desires

## **Dog**

## **Loyalty / Protection**

Dog was the servant/soldier that guarded the tribe's dwellings and protected them from surprise attacks. Dog helped during the hunting's and provided warmth in winter. It is a symbol of loyalty, unconditional love, protection and service. Its Medicine incorporates the loving kindness of the best friend and the protective energy of the guardian.

If your Power Animal is Dog, your devotion towards your family and friends is infinite. You get great satisfaction from rendering service to others, offering your hand to a friend in need. A kind word, a caress, an act of kindness means much more to you than material things. However, there is a risk of coming too close to the other side: allowing people to take advantage of you because of your gentle nature.

Dog reminds you that your loyalty should always be to yourself, to your own truth. He reminds you that by respecting and valuing yourself you can truly render a service to those who honor what you can give them.

## **Lion**

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### **Feminine Strength / Patience**

Lion is the symbol of the power of feminine energy: the female hunts and kills prey, feeds the group and takes care of the young. She is the nurturing force in all senses. The male roars to frighten prey and force them toward the lioness, who waits patiently for the right moment to attack. Although the male is the group's protector, he doesn't look for confrontation nor attacks needlessly. He only acts when challenged and will fight to death in order to protect, but in reality he prefers the easy, peaceful life.

Lion's Medicine teaches us the magic of group interaction, of group energy. It also teaches us the secrets of silence and patience. Patience is to pay attention to detail. Lion suggests that we examine ourselves closely in order to understand our strengths and weaknesses, and to wait for the proper moment to act and take full advantage of a given situation.

Learn from Lion the proper way to use power and strength. Stay calm and still, sure of your power. But if necessary, don't hesitate to fight for the things you are interested in.

## **Butterfly**

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### **Transformation**

Scientific research has shown that the butterfly is the only living being capable of changing entirely its genetic structure during the process of transformation: the caterpillar's DNA is totally different from the butterflies. Thus, it is the symbol of total

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transformation.

Butterfly represents a need for change and greater freedom, and at the same time it represents courage: one requires courage to carry out the changes necessary in the process of growth. Its Medicine is related to the air and the mental powers. It teaches us to find clarity in the mental processes, to organize projects or to figure out the next step in our internal growth.

If Butterfly is your Power Animal, or if you feel in any way attracted to it, this means you are ready to undergo some kind of transformation. Examine which stage calls your attention the most: the egg is the beginning, the birth of some project or idea. The larva is the decision to manifest something in the physical world. The cocoon has to do with "going inside", either through insight or the development of the project or idea. The breaking of the cocoon deals with sharing the splendor of your creation with the whole world. Once you understand the stage you are on, you can discover which the next step is.

## **Cat**

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### **Independence**

In Egypt cats were always given special privileges and were treated like royalty. In Scandinavia the cat stood for fertility, and in India it is a symbol of childbirth. In ancient times it was believed that witches took the form of their cats at night. Cats are fiercely independent. You can never own one: it allows you to take care of it and love it, but only on its terms. They come and go as they please, when they please.

Cat's medicine is independence, curiosity, many lives, cleverness, unpredictability, healing, the ability to fight when cornered, seeing the unseen, and protection. He also represents love and can assist us in meditation.

If Cat is your Power Animal, then you have magic and mystery in your life. You are independent and a free thinker. You probably feel energized at night. You will stay with a person or situation until it bores you, and then you're gone. You have a great talent for organizing things.

## **Rabbit**

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### **Fear / Humility**

Rabbit's medicine includes moving through fear, living by one's own wits, receiving hidden teachings and intuitive messages, quick thinking, strengthening intuition, and paradox. Rabbit also represents humility, because he is quiet and soft and not self-asserting.

Rabbit reminds us not to be afraid. Fearful thoughts reproduce (like rabbits) and bring the very thing we fear. Rabbit people are so afraid of tragedy, illness, and disaster, that

they call those very fears to them to teach those lessons.

If you see Rabbit or in any way feel attracted to him, it may be telling you to wait for the forces of the universe to start moving again, to stop worrying and to get rid of your fears. It always indicates a need to re-evaluate the process you are undergoing, to rid yourself of any negative feelings or barriers, and to be more humble.

## **Deer**

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### **Gentleness / Compassion**

Deer blend very well with their environment but are very sensitive to every sound or movement. Often twins, even triplets, are born in the spring. Does and bucks live in separate groups until the mating season. The white-tailed deer are moderately gregarious, and family members forage food together along with other family groups, giving the appearance of a large herd.

People with Deer Medicine are often described as being swift and alert. They are intuitive, often appearing to have well developed, even extrasensory perceptions. Sometimes their thoughts seem to race ahead, and they appear not to be listening.

Deer's medicine includes gentleness in word, thought and touch, ability to listen, grace and appreciation for the beauty of balance, understanding of what's necessary for survival, power of gratitude and giving, ability to sacrifice for the higher good, connection to the woodland spirits, alternative paths to a goal.

The gentleness of Deer is the heart-space of the Great Spirit which embodies His love for us all. Deer teaches us to find the gentleness of spirit that heals all wounds, to stop pushing to get others to change and to love and accept them as they are. The only true balance to power is love and compassion.

## **Bear**

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### **Introspection**

Bears hibernate in the winter, which may explain their association with "dreaming the Great Spirit" or retrospection. The symbolism of Bear's cave is returning to the womb of Mother Earth. It also suggests a strong feminine aspect, one of nurturing and protection. Bear cubs, born in the early spring, can spend as many as seven years with their mother before reaching maturity.

People with Bear Medicine are considered by many as self-sufficient, and would rather stand on their own two feet than rely on others. They are often considered dreamers. Many have developed the skill of visualizing new things, but as a result can

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get caught up in the dreaming, making little progress in waking reality.

Bear's medicine includes introspection, healing, solitude, wisdom, change and communication with Spirit, death and rebirth, transformation, astral travel, creature of dreams, shamans and mystics.

## **Owl**

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### **Intuition / Clairvoyance**

Owls come in all sizes, from a tiny miniature that actually lives inside the cactus in the desert, to the great horned owl, which is the only bird that can out fly the golden eagle. A fully grown great horned is an awe inspiring creature. Its talons are furry, and closely resemble the paws of a baby mountain lion with claws extended. It is a meat eater, which means it can be a fierce warrior if challenged, or if something dear to it is threatened. It is often referred to as Night Eagle.

Owl is at home in the night. It has great awareness of all that is around it at all times. It has predator vision, which means it sees clearly what it looks at. It has great intuition: it is the totem of psychics and clairvoyants. It has the courage to follow its instincts.

Owl's medicine includes seeing behind masks, silent and swift movement, keen sight, messenger of secrets and omens, shape-shifting, link between the dark, unseen world and the world of light, comfort with shadow self, moon power, freedom.

## **Wolf**

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### **Teaching / A Guide to the Sacred**

Wolves have been long regarded by Native Americans as teachers or pathfinders. Wolves are fiercely loyal to their mates, and have a strong sense of family while maintaining individualism. In the stars, Wolf is represented by the Dog, Sirius, thought by many aboriginal tribes to be the home of the Ancients.

Wolves are probably the most misunderstood of wild animals. Tales of cold-bloodedness abound, in spite of their friendly, social and intelligent traits. They are truly free spirits, even though their packs are highly organized. They seem to go out of their way to avoid a fight. One is rarely necessary when a shift in posture, a growl, or a glance gets the point across quite readily.

Traditionally, someone with Wolf Medicine has a strong sense of self, and communicates well through subtle changes in voice inflection and body movements. They often find new solutions to problems while providing stability and support that

one normally associates with a family structure.

Wolf's medicine includes facing the end of one's cycle with dignity and courage, death and rebirth, Spirit teaching, guidance in dreams and meditations, instinct linked with intelligence, social and family values, outwitting enemies, ability to pass unseen, steadfastness, skill in protection of self and family, taking advantage of change.

## **Hummingbird**

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### **Love / Joy**

Hummingbird—the tiniest of all birds—brings special messages for us. It is the only creature that can stop dead while traveling at full speed. It can hover, or can go forward, backward, up or down. It lives on nectar and searches for the sweetness of life. Its long tongue lets it bypass the often tough and bitter outer layer to find the hidden treasures underneath. Hummingbird is loved by the flowers and plants, for as it sucks the nectar from the flower, the plant reproduces and more of its kind is created.

In many traditions, Hummingbird feathers have been prized for their almost magical qualities. It is said that Hummingbird brings love as no other medicine can, and its presence brings joy to the observer.

If you have Hummingbird medicine, you adapt easily to whatever situation you may find yourself in, and make the most of your new circumstances. You don't waste time looking back and wishing for "what was" for you are concerned with making the most of "what is". Also, you could never become addicted to any artificial stimulants, for you find joy in your own heart. You take great pleasure in spreading joy and love and beauty to all around you, and have the gift of taking that inner joy into new and different surroundings. You have a talent for finding the good in people, and are not put off by a gruff or abrupt exterior, for you know that, if you can only get beyond that tough outside layer, you'll find goodness and beauty inside. You may have a gift for working with flowers, maybe growing them to share with others, or using flower essences for healing. Aroma therapy may be your calling.

You have high energy and a spirit that must be free. To restrict that wonderful, free, loving energy is to suffer great depressions and feelings of uselessness. Hummingbird must fly free in search of beauty, spreading joy and love to all it touches.

## **Horse**

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### **Power / Endurance**

The horse shows up in almost every mythological writing, folklore, and reality. There is the mighty winged Pegasus, the eight-legged horse of the Norse god Odin, the

stallions of the Hindu sun god, the stallions of Apollo, and so on. Many legends speak of the horse as being clairvoyant and able to perceive humans with magical powers. No single animal has given man the physical freedom of movement as the horse.

If you are drawn to Horse, you feel a power in your spirit that is sometimes difficult to control. Horse is a symbol of loyalty and devotion, of unquestioning love and faith in his master. He says that you love to travel, and have more than a touch of gypsy in your soul. Horse is also your warrior spirit—the brave fighter who brings you safety in your journeys, both physical and metaphysical.

Horse's medicine includes power, stamina, endurance, faithfulness, freedom to run free, control of the environment, awareness of power achieved with true cooperation, interspecies communication, expanding one's own potential abilities, friendship and cooperation, travel, astral travel, guardian of travelers, warns of possible danger, guide to overcoming obstacles.

## **Dolphin**

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### **Communication**

The beautiful, graceful, sleek dolphin carries many messages for the two-legged. Even though it is a mammal, its home is the sea and has mastered the art of breath control. Since water is the symbol of all life—of creation, passion and even sexuality—dolphin brings us teachings from the waters of life.

Playful creatures, dolphins have long entertained man with their joyful antics. Studying dolphin communication has proved to be an awesome task for man. As in all animals, dolphins have developed sophisticated auditory signals that warn others of impending danger. Some believe that these animals are now warning man of impending danger as he ignores the balance of the natural world. Swimming with the dolphins has become a powerful experience for many people, and as they interact with these playful creatures, they cannot help but feel their communication.

Dolphin reminds us that time to play is a crucial element to walk in balance. It moves through the water quickly and with great grace. Dolphin tells us to move with the ebb and flow of life, and not to search for brick walls to smash into, for to spend our energy fighting the current gets us nowhere.

Dolphin medicine includes change, wisdom, balance, harmony, communication skills, freedom, trust, understanding the power of rhythm in your life, use of breath to release intense emotions, water power.

## **Turtle**

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### **Mother Earth / Protection**

Many Natives refer to North America as Turtle Island, because their legends say that when the earth was covered with water, Turtle dove to the bottom of the oceans bringing up earth on its back so that the people could have a safe and dry home. Turtle is at home anywhere because it carries its home on its back. It does not become attached to places, for it is free to search for new opportunities wherever they may be found. When they sense danger, or are in uncomfortable and insecure settings, they withdraw into their shell, and are protected.

If you have Turtle medicine, you value both the power of the earth, the waters of the earth, and the magic of the heavens, for Turtle symbolizes both the grounding quality of earth energy, and the magic of the mystical. Using Turtle energy can help you achieve real balance in your life and your spirit so that you don't get "stuck in the mud".

Turtle's medicine includes a connection with the center, navigation skills, patience, self-boundaries, associated with the feminine, power to heal female diseases, respecting the boundaries of others, developing new ideas, psychically protecting oneself, self-reliance, tenacity, non-violent defense.