

Week 4

- **Using Tri-Energetics in Daily Life**
- **Cognitive Behavioral approaches: Checking beliefs, assumptions, myths**
- **Scripts in Transactional Analysis: A Tri-Energetic Approach**
- **Shamanic Approaches and Techniques**
- **Spiritual Practices for Daily Life**
- **Protection & Cleaning of Energy**
- **Working with the Chakras: How to balance the chakras; How to read the aura**
- **On Death and Dying**
 - Understanding the fear of change and experiencing the power of acceptance
 - A positive experience of death and dying
- **Students Process their Personal Growth**
 - Feedback to each other
 - Discuss and evaluate their personal and group participation
 - Future plans for graduates
- **Students Receive a Diploma and Enjoy a Graduation Ceremony**

▪ **Week 4: Suggested Readings**

▪ **Using Tri-Energetics in Daily Life**

Moore, Rickie (1998) *Die Kraft in Dir: Wissen, was Du brauchst; Sag, was Du willst; Hab klare Absichten*. Rheinfelden: Mandala Media.

_____ (1999) *Tri-Energetica: Wat heb je nodig. Wat wil je. Wat is je intentie*. Andromeda.

_____ (1999) *Tri-Energetics: What do you need? What do you want? What are your intentions?* Eng. Ms. Sent from inpeace@inpeacenet.com

See also *Tri-Energetics* information on www.inpeacenet.com

▪ **Scripts in Transactional Analysis: A Tri-Energetic Approach**

Midgley, David (1999). *New Directions in Transactional Analysis Counselling: An Explorer's Handbook*. London/New York: Free Association.

Steiner, Claude M. (1990). *Scripts People Live: Transactional Analysis of Life Scripts*. New York: Grove Press.

Shamanic Approaches and Techniques

Villoldo, Alberto (2000). *Shaman, healer, sage: How to heal yourself and others with the energy medicine of the Americas*. New York: Bantam.

▪ **Spiritual Practices for Daily Life (revisited)**

Tolle, Eckhart (1999) *The power of now: A guide to spiritual enlightenment*. Navato, CA: New World Library.

_____ (2002) *Practicing the power of now: Essential teachings, meditations, and exercises from the power of now*. Mumbai, India: Yogi Impressions.

▪ **Protection & Cleaning of Energy**

Villoldo, Alberto (2000). *Shaman, healer, sage: How to heal yourself and others with the energy medicine of the Americas*. New York: Bantam.

▪ **Working with the Chakras: How to balance the chakras, How to read the aura**

R. Moore. 1988, *A Goddess in My Shoes*. Atlanta: Humanics

_____ 1988, *Die Göttin in dir*. Freiburg: Bauer

_____ 1988, *Een godin in mijn schoenen*. Deventer: Ankh-Hermes

▪ **On Death and Dying**

○ **Understanding the fear of change and experiencing the power of acceptance**

○ **A positive experience of death and dying**

Rinpoche, Sogyal (1993). *The Tibetan Book of Living and Dying*. New York: Harper Collins.

Levine, Steven. (1997) *A Year to Live: How to Live This Year as If It Were Your Last*. New York: Bell Tower.

▪ **Students Process their Personal Growth**

○ **Feedback to each other**

○ **Discuss and evaluate their personal and group participation**

○ **Future plans for graduates**

▪ **Students Receive a Diploma and Enjoy a Graduation Ceremony**

SCRIPTS. Transactional analysts believe that most people are basically OK and in difficulty only because their parents (or other grownups and influential young people) have exposed them to powerful injunctions and attributions with long-term harmful effects.

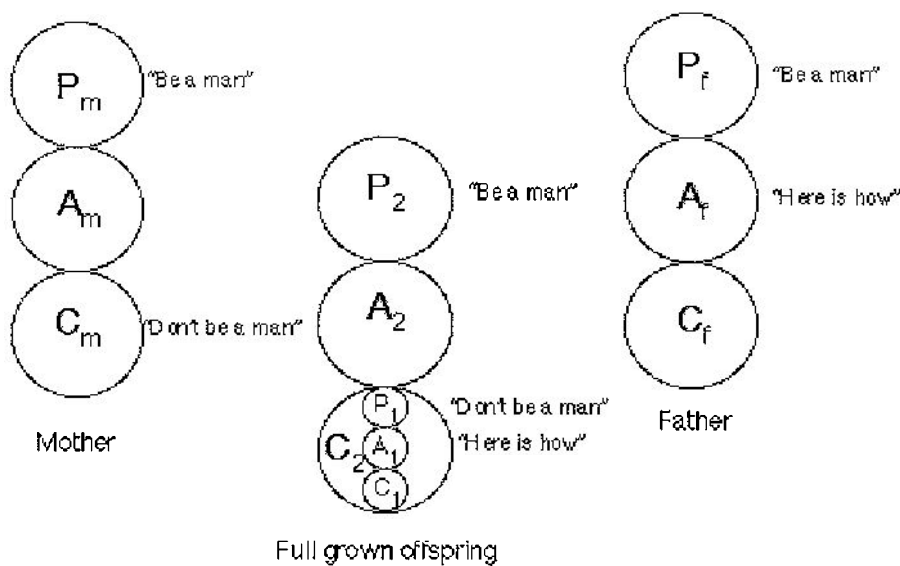
People, early in their lives come to the conclusion that their lives will unfold in a predictable way; short, long, healthy, unhealthy, happy, unhappy depressed or angry, successful or failed, active or passive. When the conclusion is that life will be bad or self damaging this is seen as a **life script**.

The **script matrix** is a diagram used to clarify people's scripts. In it we see two parents and their offspring and we can diagram the transactional messages--**injunctions and attributions**--which caused the young person to abandon their original OK position and replace it with a self-damaging not OK position.

In the case of a **non-masculinity script** the structural analysis is as follows. Consistent with the simplest Oedipal identification scheme in which, for a boy, mother tells him what to do and father shows him how, it is mother's Child (Cm) (see figure below) who "calls the shots". To Cm masculine behaviour is an omen of desertion, "my husband is going to leave me". As a protection against the threat of loneliness she marries a non-masculine male. As their son begins to develop and show masculine behaviour, Cm will react with swift disapproval. From the point of view of learning psychology this reaction is seen as negatively reinforcing. Negative reinforcement is known to be most effective in shaping avoidant behaviour extremely resistive to extinction.

So, mother's strong negative injunction ("Don't be a man") causes the boy to avoid masculine behaviour. The alternative to masculine behaviour is father's demonstration of how to be a non-man. Mother's Child (Cm) becomes the boy's Parent (P1), and father's Adult ("Here is how") becomes the boy's archaic Adult (A1).

During puberty and after, both mother's and father's Parents (Pm and Pf) develop expectations of manhood from the boy ("Be a man"). In the full-grown offspring this expectation becomes the Parent (P2) while the earlier parental injunction ("Don't be a man") is lodged in C2 as P1.



The counter-script is active when the person's unhappy life plan gives way to a happier period. This is, however, only temporary and invariably collapses, giving way to the original scripting. For an alcoholic, this may be a period of non-drinking; for a depressed person with a suicide script it may be a brief period of happiness which inevitably ends when the script's injunctions take over.

The script is determined by P_1 and the counter script by P_2 . The script is **non-verbal** and **preconscious** while the counter-script is **verbal** and **conscious**.

The counter-script usually unfolds in early maturity; in the case above described it takes the form of fairly successful sexual and athletic activity. But this counter-script from the father showing how to be a man lacked conviction and soon mother's injunction takes over again. Non verbally given messages, injunctions have much more impact than verbal messages

DECISIONS. In a healthy home environment parents will give unconditional protection to their children regardless of what they may do. When parents make their protection conditional on children's submission to their injunctions and attributions, the children are likely to develop a script. Script decisions are often consciously made in order to go along with parental injunctions, even though they go against the child's best self-interests. At this point the young person trades autonomy for parental protection to avoid punishment and criticism. The decision involved is a switch from an "I'm OK" position to an "I'm not OK" position. It also often involves a decision about whether other people are OK. When people make such decisions, they may need the help of a therapist to discard the script and begin to pursue an autonomous life course, based on what they really need and want.

As individuals are helped to go back to the early experiences which caused them to make decisions that were necessary for their physical or psychological survival then, but are getting in their way in the present, they can make **redecisions** to behave differently in order to have a more fulfilling life in the present.

It is possible to observe a person's script in brief sequences of behavior called **miniscripts** which constantly mimic and reinforce the script. The fact is that everything that goes on in people's mental and emotional life is reflected in their behaviour. That is how by studying people's transactions, transactional analysts are able to understand the ways and reasons of people's behaviour and help them stop playing games, change their scripts and get the most out of life.

TRAGIC AND BANAL SCRIPTS. Some scripts are **tragic** and some scripts are **banal**. Tragic scripts are highly dramatic such as drug addiction, suicide or "mental illness." Banal, or garden-variety scripts are less dramatic but more common. They are the melodramas of everyday life. They usually affect large sub-groups of people such as men, women, racial groups or teenagers. People in these sub-groups are scripted to live their lives in certain set ways: in the past women were supposed to be emotional loving home-makers, and have no permission to be logical, strong or independent; men to be logical, strong, bread-winners, with no permission to be childlike, scared, needy nurturing or openly loving. A banal script's life course may be: going from bad to worse, never having fun, always being in debt or taking care of others and neglecting oneself..

Members of certain nationalities or races are supposed to be smart or stupid or honest or devious or good athletes or reckless or cold and so on. Some cultures, script their children to be competitive so that they have trouble cooperating and living with each other. Other cultures emphasize cooperation and cause people who are strong individuals to feel they are no OK. These **cultural scripts** can affect whole populations in a harmful way.

RACKETS. One aspect of scripts is the payoff. The payoff of games is the bad feelings which are accumulated and can eventually blow up and lead to an emotional disaster. Each game's existential payoff accumulates to eventually cause a predicted script outcome. Some people collect angry feelings that they will eventually justify a divorce. Others accumulate depressive feelings toward a suicide. The fact that they are creating situations which produce the negative feelings of their script choice is called their **emotional racket**.

Since people are born OK it stands to reason that with competent help they can return to their original OK position. The capacity to be OK is waiting in every person ready to be released from the prohibitions of the script. Transactional analysts know that by making clear, goal oriented therapeutic contracts, effectively analyzing people's transactions and powerfully giving people permission to change and protecting them from their fears, it is possible for everyone to have a chance to become happy, loving and productive.

Books: What do you do after you say hello by Eric Berne
Scripts people live by Claude Steiner

Shamanic Approaches and Techniques

What is a shaman?

Shamanism is a practice that is found all over the world. Anthropologists date it back to the ancient tribal communities of hunters and gatherers (60.000 – 15.000 B.C.), in which shamans had important roles as spiritual guides, healers, artists, storytellers and hunting magicians. The word *shaman* is derived from a Siberian language and is now used as the general term for practitioners, although each culture has its own name for such a person.

Until today, shamans are men or women who have special visionary capabilities, they have often received a calling (in visions, a dream or even through illness), and they have been initiated by a teacher to serve their community as psychic healers, medicine people, spiritual guides, and heal "relationships between mind and body, between people, between people and circumstances, humans and nature, and between matter and spirit."

(Serge Kahili King, Urban Shaman)



Raven Woman

Although one can say that regardless of cultural background their intention is to create harmony, balance, love and peace, there are also different traditions. Serge King differentiates as follows:

- **Warrior Shamans** – most shamans follow this path, with its focus on power and conquering of the self.
Warrior shamans personify fear, illness or disharmony and deal with them through power or control
- **Adventurer Shamans** of Polynesia and Hawaii, with a focus on love and expansion of the self.
Adventurer Shamans de-personify these issues, treat them as effects, not things and respond to them with love, harmony and compassion.

Example: A client has to deal with a person or situation he/she is afraid of:

Warrior Shaman might help that person to develop a psychic shield for protection to feel powerful and strong

Adventurer Shaman might help this client by harmonizing his/her energy in order to stay calm and become a source of harmony for the person the client has to deal with

It is difficult to tell the difference between masters of either path – warriors develop love and compassion (through less fear) – adventurers become more powerful (through more confidence).

What is their view of the world?

A shaman's view of existence is very different to the one generally held. To them everything there is has a spirit and is alive, everything is connected and can be communicated with. Reality is often referred to as a dream. The outer reality (dream of life) is an expression of our inner reality (dream of spirit) and as such can be changed.

The world according to many traditions is divided into three regions:

- **the underworld**, the place of challenges and obstacles in the form of monsters or natural elements, where shamans often go on vision quests for recovering lost power
- **the middle world**, our usual reality – in which we can change our dream to change reality
- **the upper world**, where gods and goddesses, angels and saints live – shamans go there to receive inspiration and guidance

Theories about why physical illness develops vary – one of them (Paul Uccusick, *Der Schamane in uns*) states that we become sick when there is something too much or not enough in our body/system. Too much can be an alien element (bullet), an intruder (spirit), or a disease causing agent (virus).

According to Hawaiian shamanism all illness develops as an effect of sustained stress and tension, without the natural rhythm of **stress – tension – release – relaxation**.

With Paul Uccusick's words it's too much stress - not enough release.

What has Tri-Energetics got to do with it?

- The settings in which we have studied or experienced TE (Trainings, Playshops,...) have several shamanistic attributes (see below)
- TE is an open system that integrates anything that works and has integrated shamanistic elements
- TE theory in itself shares aspects that are important to shamanism
 - o The view that there is a body, mind + spirit
 - o Knowledge of chakras and the luminous energy field (aura)
 - o Without knowing what a client needs, what he/she wants and, very important in shamanic work, having a clear intention for healing or harmonizing a shaman does not even begin to work
- Several therapeutic interventions have a similar effect to shamanic interventions
 - o Regression and re-decision work > soul retrieval
 - o Emotional work (screaming to let go of old emotions) > Extraction

Techniques

The shamans' unusual view of the world has led to equally unusual and often dramatic practices and techniques in order to communicate between aspects of reality. Most shamans of the warrior tradition use special masks and shamans' costumes, shields or medicine bags as power objects – and they integrate acting, show, special dramatic effects to make the situation convincing and unforgettable. Other tools include talking sticks, drums and rattles that help to induce trance. For the same reason hallucinogenic drugs, activities such as trance dance, fasting or sleep deprivation might be used.

The adventurer tradition shows to be less dramatic as most of their techniques are mental and as such well suited for an urban society.

Techniques we are frequently using in Tri-Energetic sessions

- conscious use of effective rituals, which leave a lasting impression and help to change attitudes, assumptions or habits
 - o Rituals for healing, trance dance, letting go, meeting our power animals, harmonizing circumstances....
 - o calling in the spirits and the elements before ceremonies, thanking them at the end
 - o creating circles when we get together
 - o use of a talking stick or rattle
 - o creating an altar
 - o chanting
- clearing of energy
 - o TE body work, which includes taking away energy from the body, that is pulled off and thrown onto the ground
 - o scraping off the energy from the body
 - o use of smudge-sticks or incense as part of a ceremony or personal work

Techniques that need special training

For healing the body or soul

See *Shaman, Healer Sage*, Alberto Villoldo

- o **Illumination** clears the chakras and the aura of heavy energies that predispose us to malignant physical and emotional conditions and erases imprints of disease in the aura, and brings about healing.
- o **Extraction** of energies such as fear, envy, and anger that have penetrated the aura. Crystallized and intrusive energies and entities can be extracted, changing affinities for toxic persons and situations. Alberto Villoldo, shaman of the Inca tradition, extracts energies with the help of a crystal, Rolling Thunder used to suck out the energy.
- o **Soul Retrieval** The healer journeys to the soul to discover the source of an original wounding (pain or trauma) and discovers soul contracts made over time to then re-write outdated soul contracts to recover our Essential Self and true potential.

For spiritual support

- **Great rites** to assist a loved one on their final journey.
- **Medicine wheel** is a tool for transformation; it symbolizes the individual journey we each must take to find our own path. Within the Medicine Wheel are The Four Cardinal Directions. The Circle represents the Circle of Life. The interpretation of each direction and which animal is associated with it differs from tribe to tribe.

For multiple purposes

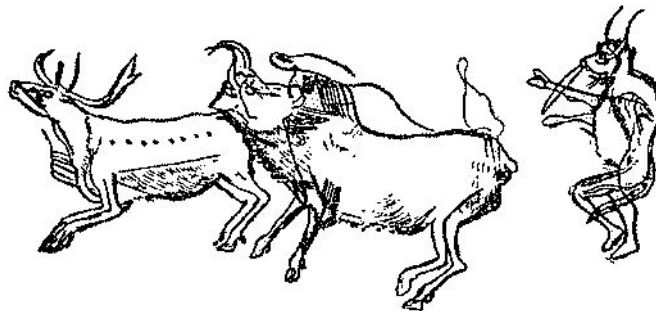
- **Shapeshifting** – consciously using the ability to mimic or act and take on the characteristics of something/someone else (without losing total awareness of one self) with the intention to heal or learn. A warrior shaman might put on the garb of the thunderbird – move, dance and behave like a thunderbird - for a rainmaking ritual. An adventurer shaman might imagine that his/her spirit body merges with another entity to change its pattern. Remember everything is connected and can be communicated with.
- **Dreamweaving**
 - is based on the assumption that reality is a dream, and can be changed
 - **vision quests** – there are two kinds of vision quests, that can be mentioned
 1. in some Native American cultures these rites of passage are physical journeys under extreme conditions (isolation, fasting, drugs) young people would undertake, under the guidance of a shaman, in order to find their divine purpose
 2. shamans vision quests – might include the same actions – but often he/she might use the inner vision (imagination) to go on an inner journey to the underworld or upper world depending on the intention for the journey

Literature

Alberto Villoldo, *Shaman, Healer, Sage – Das geheime Wissen der Schamanen*

Serge Kahili King, *Urban Shaman – Der Stadtschamane*

www.wikipedia.org - *The Free Encyclopaedia*



Dancing Shaman with a buffalo mask, cave in Trois Frères, France

Questions and practices for daily life

1. Accepting what is
2. Look who is talking
3. Soften the belly
4. Watch your mind
5. Be present
6. Appreciation
7. Flexibility with yourself and others
8. Tolerance towards yourself and others
9. Curiosity about yourself and others
10. Way of not knowing
11. Way of knowing
12. Changing your vibrational frequency / Law of attraction
13. Intentions and segments of intention
14. Being spiritual means?
15. Who are you really?
16. Living with or without the painbody

Protecting and cleaning yourself and your environment energetically

1. Cleaning house or a space:

- a. Open windows
- b. Walk around with burning sage, do not forget the corners (also great method for cleaning yourself before a ceremony or getting into a magic circle)
- c. Hum fut swahah (with 1 hand clap above your head on futt, swa and hah)
- d. Burn incense

2. Cleaning yourself:

- a. By scraping

When you are with two persons, after releasing negative energy that tends to stick to the body, you can 'scrape' each other off. Make a kind of cups of your hands and from the shoulders you work your way down, 'scraping the body clean'. Do not forget hands and fingers and feet and toes. Isolate the energy by throwing it either on to the floor, a plant or an animal, plants and animals have the ability to transform the energy. Do not throw it on another human being ☺. After the body pull the energy away from the head, 'shampooing' the hair and do not forget the eyes.

- b. By taking a shower, preferably cold (sorry!)

Protecting yourself from negative energy:

there are many ways of protecting yourself. Experiment and see what works for YOU. A few suggestions:

- a. sing a mantra for protection
- b. check if wearing certain stones do something for you.
Labradorite and black Turmalin are great protectors against negative energy, but check what is good for you. Be careful with crystals, they tend to attract all energy.
- c. Silk protects, if you have a problem with loosing power, it might be a good idea to wear a silk scarf around your solar plexus.
- d. Certain metals can be great protectors (like Henry's bracelets).

If you are confronted with pain of another and you are in danger of joining that energy:

1. think: 'It's all drama' – it sounds harsh, but especially during counselling sessions, people relive old pain. Knowing about the power of now, you know that it is a thought system (painbody) at work. 'It's all drama' keeps you out of someone's story.
2. Another way of not identifying with somebody's pain is: 'Think Karma'. It helps to belief that we all come here on earth to learn and to grow. It is inherent to life that growth happens through suffering. Without challenges nature will stay the same. And standing still is dying. Challenges ask for answers, we are forced to change are ways and give 'answers' to a challenge. By 'thinking karma' we can have empathy and compassion with someone without becoming frustrated about the 'unfairness' of life, because we do not know why this particular person is suffering and what lesson he or she will be able to learn from the suffering. An anonymous person once wrote:

When The Source sends her children to earth, she gives each of them a very carefully selected package of problems.

'These,' she promises smiling, 'are yours and yours alone.

No one else may have the blessings these problems will bring you.

And only you have the special talents and abilities that will be needed to make these problems your servants.

Now go down to your birth and to your forgetfulness. Know that I love you beyond measures. These problems that I give you are a symbol of that love.

The monument you make of your life with the help of your problems will be the symbol of your love for me, your Source.'

Chakras

We all want to live in peace and survive in this hectic world. We can do so by knowing ourselves better.

One way we can do so is by having some inside in the 7 chakras.

The chakras which can be seen as 7 essential energycentra in the human body are to be seen as a map where we can discover who we are. How we have become as we are and what we can do to become who we want to be.

We people in fact exist out of energies. Our energies vibrate in different intensities in different frequencies. These frequencies we call levels of consciousness.

We give and pull energies. Chakras serve as a kind of transmitter or distributors of our life energies (prana).

To become familiar with our chakras we can learn to bring them in harmony, in balance and we can live in peace.

All 7 main chakras are lying along the spine.

1. chakra – **RED** – (basic or root chakra) – **SMELL**

Our life energy flows along the first chakra into our body and from there to the others

The first chakra is down the spine in the area of the **anus** (between anus and genitals) and has all to do with **survival, security or trust**. Or simply said money, job, home

When this chakra is in its clear state, the person is able to feel secure, be present in the here and now, and be grounded.

A Blockade in this first chakra can lead as well to the feeling being powerless, discontent (loneliness)

The first chakra also has to do with the connection to the **EARTH** → to be grounded

Exercises :

- **Deep breathing** and a straight spine.
If you **stand straight** the energy can move freely around.
- **Grounding** by walking in nature
- **Yoga - Archer pose** – good to increase your self-esteem and to be confident you can do things, grounds your body and decreases your worries
- Release anger on a mantras

2. chakra – **ORANGE** – **WATER** – **TASTE**

The second chakra is between the navel and the genitals, at the pubic bone.

It is the home of the libido, the driving power of our life energy, **sexuality**, joy of living, making children, (voortplanting) emotional balance,

A blocked 2nd chakra can lead to sleep disorder, complaints about intestines, lower body complaints

Exercises:

- **Get in balance** for example by putting on your socks in the morning standing on one leg or eating your meal with your left hand (the one not often used) or brush your teethes.

- Yoga - Sat kriya -- stimulates the sexual energy. Energy which can be used to heal and for creative purposes. The energy massages the inner organs and keeps the body in condition and activates the levels of consciousness

3. Chakra – **YELLOW** – FIRE - VIEW

Just above the navel “zonnevlecht”

It is the home base of our **willpower**, ego, control or freedom.

Here it goes about pursuing personal power, having the want or the need to distinguish him or herself.

Here one discovers his personality by building up relationships.

To give manifestation to feelings. Here you can feel your vulnerability and disappointments.

One can get blocked in this centre and get blind of fear. Many times you find here hot heads, people who are blind of aggression due to suppressed feelings.

The element of **FIRE**.

Exercises:

- Shout & release anger by working your fist out in a pillow
- **Breath of fire** can pure your blood, get rid of an addiction, reduce nervousness, help to increase concentration, get your nervous system stronger, increase our endurance (uithoudingsvermogen)

4. Chakra - **GREEN** – AIR – FEELING

The chakra is in the centre of the chest.

The heart centre, the basis for sympathy, empathy and love. Relationships & our perception of love.

An open hearth can make life so easy. The element is AIR. An openhearted person can heal by a touch, a hug, love.

A blockade at this level can lead to heart diseases, numbness (gevoelloosheid), resignation (berusting), being harsh (hardvochtigheid)

Exercises :

- Yoga - Bear grip -- this exercise stimulates to open our heart and get our immunsystem in line.
 - Sit on your heels and get your hands in the bear grip at chest height and your arms are parallel to the ground. Breathe in (keep your breath) and pull your hands out each other. Breath out. Breath in and pull again
 - Visualise something so you can feel more love and sympathy
- Built an altar and put things which are very important for you. This connection with the symbols on the altar can bring you to absolute love, divines, ...etc . An altar can be a point in your house where you can see your spirituality. You can put on the altar a candle as a symbol of light
- Love plants, trees, and animals – buy f.e a young plant and daily take care of it. Give it a name and look and feel how you feed it, smell, see the colour, see how it grows, touch it
- Sing a mantra out of your heart under the shower, in the car, doing dishessing your heart open.

5. Chakra – **BLUE** – ETHER – HEARING

It's the pit, (hole) in the throat. It all has to do with **communication**, the ability to communicate, to share and to speak out, self-expression and creativity.

It is the centre as well from our hearing. If we're connected to this chakra we can hear the silence.

People who live out of their 5th chakra know that it is important to understand and to be understood.

If your heart is open one can hear what the other one says.

Exercise :

- Connect your self to someone or something
If you make an appointment – come in time and respect the appointment made.

6. Chakra – **INDIGO or PURPLE** – ORGAN OF SENSE

The third eye in the middle of the forehead. The centre of the **intuition**, wisdom, visualisation, An open 6th chakra enable us to live by intuition, to be sensible for transcendental observation, sightedness (helderziendheid)

A blocked 6th chakra can lead to a strong pressure on the forehead and a very rational way of thinking.

Exercise : meditation

7th Chakra, - **VIOLET** –

Located on the top of our head. The crown. It is the home of the enlightenment , spiritualism

How we get to this level is different for each of us (sex, drugs, yoga, meditation.....)

We all have the ability to experience ourselves without our ego, without any doubt, no thoughts and no desire.....for a moment. A moment of peace and home comingGelukzaligheid

An open crown chakra is a condition to experience cosmic consciousness. It also means that all other chakra's are open and in balance with each other and the energy can flow around.

Be one with life and be inspired for example to serve other people without condition, to be grateful....Etc.

A blocked 7th chakra means a blocked energy who can lead to headache and migraine.

Other means to deal with chakra's

Healing stones

Wearing coloured clothing

Drawing mandala's

Colour – mandala's

Singing mantra's.....etc

Enjoy & discover

Love Annika