

Stillness as Love or By-Pass?

In 'non-dual' circles stillness is lauded as the ultimate realization of the Self. Unfortunately, it is right here that the Superego can co-opt stillness and misuse it. In Zen Buddhism this misuse is called 'stuck in emptiness.' Stillness becomes a means to insulate us from feeling the natural discomfort that comes with embodiment. Whenever our consciousness is presented with the painful, harsh aspects of our biography, consciousness will recoil and back up into stillness with a story. For example, the story that 'this feeling is not real.' When this pattern arises, clinging to stillness as the highest reality becomes by-pass.

During this Post-graduate Class 4, we will examine some of the ways that stillness is co-opted by the Superego to avoid the inherent discomfort of an embodied union with Love, which effectively prevents the further evolution of our consciousness.

If you attended the Post-Graduate Grail Wound Class, you navigated some ways that awareness is co-opted by ego as the 'snake.' In Class 4, we will characterize some of the ways that Superego recoils awareness away from the discomfort of the intense, the intimate, and the paradoxical into stillness.

Once we can recognize our patterns of recoil, we can begin the journey into the body beyond stillness into Love.