

Conflicts in the World of Duality PL 81 Presentation Notes

1: Fear of Death --> Duality

This is a world of duality.

We are constantly drawn into an illusion: a battle between opposites.

This creates in your life a tremendous confusion.

The great opposites are

life vs death

happiness vs unhappiness

love vs selfishness

light vs darkness.

The reality may be

What we DEFINE as life / what we DEFINE as death

What we think would make us happy vs what we don't want or understand

What we imagine love to be

Our concept of light vs. a concept of darkness

Both life and death are subjective. We constantly re-define them.

i.e. Romeo and Juliet (a living death vs. the hope in an afterlife

Redefining life as a 'living death = death as release → LIFE

How do you define Death?

Losing reputation / friends / status; not having a partner?

Examples from this month:

Death is... having to see the parts of me that I am ashamed of

Begins as LIFE = being sensitive to ourselves and others

Until we start seeing things we don't understand or can't address

Then seeing / being sensitive = Death

On the Level of Spirit:

Sense of not being enough, unworthy.

Humans are acting out the rejection that we fear God has for us

= misunderstanding of Spiritual Law as Original Sin

= since I am imperfect and God is perfect, he must reject me

Lack of awareness – a 'perfect' God would never reject!

Death is... not taking care of everyone "no need can go unmet"

Began as LIFE = making others happy through giving to them

= Everyone MUST be happy for me to survive

Eventually creates resentment, bitterness, desire for revenge

Death is... being Shamed or Humiliated

Began as LIFE = being someone others approve of
= I must be seen as worthy to others to get my needs met
Creates need to live behind a MASK

Death is... being controlled by others

Began as LIFE = feeling complete when embraced by others
Like an addiction – any withdrawal of affection = try harder, do more, don't alienate others
Then our need for love is seen as DEATH / Deadly

Death is... being seen as different, not fitting in

Began as LIFE = the process of differentiating oneself, a necessary developmental process
Resistance to this creates a Forcing Current = MUST be different
We become over-expanded, alienated, uncomfortable with compromise and adjusting to the needs of others
Creates false need to continue self-process at the expense of connecting with others in constructive, benign ways.
Truth is sometimes complex: we may need more space than we realize to develop fully. Judging traits as 'negative' = allowing social norms to determine individual needs can ALSO over-expand

Death is... trusting others

Began as LIFE = in an environment where adults could not be trusted, not trusting is realistic.
Becomes a generalized conclusion about life vs. specific to circumstances
Pain of childhood experience keeps us from re-examining
Becomes Death when we cannot differentiate past from present and cannot learn to trust OURSELVES as ADULTS vs. past as a child.

Death is... truth

Began as Life = avoiding harsh truths about ourselves that would have made us vulnerable. False pride = Life
Becomes an incapacity to see reality -- if we are not perfect = Death
Becomes Death when our defenses trap us in ignorance
Death is... I won't get what I need when I need it
Began as Life = forceful demands were needed to overcome adversity.
We become self-involved, narcissistic. Either we attract people who reinforce our fantasy of self-importance, or we are shattered by rejection by those who (in turn) demand co-operation as a price for companionship.

Exercise: Say or write “Death is...” and finish the sentence. Do this 20x quickly. The purpose is to expose deep-set beliefs that might otherwise be edited or covered up.

PL 81:

Work first towards the recognition and awareness of your longing for pleasure supreme and your apprehension of death in all its facets. It is a matter of focusing your attention on it.

Learn to become aware of everything you cringe from. Do not repress it. You will then begin to see that you fear not only the negative, but you also fear change because it is unknown to you. It is the great battle between another pair of opposites.

Larger Perspective:

Pathwork: our brains may need to be re-wired (de-programmed) in order to understand life from a larger perspective.

Movie: Arrival

Character played by Amy Adams represents how ‘normal’ people can be so terrified of the unknown that they cannot function.

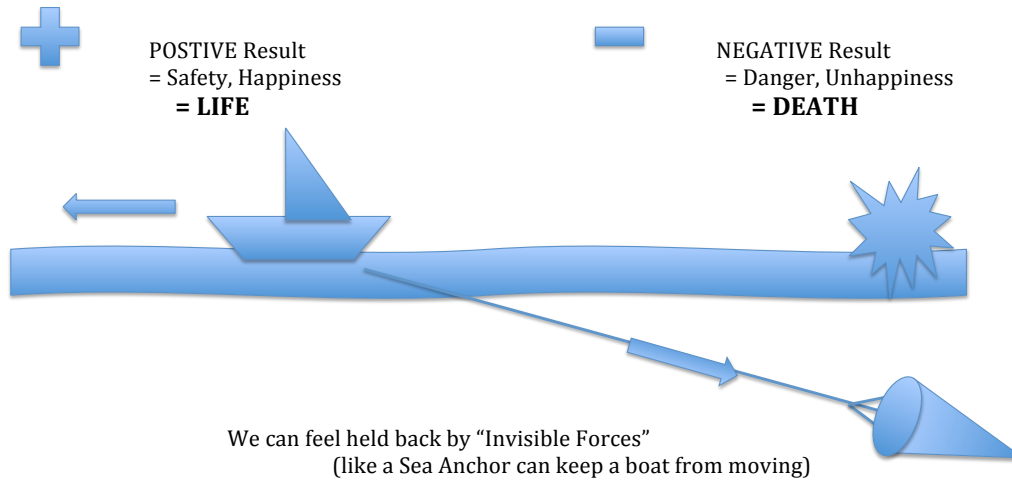
(my experience on the High-Line challenge)

(most people when encountering immediate danger)

US vs. THEM is an ancient technique for tribal survival. How do we re-program ourselves?

Pathwork: if we can’t re-program ourselves, we won’t be able to help others in this process.

Not an intellectual exercise. Experiential.



These include:

Unconscious Beliefs that contradict Conscious Beliefs

Repressed Needs / Feelings that manifest as
 Compulsions, Uncontrollable Urges, Lust for power, pleasure

2: Fear of Death --> Illusion, Irrational Beliefs

from PL 236 Superstition of Pessimism Feb 2017

The word "death," does not refer to physical death alone. It includes all the negative aspects of life, everything that opposes your pleasure drive. It even means more than unhappiness. It also means loss, change, the unknown.

Your attitude towards death, in all its aspects, determines your ability to live and to experience pleasure. The first step is for you to detect how tremendously you struggle against death.

Exercise: samples from 11 Irrational beliefs by Albert Ellis

https://en.wikipedia.org/wiki/Rational_emotive_behavior_therapy

It is absolutely necessary for me to be loved and approved of by nearly every person with whom I have close contact.

CONTROL / ILLUSION of LOVE or DIE

I must be thoroughly competent and adequate in all respects or I am worthless.

CONTROL or DIE

If things are not the way I like them to be, it is a terrible catastrophe.

CONTROL or DIE

Unhappiness is caused by external events over which I have almost no control.

LACK of control = NO cause and effect = NO RESPONSIBILITY = LIFE

Some things are terribly dangerous and life threatening, so I must keep thinking about them most of the time.

I should be very upset over other people's problems and disturbances.

There is always a right and precise solution to human problems, and if that is not found, I must be very upset.

PL 199 = Ego Tricks; by being DISTRACTED we retain the illusion of safety = LIFE

What happened to me in the past determines what I do and think now, and because some event was traumatic in the past it will be traumatic now.

= living in the past vs. accepting that in the present you are more capable of dealing with memories of trauma

3: Fear of Death --> Fear of Bliss

The original longing is for happiness supreme, but life on earth prohibits such fulfillment. This prohibition creates the world of duality and therefore your conflict.

This puts you into a vicious circle.

The very nature of unhappiness is frustration -- the absence of something that SHOULD be there.

Pathwork: we have a deep knowing of where we came from. This world doesn't match that memory.

Challenge: to accept that this world doesn't accurately reflect reality!!

Your attitude towards death, in all its aspects, determines your ability to live and to experience pleasure. The first step is for you to detect how tremendously you struggle against death.

When we are unhappy, we automatically, at least emotionally, blame this on someone or something else.

From the play Hamilton: Hamilton speaking to Washington: Whatever it was, Sir, Hamilton started it!

4: Fear of Death--> Clinging to Life

You superimpose ready-made answers which may even be true as such, but they are not true for you because you have not arrived at them out of strength and courage that come only through facing the issue, but rather by avoiding it out of fear and weakness.

The prototype is clinging to faith out of fear.

Another attempt is negation. It is the negation of the very thing one longs for most, in the terror of not ever getting it

This self-destructiveness can be found on all levels. It works in your attitude towards less significant aspects of life, but it is basically your way of "coping" with the problem of death. The prototype is the atheist, materialist.

he underlying conflict is always related to this world of duality. On the one hand, in acceptance lies solution. And yet, in acceptance lies annihilation.

He who knows how to die, knows how to live.

He who does not know how to die, cannot live.

Find an area of your being that clings to life only in order to avoid death.

Exercise: How much time do you spend, every day, avoiding some form of death?

Article: How to say 'I'm sorry'

A sincere apology can be powerful medicine, with surprising value for the giver as well as the recipient. Listening non-defensively to the hurt party may be the most important part. Adding rationalizations or requesting forgiveness makes this process about us vs. the one we hurt.