

# Picturing the Process

Understanding the selves, awareness,  
**and the Aware Ego**

**The interrelationship of the selves, awareness, and the Aware Ego:** Here is a set of illustrations to help you understand your inner family of selves and how Voice Dialogue work affects your energy and your consciousness. To make the concepts of primary and disowned selves more real and alive for you, we have pictured these selves as an actual family living inside of a person we'll call Andie.

**In our first drawing of Andie we see what a normal operating ego looks like.** Andie has a whole family of selves that live inside her, but she is hardly conscious of these parts, even the primary ones that manage her life. Andie's decisions and actions in her life will be based on how these selves want her to be, especially the selves that are primary and have the most power and authority in her personality. These primary selves live on the ground floor, the part of the house that you would get to see if you came over to visit. Down in the basement, out of view of "polite company," are the disowned parts of Andie, selves that she is ashamed of, or that are too volatile or too vulnerable to let out. (Of course, this metaphor is true for *Andie's* inner family and probably for a lot of people, but for others the basement may not house the disowned selves. What is disowned territory for one person may be the home of someone else's primary selves. For example, a person who came from a tough biker background might have primary selves that are pretty earthy and that live in the basement with the bikes and the tools. This person might have a disowned accountant locked away upstairs!)



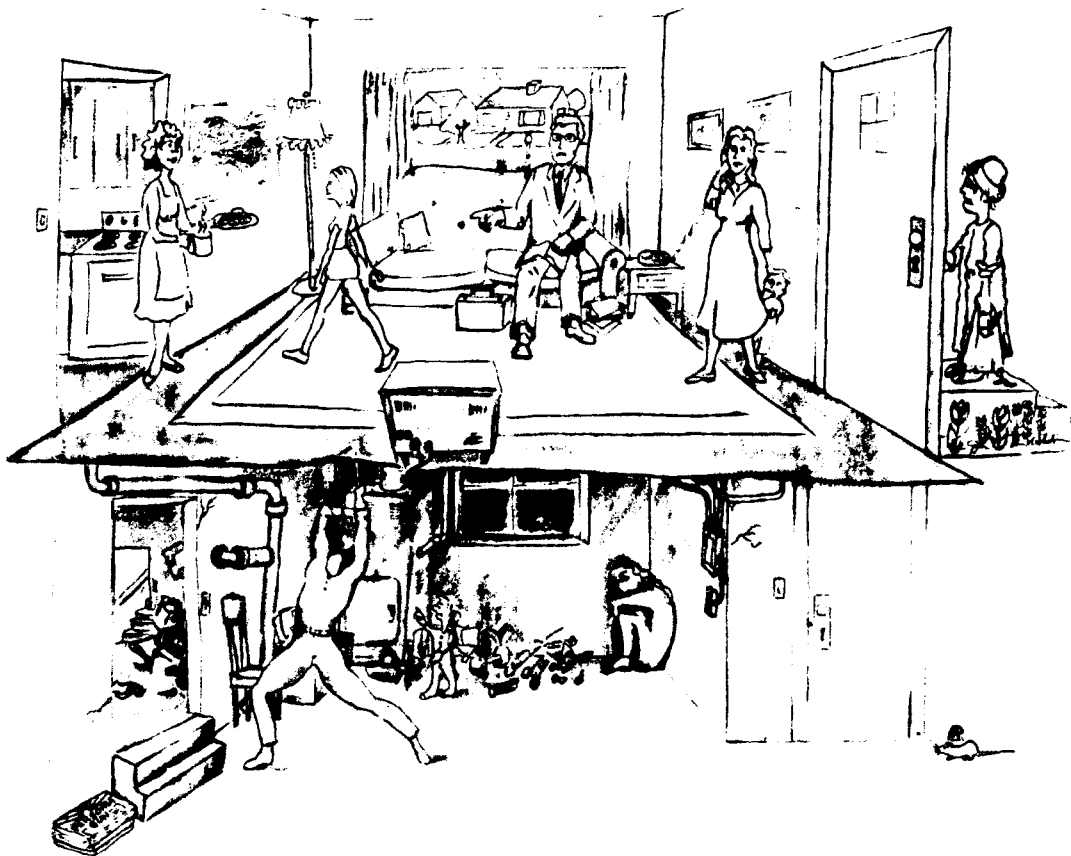
**Our second drawing is a close-up of the family of selves.** As you can see, these inner selves are drawn somewhat simplistically without the dimensionality that we see in Andie. This is because each self is one-dimensional in the sense of being only a narrow band on the entire spectrum of energy that is possible for Andie – a subpersonality can be very rich, but it's still only one "color" in our whole rainbow of possible human expression. Only when we add all these selves together do they make up the multi-dimensionality that is Andie.

There are undoubtedly more primary selves in Andie's personality than we could picture here, and the family members we do see may each represent more than one inner self. For example, on the couch we have an internalized, stern-looking father who represents all the parts of Andie that take after her father. Andie has quite a strong Inner Critic, and her Controller, Protector, Conservative, Rational Mind and Inner Patriarch are also represented in this figure. Standing next to the couch, busy on the telephone and absent-mindedly patting the head of the Cute Child, is a mother who represents the selves in Andie that take after her mother. Because Andie's mother was a "super mom," juggling career and home, Andie has a big Pusher, a strong Responsible Self, and a self that is focused on contributing to the community.

Turning her back on her irritated father is a Rebellious Teenage Daughter, the spunky part that helped Andie leave home and strike out in a direction of her own – the Rebellious Teenager and the Stern Father are in conflict with each other. Andie works with disadvantaged teenagers as part of her job as a counselor, and her teenage self has helped her to create great rapport with "her kids." Lastly, holding out cookies and cocoa to the teenager, is a Caretaker, a part of Andie who learned very young to get on everyone's good side by pleasing people and taking care of them. This part endears Andie to other people by being dependable and devoted.

**Downstairs is a very different story.** Here we have the disowned selves, energies that the primary selves try to repress or keep hidden. An Angry Male energy is trying to blast through into the living room above – his uncontrolled anger and overt physicality is quite a disowned opposite to the very controlled and intellectual father upstairs. A needy, Neglected Child is an opposite to the Caretaker and also to the sunny Cute Child. The frightened Withdrawn Self hiding in the corner is the last thing Andie's very together and out-going mother would want to be, though she would also be pretty disgusted and frightened by the down-and-out Bag Person knocking at the door. In addition there are very deeply disowned Instinctual Selves down here in the basement (we can only see their animal eyes glowing in the dark).

If the ground floor represents the parts of herself Andie presents to the public, the basement is definitely what she keeps not only hidden from others, *but also locked away in her own unconscious mind, hidden from herself.* There's a lot of clutter down here, all the stuff Andie's primary selves don't want her to look at, though probably



basement scenes and characters come up at night into her dreams or leak out in her relationships. Andie's disowned selves will also very likely show up in the personalities of her boss, her co-workers, mate(s), children (her own and/or the ones she counsels), and even strangers; and when they do, Andie may find these people particularly difficult or irritating. If Andie is at all like most people, she will automatically react to and unconsciously judge or blame people for expressing energies that she represses in herself. Even so, some of these disowned selves in Andie will inevitably spill out around the edges of her personality. Just like the guy busting through the basement ceiling into the living room, Andie will occasionally lose her temper and be amazed ("I don't know what came over me!"), or she may find some days that the "bottom drops out" of her life, that she's withdrawn and depressed, and nothing works to pull her up out of the corner of her internal basement.

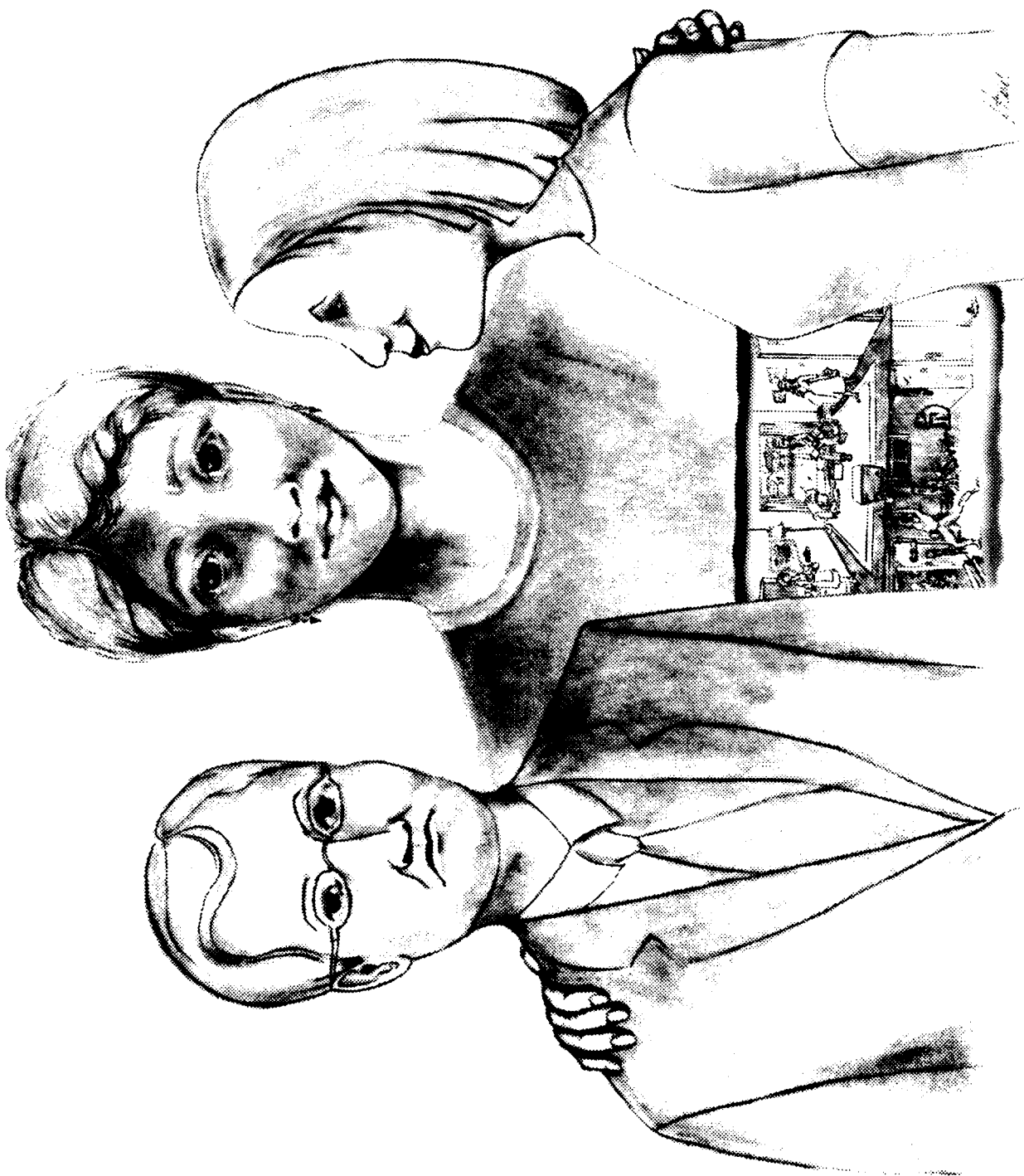
**Thinking further about the metaphor of the house and family, we can also think of the house as the physical body that houses our selves.** The basement would be the place where we store and manage our energy (in the furnace, the fuse box, the plumbing) and where we have our structural foundation. When we shut

ourselves off from our power sources, neglect maintenance, and use too much energy to force our disowned selves to stay hidden, our physical and emotional health begin to suffer. As we'll see in our next drawings, the Psychology of the Aware Ego and the Voice Dialogue method give us a way to separate from this internal "upstairs/downstairs" struggle (so we don't get "floored" by opposing energies inside of us). By working to separate from our selves and develop an Aware Ego process, we begin to evolve a new consciousness that allows us to embrace all of who we are.

**Our third drawing illustrates what happens when awareness enters into the picture.** Andie is reading a book that talks about the inner family of selves, and by the proverbial light bulb going off in her mind we can tell that she now has an awareness of two of her most prominent inner selves, the father and the teenage daughter. The awareness is on the level of mental understanding. Andie can see something about herself – she can see the internal struggle and perhaps understand that it evolved out of her experience growing up. Andie may even start to notice that she gets irritated with her boss because interacting with him reminds her of her old conflicts with her father, but this awareness doesn't actually give her the ability to change anything in her life as awareness is essentially a choiceless form of perception.

Awareness doesn't take action in our lives, it just witnesses what is going on. And, *since it is Andie's operating ego (a group of primary selves) that is actually reading the book*, these primary selves will most likely use the information in the book to back up their already firmly entrenched opinions about how Andie should behave in life. The Father/Critic/Controller will most likely tell Andie that she "should" work this struggle out and the fact that she hasn't yet is a sign of failure. The Mother/Pusher/Responsible Self will tell Andie to read as much as possible and work on herself as hard as she can. The Rebellious Daughter probably won't read the book at all; or if she does, she'll use it to reinforce her own attitudes about what a hard time Dad gives her. Awareness alone doesn't give us the ability to change the energetic patterns in our inner system or family of selves. Awareness helps us to see, but it doesn't by itself give us choice. It also doesn't necessarily help us to take action or change direction – that's the job of the Aware Ego. *Without a functioning Aware Ego, the information that awareness brings into the system is readily co-opted by various selves to support their own purposes.*







**In our fourth picture Andie has separated from these two opposite selves and is now standing in balance between them in the Aware Ego.** Andie has had the opportunity in a Voice Dialogue session to separate both from her Conservative/Controlling Father Self on the one side and her opposite Rebellious Teenage Daughter. You can see that the father is still his stern and grumpy self, and the daughter still has a smirk on her face – the Voice Dialogue facilitation hasn't in any way tried to change them. Andie, however, now has a very different relationship with these two parts of herself. *As long as she remains in the Aware Ego* (which probably won't be for a very long time at the beginning of the process), she is aware of these two sides of herself from a centered place. Her hands on their shoulders indicate that she is willing and able to be with both these energies in herself, conscious of who they are and what they think and want, without being taken over or pushed around by them. Inside her we can see that even though other selves in the house are still at odds, the struggle between father and daughter has eased for the moment. The father has gone back to reading his book and the daughter has settled down to watch TV. There is a sense of spaciousness and internal calm that comes with separating from the selves and initiating an Aware Ego process in relation to them.

# The Island of Personia



Mapping Your Inner Selves

# Welcome to Personia



**The mythical Isle of Personia was invented in order to help you identify and locate your subpersonalities.** You are invited to take a journey of the imagination and explore this land- and sea- and sky-scape as if it were an inner country where your primary and disowned selves live. On your first visit, you may only meet a few of the local residents – probably the parts of you that have the strongest positive or negative reactions to different areas of the map. As you get to be a regular visitor, and as you continue with your Voice Dialogue process, you'll probably find more and more of your selves reflected in Personia. Take your time and enjoy your adventure!

**The perspective of Personia is designed so that you, the viewer, witness the landscape from above and outside – from a place of awareness.** And, although everyone inhabits their own island of the personality differently, you'll find with a little help from your imagination, that Personia has room for many if not all of the different parts of yourself. Each of us has certain areas of Personia (i.e. of our personalities) where we take up residence, other areas we visit only occasionally or on vacation, some places that scare us because they seem dangerous, and others we "wouldn't be caught dead in" because we'd get in trouble or be ashamed to be seen there. There are also parts of the landscape of our personalities that we just don't know yet, and we've been too focused elsewhere to even think about exploring them. Some of our map is on conscious "ground" where we know what we like and don't like, other parts are in the Ocean of the Unconscious that surrounds our island, or in the Sky of our Imagination.

**A travel advisory:** Notice the responses your selves have to different parts of the island, but don't get carried away. Keep an eye on your Responsible self so it doesn't turn your visit into "homework!" Look out for that Pusher who could take you on such a fast ride around the island that you wouldn't get to enjoy being there. Personia is a place for discovering and balancing opposites in yourself. If you find that you are caught up in any particular self while exploring, it may be time to take a break or at least refocus on a different energy somewhere else on the map.

**Let's take a look at how different energies or selves are connected to the landscape.** Some associations are so obvious they have become clichés in our culture. The person whose primary selves grew up on the farm may be quite uncomfortable traveling into the city, dealing with traffic, fast paced living, intensity and noise. If they do venture into town they may feel awkward and out of place. The same "country bumpkin," however, who may feel scared and inadequate in the city, might make fun of the "city slicker" who comes out to the country, gets lost, doesn't know a pig from a pumpkin, and can't survive a day on their own without a restaurant to feed them and a taxi to take them where they need to go. The farmer most likely will have a disowned city person and vice versa.

**Each of us has a whole group of primary selves and a corresponding group of disowned selves that inhabit the island of our personality.** Let's say the farmer we mentioned

above is named Bill. "Country person" and "farmer" aren't Bill's only primary identifications, and the "city slicker" isn't his only disowned self. You may find another one of Bill's primary selves in the fundamentalist church his family belongs to and an opposite and disowned self might be one of those "godless intellectuals" who teaches at Personia University (PU). Farmer Bill is also very much a do-it-yourself kind of person, independent, self-sufficient, and hard-working. That part of him can't stand big government telling him what to do, and he also has no patience with anyone who doesn't work hard for a living with their hands (in this case both the lawyers in the Federal Building and the bums in the park could be Bill's disowned selves). Bill's wife, Betty, is a homemaker, a mother, and very proper. Her disowned selves might include both the career women in the big office buildings and the "live girls" who dance over by the race track at the X-rated theater. Betty has a beautiful singing voice, and when she was young she always wanted to go to music school, but her good girl self never even let her think about going away from home. In her day responsible daughters just didn't do that sort of thing. A positive disowned self for Betty might be the opera singer who performs at the concert hall.

**Children develop their own set of primary selves, either taking after their parents or becoming quite their opposite.** Bill and Betty's daughter, Amy, takes after her parents in some ways and not in others. She has her dad's spunk and independence, but not his conservatism, and she certainly doesn't agree with his politics. Amy is the first person in the family to go to college (on scholarship and against her father's wishes), and this is where she met Gene Jr., a banker's son. Amy is bored with life in the country and she is definitely not going to be a good girl like her mother! She is full of curiosity about the big world of the city that her parents distrust and she rebels against the constrictions of the church. As you can see, Amy has her own set of primary and disowned selves, located on various parts of the map. When Amy and Gene Jr. have kids of their own, the story increases in complexity as more and more primary and disowned selves play off against each other and more members of this growing (inner and outer) family experience the mystery and challenge of what it is to be human.

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## How to find your own selves on the map

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The map of Personia is specifically designed for you to use in working with your inner selves and your Aware Ego process. The following are suggestions for ways to use this map as a companion to your Voice Dialogue work. You may find that the large color copy of the map gives you much more room to picture the interrelationships of your selves and is more fun to work with.

- ① **Notice your first response.** What part of the "landscape" appeals to you – city, country, ocean, sky? When you first look at the map, where do you feel drawn? Are there places or buildings that are attractive to you? Are there any places that look like home? Where do you *wish* you could live? What looks like a place where you *do* live? One friend took a quick look at the map while we were still constructing it, pointed to the mountain climbers and said, "That's me!" with a tone of glee in his voice. Where do *you* look and feel "That's me!"? The places you identify with most strongly are probably either where your primary selves live *or* are home to your positive disownments.

- ② **Notice your second response.** As you look at the map, is there any part that makes you feel uncomfortable or nervous? What part do you avoid looking at? What seems unappealing or even distasteful to you? If you lived on this island, where would you be *least* likely to go? Think of somebody you really don't like, someone who "pushes your buttons" – where would they most likely live on this map? These areas hold your negatively disowned selves.
- ③ **Notice your third response.** What haven't you noticed at all until now? True, it may be something really tiny like the fishermen on the lake or the junk yard or the protesters in front of the government building, but it also might be something really large like a whole mountain, or the golf course, or Solitude Island that somehow just didn't register in your consciousness. These things may represent either deeply disowned selves that you tend not to see at all, or they may simply be so outside the issues you deal with in your life, that you tend to tune them out entirely.
- ④ **Make a list of the inner selves you have been working with in your Voice Dialogue sessions.** Don't worry if you can't think of *all* of them now, just write down as many as you *can* think of, and then begin to look on the map for where they might live. The rational mind might gravitate toward the university, the museum, or one of the tall office buildings. A free spirit, adventurer, or a part that simply loves the outdoors might be off in the mountains, at the campground, traveling in the caravan, fishing on the lake, riding horses, or living in the commune. A very responsible self might be hard at work downtown or out on the farm or in the industrial section. A responsible mother self might be at home, or driving the kids to school or to the museum. Another kind of nurturing energy might fit right in at the hospital. A part that is very conscious of health and fitness might belong to the gym and go to the natural health clinic or the health food store. Your spiritual selves might find a home in the churches, at the ashram or the sacred circle, out on Solitude Island, or perhaps doing service work among homeless and poor people on the "seedy" side of town.

If you are new to Voice Dialogue work, it's likely that most of the selves you have explored in your sessions so far will be **primary selves**. Primary selves are the parts of you that you identify with – the ones you recognize as being "who you are." They are the ones that protect you, keep things under control, organize your activities, push you toward success, try to please others, take care of responsibilities, criticize your progress. When you look at the map, your primary responsible self, for example, will in all probability settle right down to business in some very work-oriented part of Personia and not want you to even look at the spa or the resort or, God forbid, the race track or the pool hall! Primary selves can make it difficult for us to look *directly* at what's on the other side, what we've disowned. So instead, we often get to see the reflection of our disowned side by looking *indirectly* through the mirror of other people's lives.

- ⑤ **Think of the sort of people you really don't like and list some of the qualities or behaviors in them that you tend to find disturbing.** Are you put off by aggressive or insensitive people? Do sweet, gushy people annoy you? Do you "have a thing" about wealthy people or politicians or panhandlers on street corners? Think of someone who "pushes your buttons," who evokes a strong emotional reaction from you every time you encounter them. It might be a person you work with, a family member, an old friend, a new acquaintance, even a public figure you have never met. *People you strongly dislike hold the energy of your negative disowned selves.*

It may help you to see and understand these negatively disowned energies in yourself if you look for where on the map you might find the people who upset you. Perhaps your sister, who you always thought was self-indulgent, extravagant, and lacking in meaningful values, lives in the ritzy condos on the waterfront and spends all her time shopping or at the spa. You never liked her husband either. He's a shipping magnate, has three cars, a place on the beach and goes hunting in the mountains. If *you* were going to go into the mountains, it certainly *wouldn't* be for hunting! And on it goes... *One person's primary self is another person's disowned self*, and it's remarkable how the same person can hold *negative* disowned energy for you and those same qualities might be a *positive* disownment for someone else. If your brother-in-law were to do something as out-of-character as mapping his selves, where would he place *you* on Personia? You can have a lot of fun (and learn a lot too) by imagining how other people might see you and where they would place you on the map.

- ⑥ **Continue to explore your disowned territory by listing any people you admire so much that you overvalue them – these people carry your positive disowned selves.** Think of someone you set up on a pedestal, someone you think of as being “amazing,” “intelligent,” “spiritual,” “sensitive,” “gutsy,” etc. in a way you could never hope to be. This person carries a *positive disowned energy* for you. Some public figures hold a positive disowned energy for the whole culture. Mother Theresa, for example, represented a kind of pure selflessness that very few people could ever hope to emulate. If she is one of your positive disowned selves, where would you find her on the map? As you think about who might hold a positive disowned self for you, remember that what seems positive for you could be negative for another person. Look at our demonstrators, for example, the ones marching in front of the government building by the park. A friend of yours might find “those radicals” a threat to the community while you might really admire their willingness to stand up for their beliefs and wish that you had that kind of courage.

Until we begin to develop an Aware Ego that can both draw from and balance between our primary and disowned selves (i.e. make choices separate from what the selves might want to do), our primary selves operate as if they were the whole story of who we are. This is what goes on unconsciously and internally in all of us, but we can also observe many external examples of the same phenomenon. Take, for instance, the American political parties, the Democrats and Republicans. Each thinks their way is the best way and that the other side is either anti-American or just plain wrong. A larger truth, however, is that these two parties are both essential, and eliminating either one would damage the fabric of the whole country. Once you begin to notice the reality of different energies or subpersonalities in yourself and others, you may also start to see various opposites playing off of each other in your work place, your community, your local and national government, and between different cultures around the world.

- ⑦ **As you start to find both primary and disowned selves on the map, look for pairs or groups of opposites.** The Aware Ego develops as we separate energetically from each primary self and become aware of its opposite(s). In fact, we can only say we “have” an Aware Ego in relation to particular selves from which we have begun this separation process. *It is the Aware Ego that is able to stand between opposite selves and is in charge of managing the energies from both sides. The Aware Ego is capable of feeling these energies yet remaining unattached to the emotions and agendas that the individual selves hold.*

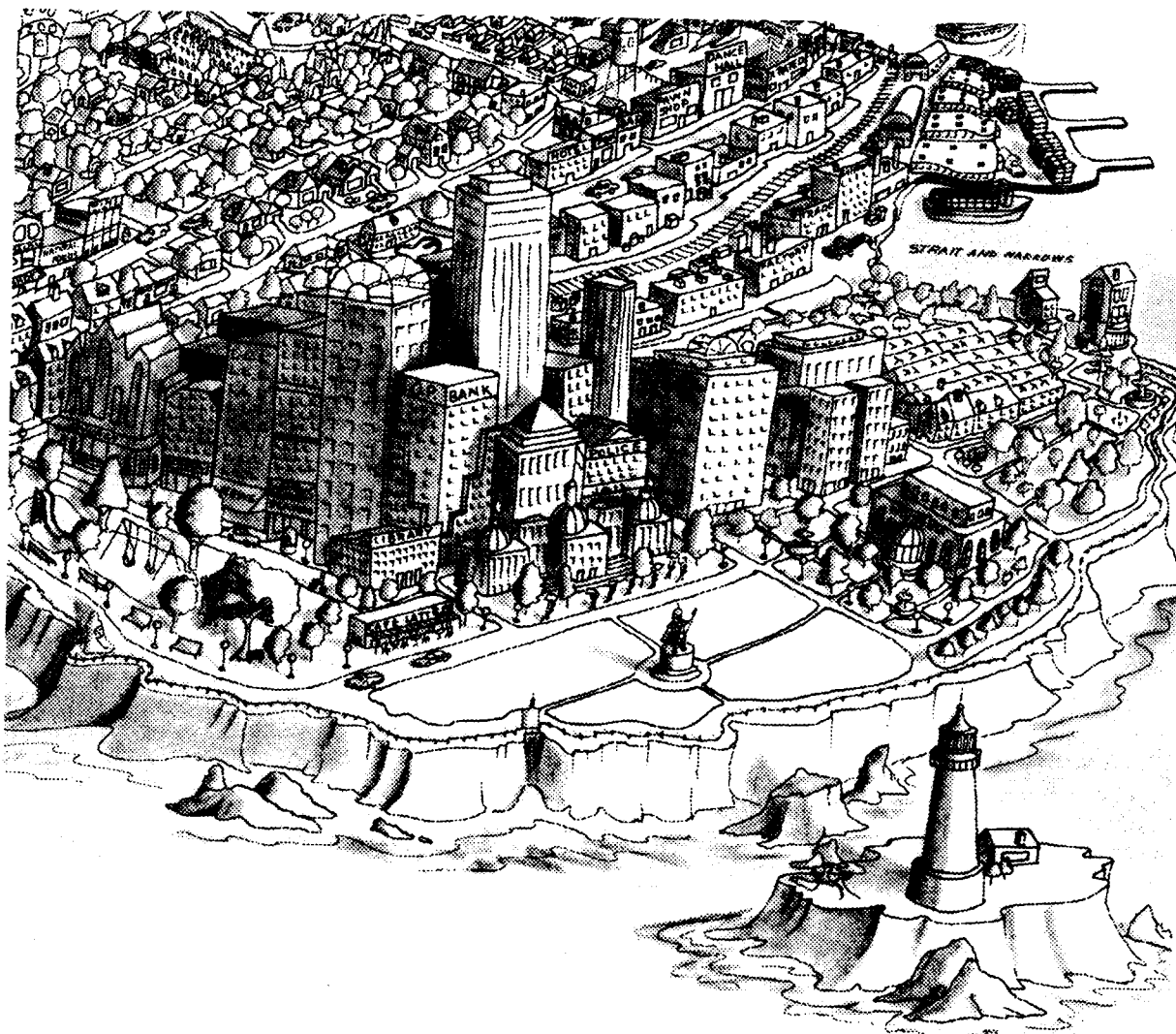
As you work with your map, see if you can find hints in the landscape about where your pairs of opposite energies reside. For example, if you see yourself basically as an “outdoors person,” and spend most of your time in the garden, on the road, out in the woods, etc., then it’s a sure bet that you will find opposites to these selves in the city. You might find, though, that it’s not only a love of outdoors that keeps you focused in the garden. You might have a strong, peace-loving, spiritual self that is attached to the garden and is quite the opposite of a very different sort of “outdoors person” who is stationed out at the military base or camping with a survivalist group in the mountains. Once you locate a few of these pairs of opposites, expand your horizons and look for larger patterns of relationship as well. See if you notice a whole cluster or family of inner selves grouped together in one area of the map. The more you look at where your selves are on the map and consider how they relate to the surrounding landscape, the more easily you will discover the natural oppositions and energetic relationships that are alive in your own personality.

- ⑧ **Use the map to track your own process over time.** In playing with the map you are plotting the changing landscape of your own consciousness. You may want to log your journey through Personia in a journal, and as you continue to explore your inner selves through Voice Dialogue and other methods, the map can be used as a companion tool for your process. You may feel very differently about parts of Personia over time. A place that was very threatening a couple of Voice Dialogue sessions back may now feel neutral, or you may find you are no longer as entranced by another area as you used to be. The map may serve as an ongoing reminder of what territory you have covered in your facilitation, what areas the primary selves don’t want you to go into, what places you’ve never had the opportunity to visit. Putting such clear attention on your process can deepen and even accelerate your Voice Dialogue work.

Try sharing the map with people who are close to you – let it provide a humorous and intriguing way to talk about your differences and similarities. Couples can learn a lot about each other simply by noticing what parts of Personia do or don’t attract them.

- ⑨ **Add to the map.** Try writing the names of your different selves on Post-it® flags and plot them on the map. Like those generals in the old war movies, plotting the position of their troops on a map with little flags, *you can begin to locate the distribution of your energies*, both primary and disowned, on your personal map of the psyche, your own Island of Personia. You may want to use different colored markers to indicate primary and disowned selves. (Try using a third color flag or marker to indicate new selves that come into your life, new territories that you are just beginning to explore.)

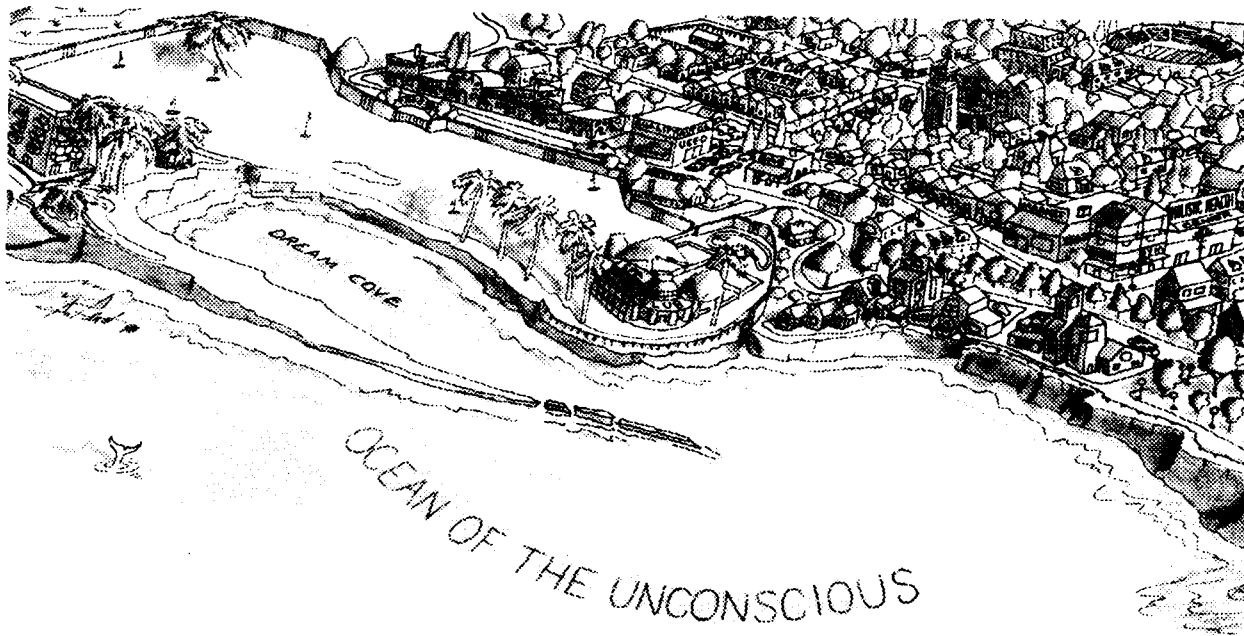
You can also personalize your map by drawing in aspects that you feel are missing and that are important in your life. Use arrows to indicate selves that live in hidden parts of Personia – perhaps in a valley that is out of sight on the other side of the mountains or in an office in the middle of one of the skyscrapers. Use a non-permanent glue to paste on pictures so that your map becomes an ever-changing collage of your life, including dream images out in the Ocean of the Unconscious. A story will begin to unfold that will give you extraordinary information about your inner journey as it stirs the unconscious and stimulates a new awareness of your process and your progress.



**Southeast Personia is the busiest part of the island.** Can you identify with the people working in the office buildings? There may be certain primary selves in you that occupy the lower part of the skyscraper. These may be parts of you that try to please others, that are conservative and want structure, that avoid risk, etc., while an entirely different sort may occupy the big offices at the top, perhaps the inner power broker, risk taker, pusher, entrepreneur, etc.

**How many of your selves (both primary and disowned) can you find in this one part of the map?** Do you identify with the people in the government buildings or with people protesting in front of them? Would you feel more at home in the high rise apartments overlooking the water or in a factory? in the museum or the shipyard? in the police station, the lighthouse, or the playground?



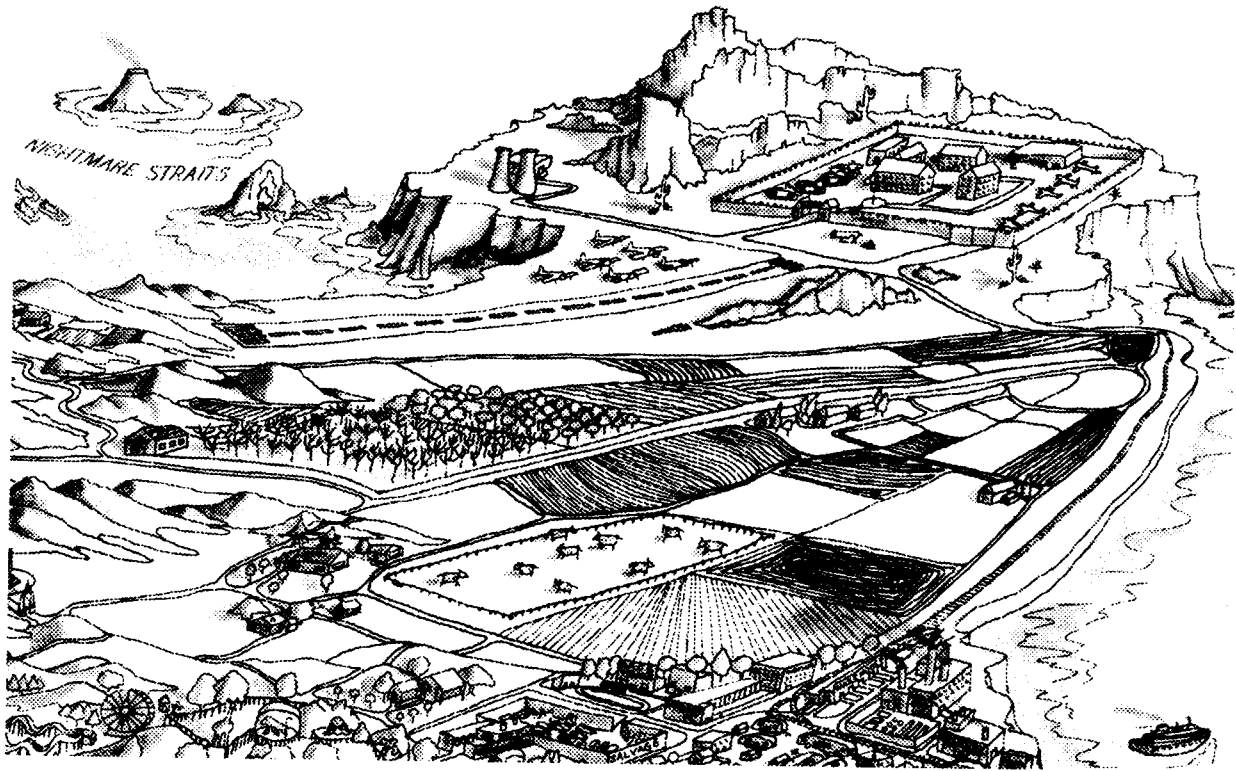


**Southwest Personia is where you can go for an education or recreation, retirement or health care, to mention only a few possibilities. How many of your different selves (primary or disowned) can you imagine placing in the university, the spa, the golf course, the natural health clinic, or the sports stadium?**

**Are you someone who heads for the beach at the first opportunity, or do you only wish you could? Perhaps you have a vacation self that is primary when you're on vacation for one or two weeks, but does it then take a back seat to the opposite and more dominant primary energies of responsibility and work that rule the other 50 weeks of the year?**

**Would you be likely to use the holistic health center or the natural food market, or does just the idea of this sort of place make you want to run to the nearest ice cream parlor? Does the university appeal to your rational mind? Or, would you be cheering for the football team in the stadium? How do you feel about the Live Oak Retirement home? Would your nurturer or responsible self be active there? Do you have a disowned elderly person you're afraid might end up there or another self who wants to go there now just to be taken care of?**

**Dream Cove is a place where the deep Ocean of the Unconscious touches the shore of our waking reality. Here where it's shallow and safe to go in the water, dreams surface and we can bring back their messages from the Unconscious to energize and inform our lives. What do you think may be living in your own Dream Cove? Would you sit quietly on the shore, take a walk, or go for a swim?**



**Northeast Personia is a place of contrasts**, encompassing everything from the race track and the salvage yard to the zoo and amusement park. There is a military base and a nuclear power plant. It even has its own active volcano offshore. There are factories, farmland, a railroad and ships. Are there parts of you that feel at home in certain of these areas and not in others? Do you find more of your *disowned* selves living on this part of the island? If so, name a few of them and place them where you think they live.

**If it doesn't appear that any of your selves live on this part of the island, do military people, gamblers, farmers, or volcanoes show up in your dreams?** Maybe these dream characters are appearing to balance other parts of your life. Many people, for example, who are attracted to consciousness work find themselves in opposition to the kind of choices that could lead to a career in agribusiness or the military or factory work, but that doesn't mean that they don't need some of the energy that these occupations embody. Could you use a *little* more authority, discipline, connection to nature, assertiveness, working with your hands, etc.? What other energies from this part of the map could offer more balance in your life? (In small doses of course!)

**This part of Personia may be where many of your inner children can enjoy themselves.** Do you have a part of you that longs for some fun, a day at the park, a trip to the zoo? Do you remember climbing apple trees or playing with animals on a farm? Is there an inner boy who is fascinated with trains or airplanes, or wishes he could go to sea? a girl who dreams of horses in the country?



**Northwest Personia is full of alternatives to the busy city which is its opposite.** If you have a loner self that really wants to get away from it all, there is Solitude Island off the coast of Personia or the hermit's hut way up in the mountains. What part of you could live a simple life in a fishing village? Who would go hiking or hunting in the forest or sailing on the lake? Can you even imagine that you have such a part?

**Do you think of yourself as creative?** Would the artist in you love to live in an artist's colony or out in the country? If you can't imagine yourself doing that, do you have a friend or family member or associate who lives out that energy? Do you judge or admire them for it?

**Is there a part of yourself you see as spiritual?** Is your religion the foundation of your moral and spiritual life? Would you belong to the big church in the city or to the little country church, or are you attracted to meditating in the ashram at the foot of the mountains? Perhaps religion and spirituality are disowned selves for you and you want nothing to do with "unscientific beliefs." On the other hand, maybe there is a part of you that really feels most connected to spirit in nature. Is that a medicine wheel or ancient stone circle up on the cliff, and is there a part of you that would perform a celebration there? Or does some other self consider that sort of thing to be a lot of "New Age craziness?" However you feel about these questions, answering them will help you find more of your inner selves, both primary and disowned, on the map.