

Additional level of consciousness

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I realized after posting this page that I wasn't sure if I had been clear that I was not talking about detachment as a way to avoid feeling the feelings. I am referring to developing an additional level of consciousness where we can be watching ourselves at the same time we are feeling the feelings. A level of consciousness from the adult on a Spiritual path, the recovery control center, that can help us align with the grieving process and release the emotional energy. We can be the recovering adult who is observing from a nurturing and Loving place at the same time we are experiencing the feelings of the 5 year old, or 9 year old, or 23 year old, or whatever. We can be in the feelings and observing ourselves grieving at the same time.

This level of consciousness is from a higher perspective. It is an additional level of consciousness that we cultivate and develop by more clearly tuning in to, concentrating our attention on, our intuition - the "small quiet voice" - and consciously choosing to give power to the Spiritual Truth we resonate with instead of our emotional truth and mental programming from childhood. By cultivating this detached perspective - detached from our ego experience of being human - we can observe both the mental and emotional levels of our being from a more discerning perspective. It facilitates changing the intellectual programming and taking some of the terror out of healing the emotional wounds. It allows us to set internal boundaries within, and between, the mental and emotional levels of our being.

When I speak of a detached observer perspective, I am not talking about the kind of observation that is taught in some spiritual meditation practices. Many people use that type of observation as a way to avoid feeling the feelings. That type of detachment from emotions is what some people experience on anti-depressants. Some people use chanting and meditation as anti-depressants. Chanting and meditation can be invaluable tools but applied in an imbalanced manner can, like positive affirmations, be used as tools to deny feelings.

Just observing the feelings does not heal them; does not fundamentally change our relationship patterns; does not make our fear of intimacy go away. We need to feel, experience, and release the emotional energy in order to heal the wounds and take power away from them.

We need to feel the feelings but learn how not to be the victim of them / of our reactions. I am talking about a detached observer consciousness that gives us the power to choose how to respond when one of our grief / rage buttons has been pushed. An emotional wound can be triggered and we can make a conscious choice that it is not safe to feel and release those feelings in that moment. Then, we have a choice about how we are going to respond in the now, and later we can do the grief work when it is safe and appropriate to do it.

We do not avoid feeling the feelings. We gain some power over when and where we feel the feelings. Detachment, as it applies to the inner child healing process in my approach, is a technique that fosters empowerment and response-ability, not emotional denial. Detachment is a dynamic technique, a method of consciously relating to our internal process, that is an integral and invaluable step in consciousness raising / enlightenment / awakening / recovery / healing / empowerment. - RB

