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ENNEAGRAM ASSOCIATION IN THE NARRATIVE TRADITION

PRESENTER HANDOUTS

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LET GO OF SUFFERING

Letting go of Suffering – Opening to Joy

A medley of spiritual practice

by Pamela Michaelis

In the Beginning – we want suffering to go away

We often remember an acute experience of suffering as marking the beginning of our spiritual path, even if we didn't recognise this at the time. We are highly motivated to search for explanations and healing solutions because we want pain, anxiety or troublesome aggression to go away. We may seek at rational thinking level for a while which often means reading a lot of books. I knew how to learn this way, my main activity was reading and writing most of the content of those books into 'my note book' in 'my handwriting' in 'my language' and I smile today when I see people in seminars writing frantically. This is one way of using *active energy* in the hope of relieving suffering and it feels so good. At some level we find relief in understanding more about ourselves, our biographies, what went right or wrong, who was good to us and who was not, why we communicate as we do etc. If we are lucky we come across the enneagram on this part of our journey. We now have a map to study when we are feeling lost, we begin to train our inner observer and recognise why we suffer when our passion is up and what we might do to change things. We begin working with our three centres We may be praying, going to therapy, practicing autogenic training, meditating, even doing all of this with the intention of finding release from suffering by making it go away.

Challenging part of the journey – the Ping-Pong Game

After a period of self-observation and intensive learning about ourselves, our survival strategies, emotions, healthy boundaries and how to communicate well, we can tick the right box on a questionnaire because we do 'know' about these things. However 'knowing about' is so much easier than changing our habit. I noticed long after I 'knew' what I should be doing, saying the word 'no' and taking a stand on healthy boundaries was as likely as my going around the world in 80 days, I was far too busy in my head, trying to work out whether this is a situation where I really have to say no, there is always another voice explaining why the world needs a yes

(second or reactive force playing ping-pong in the head with active force feels like compulsive thinking, a sure sign that we need to ground ourselves, change centres and do some breathing and body work, with loving intention)

Automatic programmes welcome any moment of hesitation to take control once more and 'no' just evaporates away, another victim of a watchful defense mechanism. For some it is so much easier, so familiar, so safe to adapt, whereas others might find it easier to say no and go away or enter into an argument in the name of self-righteousness. All these strategies, when coming from a state of reactivity, have a tendency to prolong rather than resolve suffering.

We need to stay grounded and embody neutral or third force to hold inner experience while active and reactive force play out their game and find balance within us and with one another. Then we come to know what „clarity“ and “boundaries“ feel like as body sensations and we can begin to speak the language of authentic experience from each of our three centres. However in the moment suffering arises we may still want suffering to go away.

Resignation to Problems and Suffering

Experience brings the realisation that everyone knows suffering, it is part of natural human experience and there is little we can do to avoid the problems and suffering which tomorrow might bring us. Resigning to this fact is a big first step towards wanting to fully accept and be caring with inner experience. Of course how easy it is for us to remember this depends very much on the cause, however there is a level of consciousness where suffering becomes more interesting. At last our intention changes, we no longer want to get rid of anything. We value and surrender to inner experience, wanting to hold and love and integrate the energy back into our system.

Hope is knowing and understanding that suffering is a source of intelligence, spiritual nourishment and renewal of energy. Learning to let go of thoughts in the moment when suffering arises and instead place loving attention on the contraction in the body helps to digest suffering, liberate energy and create more inner space so that joy can find its way through into our natural experience of aliveness and we gain deeper insight into what action is actually required of us in any given situation.

Simple Truths

- Judgement and non-acceptance of reality as it is causes suffering
- Attaching thoughts to emotions strengthens our pain body and prolongs suffering

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- When we are awake in the here and now, grounded, centred, willing to hold and take responsibility for contractions of energy within us, without judgement, we become a transformer (from Richard Rohr's talk in Berlin, 2005)
- By surrendering to reality as it is with an open heart, allowing loving kindness to merge with the breath, breathing into, accepting and experiencing inner contractions fully, allowing space for them to expand, breathing the expanded energy into every cell in the body, all the while holding and accepting with loving awareness and the intention to digest fully, we experience transformation of energy
- Gratitude and forgiveness are powerful generators for transformation

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- We have three inherent life forces or directions of energy at our disposal for coping with life, these are active, receptive and reconciling forces.

- Active force enables you to express yourself in thought, word and deed, with your unique creativity and emotions. One could say active force creates and sustains conflicts, both external and internal.
- Receptive force receives and processes whatever you experience in life, building reaction to active force, thus while stuck in reactivity this force can be equally sustaining in external and internal conflicts.
- Active and receptive force play back and forth with one another, especially while attempting to change our automatic patterns of behaviour.
- Reconciling or neutral force is the holding awareness of active and receptive force, which enables them to find balance and reconcile with one another. Neutral force holds without judgement, an important aspect of personal mastership. We need a good inner observer, high body awareness and a willingness to do continual grounding practice to develop this third force.
(Daniels/Palmer licensed teaching materials 2003)

PRESENCE – RESPONSIBILITY – NON-JUDGMENT -ACCEPTANCE OF ALL THAT IS – LOVING
KINDNESS – FORGIVENESS – GRATITUDE – OPENING TO JOY

- ✓ Grounded and connected in all three centres with an awake inner observer-
PRESENCE
- ✓ A healthy and loving inner relationship with self - LOVING KINDNESS
- ✓ Notice and ground reactivity, recognise defence mechanisms, thank them for protecting you all this time - NON-JUDGMENT, ACCEPTANCE OF ALL THAT IS, GRATITUDE
- ✓ Stop and let go of old think-programmes, shame and guilt – FORGIVENESS
- ✓ Tune in to your power, strength and higher potential
- ✓ Become curious and loving about all inner body experience
- ✓ Hold good Intention, take responsibility for your energy and truly invest it **for** something
- ✓ Love is a being state
- ✓ Ho'Oponopono – I'm sorry, please forgive me, I love you and thank you

In this workshop we will look at the role of the three centres, three forces of energy, in working with and letting go of suffering so that natural aliveness and joy can fill the space and arise into awareness. We will do some inner practice with body and breath, forgiveness and gratitude.

I would like to thank all those who have dedicated their lives to teaching others, especially Helen Palmer, David Daniels, Ken and Elizabeth Mellor, Robert and Karey Waterman, Eckhart Tolle, Ken Wilber Arlene Moore, Jürgen Gündel Norbert Hæg and so many more.

Empowerment through the manifestation of living love

THE LORD'S PRAYER FOR THE MANIFESTATION OF LIVING LOVE

**All Parent, Universal One,
That is in me and all around me,
Holy be thy Name.**

**May your spirit guide me
Filling my universe with holiness,
Making my life a blessing through your Name.**

**Forgive all ways that I have used others to justify my righteousness or be
In any way offensive to their innate holiness.
I forgive myself for my false judgements against myself and others.
I forgive myself for any pledges, oaths, agreements, contracts, or initiations,
that I have made in any time, place, circumstance or dimension
with any force or consciousness that is less than the Highest.**

**Clear and cleanse any frequencies that are competitive with my holiness in any
way
On any dimension of my conscious.
Convert my mind to the ways of wholeness.
Put aside any false council that may aspire to direct my thoughts and desires
In agendas that diverge from the One.
Make spiritual imposters evident to me.
Deliver me from my arrogant ways.
Place me in communion with my colleagues in you.
Fill each day with Grace.
Engage me in each instant with the sufficiency of my need.**

**I choose that Heaven and Earth be one.
I choose that your Light and Sound be my authority, power and glory forever.
I choose to live, breath and discover my being in the presence of Living Love.**

May the fulfilment of my soul be the manifestation of Living Love.

**In my alignment and agreement with the Eternal Source of all that is,
It is done. It is done. It is done.**

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