
F I F T E E N

Observations of Auric Interactions During Relationships

Love is created when we come together, merge in communion, and then move apart again. The effects are immediately positive, and we experience more joy in our lives. When we come together and clash, we create life lessons or healing cycles that may be experienced negatively. But eventually, once lessons are learned or healings completed, they bring us back around to the positive. All this shows in auric field interactions.

We use all of the three major ways of influencing each other's fields that were discussed in [Chapter 14](#). Some of these ways are positive; some are negative. In the positive interactions, we get along fine. We make positive connections with people with the chakra cords. We exchange positive energy with each other through our bioplasmic streamers. We lift each other's vibrations and bring clarity and lightness to each other through harmonic induction. We accept each other as we are and do not

try to manipulate each other for our own purposes. In these positive interactions, we also do not allow other persons to mistreat us. We remain centered within ourselves and communicate well.

Negative Auric Interactions in Relationships

We also have habitual negative ways of interacting and manipulating each other through our fields. We usually do this out of fear and ignorance. We usually are not consciously aware that we are doing it. We try to make other persons' fields pulsate like ours through harmonic induction because we are not comfortable with their vibrations. We pull and push each other's fields with the bioplasmic streams of energy that flow between, or we stop the bioenergy flow altogether. We use the cords that are connected between us to get what we want. We try to hook or entangle each other with them. All this auric interaction is usually unconscious and invisible to most people, but anyone can learn to become aware of it and sense it by developing Higher Sense Perception.

There are really only four modes of energy flow that we use in these interactions: We push, pull, stop, or allow the energy flow. If one person pulls, the other may pull back or stop the energy flow completely. If one pushes, the other may push back or dig in their heels and stop.

A typical intimate relationship may go like this: She wants love from him, and she reaches out and tries to pull it out of him. He wants to be left alone for a while and pushes a powerful blast of energy at her so that she will go away. Or he may simply go into stop with his field and not respond, so that nothing she does gets through.

Think about how you interact with others. For example, when someone pushes energy at you, do you push back? Do you pull that energy into you? Do you go into stop, or do you yield and allow the energy to flow into you as it is being pushed into you? Most of us either stop the energy flow or push back.

We have all created some rather standard ways of interacting with each other through our energy fields. The standard energetic interactions correspond to the mutual agreements or contracts we all make with each other, described in [Chapter 13](#). We do this unconsciously and habitually. Sometimes it works, and sometimes it doesn't. The way some people use their fields to interact with us is fine with us, and the way others do so is not fine with us. All of our habitual interactions are really energy field defense systems that we use to defend ourselves from an imagined dangerous world. Sometimes we are able to "handle" somebody else's defense system, and at other times we find ourselves very intolerant of it.

When we don't learn how to handle somebody's negative energetic actions in a positive healing way, a negative feedback loop can start. Each person may escalate defensive distortion until imagination and projection completely take over. In such cases, very painful damaging interactions can result. This happens on the personal

level, between two people; it happens between groups of people; and it happens between nations, many times resulting in war. If we can learn to prevent it on the personal level, we will eventually know how to prevent it on the national level.

Extremely negative harsh interactions can wreak havoc in the auric field and leave people the job of repairing themselves afterward. Some of the repair occurs quite automatically, like the way the body repairs itself. Some auric wounds and psychic scars can remain in the auric field as long as a lifetime or even be carried on into future lifetimes, depending on how deep they are. Wounds remain in the field so long because people usually avoid directly experiencing their wounds but suppress them deeper into the field and then bury them with an energy block. Deep wounds of this sort occur from one extremely harsh interaction or from habitually repeated negative interactions. All such wounds can be healed through hands-on healing and personal process.

According to what I have observed in auric fields over twenty years, all deep wounds are created through negative relational interactions that occurred in this lifetime or in a past lifetime, which are then carried forward into the next life experience. Or they are created through some sort of physical trauma, such as a natural disaster or accidental injury. In addition to that, I have been able to trace most accidental injuries in my clients back to a delayed reaction from a harsh interaction with another person. Good interactions are basic to our health; negative ones create disease or injury.

For example, recently in a workshop I was giving a healing demonstration on a young woman from Germany. I noticed that her left knee had been injured a few years earlier. With internal vision I could see that one of the ligaments that criss-cross under the kneecap was pulled and torn a bit, making it weaker. As I worked on the ligament, I rolled backward in time to see how it had been injured. With HSP, I saw the young woman riding a bike. She bumped into a fairly low object and flew headfirst over the right side of the handlebars. However, the reason she didn't see the object was that she had been preoccupied with an argument she had had with a young man a short time before. The next day, after the healing, she confirmed the information I had read with HSP.

Since all illness is related to a negative relational experience, it is of the utmost importance for us to learn to interact with each other in healthy, healing ways. In this chapter I will elaborate on some typical forms of energetic defense systems and the typical negative ways we react that eventually cause problems for us in our own energy fields and our health. I will then show positive ways to respond to the same energetic defense systems that create health for everyone.

A Framework to Resolve Negative Energetic Interactions

As a framework with which to organize the material and to describe the typical en-

ergetic defense patterns we all habitually use to some extent, I will use the five basic standard character structures that are used in the study of bioenergetics. You will find that some energetic defense patterns are very much like you, and others not so much. You will probably relate to a certain degree with each of them.

Character structure is a term that many body psychotherapists use to describe certain physical and psychological types in people. Although we inherit our physical makeup genetically, how our physical bodies develop depends on our childhood circumstances. People with similar childhood experiences and child-parent relations have similar bodies. People with similar bodies have similar basic psychological dynamics. These dynamics are dependent not only on types of child-parent relations but on the age at which children first experience life so traumatically that they begin to block their feelings. To do this, children block the flow of energy through their auric fields and begin to develop a defense system that will become habitual throughout the rest of life. A trauma experienced in the womb will be energetically blocked or defended against very differently from one experienced in the oral stage of growth, in toilet training, or in latency. This is natural because individuals and their fields are so different at different stages of life.

From my perspective, the circumstances and experiences of our childhood are determined by the belief systems that we carry forward from past life experiences, as well as by experiences of life on other planes of reality. Life events are effects from causes that we have set into motion long before our birth into our present physical

bodies. Some people call this “karma” and call “bad karma” punishment for what we have done. But karma is not punishment. It is the law of cause and effect at work. It is simply life circumstances or events coming to us as a result of our past actions.

How those events affect us is completely based on how we experience them through our images and belief systems. We carry the tendencies toward certain images and belief systems over from life to life until, through experience, we are able to clear and heal them. Each time such events come back to us, we have a chance to learn how to heal. If we carry negative images and belief systems about a particular set of circumstances, we will experience them as terribly painful. We might even interpret them as punishment for something we feel we have done. Since we can’t remember doing anything particularly bad in this lifetime, perhaps it was from long ago in the past.

If we don’t have a negative belief about something, its occurrence does not bring us self-judgment and debilitating pain. Of course, there is pain, but it is not debilitating pain.

Heyoan says that we are here on earth because that is our choice. We do not have to be here. He says that anytime we choose to, we can leave. There are no judgments on that.

The only reason we experience a certain event as punishment is because our belief system tells us it is punishment. For example, I have heard many people who do not allow themselves their power say that in the past they have misused power, so it was

taken away, and now they are being punished so they don’t have any. It could very well be that they misused power in the past, and that certain life events come to them as a result of their past misuse of power. But those events are precisely what they need to learn how to use power well. The universe is much too efficient and balanced to use punishment. Rather, it brings the precise lessons we need to fill our needs.

So character structure is the pattern of energy field distortion and the imbalance in our physical form that results from our negative images and belief systems, which have most likely been in place for many lifetimes. In other words, character structure is the effect of our negative beliefs and images on our psyches, our auric fields, and our physical bodies. Our parents didn’t do it to us. Our childhood circumstances and relationships serve to bring forth and crystallize the negative images and beliefs that we brought with us to be healed. That is why we chose these parents and circumstances in the first place.

The five major character structures used in bioenergetics are called the schizoid, the oral, the displaced or psychopathic, the masochistic, and the rigid characters. These terms do not mean the same thing as the standard Freudian terms. They were evolved from the standard terms by Dr. Alexander Lowen, who studied with Dr. Wilhelm Reich, who was a student of Freud. After studying Freudian psychology, these innovators went on to study the relationship between Freudian psychology, the physical body, and its bioenergy. Thus the new terms were born. In my book *Hands of Light*, the auric field structure of each of the five major character structures is

discussed, as well as the development of the auric field in different stages of growth. Here I shall focus on new ways to look at each character structure and the energetic defense system used by each structure.

Just what is meant by character structures? Many times people who study them begin to define themselves according to the characterology. Someone might say, “I’m a schizoid,” or “I’m a rigid.” People even take pride in these personal definitions. So the first thing I must say is that character structure does not help you define who you are. Rather, it is a road map of who you are not. Many times it is actually who you fear yourself to be. Character structure shows you how you block the essence of who you are from being expressed. It describes the way you distort who you are. It shows you how you are not being who you are. Each character structure has a pattern of defense that distorts who you are and then expresses who you are in a distorted way.

FIGURE 15-1 DEFENSIVE ASPECTS OF THE CHARACTER STRUCTURES

	Schizoid	Oral	Psychopathic	Masochistic	Rigid
Main issue	Existential terror	Nurturance	Betrayal	Invasion and theft	Authenticity; denial of real self
Fear	Living in human body as an individual	Not enough of anything	Letting go and trusting	Being controlled; loss of self	Imperfection
Experienced	Direct aggression	Lack of nurturance; abandonment	Was used and betrayed	Invaded; humiliated	Denial of psychological and spiritual reality
Defensive action	Leaves body	Sucks life	Controls others	Demands and resists at same time	Acts appropriately rather than authentically
Results of defensive action	Weaker body	Inability to metabolize own energy	Aggression and betrayal drawn to self	Dependence; inability to differentiate between self and other	Inability to experience self; world is false
Relationship to core essence	Can experience unitive essence; is afraid of individuated essence	Experiences individuated essence as not enough	Is afraid that essence is bad or evil	Individuated essence is not differentiated from others	Does not experience individuated essence—it doesn't exist
Human need	To individuate; to surrender to being human	To nurture self; to know self is enough	To trust others; to make mistakes and still be safe	To be free to feel and express self	To put self into life; to feel real self
Spiritual need	To experience individuated essence	To experience individuated essence as infinite source within	To recognize and honor core essence and higher will of others	To recognize self's core essence as self's own and claim God within self	To experience unitive and individual core essence in self
Time distortion	Experiences universal time; is unable to experience linear time or be in the now in the physical world	Never has enough time	Rushes into the future	Experiences the unfoldment of time as stopped	Experiences the constant rigid, mechanical movement of time forward

This expression is immediate. It happens so fast on the energetic level that we cannot stop it just by deciding to with our minds. We will react according to our habitual defense system when we are under a certain degree of stress. Remember, our character defense was built when we were very young. It has been very useful to us in defending ourselves in situations that we could find no other way to handle when we were very young. It has served all of us well. It still shields the vulnerable child within us from the hostile world that we create for ourselves from our negative belief systems and our images. However, it also helps create the hostile world because it acts as if our negative beliefs about reality were true, thus drawing to us the negative experiences in life in which we believe.

A character structure defense is the result of feeling unsafe. It is a result of some kind of fear. Each character defense has a basic issue related to a specific fear. The energetic defense is a reaction to that specific fear. The weaknesses in the auric field and physical body are a direct result of the habitual distortion caused by the energetic defense. With our defensive actions, each character creates a way of living that then creates life experiences that verify that the fear is right. The way of living of each character defense also generates a specific negative relationship to time. Each character defense distorts the relationship to the core essence. Each character defense has a specific physical human need as well as a spiritual one. Both need to be filled to help heal it.

The different defensive aspects of each character structure are listed in [Figure](#)

[15-1](#). We will discuss each aspect as we discuss each type of character defense. We will explore how to make each person feel safe in interaction that will then lead to a more permanent feeling of safety and bring about a healing of the habitual defense distortions that cause so much psychological and physical trauma in life. Remember, the purpose of a positive healing response to a defense is to help both of you get back to reality and communion as soon as possible. People with character structure defenses will demand that you agree with their distorted view of the world. If you do, it only strengthens their defense. It is also important to not let someone take advantage of you through their defense because that also helps strengthen their defense and supports their remaining in the illusion of a distorted view of the world.

You will find all of these typical auric defense patterns happening all around you, in yourself, and in your intimate relationships. You probably use different defenses in different situations. You will find that you and your friends use a combination of defenses. You can estimate how much you use each one on a percentage scale. For example, you may use thirty percent schizoid, ten percent oral, five percent psychopathic, fifteen percent masochistic, and forty percent rigid. This means that you are carrying the main issues of each character structure to that degree within yourself.

You will also go through different life stages in which you will find yourself dealing with the main issues of a particular character structure. It is in these times that you will use that defense most often. Then, after some time, you will be dealing with a different character structure issue. This is perfectly normal. In general, the type of

character defense we use stays pretty much the same as we go through life, but we use it much less often, much less forcefully, and it softens so that more of who we truly are is expressed. It is important to keep in mind that these defenses are used by both men and women.

The Defense System of the Schizoid Character

The Main Issue of the Schizoid Defense

The main issue of those who use a schizoid defense is that of existential terror. Schizoid characters have probably had many lives in physical pain and trauma and usually have experienced death by torture for having particular spiritual beliefs. The way schizoid characters dealt with the torture was to find ways to escape the body. Given such a past, they now believe that living within a physical body is a dangerous and terrifying experience. Because of their past, they will not be too interested in coming into the earth at all. They will not want much contact with other human beings. They will expect direct hostility from them. And that is the way they will experience them at times, no matter how they really are. They are already programmed to experience others that way. For example, if a mother happens to be angry about something that has nothing to do with her child and happens to look at him in the crib, he will experience her anger as dangerous killer rage directed personally at him

and will feel attacked. In the real situation, perhaps, she was angry at the carpenter for overcharging her.



Figure 15-2 The Schizoid Character's Auric Defense

On the other hand, these people's choice of parents will in some way reflect their belief that human beings are dangerous. Some parents do get enraged at their children, and some do abuse their children. What ultimately formulates the schizoid character defense is the way the child experiences reality, not necessarily the facts of a situation, although they usually are very similar.

In either case, people with a schizoid character defense are afraid of other people and have a rough time connecting to them. The third and fourth chakra cord connections to their parents never formed in a healthy way, so they have no model with which to connect to other people. Such people are afraid to completely incarnate; that is, they are afraid to bring consciousness and energy firmly into their physical body.

The Defensive Action the Schizoid Character Takes Against Fear

The defensive action schizoid characters take against fear is to vacate the physical body. They have found a way to first split and then twist energy-consciousness in order to allow a large portion of it to escape out the top. They usually exit out to one side of the top or the back of the head. Since they do this repeatedly from their very early childhood, sometimes beginning before birth, they create habitual twists in the energy body, which becomes lopsided and never develops a strong outer boundary for the aura. The eggshell of the seventh level is very weak.

The Negative Effects of the Schizoid Defensive Action

As a result of these defensive actions, the physical world feels even more unsafe to schizoid characters. Schizoid characters have very weak boundaries, which will be penetrated very easily by others. Their physical bodies follow twists in the energy field, so that they will probably have some sort of twist in their spine that weakens it. The lower levels of their auric fields will probably not be strong or developed, resulting in a very weak, sensitive body. Thus, in the long run, their defensive action actually makes things worse. It helps create life experiences that prove to them that life in the physical body is dangerous because they are so sensitive and vulnerable. So they are caught in a vicious cycle.

In order to avoid incarnation into the physical world, of which they are afraid, people who use the schizoid defense spend as much time as possible in the higher spiritual realms in a diffuse state of unity in which their individuality is not experienced. As we have said before, life in the physical world serves as our mirror of self-reflection, so that we can learn to recognize the individuated divinity within us. Thus, people using the schizoid defense avoid the individuation process of incarnation through which they could recognize their core. Therefore they know themselves to be all that there is, but they do not know the individuated God within. Since they spend so much time in the higher realms, they will relate to time as it is there. There, time is experienced as all of time at once. So schizoid characters do not experience the moment of time that is now; nor do they experience time as linear. Rather, their home is

in all of time. That is easy for them to experience. [Figure 15-2](#) shows the schizoid energetic defense of withdrawal.

How to Tell If People Are Using a Schizoid Defense

It is easy to tell when people are actively using the schizoid defense of withdrawal because their eyes will be vacant. They won't be in their bodies. You will also be able to feel the fear all around them. You may see a twist in their body stance.

The Human and Spiritual Needs of People with a Schizoid Defense

Such people need to feel safe in the physical world on earth. They also need to learn how to connect to people in human relationships. They need to learn to live in the time of the moment, with a past and a future. On the spiritual level, they need to know that there is a God within and that that inner God is each person's unique divine essence.

What's Your Negative Reaction to the Schizoid Defense?

Let's explore what your negative reaction might be when people defend in this way.

What do you do when you are interacting with a schizoid character who leaves you? Do you get angry because they are not paying attention to you and push more energy? If you do, they will get even more afraid of you and will go further off. It will

be harder to reach them the next time. [Figure 15-3](#) shows what could happen in your field when you get angry and push, and what the schizoid character does in reaction to anger.



Figure 15-3 The Schizoid Defense and a Push Reaction



Figure 15-4 The Schizoid Defense and a Pull Reaction

Do you react by feeling abandoned and grab onto the person? Do you go into pull? If you do, they will go further away. What will you do then? Pull harder? [Figure 15-4](#) shows what you do when you grab and pull, and what the schizoid character does in reaction to it.

Do you go into stop and stop your energy flow? When you go into stop, do you sink way down deep inside of yourself? So the schizoid character is way out there, and you are way in there. Do you miss each other when you do this? Or do you stay present while you are in stop and just wait? Perhaps with an impatient demand for the person to hurry up and come back? They won't. See the results of this in [Figure 15-5](#).

Do you go into denial and allow? Do you simply allow what is happening, go into denial about it, and continue to carry on a conversation as if you were being heard, and waste your time? Did you get your purpose accomplished? I doubt it. See [Figure 15-6](#).

Or do you go away too, so there is nobody there communicating? [Figure 15-7](#) shows both people gone. Here we have space cadet city!

Many times schizoid characters will use arrogance and let you know that they are more psychic, evolved, or spiritual than you are in order to intimidate you and keep you away. How do you react then? Do you agree that “spiritual” and “psychic” mean “more evolved,” and that they are better, so you withdraw contact? Or does it make

you angry, so you come on stronger? Or do you stay as you are and not buy the pretense? If you get through that one, you still need to change your energy field. If you wish to help the schizoid character feel safe and come off guard, get down to earth, and begin to communicate so that you can accomplish whatever it is you are doing together.

How You Could Respond in a Positive Healing Way to the Schizoid Defense

[Figure 15-8](#) (in the color insert) shows how you could regulate your energy field to interact with people in schizoid defense to make them feel safe. It is a response that is designed to bring both of you out of fear and your defense and back to reality and communion as soon as possible. We will use different variations of the three major types of field interactions (harmonic induction, biostreamers, and cords) and the four energy flow modes (push, pull, stop, and allow) to create a safe space for our friend with the schizoid defense.

Rule number one is to not go through the vulnerable boundary with any bioplasmic streamers. Think of the seventh level of this person's auric field as a broken eggshell. That means if you send any bioplasmic streamers over, they will go right through, and he or she will be gone in a flash. The second thing to remember is that schizoid characters run energy-consciousness on the high frequencies of the higher levels of the field. Therefore, to reach them, you must lift your vibrations to high fre-

quency and let them feel them through harmonic induction.

Do this by focusing your attention on the highest spiritual reality you know. Bring your consciousness to the most complete experience of your higher spirituality by imagining it, seeing it, feeling it, hearing it, smelling it, and tasting it. If you can do this and at the same time prevent yourself from producing any bioplasmic streamers, the other person will begin to feel safe. To prevent yourself from projecting any bioplasmic streamers, keep your mind focused spherically in all directions at once. Feel the egg-shaped form on your field. Feel its pulsations. Feel the edges of your boundaries, and keep them contained. Do not bring your mind to focus on any one thing. Do not go out with your mind to any one thing.

You may not be able to directly face the person or have eye contact while you do this, because it will be threatening. That's okay. Once you are in sync and have contacted the person through harmonic induction, you may gently decrease the frequency of vibration of your field. Keep using harmonic induction to influence the other's to decrease with yours. To do this, simply relax all over and make yourself very calm. It will make the person feel calm. Imagine walking on nice green grass through trees. This will move your frequency down to a balanced earth frequency.

This next interaction requires much more advanced control of your energy field, so don't be upset if you can't do it. I add it for those readers who have an advanced level of auric control and may find it useful. Once you have accomplished a feeling of safety, ask permission to touch. If it is granted, ask the person to stand up and bend

his or her knees. Then carefully put your right hand on the back of the second chakra. Be sure you are holding a calm vibration in your hand to do this and are not sending biostreamers. Then very carefully allow a bioplasmic stream to flow from your hand. With your intention, direct it down the inside center of the person's body into the earth. This stream will connect him or her to the earth. Once that is accomplished, allow cords to connect from your heart and third chakra to theirs. The cords will have to come from the center of your chakras and sink all the way into the person's because he or she doesn't know how to connect them.

Figure 15-5 The Schizoid Defense and a Stop Reaction



Figure 15-6 The Schizoid Defense and an Allow or Denial Reaction



Figure 15-7 The Schizoid Defense and a Withdrawal Reaction

The Results of a Positive Healing Response

If you are able to accomplish part of the above, you will have greatly helped the person to find relationship more safe. It is important to remember that someone with a schizoid defense most likely has not experienced safety in human interactions or the connectedness that we are capable of feeling when our cords are connected through the heart and third chakras in a healthy way.

Learning to connect in relationship is essential for schizoid characters because it is only through relationship that they can fill their deepest spiritual need to experience their own individuality as godly. They experience God in the unitive state but not in the individuated state. They need to find the individuated God within. They can only learn that through communication with other human beings. Your holding a safe space for them to do that with your auric field will help them a great deal!

So next time your loved one beams out on you, it's okay if you react in your normal habitual way. It will probably be too fast a reaction to prevent. But as soon as you catch it, remember that the cause is fear—both your friend's beaming out and your defensive reaction. Bend your knees, ground down into the earth, take a deep breath, and start helping, as in [Figure 15-8](#) (in the color insert). Your friend will come back, and you will both communicate again! At first this can be very difficult, because you probably will automatically go into your character defense. But the more you prac-

tice, the easier it will become, and instead of wasting your valuable time and energy in defense, you will move into a much fuller experience of life and communion.

How to Take Yourself Out of a Schizoid Defense

If you find yourself out in the stratosphere, the first thing to do is to notice that you are out there. Then realize that you are there because you are afraid. In order not to be afraid, you need to change what you are doing. First bend your knees and take a deep breath. Be sure to keep your eyes open. Keep your knees bent, and focus on the top of your head. Bring your consciousness to the top of your head, then down into your face, then your neck, your upper chest, and so on and so forth, until your consciousness is at the bottom of your feet. Feel the bottom of your feet, and then keep going down into the earth. Repeat the mantra, “I am safe. I am here.” When you feel the earth firmly beneath your feet, try feeling the person who is conversing with you. If he or she seems warm and friendly and is trying to reach you, help. Try opening up your heart and your solar plexus to your friend and allowing him or her to connect to you in a warm, human way.

The Defense System of the Oral Character

The Main Issue of the Oral Defense

The main issue of a man or woman who uses an oral character defense is nurturance. Oral characters have had many lifetimes in which there wasn't enough to go around. They probably lived during famine and were left to starve to death or had to make terrible choices with regard to who got the little food there was. Oral characters have not had the experience of being completely filled, and they fear that they will never get enough.

Because oral characters have come into this life to heal this belief, they will draw childhood circumstances that bring this belief forward to the self in this life. They experienced abandonment early in life and fear it will happen again. Usually they experienced parental abandonment. To what extent they actually did is not as important as how they experienced it.

The classic example of creating an oral character defense is with a mother who doesn't have the time she needs to complete breast-feeding. If the baby is taken away from the breast before being filled, it will not have the experience of being filled and satisfied to the point when it would automatically pull away. In suckling, the baby fuses with Mother. It is the closest thing to being back in the womb. In this fusion, the baby experiences itself as Mother. It experiences Mother as God and self as God, which is Mother. Mother's, God's, and baby's essence are one. In order for the baby to feel its own essence, it must be filled with the essence of Mother/ God. Then on its own, the baby must have enough to move away into individuation to experience his

or her own divine core essence. It is through being filled in breast-feeding that a baby learns to do this.

Figure 14-1 The Auric Fields of a Couple in Love



Figure 15-8 A Healing Response to the Schizoid Defense

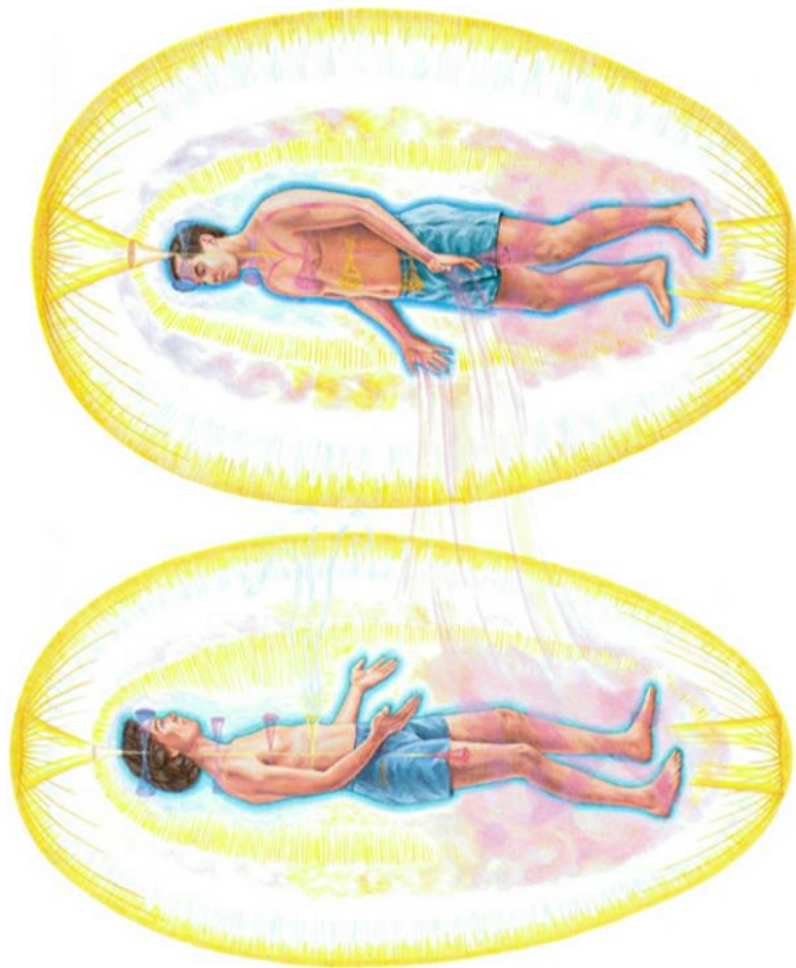


Figure 15-15 A Healing Response to the Oral Defense



Figure 15-22 A Healing Response to the Psychopathic Defense

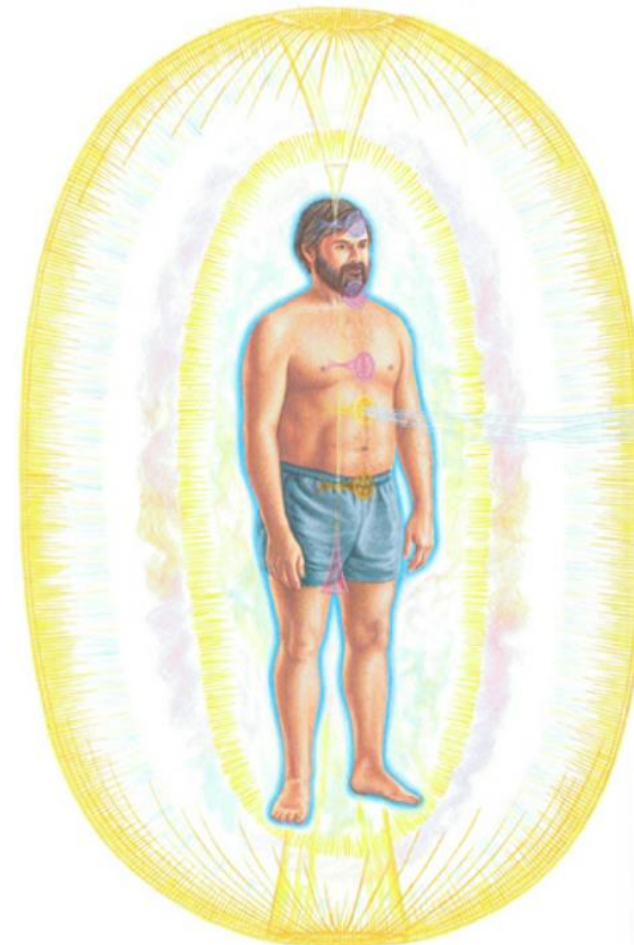
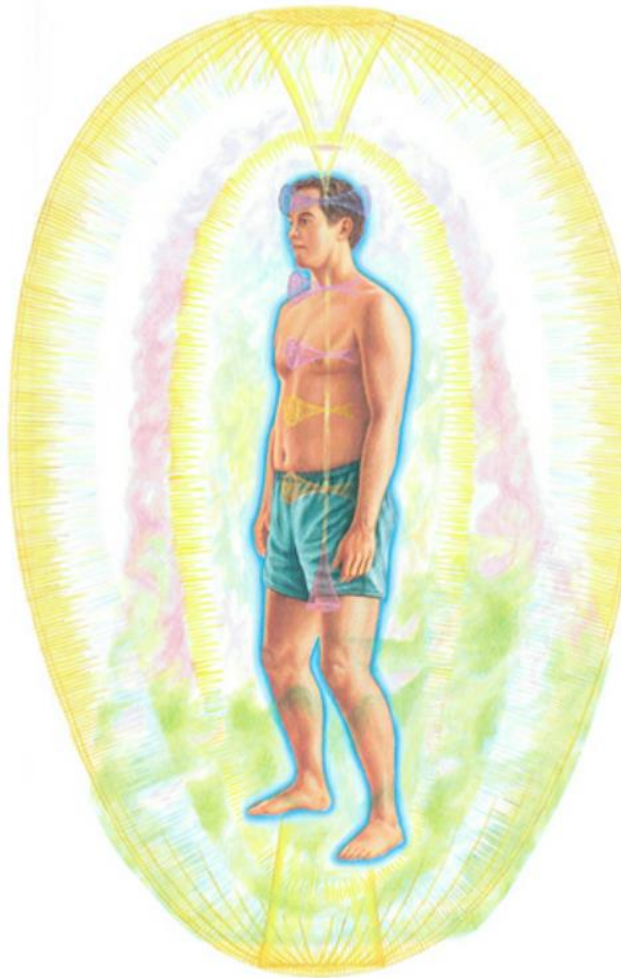




Figure 15-29 A Healing Response to the Masochistic Defense



Figure 15-36 A Healing Response to the Rigid Defense

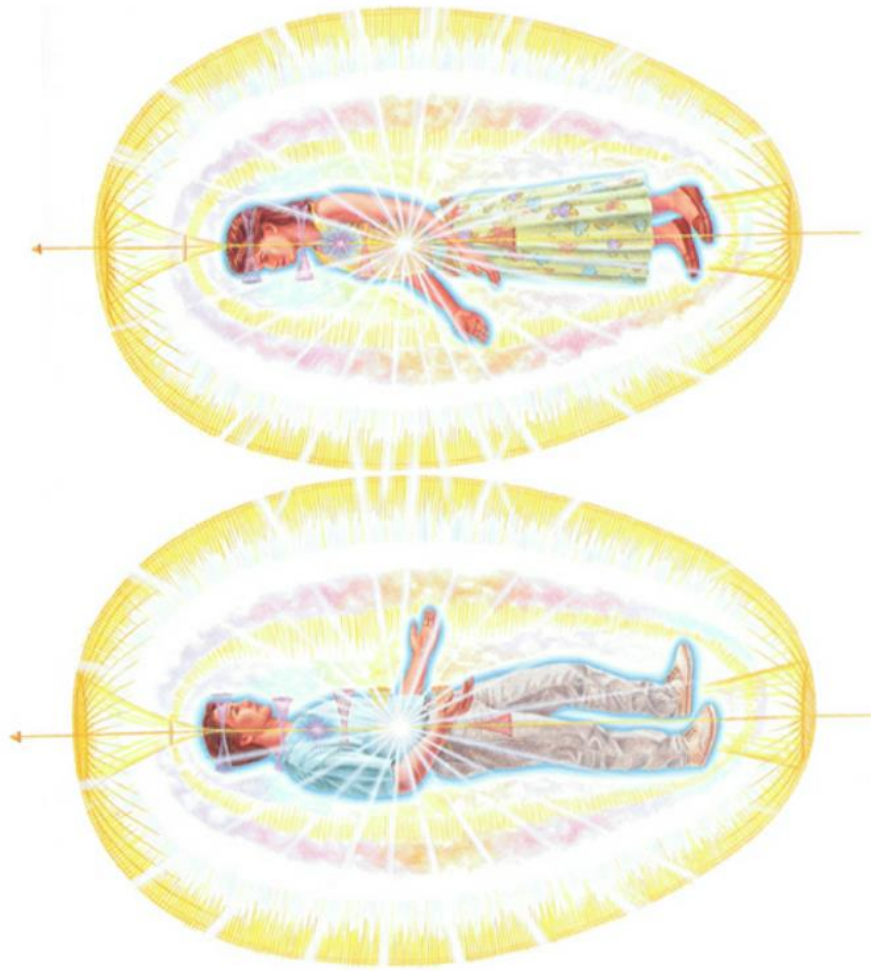


Figure 15-39 The Auric Field of a Couple in Synchronistic Communion

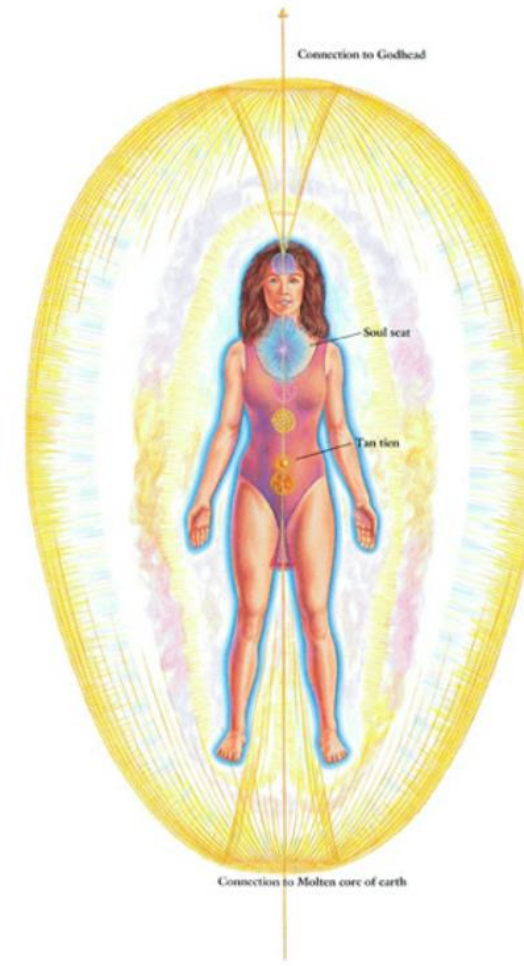


Figure 18-2 The Core Star Level of a Group of People

If Mother has a rough time with breast-feeding or takes the baby away from the breast before it is finished, or if she is in a hurry, is impatient, and wants the baby to hurry up, she is in a sense abandoning the infant. If this happens repeatedly, the baby will be nervous and will not be able to take in the milk very fast, thereby prolonging the feeding time and making the situation worse. Eventually, the child learns to abandon the mother before she abandons him or her. But in the process, the child doesn't get the experience of merging with all that there is (Mother's essence) and then individuating into their own. Such people grow up without a clear, full experience of their own essence, the source of the divine within. Rather, it is experienced as weak and not enough.

Such babies also experienced their parents as sucking energy from them. They probably did. Unfortunately, either their mothers or both their parents used the third chakra cord connections to them to take nurturance rather than give it. The parents also took energy from them through bioplasmic streamers which they attached to them. They never learned how to connect down to the earth.

The Defensive Action the Oral Character Takes Against Fear

As a result, oral characters' defensive actions are to suck energy from others. They will do this unconsciously in several ways: trying to connect third chakra cords to

others in order to draw energy through them as the parents did; trying to suck energy through the bioplasmic streamers that are made with eye contact with their "vacuum cleaner eyes"; or by long boring conversations in which they talk too softly. When they talk too softly for others to hear clearly, the others will send out bioplasmic streamers to them in an effort to hear them. They then suck energy through the streamers by continuing the soft talk. [Figure 15-9](#) shows the oral character defense of sucking.

The Negative Effects of the Oral Defensive Action

The result of these defensive actions is to make the physical world feel even more unnurturing to those who use the oral defense. Actually, people who use the oral defense refuse nurturance and don't know it. Since they use their energy system to suck energy from others, they never develop their chakras into the normal large chakras that would naturally fill their field with energy. They are focused on getting filled from the outside rather than from chakras or their inner source. Either they can't contact the source inside, or it feels too weak. Thus their field remains perpetually weak and dependent on predigested energy from others, creating a negative feedback loop that keeps them undernurtured and dependent on other people's energy. These actions cause people to dislike being around oral characters very much, so their aban-

donment is realized because people avoid them. Thus, they create life experiences proving that they will never have enough. So they are caught in a vicious cycle.

How to Tell If Someone Is Using an Oral Defense

It is easy to tell when people are actively using the oral defense because they will act helpless and want you to do things for them or take care of them in ways that are not normal for an adult. They may speak too softly for you to hear or may do a lot to have eye contact. But what you see in their eyes is a helpless type of pleading that says, “Do it for me. Take care of me rather than have a give-and-take adult exchange.”

The Human and Spiritual Needs of Someone with an Oral Defense

Such people need to have an experience of being completely filled, in which they are the person who can do the filling. They need to learn how to do it for themselves. They need to experience the full and powerful source of life that exists within them in their core star.

What’s Your Negative Reaction to the Oral Defense?

Once again, we will explore the major reactions people have to character defenses in terms of the five energy flow modes of push, pull, stop, allow, and withdrawal.

What do you do when you are interacting with people who act helpless and take

and take and take and do not give back? Do you get angry because they are sucking energy from you and push more energy at them in a negative way so they stop? Do you get angry, insult, or put them down and blast them with energy? This will make them feel worse about themselves. If you do, they will probably collapse and become even more helpless. It will be harder to reach them the next time. [Figure 15-10](#) shows what could happen in your field when you get angry and push, and what oral characters do in reaction to anger.

Do you react by feeling abandoned and grab onto them? Do you go into pull too? If you do, they will either pull harder and outsuck you, or they will collapse. What will you do then? Pull harder? [Figure 15-11](#) shows what you do when you grab and pull, and what they do in reaction to it.

Figure 15-9 The Oral Character's Auric Defense

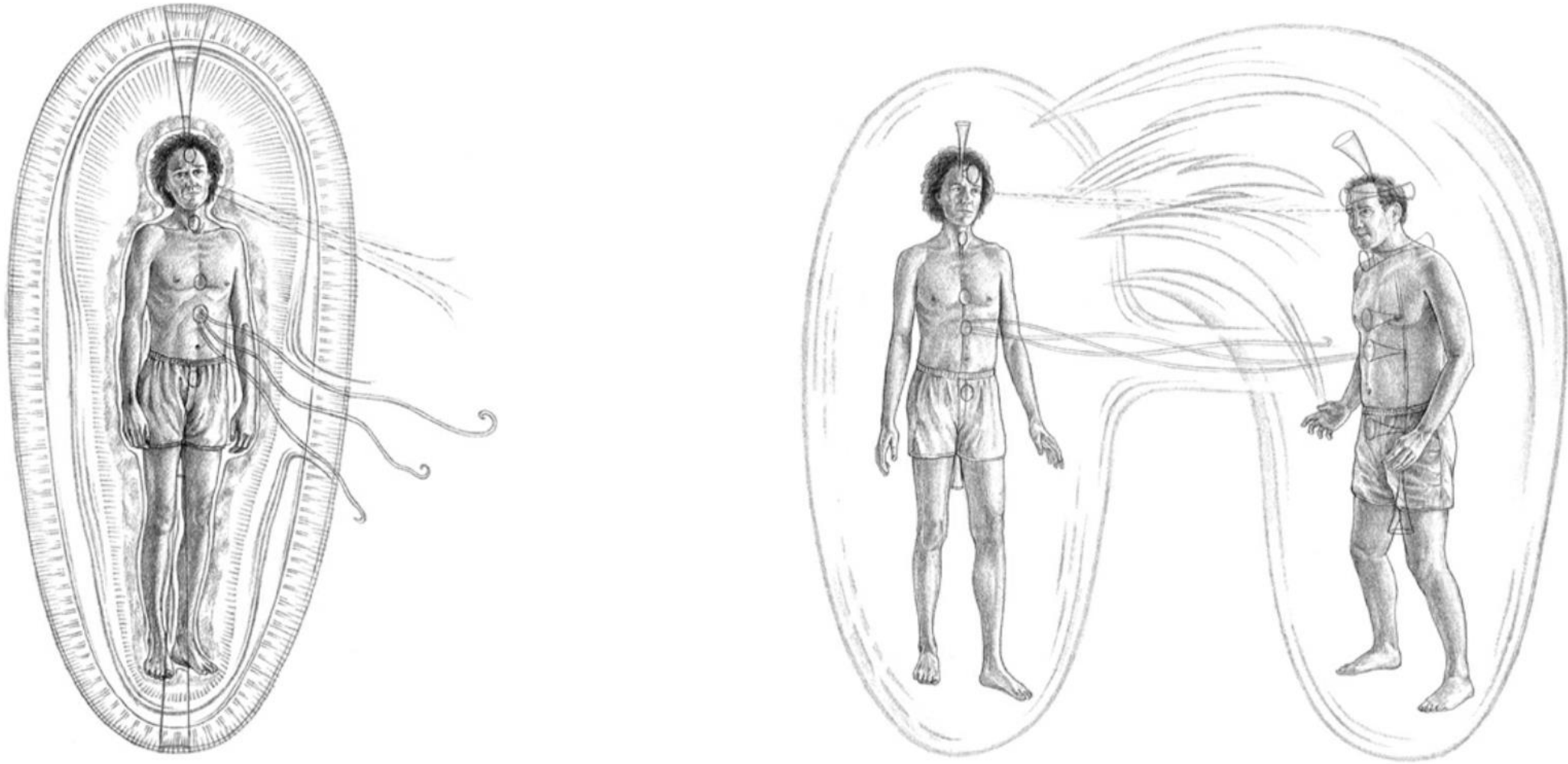


Figure 15-10 The Oral Defense and a Push Reaction

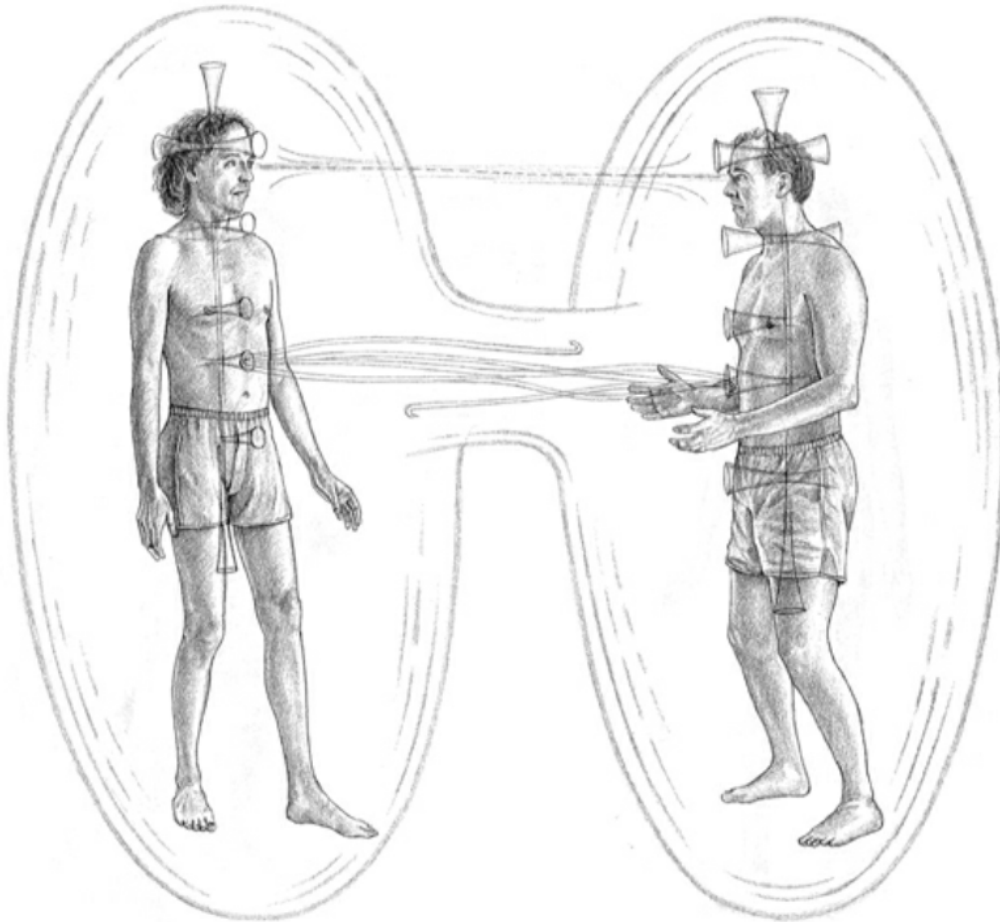


Figure 15-11 The Oral Defense and a Pull Reaction

Do you go into stop and stop your energy flow, so they can't get any of your energy? When you go into stop, do you sink way down deep inside of yourself? So the oral character is out there trying to reach you and suck, and you are way in there. Do you miss each other when you do this? Or do you stay present while you are in stop and just wait for them to stop sucking—perhaps with an impatient demand for them to hurry up and give? They won't. Do you go into stop with your energy so no more gets sucked? Do you stop listening and abandon them? See the results of your stop in [Figure 15-12](#).

Do you go into denial and allow? Do you simply allow what is happening, go into denial about it, and continue to carry on a conversation as if the surface level were what is really happening? Does it make you tired? Do you react by being a caretaker? Do you allow the person to attach the third chakra cords to suck your energy from your third chakra? If so, you will probably be able to feel it. Do you pour lots of energy into them with your bioplasmic streamers that you give to them in the way they manipulate and demand from you? Do you lean forward toward them so that you can hear them better in an effort to caretaker? Do you allow the helpless look in their eyes to take your energy and thus psychically agree that they can't do it for themselves, but you have a lot to give? Do you get off on this? Does it help them? Not really—it

helps them continue the way they have been since early childhood. That's not the solution. [Figure 15-13](#) shows the caretaking reaction to the oral defense.

Do you react by avoiding the person and thus abandoning them? Or do you withdraw away so there is no energy left in your body to suck? They will experience it as abandonment, and they will either suck harder or collapse and give up, having had their worst fear confirmed once again. [Figure 15-14](#) shows this combination of defenses.

How You Could Respond in a Positive Healing Way to the Oral Defense

[Figure 15-15](#) (in the color insert) shows how you could regulate your energy field to interact with people in oral defense to make them feel safe, to help them have an experience of truly being filled, and to show them that they can do it themselves.

Rule number one is to not allow them to suck energy in habitual ways. Therefore do not allow them to connect the cords from the third chakra into yours in order to suck energy from you. A good way to avoid this is to not stand directly in front of such people. Do not face them. Stand side by side, and imagine a nice strong screen over your third chakra that prevents them from connecting their cords. Do not make eye contact or allow bioplasmic streamers to go out of you at their demand. However, it is beneficial to fill their auric field with the use of bioplasmic streamers. This is actually very easy to do on purpose. Simply relax and imagine beautiful, colored bioplasmic

streamers of energy pouring out your hands and into the other person's third chakra. Do this without touching them physically. While you do this, keep encouraging them to stand on their own two feet. Do this with encouraging verbal statements in which you tell the person that they have strong legs and a strong inner source of life. Tell them that they can do it. In this way, you will give them an experience of being filled without reinforcing habitual defense that keeps them undercharged.

Now you will run into another problem that is also related to their defense. The main way that people who use an oral defense receive is through controlled sucking. By sucking, they are controlling how energy comes in. When you give to them outside of this controlled way of receiving, they will go into stop and not be able to receive much energy. After a while, they will allow a little to flow in. Then they decide that it is not enough, or it is taking too long, so they will go into stop again; that is, they will abandon you before you abandon them. And in doing so they abandon themselves. This back-and-forth movement will continue during the filling process and make it take a long time. As soon as you get frustrated, they will go into stop, and it will take even longer. They will get into a fight with time as the enemy. In their struggle, there will never be enough time for them. So you will be challenged to be able to stay there, be there for them, and continue the work until the filling process is completed.

When such a person's field is pretty well charged, focus your mind and your intention to move the energy inside of their field down into the earth to make a strong connection to the earth. Imagine their first chakra opening to allow more energy to

come up into it from the earth. This is not difficult if you stay connected with your bioplasmic streamers. It does help to look at the part of the body you are focusing on. If the person is able to ground down into the earth, the energy will automatically flow up into their body like an artesian well. They will not have to suck it into themselves. Once this occurs, stop your bioplasmic filling action and release your energetic contact with them so that they are self-filling.

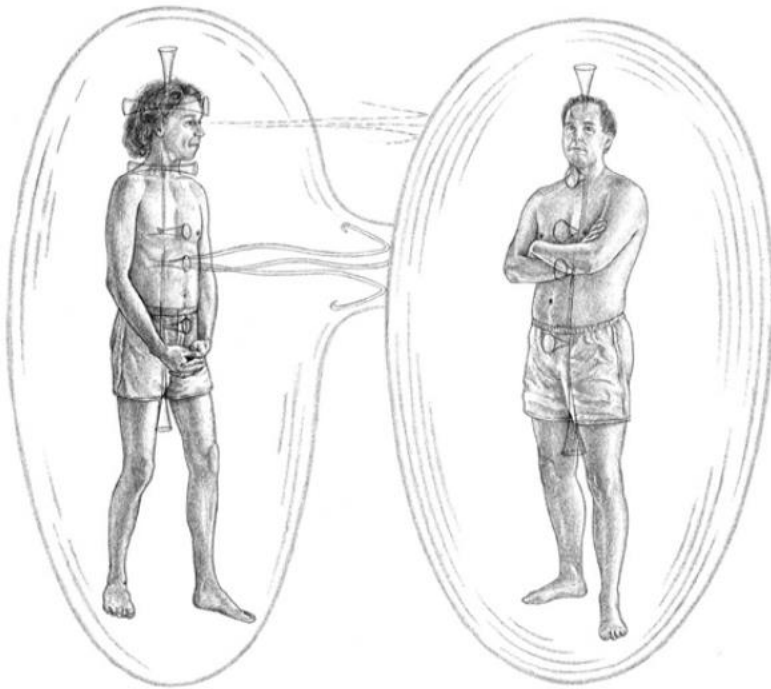


Figure 15-12 The Oral Defense and a Stop Reaction



Figure 15-13 The Oral Defense and an Allow or Denial Reaction

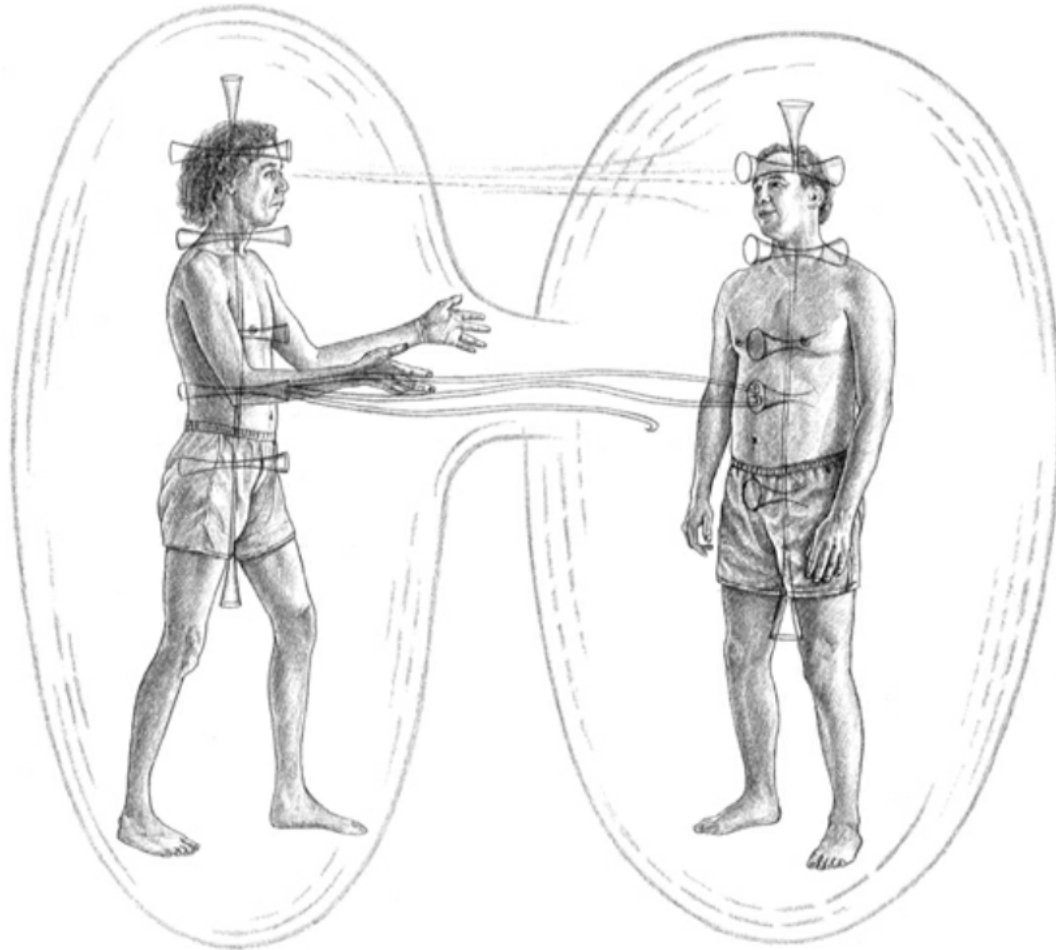


Figure 15-14 The Oral Defense and a Withdrawal Reaction

The Results of a Positive Healing Response

If you are able to accomplish part of the above interaction, you will have greatly helped your oral character friend to find self-nurturance. This is very important, because as such people work, they will find that under their fear of not getting enough, they believe that they are not enough. At a very early age, they became convinced that their essence was not enough. Learning to fill themselves is the same as acknowledging that they are enough. Once they do this, they will be able to learn to connect in relationship without the habitual suck. Their relationships will become healthy exchanges of energy between two equal people. Their relationship to time will change. It will not be something to fight against, to get more of. Instead, they will have plenty of time for life.

On the spiritual level, such people's task is to learn to source the individual God within. It is only through relationship that they will be able to recognize that their divine core is as brilliant and full as anybody else's. Through relationship they will learn that the source of life is their timeless essence within.

So next time you notice your oral character friend or loved one acting helpless or sucking your energy, remember it means that he or she is afraid. Such people are afraid that they aren't enough. They don't believe their very essence is enough. If you react to fear, that's okay. As soon as you notice yourself defending against the sucking

or helplessness they are expressing, take a deep breath and concentrate on relaxing. Bend your knees, ground down into the earth, center yourself and breathe. It's time to help—I'm sure you can!

How to Take Yourself Out of an Oral Defense

If you find that you feel helpless or are trying to get someone else to do something for you, take a deep breath and relax. Tell yourself you have all the time in the world. Get up on your feet. Bend your knees, ground down into the earth. Bring your focused attention to your core star. Here is the source of everything that you will ever need. You are not helpless. You can do anything. You are God. Repeat the mantra, “I am enough. I am enough.”

The Defense System of the Psychopathic Character

The Main Issue of the Psychopathic Defense

Betrayal is the main issue for people who use the psychopathic character defense. They have probably experienced many lifetimes as warriors, standing up and fighting for a great cause. They sacrificed a lot on the personal level, fought, and won their battles. They knew their cause was right, knew they were right, and knew they were

good, which was why they were so good at winning. The good cause made them good and the enemy bad. But in the end, these people were betrayed, overthrown, and probably killed by those they trusted most. Why? Because winning requires an adversary. If someone is right, then someone else is wrong. They are still good at winning.

Running a country requires leadership of a different kind. It requires teamwork and cooperation, where everyone is good and a lot of people are right, not just the leader. So people with a psychopathic structure never made it across the boundary from warrior to king or queen. Psychopathic characters are still warriors trying to win a war that no longer exists. As a result, deep inside they don't trust anyone anymore. Everyone is ultimately their enemy, even their closest associates. They see life as a battleground.

The family into which the psychopathic character chooses to be born becomes the next battleground. The people in it to whom they are closest become the next betrayers. They have experienced betrayal many times in life. They were betrayed at a very early age by one or both parents. In early childhood, winning was very important. Someone, usually a parent, had to be right and had to win. The person who won was proven to be good, and the person who lost was bad. Usually the parent of the opposite sex was having trouble with their spouse and transferred many of the needs that are supposed to be met by the spouse onto the child. That parent used seduction to control the child. The child became Mommy's “little man” or Daddy's “beautiful young woman” and was subtly told how much better than the other parent he or

she was. The parent of the same sex was bad, and the child was good. The child was given responsibilities beyond his or her young age and encouraged to grow up fast. Such children gave their heart to the parent of the opposite sex, but sex was not in the picture.

Of course, when their sexuality came forth in puberty, all hell broke loose. The parent of the opposite sex was terribly jealous of any suitors. The child wasn't supposed to have sexual feelings and was only supposed to love the parent. Today, this makes it very scary for people with a psychopathic defense to have both sexuality and heart. To have them both is to betray a parent, and they themselves are bad. They are very vulnerable in this area. They are afraid of people of the same sex who remind them of the same-sex parent.

Of course, the true betrayal is from the parents, who used and controlled such children to fill the needs that they themselves were supposed to get from their spouse, with whom they couldn't resolve problems. So once again, people with psychopathic defenses fought for a cause (the "good" parent of the opposite sex against the "bad" parent of the same sex) and supposedly won (the love of the "good" parent). Then, in the end, they were betrayed by the parent they fought for, because after all the parent either stayed with the spouse or got a different one.

So these people carry a lot of fear and see the world as a battleground in which they are forced to fight. They are afraid of betrayal from closest friends, so they are afraid of them. They fear collapse under the heavy load that they must carry.

The Defensive Action the Psychopathic Character Takes Against Fear

As a result of their fear, the defensive action of psychopathic characters is to pull up and out of their bodies in an effort to be bigger and grow up faster than normal in order to take on the responsibilities of an adult. This ungrounds them and makes them feel less safe. Their energy fields are much more charged on the upper half than on the lower half. To maintain this displacement, they also push energy to the back of the body to increase their willpower. Since the heartstrings to the parent of the opposite sex are tainted with betrayal, they will be afraid to connect their heart cords to another woman or man.

Since life is characterized by fighting for what is right, psychopathic characters also tend to meet life in an aggressive manner. Seeing the world as attacking them, they throw their energy to the will in the back of the body, then up the back and over the head at the supposed aggressor. It is forceful and sharp, and it says: "You are the bad one." [Figure 15-16](#) shows the psychopathic defense.

The Negative Effects of the Psychopathic Defensive Action

These defensive actions make the physical world feel even more unsafe to people who use the psychopathic defense. Actually, they are the aggressors and don't know it. Their aggressive behavior brings aggression back to them everywhere they turn. They must constantly fight and feel betrayed because they have fights with their clos-

est friends. Their energy field is not grounded and they cannot source the life-force from earth energies, so they feel weak and unsupported. By displacing their energy upward, depleting their first and second chakras, these people make themselves more vulnerable to having the “rug being pulled out from under” their feet.

They have trouble with sexuality because their second chakra is undercharged. They are seductive, but the seduction doesn't lead to long-term relationships because the heart and sexuality don't work together. When they do connect heartstrings, they are preset to betrayal. A man will expect a woman to betray him; a woman expects a man to betray her. Each person helps set the other up for his or her betrayal. Or they do the betraying first.

The more their life experience is brought back to consciousness, the more they are caught in the struggle to win, to prove they are good. They see the world as being either good or bad, and they are afraid that perhaps they are the bad ones. When they win, they are good; when they lose, it proves they are bad. Therefore, they always pick fights to win so they can feel good, and they see the world as trying to prove that they are bad. But they never really win, because they are projecting the whole thing!

They also take on more than they can handle, having been taught to do this at a very early age. They take a heavy burden, give up personal needs, charge forward, and then eventually find some betrayal that lets them collapse. They work long hours and take more responsibility than is healthy because it is a way to control others. They think they must control those around them in order to survive. Physiologically, they

are usually healthy and will work until collapsing, possibly with a heart attack, depending on how entangled the heart cords become from the experiences of betrayal that they store in them. They may have back or joint problems from taking on heavy burdens.

People who use the psychopathic defense rush forward in time. There is never enough time to do all that they need to do. They will not stop and be in the moment, but live in a future that never comes. They experience their own essence as truth, and when aligned with a cause, they experience the unitive principle within that cause. But they do not experience or trust the divine individuality within others.

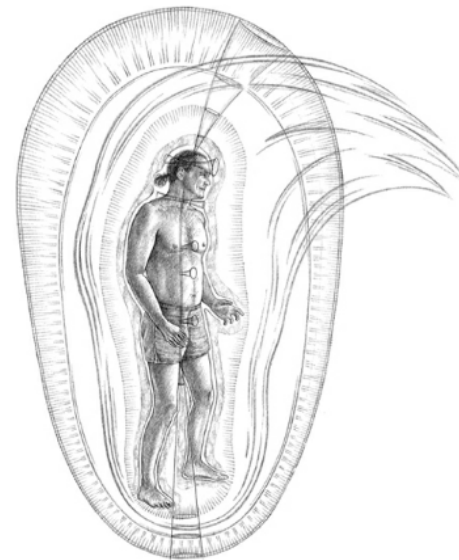


Figure 15-16 The Psychopathic Character's Auric Defense

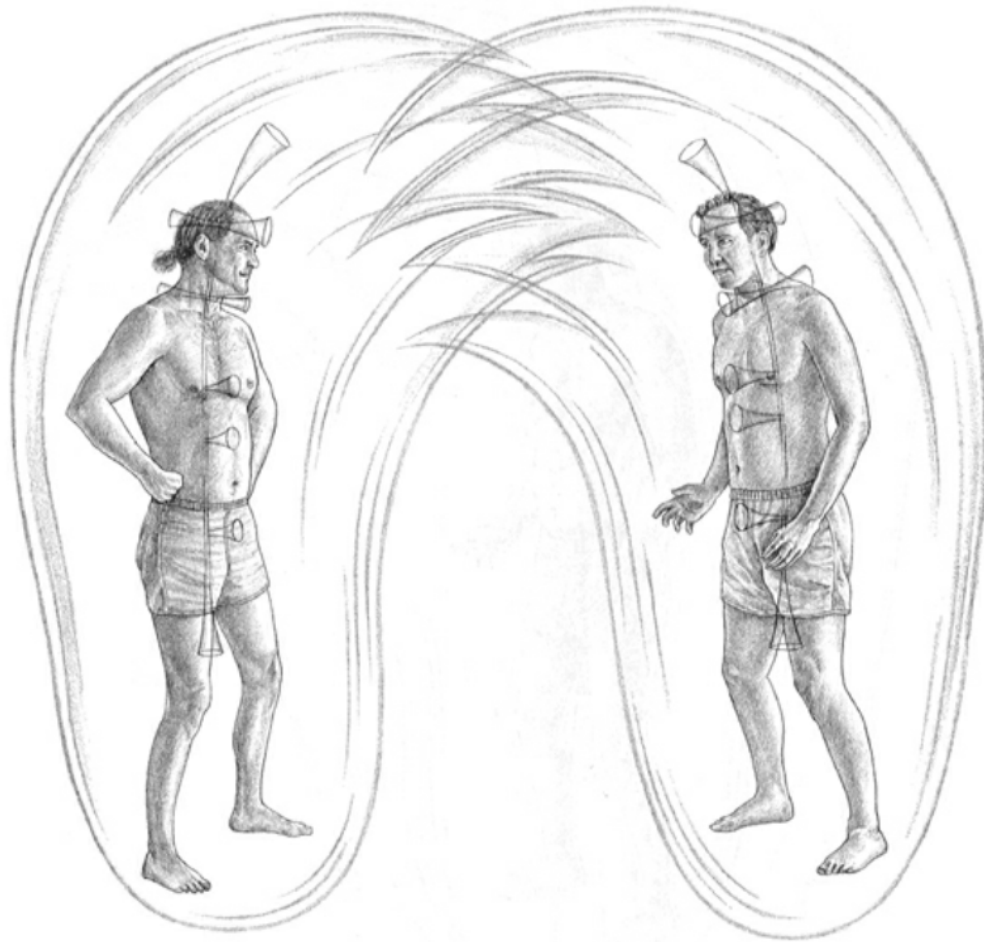


Figure 15-17 The Psychopathic Defense and a Push Reaction

These people erroneously think their life task is leading the fight for some great cause. Later, we shall see that it is not.

How to Tell If Someone Is Using a Psychopathic Defense

The best way to tell if someone is using a psychopathic defense is to notice whether they try to pick a fight with you and then prove you are wrong. You are not only wrong, but there is an implication that you are really bad when you are wrong. They will also be very willing to help you with your problem. They themselves don't have a problem. (If they did, they would be bad. Bad is not just bad—it is evil.) For example, if you are a healer, they will be very glad to let you work on them so that you can learn your work better. They will be glad to critique it when you are finished.

The Human and Spiritual Needs of People with a Psychopathic Defense

Remember, all of the above is just a mask. And what's under it is extreme terror. People who use the psychopathic character defense need to be free of terror and to feel safe. They need to give up controlling others to feel safe. They need to learn to trust both themselves and others. They need to realize that earth is not a battle-ground. Rather, it is a place to commune with others, a place where others reflect the self. They need to give up the fight and let down the burden. They need to stop rushing

into the future and surrender to the divine expression of the universe, which is life on earth as it is in the now. They need to surrender to imperfect humanness and find safety in that humanness. They need to let themselves make a mistake and feel safe and good. In doing this, they can recognize the divine within others.

What's Your Negative Reaction to the Psychopathic Defense?

Now let's explore what your negative reaction might be when people defend in this way. Once again we will explore the major different reactions people have to character defenses in terms of the energy flow modes of push, pull, stop, allow, and withdrawal.

What do you do when you are interacting with someone and they pick an argument with you to prove that they are right and you are not only wrong but bad? Psychopathic characters do this by throwing their aggressive energy at you from over the top of their head. It hovers over you. Do you get angry and fight back by doing the same thing? If you do, they will escalate. They will get more aggressive, clever, and even vicious. Remember, their experience of this is like that of a cornered wild animal that is fighting for its life. The more you fight, the less they will trust you and the more afraid they will be. So they will fight harder to win. [Figure 15-17](#) shows what could happen in your fields if you get angry and push.

Do you react by feeling abandoned and grabbing onto the person? Do you go into pull? If you do, they will get more aggressive to push you away. What will you do

then? Pull harder? [Figure 15-18](#) shows what you do when you grab and pull and what they do in reaction to it.

Do you go into stop and stop your energy flow? If so, they will fight harder to reach you. When you go into stop, do you sink way down deep inside of yourself? If so, they are way up there, hovering over you—and you are way in there. Do you feel safer in there? You are still under attack. Do you miss the contact when you do this? Or do you stay present while you are in stop and just wait—perhaps with an impatient demand for them to hurry up and shut up? They won't. See the results of this in [Figure 15-19](#).

Do you go into denial and allow? Do you simply allow what is happening, go into denial about it, and continue to carry on a conversation as if the conversation or connection were really happening? Do you let the person win and feel bad about yourself? Does it hurt? Does this really help them? Did they really win? Or did they just prove once again that they were right, the universe is a battleground? Did you get your purpose accomplished? I doubt it. See [Figure 15-20](#).

Or do you withdraw and leave your body so there is nobody there to take the blame? They might get more aggressive and yell, "Look at me when I am talking to you!" Or, "Stop pretending you are afraid, I know what you are really feeling!" [Figure 15-21](#) shows this combination.

How You Could Respond in a Positive Healing Way to the Psychopathic Defense

Remember, the purpose of the positive healing response to a defense is to help both of you get back to reality and communion as soon as possible. Psychopathic characters' defense will demand that you agree with their distorted view of the world. Don't agree with their defense, because that only strengthens it. A primitive response is sometimes more difficult to do with people who use the psychopathic defense because they are so aggressive in asserting that they are right. However, if you get into an argument with such a person, you are, in a sense, also agreeing with their view of the world simply because you are arguing.

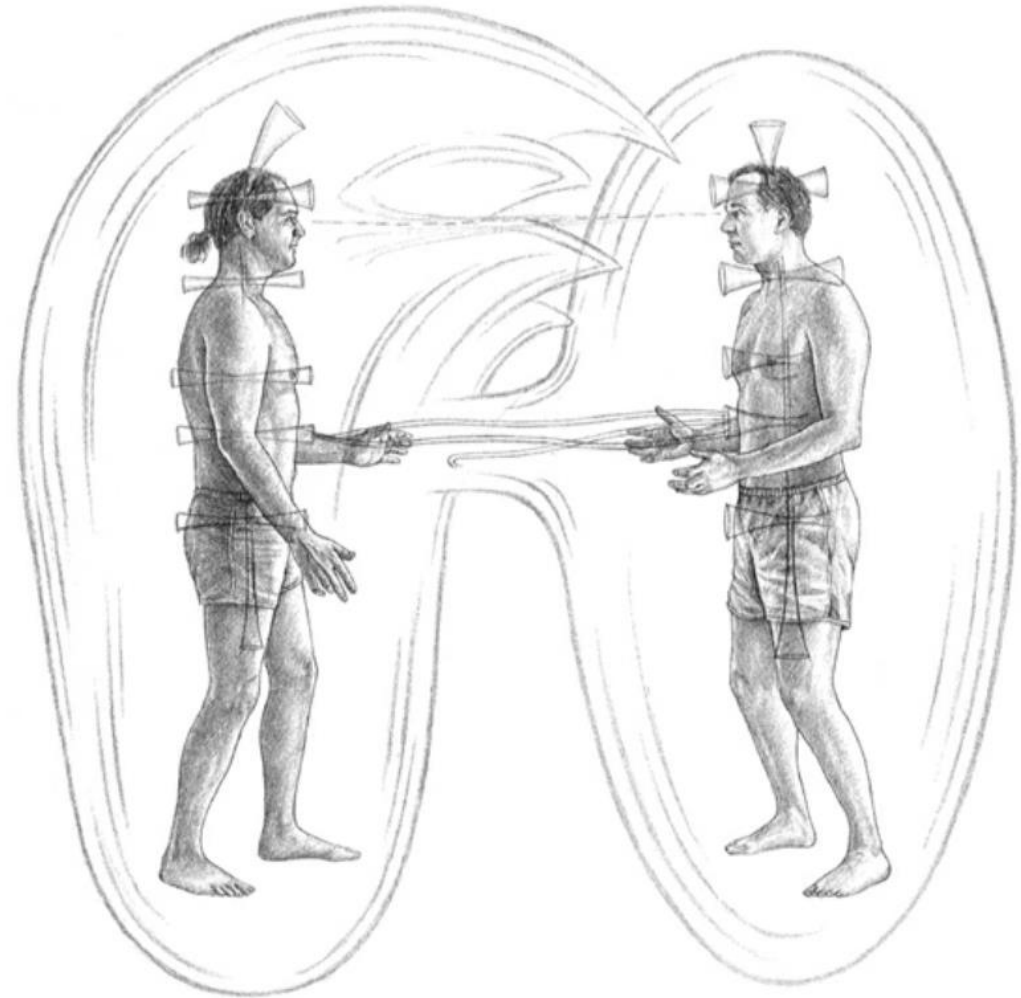


Figure 15-18 The Psychopathic Defense and a Pull Reaction

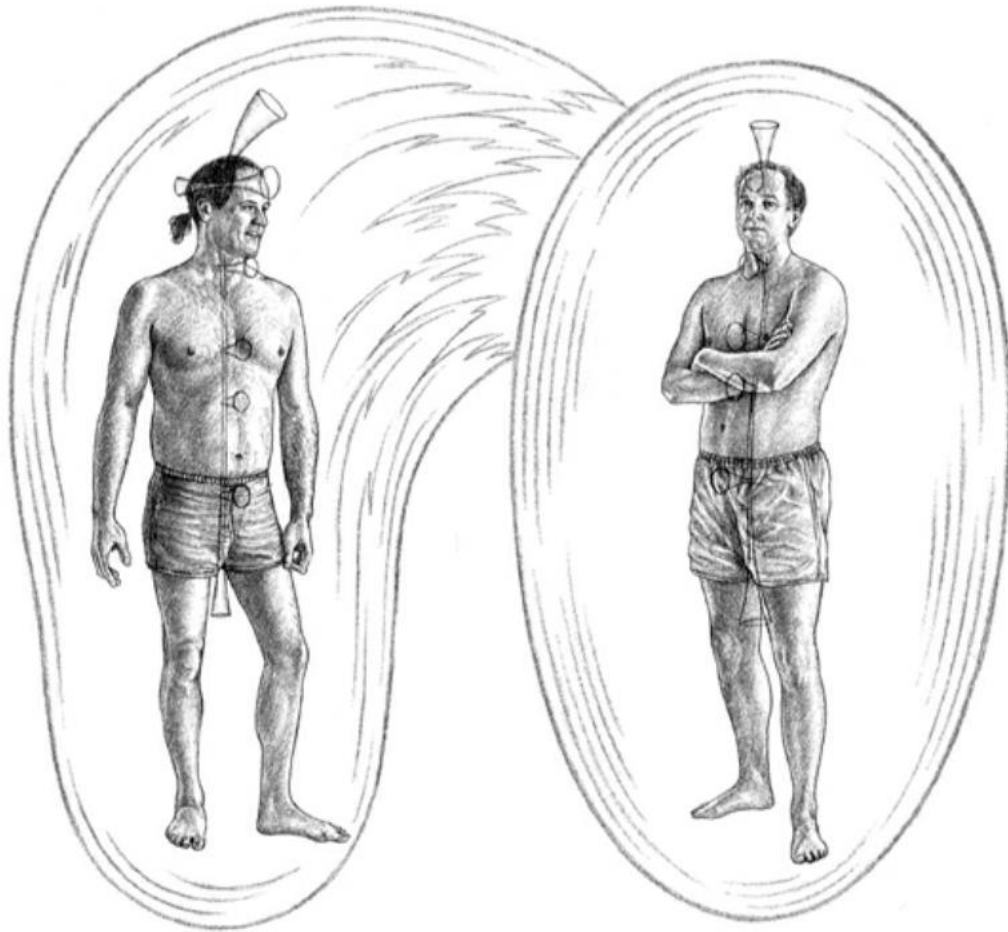


Figure 15-19 The Psychopathic Defense and a Stop Reaction

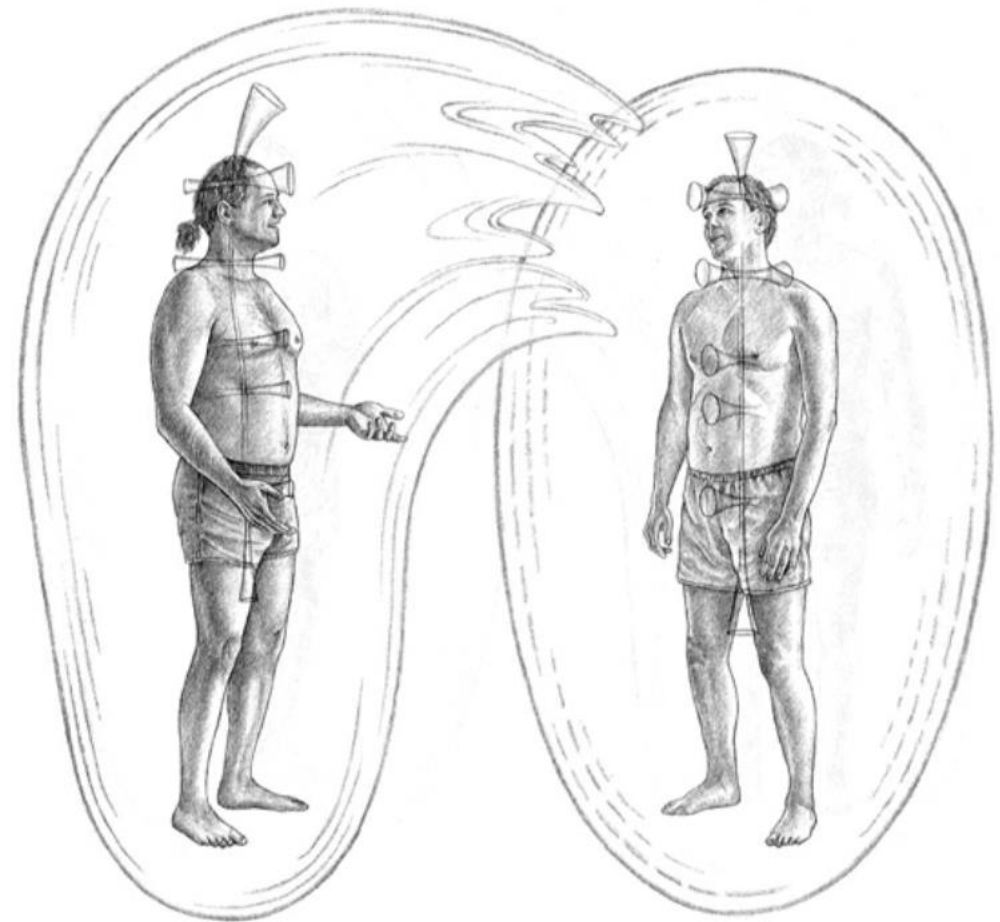


Figure 15-20 The Psychopathic Defense and an Allow or Denial Reaction



Figure 15-21 The Psychopathic Defense and a Withdrawal Reaction

Figure 15-22 (in the color insert) shows what you could do with your energy field to help a man or woman with a psychopathic defense feel safe, get grounded, and reconnect for communion. Obviously, it is very difficult to respond immediately in a positive way when someone is attacking you. So after your first negative reaction, no matter what it is, take a deep breath and bend your knees. Remember, they see you as the aggressor who thinks they are bad. Any bioplasmic streamers coming their way right now will be experienced as an aggressive attack. Ground down into the earth, and pull back any bioplasmic streamers you may have sent out. Do this by becoming extremely passive and focusing your attention on yourself, while still listening to the person. You will probably have to break eye contact to do this. If they demand that you look at them, simply explain that you really want to hear what they have to say and you need to center yourself to do so. Move the energy in your field down into the earth, making the lower half of your field big with a wide base and the upper part of your field small. Do this by bringing your attention to your legs and a large area of ground behind you. Imagine it, feel it, and see it. Do not engage in a contest. Use the mantra, “No contest, no contest.” Imagine yourself and your auric field to be made of Teflon so that any aggressive energy coming at you just pours off. Become rose and green.

Tell yourself to listen for the seed kernel of truth in the exaggerated accusations. The exaggerations are really expressing the other person's fear, not your badness or what you did or didn't do, even though that's what the person's words may be saying. Do not argue about any points. Just be there and listen to the argument, letting the negative energy slide into the earth as it reaches your Teflon aura. Remember, these people are terrified of betrayal, in self-hatred, and in denial of it. Let them go on until they finish. Do and say things that will let them know that you will not betray them. For example, speak about how good they are, how you trust them, and how you like being with them and want to continue that. Ask them to tell you more about the situation they are talking about. Let them know that you are really interested in changing the situation and your part in it.

Next, decrease the frequency of your field vibrations. In arguments, they get high, harsh, and jagged. Do this by concentrating on the earth and on how good it feels beneath your feet supporting you. Or you might want to think of things that make you feel calm, soft, and secure, such as a walk you took recently through nature, your favorite music, or someone who makes you feel very safe. Imagine that person standing next to you. It could be your guide. Keep slowing and smoothing your frequency until you match the earth's frequency, and hold it there. Simply be there, and allow your vibes to relate to the psychopathic character through harmonic induction. Soften your pulsations into a wavelike motion. Think of gently rocking in a boat on a calm lake on a sunny afternoon. But don't stop listening, being there for them, and seeing

their beautiful core. Look for it, recognize it, and acknowledge it. As they calm down and you feel safer, allow the earth vibrations that you are making to include more and more of your heart energy. Accept them as they are now.

The Results of a Positive Healing Response

If you are able to do at least a part of the above work, you will have helped your friend find that the contest or argument is not as important as the acceptance of who they are as they are. Under this person's inability to recognize you lies an inability to recognize him or herself. As you simply are there recognizing them, they don't have to be anything else.

They will feel that they are heard, even though you may not even agree with them. They may assume that you do, but that really doesn't matter. They need to feel that you have heard them. This will make them feel safer next time, and maybe it won't be so important to get the point across. Their goodness will depend less on getting their point across than on your recognition of who they are, that you know they are not bad, and that you are not bad either! Your standing there in loving acceptance while they rant proves this. Thus they will have a new experience—that of communion.

Once they have that, they will begin to be able to recognize and trust the divine essence within you. Having done that, they will begin to trust you and the higher will

of your relationship. That means they will be able to start giving up their control over you, which was the only way they could feel safe.

They can then begin to recognize their life task on the personal level as a surrender to the goodness within themselves and others. On the world level, it will probably be to work for a cause, but it will be through working as an equal with others that they will accomplish it. It is only through recognizing, trusting in, and helping enhance the divine in others that they can move from warrior to king. The king or queen is servant to all.

So next time your loved one picks a fight with you, blames it on you, and lists all the ways you are bad, just bend your knees, do a Teflon aura, and become a schmoo for a while. It won't last long. This is the best way for everyone to get back into reality, which is a much nicer place to be.

How to Take Yourself Out of a Psychopathic Defense

If you find yourself aggressively going after someone because you think that person has betrayed you, just stop a moment. Perhaps the situation is not so bad and you have overreacted. Try to feel your humanity as well as the other person's. Bend your knees, take a deep breath, and focus your attention deep inside. Are you afraid? Are you feeling hurt and betrayed? Has this happened to you before? A lot? Is this a repeated pattern? Are you defending your goodness? Is your energy all in the upper part

of your body? If so, just back off a little and feel your feet on the earth. Bring your attention to the earth. Make your feet hot. Feel the energy in your legs. Center into your core star and repeat this mantra: "I am safe. I am goodness."

The Defense System of the Masochistic Character

The Main Issue of the Masochistic Defense

Remember, the masochistic character defense of bioenergetics or core energetics is not the same as the Freudian definition of a masochist. The main issue of a man or woman who uses a masochistic character defense is that of invasion and being controlled. Such people have probably experienced many lifetimes of being controlled and trapped in situations, not being allowed to express or exert themselves in ways they wanted to. In past lives, they probably suffered imprisonment, slavery, or some strong political or religious control by others. Self-expression and exertion out of the accepted "norm" was dangerous. They had to submit.

As a result, deep inside they long for freedom but are afraid to claim it. They don't know how to become free. They are very resentful at not having freedom, blame others for their lack of autonomy, and stay trapped in dependence. They don't know how to get out.

The families they choose to be born into become their next prison and their parents their next captors. Their mother was dominating and sacrificing. They were given no personal private space, not even their own body. They were controlled, even to the extent of eating and toilet functions. They were made to feel guilty for every free self-expression. They were humiliated for feelings, especially their sexuality. They were not given the opportunity to individuate.

Their parents used bioplasmic streamers to swamp them in their energy or to hook and control them. The parents also used the cords that connect between third chakras to control the children. At the same time, the parents loved them dearly and made loyal, loving cord connections between the fourth chakras.

One or both of the parents treated these children as if they were part of themselves. Everything that went into the children was controlled, and everything that came out was controlled, including the children's thoughts, ideas, and creations. The parents interfered with their creative process. Whenever they created something, such as a drawing or painting, their parents would immediately take what was created and claim it as their own—the parents'—with such statements as “Oh, look what my child did! It's a picture of a_!” The parents would then describe and define the created object rather than just let it be or let the child define it.

Remember, the spiritual purpose of what we create is to reflect back to ourselves who we are and to help us recognize our essence. These children's parents interfered with the step in the creative process in which the creative object reflects self-recog-

nition back to its creator. Before these children got a chance to do that, their parents took the object and defined it according to the parents. In other words, the parents imposed their own face onto the created object by defining it. Thus, when the children who created an object looked into its reflective mirror, they saw the essence of their parents, not their own essence. In effect, the parents stole the children's essence, and now the children can't feel the difference between the essence of their parents and themselves. Another simple way this theft happened was by a parent finishing the children's sentences.

The Defensive Action the Masochistic Character Takes Against Fear

As a result of their fear of being controlled and humiliated and of having their essence stolen, the defensive action of masochistic characters is to retreat deep inside their bodies and build a massive physical fortress to keep the controlling invaders out. They do not bring out what is inside of themselves. After all, it will just be stolen or used to humiliate them, so they just keep it inside. Since not much is going out, their field gets very charged and big. However, since they were so psychically invaded, their auric boundaries never got a chance to develop and be defined. The diffuse unstructured levels became more highly charged and developed than the structured levels that create strong boundaries. So their auric fields are very porous. Unfortunately, this combination of a big strong heavy body and a large porous field gives

the impression that masochistic characters are well protected. That is not the case. Psychic energy goes right in and can be felt very strongly, so they must retreat even more deeply into their interior. At some point or other in these people's maturation, they will also seek to destroy the third chakra cords with which the parents control them. Usually, masochistic defense people do this by pulling the cords inside and entangling them in a mass inside the third chakra.

People with a masochistic defense lack autonomy and are afraid to act on their own. They either stay hidden way deep inside or try to get permission from other people to come out. To get permission, they will send out bioplasmic streamers or try to connect third chakra cords into their friends' solar plexus to get the friends involved with their coming out in some way. Such people will make statements like "*You and I* have an issue to discuss," rather than just saying, "I have an issue I need to clear with you." Or if you happen to be in a therapy group with people like this, they will not volunteer to work in group alone but will always want to work with someone else. [Figure 15-23](#) shows the masochistic defense.

The Negative Effects of the Masochistic Defensive Action

The result of these defensive actions makes the physical world feel like a prison, where autonomy is forbidden. These people's passive behavior, seeking to involve other people, constantly brings the experience of being controlled back to them.

Since they keep what is inside, it is as if time stood still. They live in the now, with not much of a future. They never really learn to self-express, and their creations get stuck inside. Their inability to bring forth self-expression puts them in situations in which other people will help them finish their sentences, interfering with their development and the formulation of their ideas.

This problem is easy to see in a group with masochistic characters. When it is their turn to speak about ideas, they will be able to bring out only partial ideas, usually in partial sentences. Then there will be a pause. During the pause, they are going back inside to bring out the rest of the idea that they wish to formulate and express. This pause happens right in the creative phase, which is where the parents grabbed their idea and defined it. Usually, during a pause in a group of people, a few people in the group will not be able to tolerate the silence and will jump in to help. This breaks their creative process; masochistic characters retreat deeper inside and take longer to come back out with more of their idea. Once again someone will fill the gap, and they retreat inside deeper and get more confused. Soon a conglomerate of everyone else's ideas is being discussed, and no one really listened to what they had to share. In this very painful process, they once again feel controlled.

Unfortunately, over a long period of time, they forget what is inside because it has been held so long. They create a large internal world of unclear, undifferentiated ideas and fantasies. Only through bringing them out can that be made clear. But since this process was interfered with, they don't know how to bring things out, to create. So

they remain trapped in a prison of self, lonely and humiliated, resenting the world for keeping them there. Even if they throw a sharp hook at someone to provoke a fight in which they can get the anger out, it doesn't really work. The provocation is still a type of permission-seeking, and therefore they didn't express autonomy after all.

How to Tell If Someone Is Using a Masochistic Defense

Notice if they are able to bring forth ideas without great long pauses. Notice if they unconsciously try to get you to define their ideas. Are they giving you push-pull signals? Trying to get you involved but saying that they are trying to keep you out? Are they saying it is "our" problem, not "my" problem? Does the way they talk and interact display an inability to tell the difference between themselves and you? How does your solar plexus feel? Does it feel as if someone were grabbing you there and entangling themselves in your guts? Notice that the conversation is heavy. It is serious. It is very serious! Notice if there is a sense of inertia and humiliation in the air, a sense that you are controlling the person and that they can't do anything without you. They want your advice. They can't move without you, but all your suggestions are wrong and won't help. Masochistic characters will reject everything you suggest, whereas oral characters will gladly suck in all the advice that you give, and ask for more.

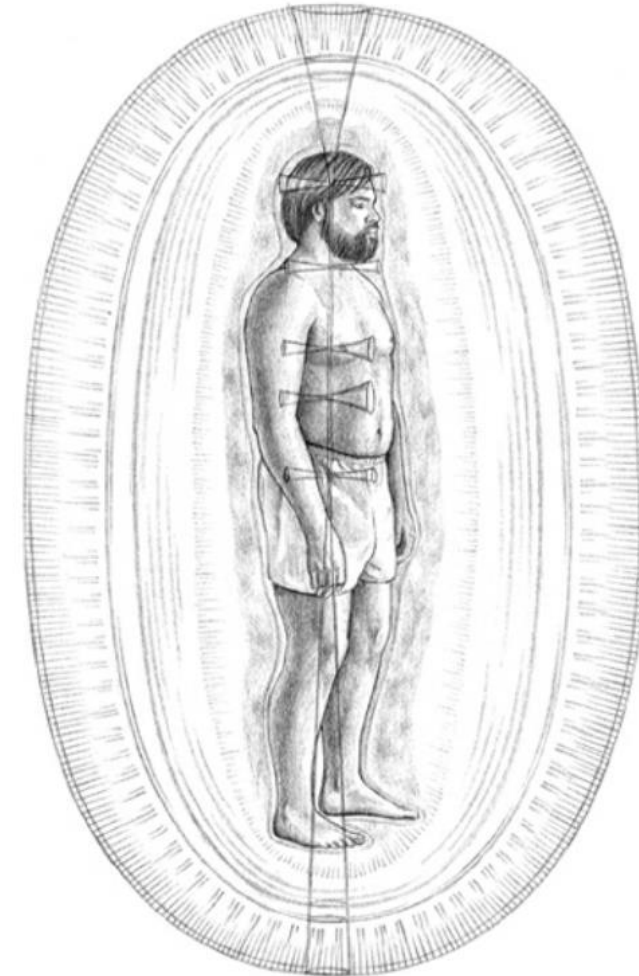


Figure 15-23 The Masochistic Character's Auric Defense

The Human and Spiritual Needs of Someone with a Masochistic Defense

Remember, under all this prodding and poking at you, which expresses a lack of autonomy, is the desire to be self-sufficient. Masochistic characters need to claim themselves as individual human beings who are free to live their lives the way they want to. They need to claim and express who they are. They need to give themselves permission to have and express all their feelings, and then they need to learn how to do that. They need a lot of room and safe private space in which to bring out who they are and to look back at themselves in the self-reflective mirror of the physical world. (In [Chapter 14](#), I spoke quite extensively about the physical world acting as a mirror in which we see ourselves reflected. There, I described the physical world as a material mirror that reflects aspects of the self.) These people need to bring out all those unclarified ideas and formulate them into clear, practical concepts to be applied in their personal lives. On the spiritual level, they need to recognize their core essence as their own and claim the individuated God within.

What's Your Negative Reaction to the Masochistic Defense?

Now let's explore what your negative reaction might be when a man or woman defends in this way. Once again we will describe the major different reactions people

have to character defenses in terms of the four energy flow modes of push, pull, stop, and allow.

What do you do when you are interacting with people who retreat deep inside of themselves and at the same time grab onto you by provoking you, and then push you away? Then they reel you back in again, then blame you and describe how you are feeling, as if it were they themselves feeling? Do you get angry and push sharp, rejecting energy at them? If you do, they will become even more afraid of you and will do more of what they are already doing. It will be harder to reach them the next time, because they will automatically go in deeper before you start the conversation. [Figure 15-24](#) shows what could happen in your field when you get angry and push and what masochist characters do in reaction to anger.

When these people go deep inside, do you react by feeling abandoned, reaching in there to grab onto them to pull them out? That is just what their parents did! If you do, they will go deeper inside and hide. It will take longer for them to come out. What will you do then? Pull harder? [Figure 15-25](#) shows what you do when you grab and pull, and what they do in reaction to it.

Do you go into stop and stop your energy flow? When you go into stop, do you sink way down deep inside of yourself too? Now they are way inside of themselves, and you are way inside yourself. Do you try to communicate through a vast distance? Do you miss each other when you do this? Or do you stay present while you are in stop

and just wait—perhaps with an impatient demand for them to hurry up and come out? They won't. See the results of this in [Figure 15-26](#).

Do you go into denial and allow? Do you simply allow what is happening, go into denial about it, and continue to carry on a conversation as if you weren't being messed with? How do you feel when this is happening? Tired? Helpless? Confused? Heavy? Do you need to rest now because you can't move? Did you get your purpose accomplished? I doubt it. See [Figure 15-27](#).

Or do you withdraw out of your body so you are way out there, and they are way in there, and nobody is communicating? [Figure 15-28](#) shows the outy and the inny—not reaching each other.

How You Could Respond in a Positive Healing Way to the Masochistic Defense

[Figure 15-29](#) (in the color insert) shows how you could respond with your energy field to make people using the masochistic defense of hiding within feel safe and come back into communion. The first thing to remember is that even though they are unconsciously trying to get you to invade so that they can overcome childhood invasion and finally win, it won't work. So the first thing to do is not to accommodate them in this unconscious and ineffective plan. If it did work, they would have been finished with this problem long ago, because I am sure that they have succeeded in

getting people to accommodate by invading them many times.

These people were totally invaded, and you do not want to re-create their childhood situation. Rather, you must be very careful to not invade them with bioenergy streamers or third chakra cords. Do not make any bioplasmic streamers. Do not stand in front of them or send any third chakra cords to their third chakra. Do not let them invade your solar plexus with their third chakra cords. To prevent this, imagine a strong cap over your third chakra. If necessary, put your hands over your third chakra to help prevent this. It is very important. If they send out bioplasmic cords, imagine your aura to be made of Teflon, and let them fall to the earth.

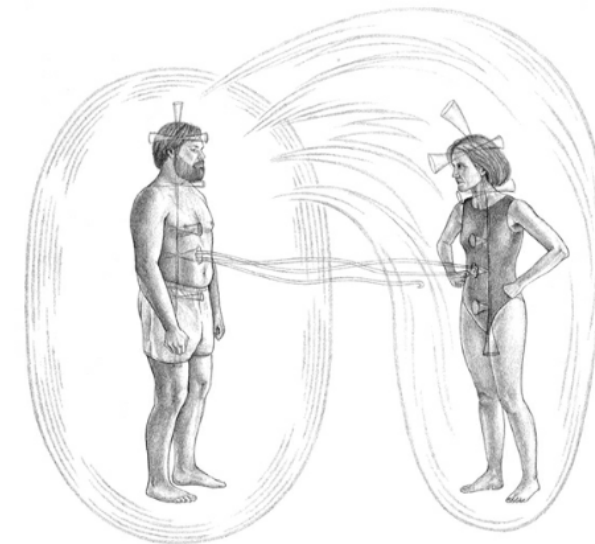


Figure 15-24 The Masochistic Defense and a Push Reaction

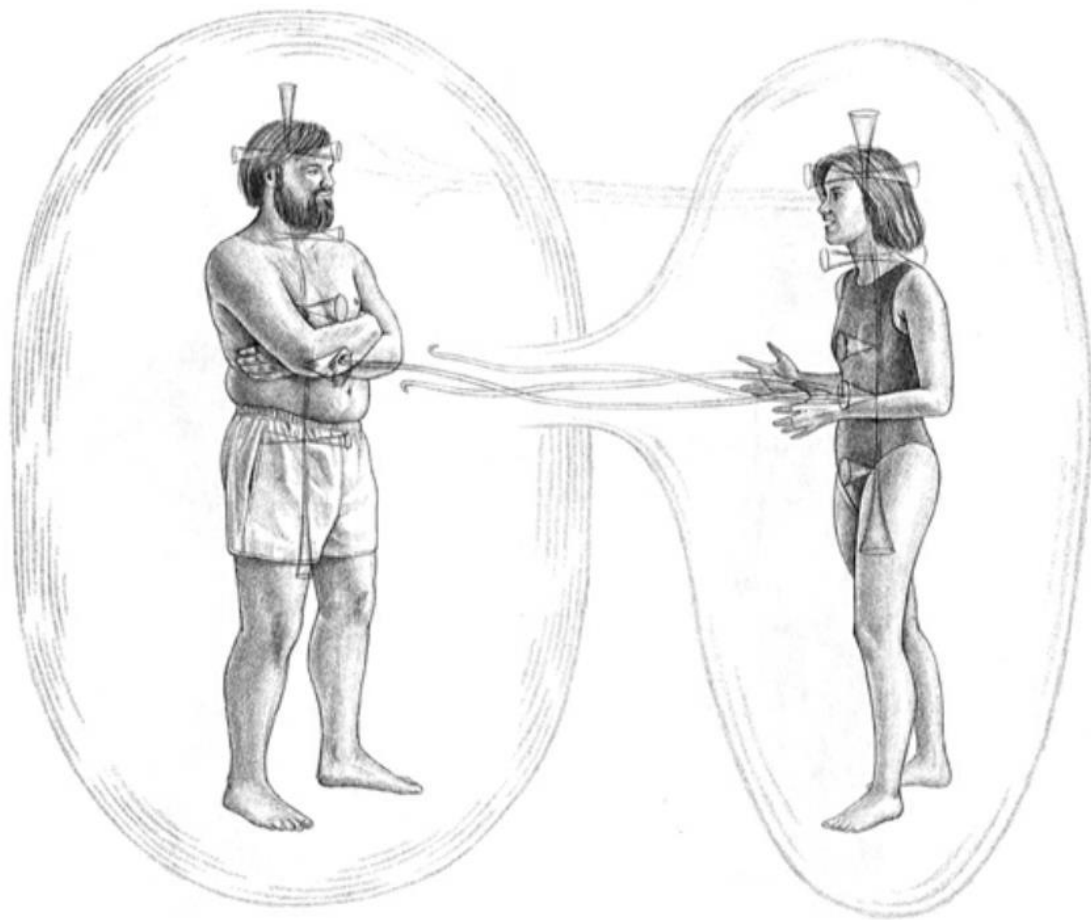


Figure 15-25 The Masochistic Defense and a Pull Reaction

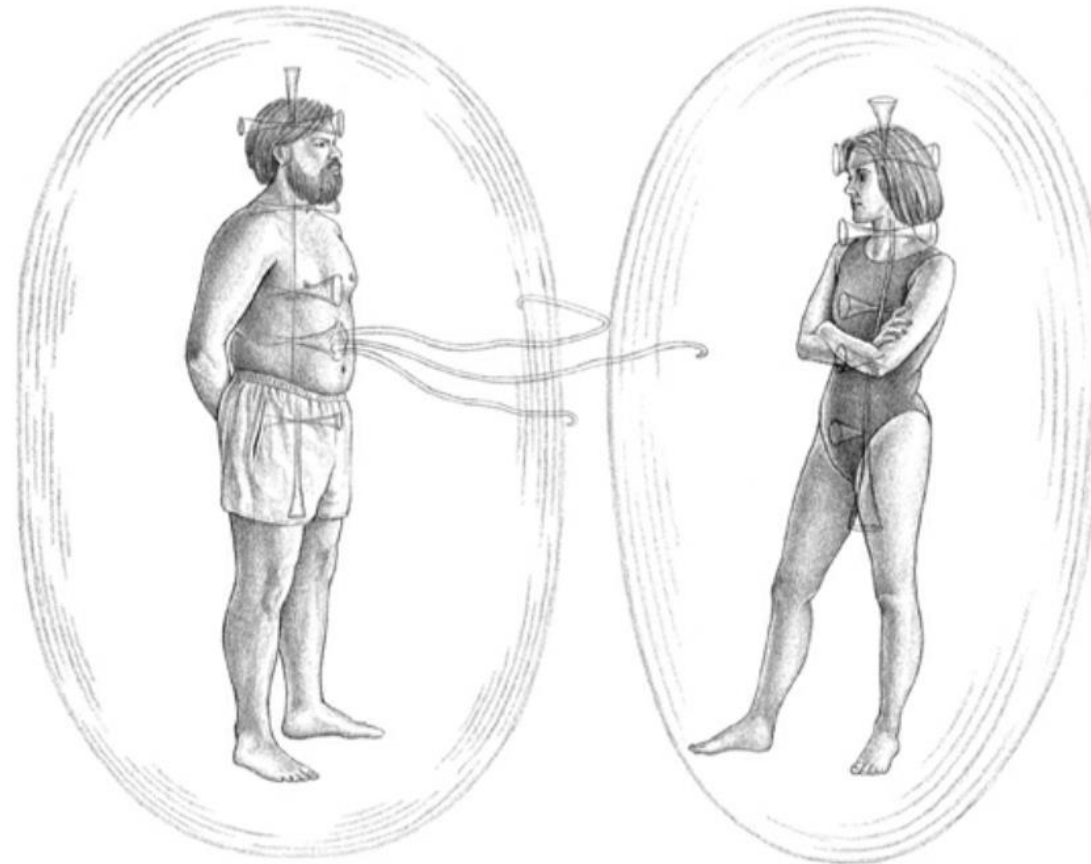


Figure 15-26 The Masochistic Defense and a Stop Reaction

Figure 15-27 The Masochistic Defense and an Allow or Denial Reaction

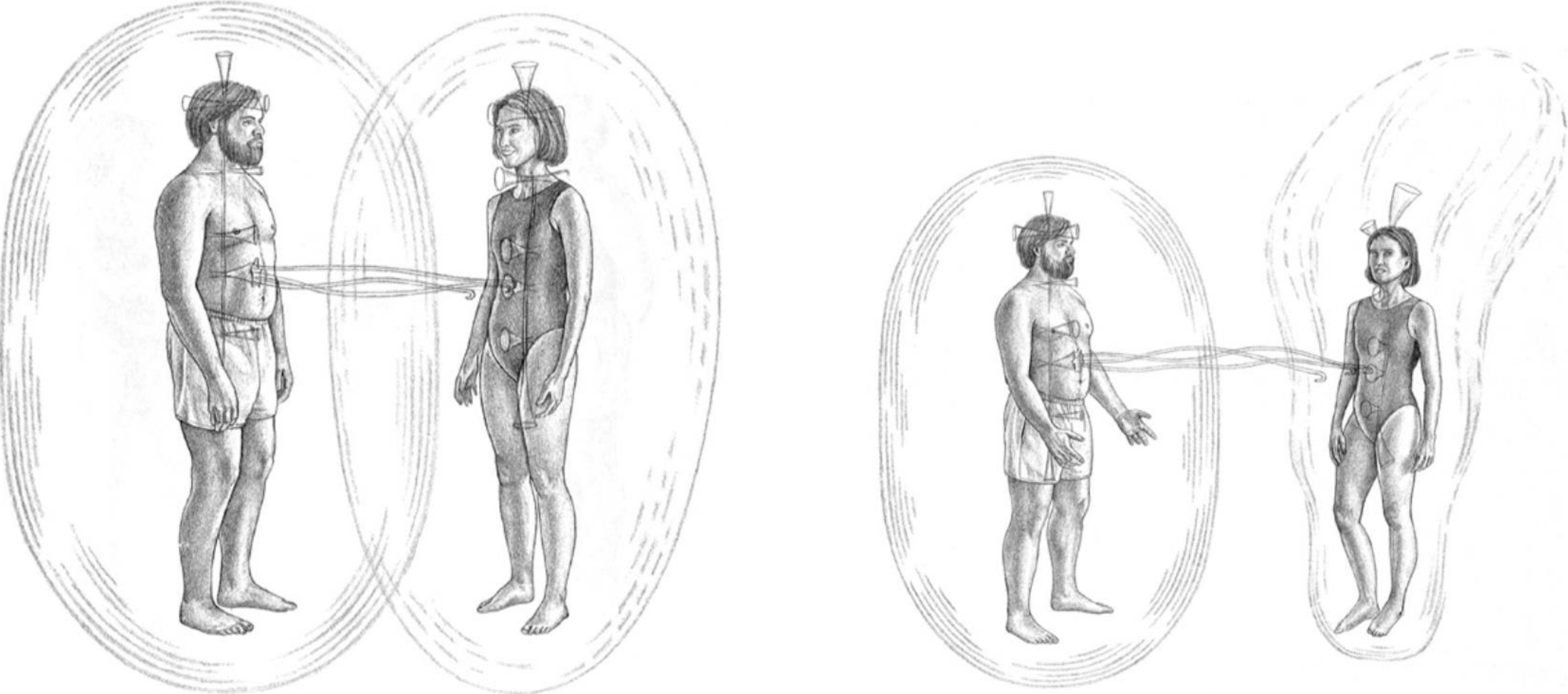


Figure 15-28 The Masochistic Defense and a Withdrawal Reaction

Once you have the biostreamers and cords in control, begin to control the frequency of vibration of your field. Stand to their side, giving them plenty of space. Stand far enough away from them to be sure the seventh levels of your auric fields do not intermingle. If you can't feel this, stand about three and one-half feet away. This should be enough space for them; if not, move farther away.

Bring the frequency of your field to the same frequency that their field has. Do this by imagining yourself becoming them. Then lightly expand your auric field until it just touches the outer edge of theirs. They will be able to feel this. If they move closer, you know that you are a bit too far away. That is okay; let them set the distance. It will feel very comfortable to them, because it is like their field, yet separate and noninvasive. This will put them at ease. Just remain passive and do this. This will give them the safety of feeling the same as you, and the space for them to come out.

Stand there, with fields synchronized, honoring each other's core essence. At the same time feel your own essence and let it fill your field. One of the things that may happen in this configuration is that as you both stand there as equals, the cords from the third chakras may grow out of each of you and meet halfway between. This is true communion, and you will each feel the connection without control. Do not do this on purpose—just allow it to happen automatically.

The Results of a Positive Healing Response

If you are able to do at least part of the above work, you will have helped your masochistic character friend find that the world is not a place that only controls people. You will have helped them have an experience of their own essence and how it is different from yours. They will feel respected. You will have allowed them all the space to express themselves, without filling in the spaces that they need to find themselves or their next idea. In this way, they will learn the creative process that unfolds from within. They will then be able to free themselves to create the life they want.

So next time your loved one pushes and pulls at you seeking freedom, give him or her plenty of space to find it. You will be giving the greatest gift of all, the road home to the real self: the road to claiming who they are, and the essence of their core. They will be able to move from the perpetual changing now into the future, based on what they have learned in the past. The now will be experienced as a constantly changing, unfolding moment. It is only through relationship that they can be given the chance to recognize their core and uniqueness because they need someone else's core with which to compare it!

How to Take Yourself Out of a Masochistic Defense

If you find yourself using a masochistic defense, bend your knees and breathe. Ground into the earth, and let the energy come from the earth up through your

second chakra. Let the enormous energy that you are hanging on to begin to flow in your field by allowing yourself to feel connected to everything around you. Put your hand over your third chakra to protect yourself there. If you feel attached to anyone through the third chakra, imagine yourself pulling the cords that come from your third chakra to the other person, letting go of the other person, and coming back into yourself. Let these cords connect down into your core star, by visualizing and feeling them do so. This will bring your attention to the essence of your core. Keep your attention there, and be with yourself focusing on your own inner strength. Repeat one of the following mantras to yourself: “I am free, I am free,” or “I regulate my own life.”

You are very complicated, and your ideas are complicated and need plenty of time to incubate. They will come out piece by piece, like fitting a puzzle together. I highly recommend that you use a private journal in which to put your ideas. Let them come out one by one at their own pace. Don't try to make sense of them right away. They will not come out in a linear manner—that's not the way you function. They will be more holographic. You may even take two years or more to put the entire picture together. Do not show your journal to anyone during this time. You don't need anyone interpreting your ideas before they are jelled. That will only throw you off track. Only when you have had a good look into the material reflective mirror of your journal and are ready and have experienced the whole picture should you share it with anyone. Give yourself the honor and respect that you deserve.

The Defense System of the Rigid Character

The Main Issue of the Rigid Defense

The main issue of people with rigid character defenses is authenticity. This is caused by separation from their core essence and complete focus on keeping their outer world appearance perfect. This split is held so strongly that they have no idea that a core essence exists. People with rigid character defenses have had many lifetimes in which they had to keep up the appearance of being perfect, with no faults or weaknesses, in order to survive. Rigid characters probably were in charge of running things then, as they probably are now.

In growing up, there was a great deal of denial of the inner personal world. All negative experience was denied as soon as possible, and a positive false world was focused on. No matter what may have happened within the family in terms of arguments, ill health, alcoholism, or personal tragedy, by the next morning everything was cleaned up. A perfect meal was served, and it was off to school in perfect-looking clothes to excel. The philosophy was to focus on the good stuff and deny the bad. This denies children's perceptions, and they unconsciously think, “There is really nothing to be concerned about. That fight last night didn't really happen. Mommy doesn't really have cancer. It must have been my imagination!” The only way to do this is to deny the real self that is experiencing the negative events in a personal way. Since it

didn't happen, the person who experienced it isn't real, was only imagining the event. In other words, don't feel it—it's not real.

Parents do this in a way that does not directly invade the children's boundaries or use humiliation to control, as the parents of masochistic children do. Here the whole outer environment is controlled to create an illusion of perfection. Children are treated and taught to act according to the facile illusion of perfection. They are taught to dress well, brush their teeth, do their homework right, go to sleep on time, eat a good breakfast, and so on.

So to sum up the world of the rigid character, the outer world is perfect, the inner psychological world is denied, and the core essence doesn't exist. Underneath the veneer—or shall we say gilded facade—of people with rigid character defenses is the vague distant fear that something is missing and life is passing them by. But they are not sure. After all, maybe this is all there is to it.

The Defensive Action the Rigid Character Takes Against Fear

As a result of their fear of a personally meaningless and unfulfilling world, the defensive action of rigid characters is to become even more perfect. They excel at work, they have a perfect spouse and a perfect family. They make a good amount of money. They dress well—everything matches. They do everything appropriately. Their physical body looks balanced and healthy. They regulate the auric field very well—it

is balanced and healthy. Most of their chakras function well. They connect appropriately and lightly with other people through their chakra cords. They rarely throw any bioplasmic streamers at others.

In order to be perfect, they create two very severe internal splits. They control any outer effects of emotional response so that what goes on inside of them on the psychological level is split from the outer world. And they split their deeper core essence away from themselves. In fact, these people don't know their core essence exists.

[Figure 15-30](#) shows the rigid defense.

The Negative Effects of the Rigid Defensive Action

These defensive actions only make rigid characters more inauthentic and the world less meaningful. Everyone envies them for their apparently perfect, problem-free life. They have no one to go to for help. Instead, others tell them their problems. It seems that they can do anything. They will take many things on, do them well, and never collapse, but they never get much satisfaction in doing them, because it never seems that it is they that are the ones that are doing it. These people seem to be a blank.

They experience time in a linear march forward, never to be experienced again. Sometimes they may feel that they are being swept helplessly along in this march of time. Or at other times, time is just marching right past, carrying all of life with it.

Psychologically, on the inside, they feel a lot, but it doesn't get expressed on the outside. Because of this, they are not quite sure if they are even feeling or not.



Figure 15-30 The Rigid Character's Auric Defense

They have absolutely no clue as to the existence of their core essence. Either they haven't heard of it, or it is just someone's Pollyanna fantasy. They have absolutely no way to reach their core without help from another person because as children it was never confirmed for them as a reality. They can't even imagine what their core is. The only thing that is missing in these people's lives is themselves.

As a result of not experiencing themselves as real, it is impossible for them to integrate their heart and their sexuality. Their heart and sexuality do not function at the same time. They love an ideal person who doesn't exist, so they have short-term sexual relationships until that perfect person comes along. They are prone to having affairs that last only through the initial period of eros. Then the imperfections of the partner come to the fore—she's not his ideal, or he's not her ideal—and that is the end of that. Or they go into another denial, and the relationship begins to be outer-oriented. Actually what really happens is they are unable to sustain a deep personal relationship because they cannot source from the essence of the core within. They need another outer distraction.

How to Tell If Someone Is Using a Rigid Defense

The best way to tell if people are using rigid defenses is to check their authenticity. Is the person to whom you are talking involved in a personal way with what is going

on? Or are they completely removed from the conversation and on automatic? Can this person handle everything, and yet you get the feeling that the real person is not there? Are they the type of person who never has anything wrong? Or whatever the problem, can they fix it in a perfectly appropriate way? Is everything perfectly reasonable, but you can't really reach them? Do you believe what is being presented is the whole picture? If this authenticity is missing, you are probably communicating with someone in a rigid character defense.

The Human and Spiritual Needs of Someone with a Rigid Defense

The human need of people who use rigid character defenses is to be real rather than appropriate. They need to come out of denial and express their inner feelings. They need to stop controlling themselves to be perfect and let down into the fear that is beneath their perfection so that they can heal it. They are afraid that they are not real, don't know who they are, and need to find out who they really are. They need to experience time in the now rather than only linear time. On the spiritual level, they need to experience their core essence, which they don't know exists. The only way they can fulfill any of their human needs is to experience their core essence. Once they do this, everything can come together.

What's Your Negative Reaction to the Rigid Defense?

Now let's explore what your negative reaction might be when someone defends in this way. Once again, we will use the major different reactions people have to character defenses in terms of the four energy flow modes of push, pull, stop, and allow.

What do you do when you are interacting with someone and they are inauthentic? Do you get angry because they are not really there and push more energy at them? If you do, they will get even more afraid of you and will become more perfect. They even may want to know what your problem is so they can help you with it. This is a good way to deny fear. If it works and you do talk about your problem, it will be harder to reach them the next time, because they will be ready to deflect the conversation onto you. [Figure 15-31](#) shows what could happen in your field when you get angry and push, and what they do in reaction to your anger.

Do you react by feeling abandoned and grab onto this person? Do you go into pull? If you do, they will build the two inner walls even stronger, get further away, and become even more efficient and reasonable. What will you do then? Pull harder and get confused because they are denying it? [Figure 15-32](#) shows what you do when you grab and pull, and what they do in reaction to it.

Do you go into stop and stop your energy flow? When you go into stop, do you sink way down deep inside of yourself away from the falsity of the conversation? Do you tune them out and pretend you are listening to them while you think about something else? So they are way in there, and you are way in there. Do you miss each other

when you do this? Or do you stay present while you are in stop and just wait? So now both people are false. See the results of this in [Figure 15-33](#).

Do you go into denial and allow? Do you simply allow what is happening, go into denial about it, continue to carry on a conversation as if it were really happening, and waste your time? Did you get your purpose accomplished? Did you commune with your friend? Did you get to know them better? Did fusion happen? I doubt it. See [Figure 15-34](#).

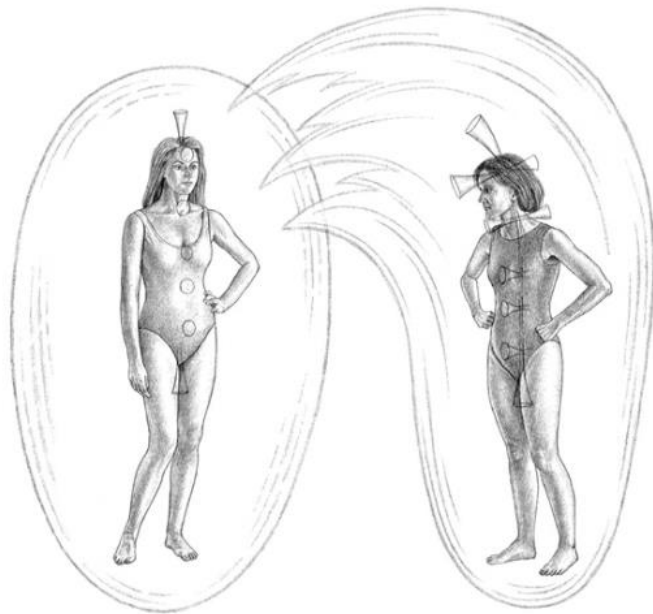


Figure 15-31 The Rigid Defense and a Push Reaction

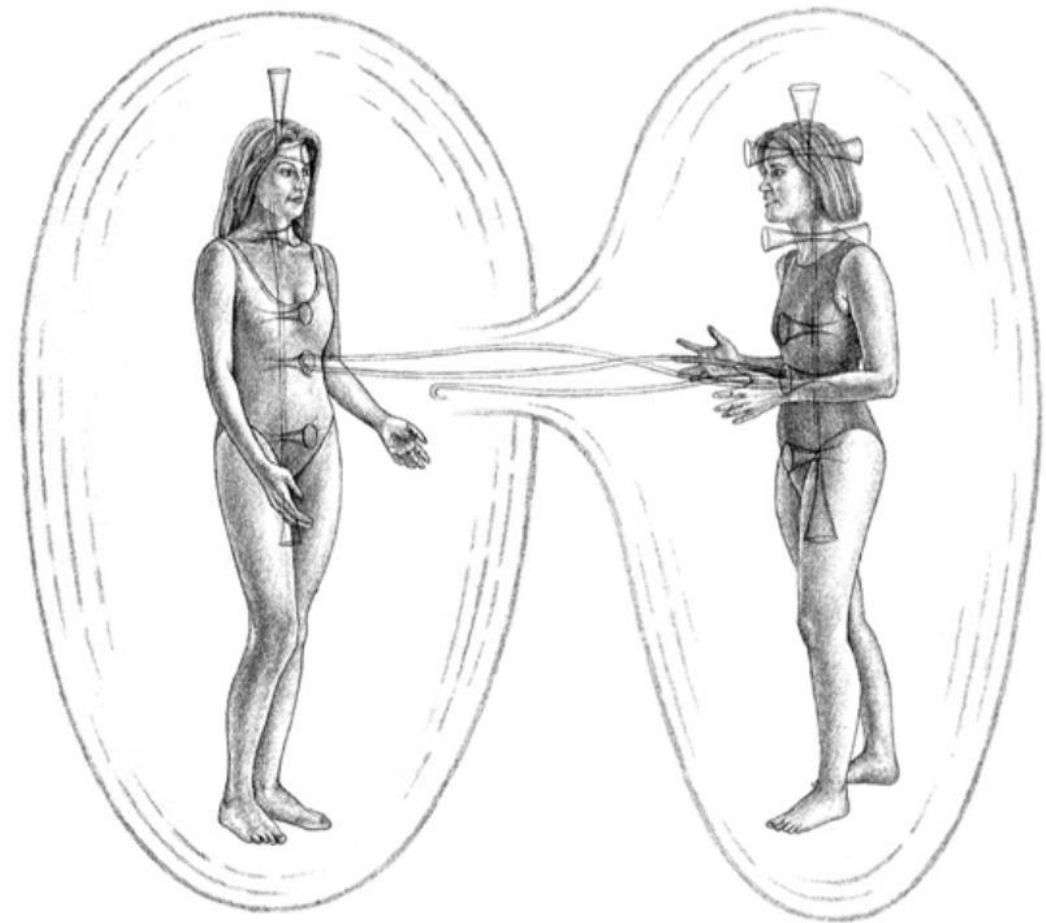


Figure 15-32 The Rigid Defense and a Pull Reaction

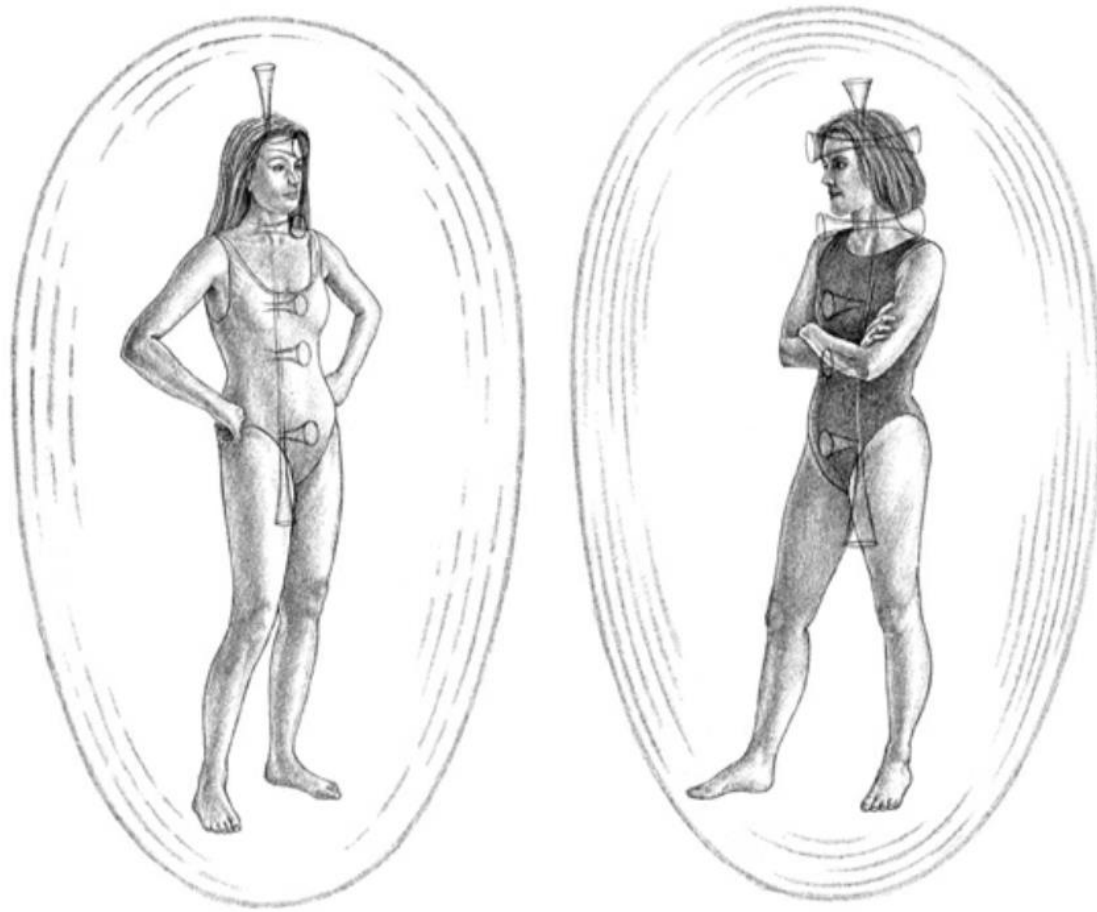


Figure 15-33 The Rigid Defense and a Stop Reaction

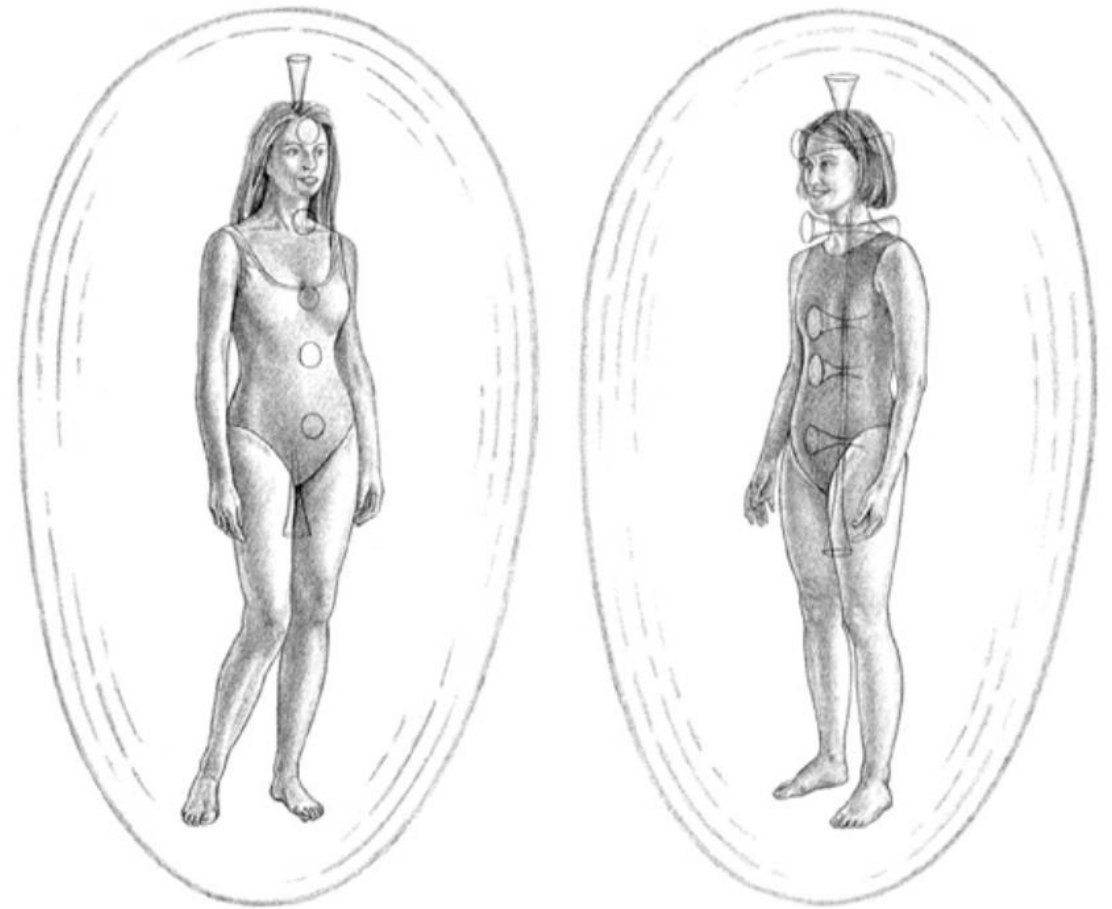


Figure 15-34 The Rigid Defense and an Allow or Denial Reaction

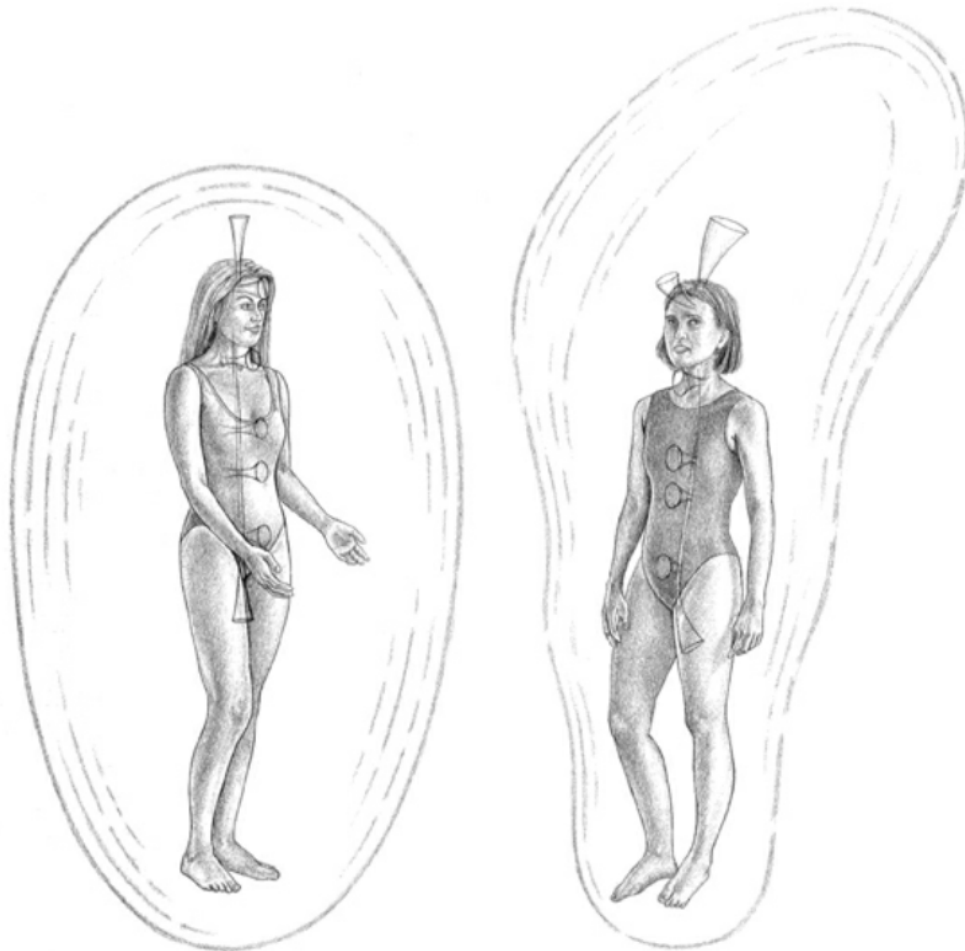


Figure 15-35 The Rigid Defense and a Withdrawal Reaction

Or do you withdraw away, so an inauthentic person is being perfectly reasonable to someone who isn't there communicating? [Figure 15-35](#) shows this.

How You Could Respond in a Positive Healing Way to the Rigid Defense

[Figure 15-36](#) (in the color insert) shows how you could help people with rigid defenses feel the reality of their own core essence. This response is the most difficult because it requires of you a great deal of ability to experience your own essence and theirs. But I am sure you can learn it with practice.

The first thing to remember is that since a rigid character defense has a strong balanced auric field, with boundaries well in place, you don't have to worry about boundary. So stand up close. There is a good chance they will be more comfortable being close than you are. You also don't have to worry about controlling your bioplasmic streamers or the vibrational frequency of your field. But standing in a state of loving kindness and acceptance helps a lot. What you do need to learn how to do is to feel the essence of your core within you and to fill your whole auric field with this essence. There are specific exercises in [Chapter 17](#) on the core that teach how to bring the core essence up into your auric field. Please follow them to learn how to do it.

Once you have done that, then also feel their essence at the same time you feel your own. To do that, focus your attention on their core star, which is located one and one-

half inches above the navel on the center line of the physical body. When you bring your conscious awareness there, you will be able to experience their essence. Once you know what it feels like, put your hands on their upper chest and feel their essence there. The only way you can feel another's essence is with your own, so you are automatically doing that. Hold your essence right at the edge of the other's to feel it. Now describe what you are feeling, keeping your hand on their chest. Encourage them to feel the difference between their essence and yours. This is very subtle, delicate work. It will take a lot of patience in being there. If you pull back, they will retreat. Remember, this is very important to them. So please take the time.

The Results of a Positive Healing Response

If you are able to do at least part of the above work, you will have helped your friend to find their core essence, perhaps for the first time since very early childhood. They have never had an experience of essence being confirmed. They have no framework in which to experience essence because as far as their upbringing went, it didn't exist. In effect, you are holding up the reflective mirror to them so that they can find their individuality. They can only find individuality by experiencing essence.

When you do this, everything will change. They will be able to move out of the inexorable march of time into the presence of the now that encompasses all of time. They will be able to express feelings on the outside because they will know who it is

that is doing the feeling, and that will make them authentic. They will be able to be appropriate and authentic at the same time. They will connect their sexuality and heart through their core essence because it is in both. They will have a self and know who they are.

Next time your friend disappears from your conversation into perfectionism, it's okay if you react in a negative way. But as soon as you notice it, take a deep breath, bend your knees, and ground down into the earth. Feel your own core essence, and fill your field with it. Move up closer, ask permission to touch, and describe what you wish to do. You will give them a great gift. For it is only in the communion of being touched and touching at the level of the core essence that they will accomplish their deepest purpose on earth: to know the individuated God within.

How to Take Yourself Out of a Rigid Defense

If you find yourself missing from a conversation you are having with someone, stop, center within yourself, and bring your attention to your core star, one and one-half inches above your navel on the center line of your body. Simply stay there till you feel yourself. Then very delicately bring this self into the conversation. Repeat the mantra, "I am real. I am real. I am light." You will be surprised at the results.

Auric Observations of a Couple in Dispute and How They Energetically Resolved It

A good example of a couple moving from character defense clash into healing synchronicity happened one evening when I was visiting a couple who are friends of mine. When I arrived, they had been stuck in an issue for a few days. As they started relating their positions to me, I observed their fields interacting. Here is what happened.

The husband, who was in an oral defensive action, complained of wanting and needing more contact and intimacy. The wife went into her psychopathic defense and said that they already had a lot of it. She began subtly acting as if it were his problem, trying to get him to explain more and more. She listened while he tried to explain but at the same time energetically pulled back from him. First she pulled her field back; then she started disconnecting her bioplasmic flows of energy that connected them between their hearts and their third chakras.

This confused him. She seemed to be earnestly listening, but at the same time she energetically withdrew from him, right when he was trying to get more of her energy. See [Figure 15-37](#).

While the husband continued to try to explain his situation, he fell into the oral

defense more and more. He became more and more confused and less confident that what he was talking about was real. The woman escalated her psychopathic defense by disconnecting her field from his. She pulled her energy up her back and started sending an aggressive bioplasmic streamer up from her back, over the top of her head, and over his head in an effort to control him, deny his reality, and yet still remain connected in the aggressive way that she felt safe. She was unaware of doing this.

Her auric field reaction to her husband's statements showed that she was frightened by them and by his desire for more intimacy. She used her psychopathic defensive stance to control him by pulling her energy back and yet appearing to be there for him, so that she wouldn't feel her fear. As a result of her energetic actions, he began to doubt that what he was saying had any truth in it. He thought that perhaps the problem wasn't real. Perhaps it was all "just his stuff." Her defense was to convince him that the issue was not real so that she wouldn't have to deal with it. Unconsciously, she was denying her own perceptions. Deep inside somewhere, she knew he had a point to make that was very real, but she blocked it from her awareness. Consciously, she was only aware of being "helpful," of trying to understand what he was saying. By keeping her energy to the back of her body and in the will chakras, she was using her will to be there for him but without allowing herself to have feelings and to be vulnerable. If she were to allow her energy to move to the front of her body, she would feel her feelings and her vulnerability. This would bring her into more intimacy. But

more intimacy for her would mean surrendering down into deeper levels of herself, where she was afraid to go.

As this process continued, the husband began to be afraid. He reached a long hook out of his third chakra into hers and started grabbing and pulling her energy in order to stop her from disconnecting and leaving him. She reacted with even more overhead pushes and controls. See [Figure 15-38](#). The more each person got into their defense, the more distorted their energy fields became.

The more distorted an energy field becomes, the more that person goes into a negative image about reality, the less present that person is, and the less able they are to relate to what is happening in the now. In the situation with my friends, the more defended each became, the more painful the situation became. Less and less of each true person and more and more of just their defenses was there.

At this point, I described what their fields were doing to make them feel worse. They both began to work on pulling their fields back into themselves, centering into their core, and grounding into the earth. I read their fields as they worked, guiding them into their respective centers. When they were centered and grounded, they each worked to align and enhance their haric line. Then they worked together through each level of the field, clearing, balancing, and charging it. As I read their energy fields and guided them, they brought the core star essence up through the haric level and each level of the field. By the time this was done, the defenses were gone, each field was coherent, and the room was filled with the essence of each of them.

Then, the most wonderful thing I have ever witnessed between two people's fields happened. I saw all the great arches of colored bioplasma flowing between them dissolve. What was left was two people with coherent fields, pulsating at their own frequencies and in synchronicity with one another. They were communing without an energy flow exchange. There was no dependence at all. There was simply self-expression, with acceptance, acknowledgment, and delight in each other. This beautiful dance of light continued for some time. Everyone was in ecstasy. It is shown in [Figure 15-39](#) in the color insert.

This is the only time I have ever seen such a sight. I believe it to be an unusual state of relationship, one for which we all long and strive, one that, perhaps in the future, will become the norm. We will do it automatically when we learn to believe in ourselves and in the core of our being, as well as honor each other, respect each other, and delight in our differences.



Figure 15-37 The Auric Field of a Couple in Defense

Introduction to Healing Through Forgiveness

I would like to close this chapter with one of the most powerful healing meditations that Heyoan has given. It is the “Healing Through Forgiveness” meditation. This meditation brings you into a deep contemplation, with which you will be able to heal the internal wounds you carry from past relationships. The most important factor in healing past wounds in relationships is forgiveness.

Usually, we are more conscious of not being able to forgive someone else than of not being able to forgive ourselves. All of us have known that it makes a big difference when we forgive someone for hurting us. Most of the time, we remember painful situations in the light of someone else hurting us and blame the other person.

Our blame is on the surface; deeper inside, there is usually a nagging guilt to which we may not admit. Many times, the other person did not experience the situation as we did and may not even know we are hurt. In fact, at times the other person thinks we should apologize so that they can forgive us. In all of these situations we are locked in duality. Forgiveness lifts us beyond that duality into love.

In his “Healing Through Forgiveness” meditation, Heyoan gives us a broad view of forgiveness. He helps us transcend the blame of “he/she did it to me,” with its deeper nagging guilt, and brings us to a unitary understanding of why forgiveness works.

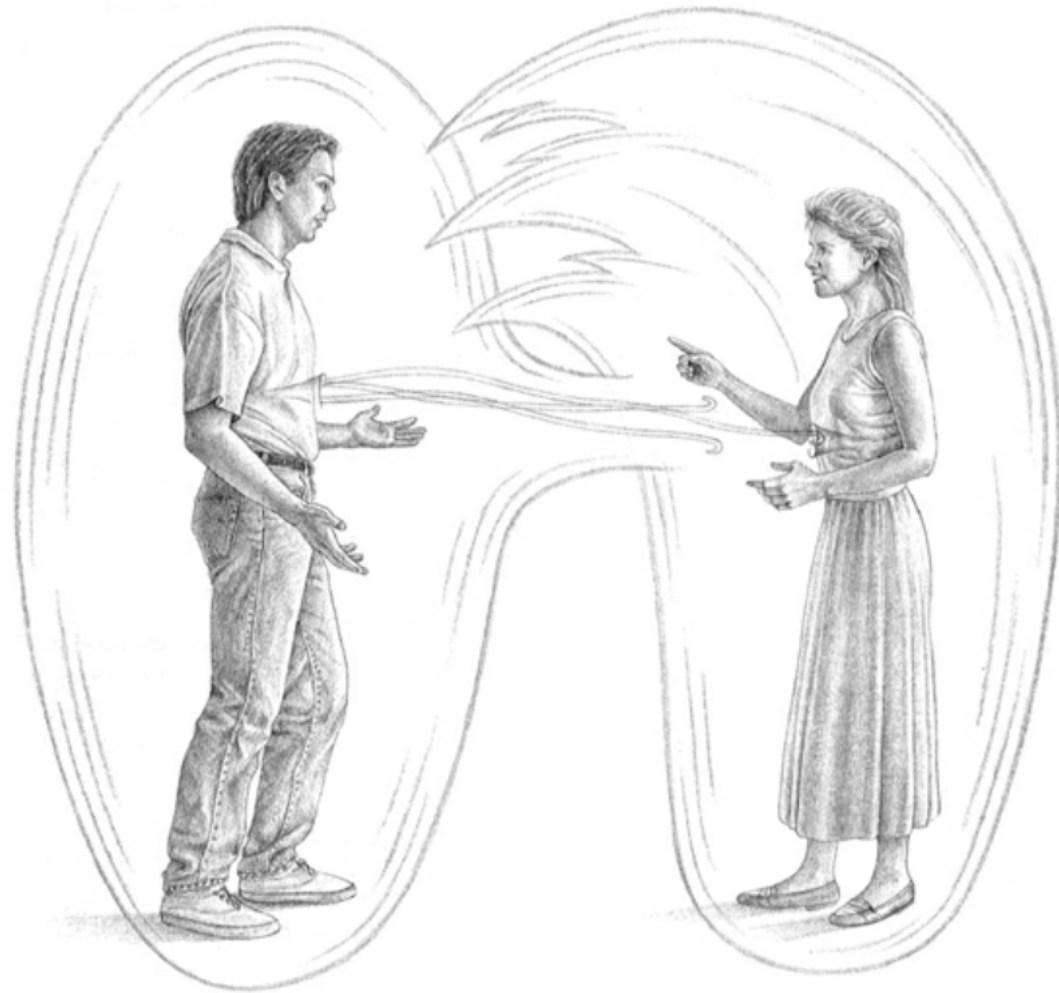


Figure 15-38 The Auric Field of a Couple Escalating Defense

Before you begin, I suggest you create a list of people in your life whom you have not been able to forgive. Then do the following meditation on forgiveness. It is very nice to have someone read the Heyoan material to you, or get the tape of this channeled material from the Barbara Brennan School of Healing. Or read it out loud into a tape recorder yourself. On tape, it is much more personal, and you will be able to absorb it more easily by simply resting back in your bed with your eyes closed.



HEALING THROUGH FORGIVENESS

Channeled from Heyoan

Feel a pillar of light within. Feel a star of light in your center, just above your navel. It is no accident that you are here. You have brought yourself to this very moment in your life, for your own purposes, which arise out of the deep and sacred longing that you carry above your heart. The more that you honor that longing, the more you will find yourself directly on your path in a life that is joyous and fulfilling, in a life that is creative and forgiving.

I would like you today to take one person with whom you are having difficulties in your life and begin working and praying to align yourself for

forgiveness and healing. Healing requires forgiveness of both yourself and that individual. As you may know, healing encompasses the entire life—indeed, all your lifetimes—and that which is beyond lifetimes. You exist in a realm much greater than the physical, which is defined by time and space. Time and space to you are only commodities of limitation that you have placed in this schoolroom, that you have created for yourself to learn within. You have created your lessons, you have created your schoolroom, you have created your teachers within that schoolroom, and yet you are the master of all of this creation. You have come to this earth for your own purposes that are carried in your sacred longing.

Now I ask you, with regard to the person you have chosen, how have you betrayed your sacred longing and thereby created a situation in which self-forgiveness is needed? This may not be an easy answer that comes immediately. But if you focus on it and pray about it and connect it to your healing work, you will begin to understand. Through your life experience, a deeper understanding of what is being said here will well up from the fountain of life within you.

Yes, it is true that you create your experience of your life. It is of your design. You have designed it from the utmost wisdom within you. If there is pain, then ask what that pain is saying to you, for pain arises out of forgetting who you are. Pain arises out of belief that the shadow reality is the

true reality. The shadow reality is a result of forgetting who you are, which is based upon the belief that you are separate, or separated from God.

I tell you, dear ones, all disease, no matter what its form or manifestation, is the result of this forgetting. You have returned here, to this earth plane, to remember. Do not be distressed by this. Set your life-force in the direction of remembering, and its illumination will awaken the portions of your psyche that exist in shadow and in pain.

When you illuminate them with the light of the divine, which exists within every cell of your body, within every cell of your being, the light shines into the shadow and the shadow begins to remember. Re-membering means to bring your members back together. Through illumination, you will re-member the portions of yourself and your body that have become dissociated and therefore dis-eased. It is a new beginning; yes, some pain is experienced, but it is a healing pain. The tears will wash your soul clear and clean, like fresh-fallen rain. Your cries will release what has been held for centuries, awaiting emergence. All of those blocks that have been talked about will flow and fill with life renewed. You will find yourself filled with much more energy. You will find your life moving into creativity and joy. You will find yourself being filled in a natural dance with all those around you, and with the universe.

But this requires forgiveness: forgiveness first of the self. What have you to forgive yourself for? If you were to spend five minutes—and I will ask you to do this at the end of my little talk—writing a list of those things you must forgive yourself for someday, you will find it quite extensive. But it is not so difficult. If you take each item and meditate on it for a few minutes several times a day and forgive yourself for it, you will lighten the burden on your heart. Forgiveness comes from the divine within. By praying for and experiencing your forgiveness, you connect with the divine within you. You become the divine within you.

The next questions are: How does each item that you forgive yourself for show in your psyche and in your physical body? How does it show in your energy field? Trace it through all seven experiential levels of your field.

Where is the pain in your body that is associated with that unforgiving attitude that you have held toward yourself and thereby maintained a negative connection with a particular individual that you find difficult to forgive? You see, healing always begins at home.

Within you, in the place an inch and a half to two inches above your navel, there is a beautiful star, the core star. It is the essence of your individuality. This essence is your divine individuality. It is the center of your beingness. It is the center of who you are in complete peace before, during, and beyond all lifetimes that you have ever experienced on your mother the earth. Feel this

place within you. You existed before this life. You existed before all of the chaos and pain and strife that exists upon this earth, and you will continue to do so.

This center of your beingness is the center of your divinity. From this place you are the center of the entire universe. It is from this place that you will heal. You will remember who you are, and you will help others remember who they are. For it is from the center of your being that all of your actions arise. As soon as your actions become disconnected from the center of your being, you are no longer aligned with your divine purpose. Action disconnected from divine purpose creates pain and dis-ease. So, dear ones, center yourselves into your core. It is from this center that all forgiveness arises.

I should like you now to take the first item you found to forgive yourself for to your core. Whatever it was that you created that needs forgiving was created in a manner that was disconnected from your center. As you moved to create, you disconnected from the center of your being; your actions became unaligned with your divine purpose and moved, perhaps ever so slightly, into shadow and forgetting. So if you take that which needs to be forgiven, bring it to the core star and simply hold it there, surround it and infuse it with love, you will, through this love, bring it back to the light. You will find your original purpose that arose from your center. Once having found

this, you can move forth with the original creation. For in finding, surrounding, and infusing it with love and light, you will find forgiveness within yourself. I will give you a few moments now to bring forth self-forgiveness in this manner.

As this forgiveness streams through your being, you will find yourselves automatically forgiving others that may be involved in this particular situation that calls for forgiveness.



