

EXPLAINING THE CIRCLE OF CONSCIOUSNESS

1. When we are born, our consciousness is, in principle, undivided. This means that anything that comes into consciousness through our senses or signals from our body itself, can be processed and lead to a fitting reaction (give an example).
2. However, soon things happen in which our basic needs are not met. This is in and of itself life threatening to a small child. It is life threatening to a child because a child is completely dependent on others to have its needs met. It cannot fulfil its own needs, it cannot change its parents, it cannot move and find a better caretaker and it has no perspective of time. All experiences seem, in the moment, to 'last forever'. To survive, a child not only has physical but also emotional needs that need to be met. (give example)
3. In order to survive this situation where our basic needs are not met and we are completely dependent and without a time perspective, our consciousness divides. In this way the life threatening truth that we did not get what we needed is repressed.
4. Repression saved our life. So we have to make sure that it is impenetrable. In order to secure that what has been repressed remains repressed, we build a wall that consists of denial of the truth, that some of our basic needs were not met. There are 5 different illusions that we use to deny the truth and tell ourselves another story. These are the 5 different defence mechanisms. (give example)
5. The division of consciousness that helped us to survive as children, however causes us great problems when we are adults. That which was life saving for us as children, becomes life threatening for us as adults.
6. The part of our consciousness in which the painful experiences have been repressed, is called "Childhood Consciousness". When we are in this part of our consciousness we experience things as the child we once were: unending, hopeless, without choice, without possibility of influencing the situation and that this will never change. We feel completely dependent on others for fulfilling our basic needs. [1]
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7. The other part of our consciousness develops into "Adult Consciousness". From this part of our consciousness we experience all things as relative, with a beginning and an end, knowing that we always have a choice, except if we were in a war camp or in a closed psychiatric ward. In other situations there is always a choice and we know that all things change. In other words, we know we are independent from others and are able to fulfil our own basic needs.
8. Because of the split of our consciousness we become vulnerable to the influence of so called "Symbols". A Symbol is a person or event/situation that unconsciously reminds us of repressed experiences from when we were very young.



10. When we are confronted with a Symbol, this immediately takes us out of our Adult Consciousness and projects us into our Childhood Consciousness. In Childhood Consciousness we touch upon old repressed pain. In order not to feel this pain, a defence is activated. We go out of Childhood Consciousness and directly into the wall of denial. This is the third part of our consciousness.
11. When we are in one of the 5 defences, we believe in an illusion. These illusions serve to cover up the life threatening truth, for the child we were, that our basic needs were not met. As said before, this truth needed to be repressed in order to survive. That is the function of the Wall of Defences.
12. This is done through 5 different lies/illusions/defences that we tell ourselves: Fear: that we can still escape, Primary defence: that we are not good enough, False Hope: that we can do better, False Power: that it's the other's fault, Denial of needs: that we don't have a problem
13. This process of Repression and Denial can be seen as a psychological immune system. By activating defences, the system reacts as if it is still of vital importance that the contents of Childhood Consciousness remains separate and cannot penetrate into Adult Consciousness