

Transcript of Video Report of European Men Liberation Workshop October 2020

part 1 <https://www.rc.org/publication/irp/men2020>

I want to talk about isolation patterns. Like all these patterns they come from distresses put on us. They are not a rational choice that your mind made. It was something forced upon us. It appears this has always happened to humans throughout our history.

Children have never been received by adults with enough awareness that this separation didn't happen. It also seems from work with thousands of people that every child is shocked that life is to be that way. None of us expected to be pushed into isolation. But every single one of us was small and helpless and without resource.

And the adults around us not only didn't have resource, but had no idea that we were hunting for connection with them. And almost all of them had no idea that you were there, that your full mind was there looking for them.

We have done enough work in RC to recover memories of early times. And over and over again each person finds the conditions that set them off separately. Because this isolation seems universal, there haven't been many circumstances that have thoroughly contradicted it nor revealed what's possible. We've done enough to know it's very important. We've done enough to begin liberating our minds in this particular corner and for almost all of us this remains difficult and confusing.

Like any distress and its patterns that we've lived with for a long long time, we've come to think that that isolation and the way it shapes us is unavoidable. We had to accept it as babies because we didn't have the power to change it. And because we've never had the resources, especially back then to discharge that distress thoroughly, the recordings seem as if they are part of present-day reality. And all of us to some extent act based on that.

That isn't the way you were when you started. You thought there would be people to connect with right from the beginning. It seems to be instinctual, part of who we are. We have brains that looked for possibilities, looked for things that would be exciting and interesting to interact with.

In the last month of the pregnancy, we heard there were other things out there and for some of us those sounds were very hopeful. But your parents like mine had suffered and not discharged. They had done their best living in harsh oppressive societies, but had been wounded. And no one understood the need to discharge those old hurts. We do. I've watched a couple generations of new parents in RC. We still make mistakes; they are different mistakes. And the increased awareness we have makes childhood better. We have more slack attention to pay to a young one. And just as importantly we know to try to do that. Working on the distresses we have from our early days, isn't easy. Let's take a minute for the interpreters and typists.

Working on those early times, hasn't been easy. That material has too much been a part of our lives for too long. It is hard to have perspective about material you have given into. It is hard to believe that you could change it now. The decades without enough resource to discharge it present themselves as proof that it is impossible. We do know better. We know that any distress can be discharged. There is no point at which it is too late. Know that discharging on any distress, every bit of discharge gives you something back of what was taken from you. This is one of the places where we have to use our mind and not simply hope the process will work spontaneously.

We always retain the possibility to decide things. We can decide no matter what the restimulations from the past are like, we can decide to do things we've been unable to do for decades. We can actually change our mind. This is what we want to do.

We don't want to accept frozen feelings from the past, determining how we are now and how we will be in the future. All sort of excuses come to mind as we try. For many of us, the feeling of it being too late comes up. For almost everyone, the feeling that it's too hard comes up. What people often forget is that the feelings that come up as they try to work on these things, are exactly the feelings that were recorded in those distresses at that time. And because we forget, we believe those feelings mean something about the present. Which they don't. They are entirely about how hard that time was back then. We don't have to believe those feelings are real now. Or that they have any meaning in the present, except to indicate where we got hurt. It feels like it's too much. It was too much. We have these feelings because we were defeated back then, didn't win that struggle. We lost and in some way we shut a door in our mind with us on one side and all the people we gave up on, on the other.

We still have those feelings because we never got to discharge. They will go away but not without discharge. To work on them means looking at how bad it was. Which is a great idea if you've got the resource to discharge. It's a horrible if you don't have the resource. Most of us decided to not look there ever again. Because there was never enough resource. So all it did was make us feel bad. It didn't lead to discharge and liberation from that material. In that material you believed there is no answer.

In that early time of crisis, you made the best decision you could. And your life and perspective has been shaped by that ever since. And however hard that circumstance was, you made a good enough decision. But it was very costly decision.

And we need that piece of our minds back. We need to see the world as it really is, like at this moment, with 57 other men around you electronically; and not see life as it froze on you as a baby, feeling helplessness, lack of interest from the outside, whatever came at you. You don't need to relive what happened to you. For many people it feels like you'd have to relive it to counsel on it. It feels like you'd have to let it be real again. And I don't think you do.

But what we need to do with those old incidents, rather than relive them, we need to begin where we were stopped. We were stopped as we tried to discharge and heal ourselves from it. That's where we have to pick this up. Fully aware of the feelings that got installed on us. But not being confused to think that we are vulnerable in that same way now. We are not that vulnerable. You are not that small and physically helpless. You know so much more about the world than you did then, and people are aware of you now.

It would be even better if we were all in the same big room, to be aware of each other. But of course, the connections we make with someone really happen in our own heads. It isn't because of some particular physical set up. It's that our mind knows enough to decide, decide that we like each other, decide that our interests are in common, decide that we could count on each other. The more information we have about each other the better. I think, even in this circumstance there is enough information to decide. We thought those people would think about us and be on our side, but they couldn't. We gave up on it. We can understand why.

But now we have to decide that things are different. Can we decide that, looking at each other on our computer screen? Hearing each other's voices through the speakers? Can I tell who you are well enough that I could decide? I think so.

Centuries ago, when there were only letters that might take a month to go from one person to another, people decided on the basis of those letters. Sometimes you can find a wonderful series, interchange of letters and you can see minds heading towards that decision. I think we could do it with what we have. We need to decide we're going forward together, even if we're never in the same room again together. There are at least 20 of you I know well enough, I believe that's true. And that strengthens me both against my own distresses. And in strengthening my perspective about the world and the things we want to have happen. And then we think our way through it enough to get started with the day.

I know that every morning I don't want to get up, I just don't want to. And I have to think about my life so that material doesn't consume me. My version is about things that happened 70-some years ago and they still haunt me. Not nearly as badly as they did, but I still don't wake up happy and eager to the day. I still must figure it out every morning. I intend to get free of that. I intend to get all of my mind back, including the pieces that will let me enjoy existence fully. And the pieces that will let me look for allies to take on big battles together, with some enjoyment.

I can move my life well the way it is, but I know those distresses inhibit me, confuse my perspective, and make everything more work than it should be. And they leave me far too much alone and separated. I suspect your life is a lot like mine. I hope it's better, but I have my doubts. (laughs)

These are struggles that seem to happen to us all. The way they happen seems to have made them secret struggles for each of us.

No-one was interested in knowing how hard life was for us when we were small. And we stopped trying to let anyone know. It's that place where we closed the door and went our own way. It is like you got in your little boat, untied it and drifted off. One of the things I find saddest about this happening, is that no-one ever noticed we left. The same reasons that they couldn't listen, didn't let them see when we gave up.

So there are two places to work here. One is on making a decision in the present, in spite of being hurt, of using our minds even where there's a lot of discharge still needed to move ourselves actively in the present in good directions. One piece of that is in your next session. Can you decide to trust your co-counselor and really show him what happened to you? To show him enough that you can feel and begin to discharge things that should never have happened to you?

A lot of us in those distresses are still waiting for someone to rescue us. There should have been someone who could think about you. There should have been someone who could be aware of you and listen. And there wasn't. I'm sorry. Conditions did not allow that. But frozen in the recording is the longing for someone, someone else to make the situation workable.

Some of that shows up in RC, hoping our counselor will be that person. Well, that person isn't a person, it is a frozen image. And while you needed them because you were small and helpless at that time, that's not what you need now even though you long for it. What we need now is to use our minds and not follow those feelings. We can decide to not live in the isolation our patterns want to dictate. We have lots of opportunities, many fewer now because of COVID, to make small personal contacts with people, to not walk past opportunities, but to spend ten seconds paying attention to someone you've never seen before. To decide to test every opportunity, to see if there is someone who could be there in some little way with you. To do that, instead of, walking past, deciding there is nothing possible with anybody.

And here in RC, especially here in this workshop, you can decide to actually reach for each other's minds in session. To ask your counsellor to come with you into your life. To come look and see what it was for you, so that you have someone to show the past reality to. We need that person with us to fully use this process. We're learning how to do it better and better. The more openly we invite each other the more we can make this work well, I think.

So you have to decide to take on those old struggles. It is a decision in the present. In spite of everything that happened to you, to go back, get close enough to it to discharge it.

It is over, it shouldn't have happened, it did and it is over. What didn't happen is the healing from it, that is our job now. And we can't do that alone. This set of patterns around isolation tries to block the process of getting rid of the patterns of isolation. And so it needs your mind deciding that you are powerful and big enough now, that your life and future are important enough. That whatever happened in the past can be looked at and discharged now with these resources.