
MEDITATION AND REGRESSION

When I went back to bed at around 7.30 a.m. the feeling of pressure on the bridge of my nose became sharper.

I had woken at around 5.30 a.m. and decided to get up and sit in meditations. It was Sunday, February first and quite cold, which I have found especially potent for meditations. The cold (outside warm clothing, a rug, woolly, cap, etc) and deep silence of pre-dawn allow a substantial change of level of consciousness/awareness. On these occasions I favour the method of "Peeling the Onion" - the increasing "letting go" of the Meditator/Observer and her/his onion "shells". This became a fair shambles for me and I found solace in a saying of Chimee Rinpoche (a Tibetan Abbot residing in the dizzy heights of Essex and employed by the British Museum for translation work), who states that our worst meditations are our best. So back to bed with a cuppa.

I had done a good many hours Regression and Primal work in the Janov mode as modified by Dr. William Emerson (U.S.A.) working in London ('77/79) and at Surrey University later. After experiencing the birth trauma at different depths, I was always left with a feeling of pressure on the bridge of my nose. I guessed that this was my mother's cervical entrance impinging on my emerging baby.

Now, lying in bed, I suddenly felt back in the womb, or passage, with this heavy pressure on my nose. Next I had a very strong emotion that "This woman won't let me out". I then alternated between present consciousness - as my own observer - and womb consciousness. The dialogue went something like this -

Adult: So you don't want to get out.

Baby: No, ~~she~~ is deliberately holding me in.

Adult: So - what's next?

Baby: I must get out.

Adult: So - What's holding you?

Baby: She is too strong for me.

Adult: Really?

Baby: (Long Pause) I am feeling tired.

Adult & Baby: (Foggy memory) "No. I am entitled to a separate existence. I am entitled to be in the outside world".

This positive statement I mumbled for a week at intervals. I think that this was a powerful statement of my existence here: my right to be here - and thus my confidence. It certainly seems to be manifesting in my outward movements into the community, presumably from my "good" parent. The Sunday in question was around the Lunar and Buddhist New Year. I hope for a fruitful one for you also.

John Ridpath

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