

Occupied by Love – a Human Metamorphosis? Some Thoughts on the Psy Relevance of the Occupy Movement

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SYNOPSIS

We are living in times of unprecedented change – a paradigm shift in consciousness, the like of which has little comparison in the aeons-long history of human and planetary evolution. Human beings are awakening to *what* we truly are and our place within the cosmic family of which we are a part. This 'awakening' is changing many things, including our relationships – with ourselves, each other, our planet, and those institutions and systems that currently determine the way we go about our daily lives. The Occupy movement offers one small reflection of this awakening.

Awakening

When asked if I would write something about 'the Psy relevance of the Occupy Movement', I hesitated, unsure whether an 'ex-psychotherapist' like myself would have anything of value to say about this topic to a readership whose current understanding, experience and approaches to working with the human psyche are unknown to me, and likely to vary tremendously.

Nonetheless, though I feel handicapped by this lack, the spiritual imperative underlying Occupy and similar

'movements' is the same imperative that fuelled my own personal journey into the world of Psy. Thus, I do have plenty to communicate about the matter! Whether any of it strikes a chord or two is for individual readers to determine. Throughout this article, the word 'Psy', or the phrase 'world of Psy', cover all disciplines related to the functioning of the human psyche, and those who work within this arena.

My approach to the topic is as a person aware of

“a... hugely significant indicator of the awesome paradigm shift being experienced by humanity”.



myself as 'a spiritual being having a human experience rather than a human being having a spiritual experience', as twentieth-century French philosopher Pierre Teilhard de Chardin famously put it. I'll do my best to find appropriate words with which to convey my personal understanding of the message offered by Occupy, and the implications this message has for the world of Psy.

I perceive Occupy to be a small but hugely significant indicator of the awesome paradigm shift being experienced by humanity at this stage of our evolution. This shift, long foretold within the esoteric 'Ancient Wisdom' traditions, is referred to by a variety of culture-specific terms that indicate a 'spiritual awakening' or 'enlightenment'. Leading-edge science hints at the 'reality' of these states of being with terminology that usually contains the word 'quantum'. Throughout the more exoteric spiritual teachings easily accessible today, a term commonly used is 'expanding consciousness'. The effect upon the human psyche of this awakening can be likened to myriads of green shoots emerging from bare compacted earth finally caressed once more by the rain it has long thirsted for.

This awakening process is the beginnings of a collective expansion of consciousness for humanity as a species. 'Life' seen through the lens of expanding consciousness is a felt experience that induces 'catalytic action', but is often very difficult to explain rationally or intellectually. It can contain experiences which we might feel scared to share with others for fear of being considered foolish, or mentally unstable. We become aware of the Energetic Heart (James, 2005) that pulses light within us, showing visions of a life lived from a position of Love rather than Fear. Some of us experience a multi-dimensional awareness beyond that of the 'five

senses'. We 'come across' alternative versions of the story of Creation and serious studies into extra-terrestrial races and their relationship with humanity and this planet. All these things will test our credulity and hone our ability to discern the false from the true. Having such experiences can be challenging and frightening, as our society finds it difficult to accommodate such concepts.

Another consequence is that as individuals 'awaken' and begin to experience 'life' differently, not only do we find ourselves more attuned to the natural world, but also more aware of those human behaviours and systems that actively threaten this natural world – upon which humans depend for our very existence. The more aware we become, the more insistent we become about 'shining a light' upon these harmful behaviours; and the less and less willing we are to accept them. As the inner workings of those systems which provide the cultural framework for our lives are exposed for what they are, movements such as Occupy emerge to publicly challenge the legitimacy of these behaviours and systems

Once this happens, leading to the breakdown of the systems under the scrutiny of the public gaze, confusion and even greater hardship for 'ordinary people' is the result. Obvious examples of such collapses and upheavals are global finance and banking, energy production, religious influence, global politics, and the media. Others will follow.

As if this is not enough, alongside all this disturbance, a major shift is also taking place at a planetary level, resulting in the breakdown of many natural systems as we know them, manifesting in an intensity of natural 'disasters', climate change and its resultant chaotic weather patterns.

Rapid leaps forward in our understanding of all elements of the human 'form' and its functioning, of what it means to be human, and where ethical boundaries lie when it comes to our ability to manipulate life forms, are challenging assumptions held for hundreds of years.

An Evolutionary Iceberg

The Occupy movement itself is but a tiny portion of the tip of an enormous iceberg of change, the physical manifestation of thousands of individual human beings beginning their spiritual awakening. Other flourishing examples of catalytic group action can be seen in The Transition Town Movement, networks focusing upon monetary and economic reform, powerful on-line campaigns, and the so-called Arab Spring – to name but a few with which I am familiar.

Individual 'shoots' have also captured mainstream media attention recently: Malala Yousafzai, a young and 'vulnerable' girl, standing strong in a heart-centred rebuke of the bullying tactics of the Taliban; or 'large-hearted' Dave Fishwick of 'Bank on Dave', who has single handedly managed to discombobulate the mighty banking system with his irrepressible determination to 'find a better way' to provide community banking services; and Monty Roberts, the so-called horse-whisperer who has managed to transfer all he has learned from his heart-centred relationship with horses to bringing up children and employer-employee relations.

Globally there are thousands upon thousands of such individuals and groups living out their transitional lifestyles away from the glare of public attention.

So, does the Occupy movement have anything relevant to say to the 'world of Psy'? Simple answer: 'Yes'. Follow-up questions might be: Why have Occupy and its sister movements come about at this time? What are the implications for those who work within the Psy arena?

To romanticize for a moment, the hint of an answer might be found within another quotation from Teilhard de Chardin: 'Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire.' How beautiful is that! Suppose we have reached that time?

Even if the word 'God' sits uncomfortably for some, might not the words 'harness the energies of Love' describe a growing urge being felt within humanity, an urge towards participating consciously in an evolutionary transition? And might not this transition be likened to the 're-occupation' of the human heart by Love?

More prosaically I could describe this transition as a process in which more and more individual humans are waking-up to an awareness of what we human beings truly are, to our role in the cosmic scheme of things, and of what we are capable of becoming and doing once we choose to harness the energy of Love. Might this evolutionary period be that during which Humanistic Psychology's goal of self-actualization and 'personal sovereignty' is beginning to be realized collectively? As I understand and experience it, this process entails the 'firing up' of the Energetic Heart, and requires the re-instatement of the Divine Feminine.

I wonder how many psy practitioners have felt their own hearts jumping for joy and full of excitement upon contemplating this. Or is it perhaps a daunting concept, scary in the extreme? Or is it something so inconceivable

as to be dismissed out of hand? Or perhaps a mixture of all three.

For 'Psy' practitioners, trainers, evaluators who give any credence at all to these concepts, the implications must surely be huge; demanding of us that we examine with rigorous and unbounded curiosity the purpose and process of psychotherapeutic interventions at such an unprecedented time.

Is the terminology of a newly developing jargon that includes 'quantum healing', quantum intelligence (spiritual rather than artificial!), 'energetic coherence', 'soul alignment', 'multi-dimensional experience', re-programming DNA, and such like, already part of mainstream Psy? Is it slowly becoming commonplace alongside the old jargon? Or is it remaining resolutely within the world of the 'alternative' or 'fringe' therapies usually placed under the umbrella of spiritual healing; and is the latter still a separate arena all together, or being welcomed into the world of Psy?

No longer familiar with the leading-edge thinking within the field of 'professional Psy', I can only guess at the relevance of my words; knowing only that this will depend upon how comfortable a practitioner is with the idea of him/herself as a spiritual entity, of 'being possessed of a soul'.

Psyche and the Soul

I refer to 'soul' in recognition that this word, too, might feel heavy with unwanted scripts. No matter, it can be substituted with any word that conveys that which is most beautiful, wise and awesome within each one of us.

The word 'psyche' arises from the Greek *psukhē* – life, breath, soul; and 'human soul' and 'spirit' are included in contemporary dictionary definitions. Yet it was my experience during my years of training and practice that connection to soul and spirit appeared to have been sidelined, pushed off into the world of alternative therapies or spiritual healing. To focus upon anything other than the functioning of the mind, emotions and behaviour was discouraged, seen as a little flakey; anathema, even.

Even within the 'transpersonal therapies', to declare myself openly as desiring to become a 'soul-therapist' would have seemed highly pretentious, not least to myself! Nonetheless, I can now recognize a subconscious intent to enable myself and those I worked with to 'reconnect with our souls'; though I might not have known to describe it as such.

I wonder how many therapists these days invite Soul

into their work: their own soul, and that of their clients. I imagine that there will be those fully committed and 'out' about the relevance of recognizing the existence of soul to becoming a self-actualized human being; those who would look askance at such an idea; and many somewhere in between. The latter is where I spent most of my time as a trainee, and an apprentice therapist, asking myself, and occasionally others, where 'Psyche the Soul' abided within the discipline of humanistic psychotherapy. A question that normally elicited responses of a nature that indicated it was pointless to ask!

However, whilst initially subconscious, my own curiosity and personal progress took me on inner journeys that peeled away layer after layer of constrictive conditioning and belief systems, and the intent became more and more conscious. What an eye-opener – well mind and heart opener, really – when I finally plucked up the courage to immerse myself in the world of shamanism. Here I was offered what was essentially a Feminine approach to understanding human existence, and within which the importance of soul connection was undisputed, and 'soul-retrieval' ceremonies a common form of healing.

Some years later, I 'came across' web materials that caused my heart to physically 'jump' in a way that I had come to recognize as 'a spiritual remembering'. The introduction to this web resource, that has both inspired, supported, and greatly challenged my own sense of self for the last ten years or so, states: 'Ultimately, the Lyricus.org website will be a central repository for the key knowledge required to discover the Grand Portal – the irrefutable scientific discovery of the human soul...'

The global activities of Occupy were perhaps what first brought to mainstream attention the widening rift that had long been developing upon humanity's stage, dividing players into two factions. From a Psy perspective, on the one side, are those who cling to the 'old consciousness' paradigm; on the other, those within whom old beliefs and patterns of thought are being blown clean away as 'new consciousness' dances in from the wings as a fluidly Feminine choreography for experiencing Life. Daily the rift widens:

- The old paradigm within which patriarchal and rigid hierarchies and models of leadership play out via a win/lose competitive system which sees material gain and 'power over' as the measure of 'success'; and where the terminology of war sits easily within the worlds of commerce and politics.
- The new paradigm, with its more feminine and fluid hierarchies and models of leadership in which

co-operation, eco-friendly lifestyles and supportive relationships are sought and seen as measure of well-being... and where words such as 'love' and 'peace' are used with focused intent.

The Occupy movement has emerged from this new-paradigm consciousness, a collective external reflection of the many personal inner journeys undertaken by awakening humans whose tendrils of consciousness creep into the dark, further illuminating the truth of what we are. As each Heart experiences 're-occupation by its Soul', it reaches out, seeking to unify with others wishing to brighten the path of human evolution.

The Presence of the Divine Feminine

This new paradigm of human evolution is clearly suffused with a Feminine presence. Just to be clear: when using the terms masculine and feminine, references range from the archetypal Feminine and Masculine principles through to the positive and negative qualities of each, as they interact and play out within individual gendered human beings.

Occupy and similar movements can be seen as the vehicles for a more feminine approach to bringing about change. As the Divine Feminine awakens and stirs within each open heart, her 'signature' qualities gather strength enough for her to take her place alongside The Divine Masculine. They demonstrate through the manner in which these movements or networks are being realized: via fluid leadership intent upon contributing rather than controlling, competitive urges harnessed for the purposes of co-operation, information and resources shared, caring for and nurturing those they make connection with.

She brings with her a crucial message: 'Enough is Life-sustaining, More is Life-threatening.' To the war-mongering Aspect of her Masculine consort she says: 'Remember... listen to your Heart and allow it to guide your creativity as was always intended; once more imbue this wondrous planet with the Light of your beautiful and awesome Mind.'

Of what relevance is the reinstatement of The Feminine to the world of 'Psy'?

The goal of self-actualization, or knowing oneself as a Sovereign Being, is just around the corner for a great many individual human beings who are awakening to their spiritual nature. Each individual will manifest this 'awakening' in their very own manner. However, addressing the inner imbalance between Feminine and Masculine alongside the outer gender imbalances will be a crucial element of this awakening; not only for individuals

but for humanity as a whole. As a favourite quotation of mine by somebody famous whose name has escaped me says, 'How can the bird of humanity fly when one wing is broken?'

From Enslavement to Sovereignty

Add the impact of global systems breakdowns and challenging planetary conditions to the personal confusion resulting from 'seeing things differently' and realizing the old no longer works for you, but not yet knowing what the 'new' is, and this awakening can prove a difficult and frightening transition. For many, it entails the discovery and acknowledgement of eons of unconscious 'enslavement' to cultural mores and values that are completely out of alignment with the soul's purpose. Sovereignty is only to be achieved by finding the means of release from the complex tangle of redundant belief systems and addictions to the human 'drama'. Only then will the controlling power of the ego diminish and the individual personality begin to experience the power of alignment with its soul's purpose.

Those who tread this path are no longer held in thrall to negative patriarchal values that actually destroy our very life-support systems. They are coming to their senses and saying to themselves: 'Enough! I've had enough of living a life of compliance with these life-threatening values. I am choosing to step into my own power as a sovereign being.' They find themselves intentionally seeking to contribute – in whatever way is in alignment with their Soul's purpose – towards bringing about a world in which loving relationships between all of Earth's inhabitants hold more value than the possession of material goods, and in which joy and delight in the experience of living upon this planet replace the fear-based 'worship' common to most of the world's religions.

Once this intent has been set by an individual, whether consciously or unconsciously, things begin to change for them. Alongside the awe, delight and excitement of 'waking up', most of us are eventually confronted with consequences sufficiently challenging that we wish we could rescind our 'intent'; and would give almost anything to step back into our old comfort zones. But it is too late; once the goal of sovereignty has been glimpsed, there is no going back; we have joined the ranks of those who no longer wish to play the games to which humanity is accustomed and addicted.

Whether or not through our own choosing, we will experience loss, loss of the old. Relationship break-ups, loss of confidence, loss of job, loss of home, loss of health,

loss of friends, loss of financial stability, and a host of other insecurities become a common experience for those making the choice to step into their own power and away from the apparent 'safety' of the mainstream, of fitting in and living to rules set by others. One of the most challenging losses can be loss of 'faith' – in whatever belief system we previously had faith in! Most will also find unresolved aspects of their 'past' rising once again, clamoring for attention, requiring forgiveness and integration.

The choices and decisions we make at this early stage of transition can do much to ease our experience of these inevitable challenges we will be facing. Appropriate support can prevent, or at least alleviate, 'victim' experiences where Self or others are blamed for the 'mess' we find ourselves in. From the perspective of psychotherapy, the question must be: which practices are best suited to a group of self-actualizing clients whose therapeutic needs are of a magnitude that has shifted up a gear in line with the collective paradigm shift? During my own transition experiences, the most effective interventions I received were those which encouraged, helped, and sometimes shoved me to 'hear' and to trust my intuitive sense of what was right for me.

Any practitioner, no matter what their chosen psychotherapeutic approach, will be better placed to help this 'new' kind of client if within them is an openness to the human as a spiritual being, and to spiritual existence as encompassing much wider experiences of 'reality' than those accepted by mainstream Psy disciplines.

It can be difficult for those experiencing transitions of this nature to find words to explain what is being experienced. The words 'know' or 'knowing' can be central; and sensations, feelings, visions, dreams, 'journeys', synchronicities tend to take precedence over logical intellectual understanding. Tools and interventions that enable a person to hear and to trust their own 'knowing', to develop their own ability to discern the false from the true, to follow their curiosity, to open up to unexpected potentials and to use their creative imagination, are all key for any practitioner working with people who are both powerful and fragile at the same time.

Doubt and self-condemnation are common hindrances to personal transition. Any individual beginning to comprehend the potential of their own power and the beauty of their spiritual self, yet who finds accustomed life support systems falling away and being replaced by confusion, fear and apparent lack will be

asking questions of him- or herself, such as:

There must be something wrong with me; I must be unworthy. How can I be this powerful spiritual being and desperately struggling to 'earn a living'? Why is 'abundance' not happening for me? Why am I no longer satisfied with... anything? Why am I sick? Why do I no longer even feel the will to live?

These are tough questions. We all benefit from contact with those who have the ability and the willingness to accompany us along the oft-frustrating journeys and their accompanying forays into distraction, that eventually provide us with answers.

The subject of human evolution and where 'Psy' fits within it is so vast that I have been able to touch upon a tiny portion only. To allow The Feminine, some last words; these came to me many years ago, after participating in my first-ever gender workshop.

The Gilded Cage of the Patriarch's Daughter

I am still my father's daughter,
 Still within his gilded cage..... but my little sister;
 I know I am in it; which is more than you do.
 And.... wait for it.... I've been out!
 Shhh.... don't tell!
 I bring back tales of great wonder.
 Some sisters don't believe me;
 They accuse me of imagining.....
 Of dreaming..... of exaggerating.... of lying.
 It is not easy to get out;
 The Patriarch holds the key.
 But I have found a way.
 If I don't eat of The Patriarch's food
 I become thin enough, eventually,
 To squeeze through the bars and fly away.
 So thin I must be; almost starved I must be,
 To squeeze through these gilded bars.
 Once outside, left weak of body, emotion and mind
 By my starvation diet,
 I do not have enough strength to learn the new;
 The unknown skills needed to survive outside my gilded cage.
 So after a short span of freedom
 I am forced to return.... that I might feed again
 Of my Father's diet.
 But my Soul has shown itself to Me,
 Has shown Me to my Self
 I have been empowered by a glancing blow from freedom.

And I tell you true, my Little Sister;
 I will not remain inside The Gilded Cage;
 I will not remain the Patriarch's daughter.

Should your curiosity be piqued regarding topics touched upon within this article, and you are not already aware of them or already have your own trusted resources, these are my own personal mainstays. They will lead you to myriads of others so you can choose what suits you best
www.lyricus.org, linked to www.wingmakers.com
www.awakeningzone.com – radio interviews with a whole host of fascinating 'transitioners' and their sources of inspiration and support; linked to www.crimsoncircle.com and www.bashar.org .

I am 71; a mother; lived abroad for 25 years and have followed a variety of work to 'earn my living', including 15 years as a psychotherapist and member of the IPN. Almost 40 years ago I chose to consciously explore 'spirituality', and the resulting sense of wonder has never left me. Many things became clear during these explorations, including my intent to contribute towards righting the imbalance between Feminine and Masculine as they express through us humans, both internally and externally. Each day I become more excited by the potentials awaiting humanity whilst never losing awareness of our species' past unwise and destructive choices, and the consequent additional challenges we now face.

Reference

James (2005) 'The Energetic Heart: Its Purpose in Human Destiny', Lyricus, WingMakers LLC, July; available at [http://www.wingmakers.com/downloads/energeticheart\(print\).pdf](http://www.wingmakers.com/downloads/energeticheart(print).pdf) (accessed 24 February 2014)