

Object, archetype, and the social myth of conditional regard: The applied neuroscience of social healing.

We are wired to need each other. Our pleasure circuitry mediating the distribution of endorphins and the dopaminergic circuitry Panksepp named the SEEKING system, a highly pleasurable energetic distributional nexus, for so many years confused with a pleasure center, are both held hostage to conditional regard...the lateral parasympathetic tegmental-limbic circuit that shuts down this pleasurable expression being queued to social refusal. What if...WE owned our own pleasure and energetic circuitry? What then? What of being manipulated by others to gain their acceptance, what of feeling so empty to be left in love, what of all the foolish attachment we feel from need...so often undeserved and unreciprocated? I submit to you, empathy itself is INCREASED to change the punitive situation, which goes far deeper than the simple circuitry involved, and extends all the way backward in time to the phylogenetic impressions of the threatening father

[http://www.thejournalofunconsciouspsychology.com/web_documents/who_fired_prometheus_black_watch.pdf] and also quite likely, to threat of the loss of the mother's and father's love. Now...your happiness is up to you. Unfortunately...only a complete psychoanalysis is likely to achieve the result...but even so, here is a snapshot of something quite new to me...now brought one notch further down the track.

There are two notions I will disclose, one simple and one complex. The simple idea is that of being able to activate the endorphin activity which is associated with forming some of the sympathetic and parasympathetic innervations mentioned above. The paper mentioned in the paragraph above, is direct, and has a simple version of an image which functions as a symbolic key to engage the circuit, and recreate the experience of innervating the dopaminergic circuitry. I have recently discovered a deeper layer of efficacy to this symbolic activation...it may well affect DNA itself...a scientifically possible result as low levels of biophotonic light heal DNA, and, such light may in fact be emitted by thoughts of light. More research is needed before I am entirely certain.

To understand that you are not to blame...to lift the guilt you feel from long long ago, and then, to engage the circuit. This is quite miraculous. One is full, and filled with a subtle warmth and enthusiasm for life. Pleasure and energy! Now, it is up to ME how I feel. This circuitry underlies the single really correct and effective piece of "intersubjective" theory, alpha function, and once attached to specific unconscious content...can transform the cathexis...even of severe abuse of some sorts. One must find the content first, which is never ineffable...and always disturbing and specific. Then you attach the somatic impression...the "beta" element to use the intersubjective term, and it powers the image. That undifferentiates the cathexis and it becomes sublimated directly into experience...healthy energy! Now, I need not care one bit what anyone says or thinks of me...I simply provide myself what I am due...as I am kind and correct in my thinking...in all cases I deserve happiness! Conditional regard is a foolish and diseased notion. We may fill ourselves up and begin to appreciate life...now!

The second point is not so simple. It is however, quite effective. One problem remains. There are objects which hold so much of our energies hostage to their approval! Often those objects themselves...the people themselves, are not what we need or require...it is the images most meaningful in our minds which harbor our health and are invested with all of our energies...not the objects themselves, but their associated archetypes! If—we can separate archetype from object...we can achieve much! Now, remember, all unconscious ideations must express themselves by way of transferred cathexis (energy) on to specific attachment points in the conscious symbol. So, if you have had abuses, you can craft an assemblage of archetypal components which have appropriate attachment points at the preconscious level, and then, purify the energetic expression which results. Each abuse creates by way of the repetition compulsion a drive, and, this drive can be attached to a healthy symbolic construction ripe for fantasy. This will form a healthy unconscious/preconscious mid-point for perverse drive expression to be unified, as in the normal case.

So, the world creates, or perhaps the therapist, the impression which causes the emergence of the archetypal image. Then the image is combined with others in the mind, and allowed to become a composite invested with energy that has the required attachment points. Then the new image is allowed to become an object of fantasy, one simply allows the image/images, knowing all the while they have little or nothing to do with any person at all! Now, archetype and object are not joined, and we are free of past poison and present all at once!

If nothing else just remember this: It is your right, your simple right to feel good...no one has rights to stop it, to fill the glow in your chest with the warmth and light you are entitled to...is not a matter of anyone but you...it is up to you, to know...you are honest and kind...then, the permission will sit easy in you, and you may believe it. Believe me when I say...all present pains are but past pains again unhid...find the root...and be free.

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