

"Is full healing possible or is it my (Daniel's) illusion?"

October, 2006

NOTE: For the sake of brevity, I edited out several postings that were quoted fully or almost fully elsewhere.

Author	Message
<p>Daniel Mackler Site Admin</p> <p>Joined: 03 Aug 2006 Posts: 525 Location: New York City</p>	<p>📧 Posted: Mon Oct 23, 2006 1:45 pm Post subject: Is full healing possible or is it my (Daniel's) illusion?</p> <div data-bbox="444 537 1422 621" style="border: 1px solid gray; padding: 5px;"> <p>Cesar Tort wrote: I suspect that full healing ("no dreams", "no unconscious") is Daniel's illusion.</p> </div> <p><u>Daniel Mackler's reply:</u> I certainly have entertained the possibility that you are right, and in my more hopeless moments I can drift into believing it. Alice Miller seems to believe that full healing is an illusion – that is, an erroneous belief, essentially a delusion. She even called the concept of full healing "hubris."</p> <p>But I believe that full healing is possible. I have seen so much healing happen in my lifetime within my psyche, so much emotional resolution of trauma and so much insight take hold where the trauma once was, that I extrapolate this forward and can only imagine what is possible in the future, in my future, if I keep heading in the same healing direction.</p> <p>Will I ever fully heal, become fully enlightened? I don't know. I know that if I don't try though, and give it the best of my energy, I WILL fail. And so I struggle forward, and I try. And I see very few people around me in the world giving it much effort at all. So for that reason, combined with the massive amount of trauma the average child experiences in the family, I understand why there is so little healing/enlightenment/maturity in our world.</p> <p>As for your suspicion that full healing my illusion, do you hope that it is my illusion? Or would you prefer it that I am right and that full healing is possible? I surely hope that I am right.</p> <p>Other points: about my idea that enlightenment is the dissolution of the unconscious, I am open to debate on this point, and am open to considering that I am wrong there. But I really wonder what the purpose of the unconscious is, if not to store unresolved traumas? And what are dreams if not to send a coded message up from the deeper levels of the unconscious toward consciousness in an attempt to heal?</p> <p>Any thoughts?</p> <p>-Daniel</p> <p>P.S. This is about my favorite subject, more precious to me than all the others, really, so I hope I get a lot of replies! Agreement is not important to me – just good discussion.</p> <hr/> <p>Daniel Mackler</p> <p>http://iraresoul.com</p>
<p>kaleo</p> <p>Joined: 06 Oct 2006 Posts: 209</p>	<p>📧 Posted: Mon Oct 23, 2006 2:58 pm Post subject:</p> <p>Daniel -</p> <p>One quick thought, and more to follow later. Could it be that the subconscious is in fact a needed mechanism for resolving trauma or conflict? Or is that obviously not true? I say this because my dreams often are about things/ordeals to come, rather than the past. Last night, I had work-related stress dreams about a [legal] case, and when I woke up, I realized I had mapped out my argument for this morning's court hearing in my sleep. Often my subconscious mind works out knotty problems for me... maybe I'm dreaming too superficially.</p> <p>Kaleo</p>

Daniel Mackler
Site Admin

Joined: 03 Aug
2006
Posts: 525
Location: New
York City

Posted: Wed Oct 25, 2006 1:01 pm Post subject:

kaleo wrote:

Could it be that the subconscious is in fact a needed mechanism for resolving trauma or conflict?

Sounds good to me.

kaleo wrote:

I say this because my dreams often are about things/ordeals to come, rather than the past.

Makes sense to me, but often the conflicts in our daily lives – and the conflicts that are to come tomorrow – are just more surface-oriented, externalized representations of the conflicts that we have deep inside of us, generally from childhood.

kaleo wrote:

Last night, I had work-related stress dreams about a case, and when I woke up, I realized I had mapped out my argument for this morning's court hearing in my sleep. Often my subconscious mind works out knotty problems for me... maybe I'm dreaming too superficially.

I do this as well – I get many answers to my coming day's problems in my dreams. In fact, I have come up with answers that I put on this forum from my dreams.

I don't think the question is dreaming to superficially, though that might be part of it, because some dreams can go deeper than others, but I think it's a question of seeing what the conflicts that one holds in one's day represent on the deep unconscious templates of one's past. Usually my daily conflicts, and even the knotty conflicts I find on this forum, for instance, have a deep emotional resonance with some aspect of my unresolved childhood traumas...

Daniel Mackler

<http://iraresoul.com>

Cesar Tort

Joined: 02 Aug
2006
Posts: 394
Location: Mexico
City

Posted: Mon Oct 23, 2006 3:30 pm Post subject:



Curiously, the only place I have read about races that do not sleep is in several of Arthur Clarke's writings and novels (Karellen for example never sleeps). But I very much doubt that it would be possible, or even healthy. Dreams not only encode traumas but junk stuff that happened to us during the day. I have noted in my dreams that they remind me important biographical stuff that I have almost forgotten. Dreams are healthy. The soviet commies discovered sleep deprivation as a way to cause psychosis in their victims.

And it still strikes me as pointless (we in Spanish say "Byzantine discussions") to focus on us and search for Buddhist-like enlightenment when there are serial killers out there. I must insist that the obvious path to follow for [Alice] Miller's sons is to reform the most regressive psychoclass —very dark gray, almost black: the parents who eat their children at New Guinea. This is priority number one. Priority two: to impede child infanticide in India and other countries (the exposure of baby girls); child mutilation in Muslim countries, as well as the reproduction of the very poor (which I insult as "exterminable Neanderthals" because they only want to fuck, come, and have no heart for the still unborn). Priority tree: a still less regressive kind of abuse is circumcision among the Jews and some Christians. This must be forbidden along with the psychiatric drugging of children in your country. Priority four: eliminating compulsory schooling and the implementation of free schooling. Priority five: watching over our (comparatively more benign) dark side...

Of course: I am citing the tip of the iceberg: there are thousands of other kinds of overt and subtle child abuse. But you get the picture: children who suffer the most, like the street children in my town, have absolute, absolute priority over my purported and hypothetical "full healing". Masturbating my mind on this hypothetical creature strikes me as New Age alienation, something I have tried again and again to communicate to Austerlitz (to no avail).

In a nutshell: focus should be on the evil world, not on us. We are not committing crimes, they are.

I much prefer Oriana Fallaci's insults that wake up us to reality than this Buddhist-like bubble, this pseudo-enlightenment and self-sealing unreal world in which the marine creature of your logo website lives: in the depths of the sea totally encrusted in itself. We are living in diametrically opposite worlds, Daniel. My logo is Karellen: symbol of lot of work to do in the OUTSIDE, Neanderthalesque world.

This is perfectly exemplified in our ongoing discussion about Jeffrey Masson in other section. Why focus on him? Let him alone and focus instead on the dangers of psychotherapy!

Cesar

Daniel Mackler
Site Admin

Joined: 03 Aug
2006
Posts: 525
Location: New
York City

Posted: Wed Oct 25, 2006 1:10 pm Post subject:

Cesar Tort wrote:

Curiously, the only place I have read about races that do not sleep is in several of Arthur Clarke's writings and novels (Karellen for example never sleeps). But I very much doubt that it would be possible, or even healthy.

Of course, but I write not about not sleeping, but about not dreaming. And that's just a hypothetical, because I dream every night. And even in the naps I take. I see a difference between dreaming and sleeping.

Cesar Tort wrote:

Dreams not only encode traumas but junk stuff that happened to us during the day.

Yes, and as I stated to Kaleo, the junk of the day could be based on past traumatic templates.

Cesar Tort wrote:

I have noted in my dreams that they remind me important biographical stuff that I have almost forgotten.

Me too.

Cesar Tort wrote:

Dreams are healthy.

Agreed – a wonderful healing tool.

Cesar Tort wrote:

And it still strikes me as pointless (we in Spanish say "Byzantine discussions") to focus on us and search for Buddhist-like enlightenment when there are serial killers out there.

Buddhist-like enlightenment? Ick. Not what I'm after. To me they're after dissociation. I'm after full internal connection – nothing blocking my pure connection with the truth within. No unresolved traumas keeping me split-off.

Cesar Tort wrote:

I must insist that the obvious path to follow for Miller's sons is to reform the most regressive psychoclass –very dark gray, almost black: the parents who eat their children at New Guinea. This is priority number one.

Chances are I'll never make it to New Guinea, and they'll never hear of me. My job – our job – as I see it, is to "reform the most regressive psychoclass" WITHIN OURSELVES, to heal within. Part of me is still primitive and regressed.

Cesar Tort wrote:

Priority two: to impede child infanticide in India and other countries (the exposure of baby girls); child mutilation in Muslim countries, as well as the reproduction of the very

poor (which I insult as "exterminable Neanderthals" because they only want to fuck, come, and have no heart for the still unborn).

My translation to my life: stop destroying my own wounded inner child, and stop acting out my insanity on others and on myself through replication of my traumas.

Cesar Tort wrote:

Priority tree: a still less regressive kind of abuse is circumcision among the Jews and some Christians. This must be forbidden along with the psychiatric drugging of children in your country. Priority four: eliminating compulsory schooling and the implementation of free schooling. Priority five: watching over our (comparatively more benign) dark side...

Basically, I see my job as to free my traumas within – and then write from an even less hypothetical place, with so much more personal power connected!!!

And why I fight for this within myself: because I inch closer to it every day. Who knows, if I keep at it for years I might just achieve something amazing. I've already come a pretty far way. If you only knew me fifteen years ago... I was much more dissociated.

Cesar Tort wrote:

We are living in diametrically opposite worlds, Daniel. My logo is Karellen: symbol of lot of work to do in the OUTSIDE, Neanderthalesque world.

Yes, but I want to change the world too. I just see that my job is to become this Karellen of whom you speak – and the way to become it, I believe, is to heal within, FREE MY DEEPEST POWER AND GIFTS!!!

Cesar Tort wrote:

This is perfectly exemplified in our ongoing discussion about Jeffrey Masson in other section. Why focus on him? Let him alone and focus instead on the dangers of psychotherapy!

I agree. He rather bores me, I am sad to say.

Daniel Mackler

<http://iraresoul.com>

Daniel Mackler
Site Admin

Posted: Wed Oct 25, 2006 3:15 pm Post subject:

 quote  edit  IP

Austerlitz wrote:

Daniel: imagine that you are fully healed. How will your life be different? Do you act and behave differently and feel differently? and how?

I wouldn't be unconsciously playing out the same repressed dynamics that I've been playing out since I was traumatized. No longer following the traumatic templates set in place in my childhood. Freedom instead to be...who I really am – to let the best of me shine, to let my full gifts have expression and not be blocked or expressed through distorted lenses.

Austerlitz wrote:

what will be the difference in comparison with your present state of mind and life?

Much more conscious in the future...and less conscious now. More confidence in the future, less confidence now. In the future: less dissociation, less need to act out in any way, less neediness, less self-doubt, etc.

Daniel Mackler

Dennis

Posted: Sun Oct 29, 2006 7:10 pm Post subject:

 quote  edit  IP

Joined: 20 Oct 2006
 Posts: 140
 Location: Sweden

Becoming enlightened... I don't understand that as a goal. What happens when that day comes when you tell yourself: I'm enlightened? You cross the street and get hit by a car? People say: damn that Daniel, he worked so hard of becoming enlightened. You said: I want to heal. What does that mean? If I break my arm, it heals by itself, if I let it to heal. If I keep using it, it won't heal. I think a human-being can only become real. That's what it is about, being real, every day. If that means you're raving mad at the world, so act on that. If it means you feel anger about what's done to you, express it. If you feel sad of things you never had, express yourself. There are no rules in expression.

Daniel wrote:

I believe in human perfection. All for getting rid of the idealization of parents (of course!)

Aldous Huxley wrote a perfect world in his Brave New World. Perfection is subjective. What's perfect for you, is usually not perfect for someone else. I've had friends who strove for perfection. They all had very demanding parents. Is the need to help people, the need to be good, to DO good, not just another attempt to be the good son (or daughter)?

Huxley wrote:

But I don't want comfort, I want God, I want poetry, I want real danger, I want freedom, I want goodness, I want sin.

John [another member of this bulletin board] hit the nail on its head when he wrote: it's not about feeling better, it's about feeling.

And thinking, feeling and thinking. Therapists are not going to save this world (you may have noticed that there are very few good ones). Psychiatrists aren't going to save this world. Doctors aren't going to save this world (curing a disease and a new one pops up), religious people aren't going to save this world. REAL people are going to save this world. And I'm not saying a person cannot have beliefs. But deal with reality first, then you can have your beliefs, if you still need them.

Dennis

Daniel Mackler
 Site Admin

Posted: Tue Oct 31, 2006 2:25 pm Post subject:



Joined: 03 Aug 2006
 Posts: 525
 Location: New York City

Dennis wrote:

Becoming enlightened... I don't understand that as a goal.

It's resolving all of one's traumas. Living without projection anymore. Without denial.

Dennis wrote:

You said: I want to heal. What does that mean?

Same as my previous answer.

Dennis wrote:

If I break my arm, it heals by itself, if I let it to heal. If I keep using it, it won't heal.

Healing traumas is different. If you leave them alone they don't heal – they just stay split-off. A better physical metaphor for emotional enlightenment is hip surgery (not the best metaphor, but it popped into my head): after you get the surgery you have to get up and walk around right way. Staying seated won't let it get well.

Dennis wrote:

I think a human-being can only become real. That's what it is about, being real, every day.

Sounds good.

Dennis wrote:

If that means you're raving mad at the world, so act on that. If it means you feel anger about what's done to you, express it. If you feel sad of things you never had, express yourself. There are no rules in expression.

Yes, true, but in the long-run it doesn't do much good to project anger or sadness or neediness. Their expression can be very real, and the feelings can be very real, but they can be very misdirected as well for non-healing purposes.

Daniel wrote:

I believe in human perfection. All for getting rid of the idealization of parents (of course!)

Dennis wrote:

Aldous Huxley wrote a perfect world in his Brave New World. Perfection is subjective.

So you don't believe in objective truth? I do. I wrote about this in an essay "The Truth is Not Subjective": <http://iraresoul.com/truth.html>

Dennis wrote:

What's perfect for you, is usually not perfect for someone else. I've had friends who strove for perfection. They all had very demanding parents.

I've chased false truths, and still certainly do to some degree – in the places where I remain traumatized and lost and unconscious – but that doesn't change the nature of truth. It's just that I lack a full conscious perspective on what truth is. The truth remains inside me – and inside all of us – nonetheless.

Dennis wrote:

Is the need to help people, the need to be good, to DO good, not just another attempt to be the good son (or daughter)?

Very easily can be. But not ultimately. For a fully enlightened person – really enlightened, not one in false enlightenment – giving back is a natural response. I presently still have mixed motives.

Daniel Mackler