




"Just where am I going?"
March, 2007

Author	Message
<p>Kaleo</p> <p>Joined: 06 Oct 2006 Posts: 209</p>	<p>Posted: Thu Mar 01, 2007 4:24 pm Post subject: Just where am I going? </p> <hr/> <p>I've taken some time away from this board to consider what good it does me to post here and why I do it. Some recent interchanges have made me feel like I'm spinning my wheels or being boxed in somehow, rather than moving constructively in any direction.</p> <p>I'm wondering if the whole nature of discussion with others, which so often leads to debate, is the best way to explore one's own path to enlightenment. Do other people's issues and needs detract from the effort to see my own issues and needs? The truth is, I find it has drained me far more than I expected, but not in a good way (running 10 miles would be exhausting too, but feel a whole lot better).</p> <p>No particular question, just some musings....</p> <p>Kaleo</p>
<p>rosie_g</p> <p>Joined: 06 Jan 2007 Posts: 7 Location: UK</p>	<p>Posted: Thu Mar 01, 2007 5:19 pm Post subject: </p> <hr/> <p>Hi Kaleo</p> <p>I think that I can relate to what you have said about feeling drained. When I discovered this forum I found it inspiring to explore ideas about healing one's inner child and about living consciously and creatively from that process. I still do but in my day to day life I feel quite isolated in this particular journey and my search for a suitable therapist has lead nowhere. Perhaps I am making excuses for myself but the lack of people directly around me, who have an interest or commitment in this exploration feels in sharp contrast to the people here. Does that make any sense? Well I 'm just adding my musings to yours.</p> <hr/> <p>Rosie G</p>
<p>rosie_g</p> <p>Joined: 06 Jan 2007 Posts: 7 Location: UK</p>	<p>Posted: Fri Mar 02, 2007 7:07 pm Post subject: </p> <hr/> <p>Further musings</p> <p>I came across this forum when I decided to return to the works of Alice Miller. I first discovered her work many years ago but somehow I never found the insight/resources to address the reality of what I learned. Over time I abandoned my journey. I discovered this forum after my illness when I felt a yearning to reconnect with my self, my true self, but reading her work again raised a lot of questions for me. That's when I discovered this forum. Although I couldn't have articulated my reservations (limitations) about her work I did have questions and when I read Daniel's critique of Alice Miller's work, his views rang many bells.</p> <p>It's been both inspiring and painful to read Daniel's essays. his words and the posts on this forum have awakened me to feelings about my own childhood and to my role as a mother (about which which I have too many regrets to mention). It feels impossible to return to where I was (asleep) and almost equally impossible to move forward.</p>

I like what Daniel says about 'heal' and 'hell' being similar words. It's a stark journey sometimes. I would love to be part of a group that meets regularly to talk about both feelings and ideas.

I imagine that it is very difficult for you Kaleo because you are the mother of a little child and your responsibilities as a mother are an every day (every moment) reality for you. But I wish that I'd had more awareness when my son was little. Even if I couldn't have achieved the standards Daniel sets, I think I could have done so much better than I did. Even though my son is grown I still feel that my new found awareness has helped me to prevent more damage being done. And maybe every little bit counts for something.

I did go to a first appointment with a therapist recently. I thought that maybe I could make some progress and I trawled all the available information to identify someone who might be reasonably okay. It was such a disaster. I tried to engage her in a discussion about what I wanted from therapy. I had told her on the phone that I wanted to address the traumas I'd experienced as a child but when I met with her she repeatedly blocked me from talking about my childhood. She kept saying that I needed to look at my life and relationships here and now and not dwell on the past. At that point I asked her how she saw the therapeutic process and she kept saying I clearly had trust issues and I could read her website if I wanted to know how she worked (I had read it and it was very brief). Incidentally she didn't use my name once during the therapy session which I thought was very impersonal. I privately thought that she needed therapy more than I did. Eventually I explained (very gently I thought) that perhaps she wasn't the right therapist for me. Her immediate response was to tell me that no therapist could work with me because I wanted an ideal that didn't exist. I opened my mouth to respond and she literally said, 'the session is over, could you pay me and leave please'. So I did. I thought about trying someone else but I think therapy is just business for a lot of therapists and not about real healing at all.

So back to self therapy but I wish I had more like-minded people around me.

Rosie G

manjushri

📧 Posted: Sat Mar 03, 2007 5:23 am Post subject:



Joined: 08 Sep 2006
Posts: 146
Location: UK

HI Kaleo,

great to hear from you again, and you raise some profound points .

Quote:

I've taken some time away from this board to consider what good it does me to post here and why I do it. Some recent interchanges have made me feel like I'm spinning my wheels or being boxed in somehow, rather than moving constructively in any direction.

I think it really makes sense to get away from the forum sometimes too Kaleo and I can identify with your 'spinning my wheels' simile! I've feel that here sometimes too... having said that its only sometimes and not in *all* exchanges with *everyone* here otherwise I would just quit! For me its all grist to the mill - If I'm engaging with someone who makes me feel that way it offers me more insights into myself- why am I doing it? What do I get out of it? Am I confirming my sense of powerlessness by engaging with it, Do I, at bottom, want to convince someone that they are wrong and if so what's that about? Well its given my beliefs I believe its about me wanting to convince my parents that they are wrong and that is futile after all... So even the most frustrating debate is rich food on my journey toward enlightenment- difficult

exchanges bring up emotions and I can work with them to understand and heal myself and my traumas which is the whole point! I realise that not everyone will get what I get out of it but I just wanted to share how I experience being part of the forum as deeply constructive...

Quote:

I'm wondering if the whole nature of discussion with others, which so often leads to debate, is the best way to explore one's own path to enlightenment. Do other people's issues and needs detract from the effort to see my own issues and needs? The truth is, I find it has drained me far more than I expected, but not in a good way (running 10 miles would be exhausting too, but feel a whole lot better).

It might not be the best way I agree to some extent, this forum cannot replace a therapeutic engagement with oneself or a therapist (if you can find a decent one that is...) But it certainly can be part of the way. For me my reactions to others needs and issues is a brilliant source of learning with its limitations like all methods. I have found it both draining (massively so at times!) as well as sad, infuriating, joyful and inspiring- much as I find the rest of life really!

Quote:

No particular question, just some musings....

Now that is something I do find great about this forum! A space to muse *with others willing to engage with these ideas* and heaven knows there are not that many people who are able to engage with ideas such as Daniel's! For that I'm incredibly grateful to have found this place.

Thanks for another interesting post,
Best wishes,

Rebekah

'To be disillusioned is better than being under an illusion!'

manjushri

☐ Posted: Sun Mar 04, 2007 4:25 am Post subject:



Joined: 08 Sep 2006
Posts: 146
Location: UK

Hi Rosie,

nice to hear from you again! I wanted to say that I've found it personally healing to have both you and Kaleo posting here. To hear from mothers who are able to engage with this stuff is something I've found very helpful so I'm really grateful your contributions.

Quote:

I feel quite isolated in this particular journey and my search for a suitable therapist has lead nowhere. Perhaps I am making excuses for myself but the lack of people directly around me, who have an interest or commitment in this exploration feels in sharp contrast to the people here. Does that make any sense?

This makes a lot of sense to me Rosie! This IS an isolated journey and its incredibly difficult to find a therapist even halfway capable of working with someone engaged in Miller's (and Daniel's ideas are a leap beyond Miller's, after all!). The lack of peers interested in this stuff is something I also find frustrating and saddening myself, for me thats a big part of why I'm here. A web forum is not perfect but it was a huge relief to me to know I'm not the

only person on the planet thinking this way! (I know it sounds a bit over the top but I was beginning to wonder honestly!!)

Quote:

Although I couldn't have articulated my reservations (limitations) about her work I did have questions and when I read Daniel's critique of Alice Miller's work, his views rang many bells.

It's been both inspiring and painful to read Daniel's essays. his words and the posts on this forum have awakened me to feelings about my own childhood and to my role as a mother (about which which I have too many regrets to mention). It feels impossible to return to where I was (asleep) and almost equally impossible to move forward.

Sounds like being here is a significant part of your journey to enlightenment Rosie, as it is mine. It can be very stimulating (as well as draining, just like therapy!) so even when one takes a break or needs to regroup its never really possible to go back to not knowing this stuff- which can be really painful at times! Just as you said you discovered Miller years ago but didn't have the resources to make it part of your life fully (if I've understood you correctly?) perhaps the important thing was you didn't dismiss it and when the chips were down you took up the thread again!

Quote:

I like what Daniel says about 'heal' and 'hell' being similar words. It's a stark journey sometimes. I would love to be part of a group that meets regularly to talk about both feelings and ideas.

I feel the same way sometimes about being part of a group but I also have experience of groups which can be destructive (apart from my FOO!) Given how difficult things can be on a forum where everyone is at one remove, I really wonder how emotionally safe it would be to be in such a group, I guess my fantasy of such a group would be deeply connected to my fantasy of a perfect family really!! I have thought it'd be great to have a 'conference' type of thing where admirers of Miller's and Daniel's ideas could get together for a few days though....

Quote:

I imagine that it is very difficult for you Kaleo because you are the mother of a little child and your responsibilities as a mother are an every day (every moment) reality for you.

I'm really amazed that a mother of a small child can hear this stuff at all let alone find time to post too, but as I said I think its important to have you guys here.

Quote:

But I wish that I'd had more awareness when my son was little. Even if I couldn't have achieved the standards Daniel sets, I think I could have done so much better than I did. Even though my son is grown I still feel that my new found awareness has helped me to prevent more damage being done. And maybe every little bit counts for something.

I hear your regret about what you didn't know in the past Rosie, but I strongly agree that every little bit counts for something too...

Quote:

I did go to a first appointment with a therapist recently.....

Ugh this is so typical of therapists generally Rosie, I feel angry and deeply sorry to hear you had to go through it but you were so right to trust yourself and not get sucked into a destructive relationship with that person! You are the best judge of your needs and in the end being able to tell when someone's potentially dangerous (as that person sounds like they were) is a fantastic ability to have and shows you you're already a significant way along on the path to healing.

Quote:

So back to self therapy but I wish I had more like-minded people around me.

Its such a strong feeling maybe even a need for humans to be part of a social group isn't it? It really reminds me of wanting to have a 'proper' family when I was small, I still have grieving to do about the loss of a safe group experience, as I said in my post to Kaleo above, its all grist to the mill, because such feelings supply us with a rich source of information about ourselves.

Best wishes,

Rebekah

Daniel Mackler
Site Admin

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

Posted: Mon Mar 05, 2007 11:07 am Post
subject: Re: Just where am I going?



kaleo wrote:

I've taken some time away from this board to consider what good it does me to post here and why I do it.

Nice to see you back – and I see the value in taking time away. I have to do the same myself...

kaleo wrote:

I'm wondering if the whole nature of discussion with others, which so often leads to debate, is the best way to explore one's own path to enlightenment.

I haven't found discussion or debate to be the best path to enlightenment for me. For me the journey is ultimately through self-reflection, uncovering trauma, and resolving them through grieving. The discussion with others and debate element is interesting, and helps to break the isolation, and really can be wonderful in getting me in contact with some allies and also challenging me to look at myself from a different perspective, but I haven't found any substitute for doing the lonely, internal work.

kaleo wrote:

Do other people's issues and needs detract from the effort to see my own issues and needs?

I guess for me I try to keep my focus on what brings me here: to share ideas, to discuss them, to defend them, and...to debate. Yes, this forum has kicked up a lot of deep feelings for me, but I mostly take them back into my private life and use them to foster my healing within.

Take care,
Daniel

Daniel Mackler
Site Admin

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

Posted: Mon Mar 05, 2007 11:10 am Post
subject:

 quote  edit  IP

rosie_g wrote:

...my search for a suitable therapist has lead nowhere. Perhaps I am making excuses for myself but the lack of people directly around me, who have an interest or commitment in this exploration feels in sharp contrast to the people here.

I never found much luck in finding an excellent therapist. Mostly I felt very let down by what I did find. I think most therapists, when push comes to shove, find a great deal of comfort leading their patients down the road to dissociation.

On the other hand, I have found my own self-therapy process to be very rewarding. Very difficult and painful, required and requires a ton of self-discipline, and perhaps isn't for everyone, but it's the way that seems best for me...