

# Illumination and Liberation Group

## From Personality to Essence



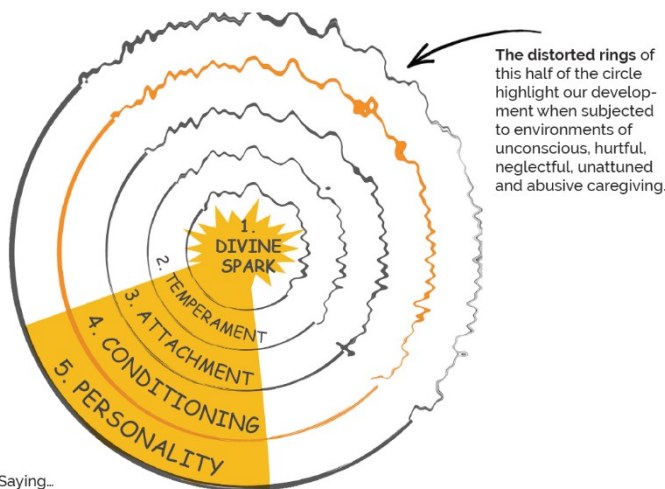
The purpose of the Illumination and Liberation group is to assist participants with their next step in awakening. Each individual is unique and at different points in their journey. Nonetheless, the support and insight of the group can be beneficial.

**Layers of the Psyche:** At the core of everyone is a divine essence. This essence can be neither lost nor damaged. However, it usually becomes obscured through the development and activity of ego.

Group Meeting: Dec 15, 2020: 7-9:15pm set goals and intentions.  
**3 individual coaching session with Nancy and/or George; schedule tbd**  
 Group Meeting: Jan 19, 2021: 7-9:15pm Integration and renewal.  
 Cost: \$270  
 (Limited to 3 participants.)

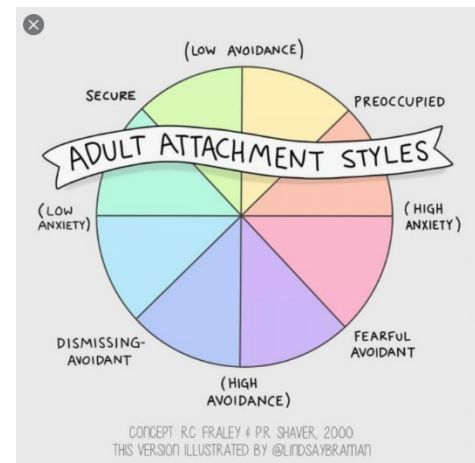
Egoic structures form in archetypal patterns. These are the Enneagram Types which are an expression of temperament. While Enneagram style is present at birth (nature), its specific expression is highly influenced by the nurturing environment. The earliest relationship with the primary caregiver is largely responsible for the attachment style.

Further conditioning within the family and society at large determines the specifics and level of health of the personality.



— A Sufi Saying—

*"The personality is meant to be a transparent jewel through which the light of the Universe shines."*



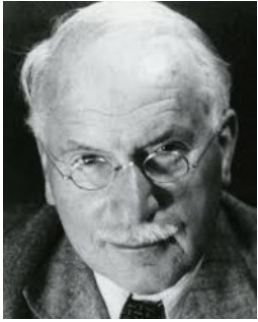
Primary effect of this conditioning is to split consciousness into acceptable and unacceptable parts. The personality then uses various defense mechanisms to control, deny, suppress, project, or camouflage these rejected parts. The

personality become fragmented.

The soul has an innate desire to return to wholeness and tries to reintegrate these rejected parts. The personality battles against them using a variety of coping mechanisms. Some coping mechanisms have negative consequences; these are the underlying sources of addictions. Other coping mechanisms are less damaging and can even have societal approval.



Nonetheless, the rejected parts almost always resurface. This can be seen in the priest who is secretly a pedophile or the philanthropist who abuses his/her spouse.



One of the most effective coping mechanisms is the spiritual bypass – “using spiritual ideas and practices to sidestep personal, emotional ‘unfinished business,’ to shore up a shaky sense of self, or to belittle basic needs, feelings, and developmental tasks.” – John Welwood, *Toward a Psychology of Awakening* While the spiritual bypass can be a very effective coping mechanism to allow a personality to function in an advanced neoliberal society, it nonetheless completely blocks any possibility of real spiritual attainment. Full awakening is only possible when the psyche completely returns to its natural state – unfragmented, whole and complete.

“One does not become enlightened by imagining figures of light, but by making the darkness conscious. The latter procedure, however, is disagreeable and therefore not popular.” C.G. Jung

Numerous schools of thought and practical techniques have been developed to assist with this process. The early benefits are a lessening of addictive patterns, more harmonious relationships, and increased efficacy at defining and realizing personal goals. These are the realm of psychotherapy.



Beyond healing these dysfunctional patterns, and once the personality is relatively well-functioning, there is the possibility of using many of these same techniques or extensions of them to access and transform the inner structures of the psyche such that the divine essence shines through it. As the archetypal pattern at the base of the personality, the Enneagram can inform and direct this process.

George Peterson Ph.D. will use parts work and breathwork to help individuals to discover, understand, exalt, and integrate their disowned parts.

Nancy Foster, J.D., a certified coach by the Deep Coaching Institute and the Receive Your Life system will help guide people from a sense of scarcity (often unconscious) and constriction to knowing and feeling the flow of their Essence. The focus is always on strengthening the true self and loosening the false self by identifying the individual’s specific values and desires and working through their inner conflicts and compromising patterns. The goal is for the individual to see and believe that there is nothing wrong with them, and they can experience relief and more room to Be.