

For You...With Love

Our world, the world we have created, has led us to a place away from who we truly are. Our deepest desires; our natural inclination to love and be loved; our ease in manifesting as well as our emotional and spiritual selves, in many people, have been pushed down, away, denied even sometimes ridiculed in the guise of 'what will work' in today's world.

In our efforts and growing toward ever more 'success'; industrialization, technology we [socialize our young](#) to 'doing well in the world'; who taught us? Who taught our parents? Or their parents? The energies and attitudes that so many of us have been taught land in a place of chauvinism and domination; energies and beliefs that have been tainted and twisted and in so many ways lead away from intimacy with self and others; away from loving; away from our natural more truly human states and reek havoc in the lives of so many, mainly ourselves

Which ones' do you recognize?

How many resonate with the kinds of things you hear from yourself or others?

What particular characteristics have an impact on your life today? (read on)

*"Domination (and chauvinism) are ways of viewing reality that is based on fear. It says you better take what you want and compete for the good stuff (perceived limited resources) because there is only so much to go around. It says that the way to a good life is a struggle, and (the way) to prove your worth (is) by performing well against the standards of a consensual reality."

Domination holds the values of 'better than'; 'struggle'; 'control' and 'manipulation' as high and dismisses the energies of feeling desire, imagination, dreaming, conceiving and perceiving as 'less than' important. Here are the energies of Domination as so aptly documented by the great *Lucid Living Folks.

- **Victim**: a passive state of powerlessness, believing that things are happening to you over which you have no control
- **Blame**: an aggressive state of powerlessness, believing that someone else is responsible for your current circumstances (even if that someone else is a part of you!)
- **Entitlement**: feeling that you are owed something because of how hard it's been or the pain you've had, etc...
- **Self-pity**: feeling sorry for yourself, either overtly or covertly. Some form of self pity is hidden in all the energies of domination
- **Martyr**: feeling unappreciated and misunderstood, or burdened with responsibilities too heavy to carry... A mixture of self pity and self importance. Feeling sorry for yourself for sacrificing what you really want, in order to do what you feel only you can do. (Perhaps you recall the feeling: "It's all up to me!")
- **Control**: the attempt to force your will on something or someone else

- **Manipulation**: using covert means to get what you want, refusing to directly ask for what you want, often fearing you can't get it any other way. Using many faces of domination to manipulate through weakness or guilt or bullying or flattery, etc.
- **Perfection**: holding a static ideal of yourself or of someone or something and driving yourself or them to meet your rigid picture
- **Righteousness**: standing judgmentally in the Right while blaming something or someone else as wrong. Feeling morally justified to judge and blame others. Often comes out as expressing upset in an indirect way. Complaining to everyone except the person who can actually respond to it, or in a blaming way to the person who is responsible. Gets confused with passionate involvement.
- **Judgment**: assessing a situation or person without compassion or understanding, feeling you know better and are better than the one you judge. Holding yourself or someone else as wrong. Judgment freezes emotions and circumstances into place.
- **Arrogance**: a rigid knowing, believing you already know who someone is or what will happen, a refusal to receive or to see things differently, feeling better-than or superior to others.
- **Self-Importance**: out of balance around the weight of your needs and problems in relationship to others or to the world. Self involved. Often shows up in overwhelm—I can't take any time to meet my needs because there's too much to do and only I can do it. Leads you to martyr.
- **Struggle**: making things harder than they need to be, expending lots of effort for minimal result
- **Earning**: feeling you must struggle or work hard or do certain things to earn permission to receive what you want
- **Proving/vindication**: trying to fix the past by finally doing it right, to prove the past wrong done to you
- **Resentment**: unexpressed anger that has grown bitter and vile
- **Hostility**: a mixture of repressed anger and hurt that wants to lash out and cause hurt. Often shows up as biting comments or punishing sarcasm. Jabbing at someone indirectly or covertly, while hiding behind a shield such as humor or helpfulness or clearing or other.
- **Guilt**: anger you don't feel a right to have so you feel guilty instead, a substitute for true remorse
- **Obligation/duty**: doing things not from a conscious choice and desire but telling yourself that you must do something purely from obligation, separating yourself from your choice
- **Avoidance, passivity, escapism, apathy**: a world of denial, trying to withdraw from life or responsibility, disconnect from your caring about things, often comes from denying anger and pain for so long that you disconnect emotionally
- **Nobilization**: A form of denying responsibility where you imbue a circumstance with noble meaning. Making excuses for something or someone. This often shows up around failure when you don't want to admit the failure and turn to "Well it's really good that it turned out that way because..."
- **Scarcity**: there's only so much to go around

- **Competition**: only one of us can win and I need to beat somebody else to win, buying into a win/lose belief. Viewing yourself along a linear continuum of less than/better than, reacting to feeling less than and competing to be better than.
- **Dependency**: Believing you need something or somebody in order to be enough, where your happiness depends on controlling something or someone outside yourself (I must get you to change so I can be happy)
- **Enabling**: Supporting the dependency of another. Colluding with the addiction, fearing the change that would occur if the dependency is broken. Exploiting the dependency of another for our own Negative Ego Payoffs.
- **Addiction**: Obsessive desire for something or someone in the attempt to fill an insatiable emptiness and numb out painful feelings (such as loneliness, anger, hurt, rage, emptiness, fear, unworthiness).

Which ones' do you recognize? How many resonate with the kinds of things you hear from yourself or others? What particular characteristics have an impact on your life today?

If you or the one's you love are caught up in any or some of these traps, please do write or call, I can help: jim@trulyhumancoaching.com; 847-566-3122.

With love,

Jim

Material originated from www.lazaris.com & www.lucidliving.net