

THE PSYCHOLOGY OF SELVES & THE AWARE EGO PROCESS



COMPLETE LIFE PROCESS

Psychology of Selves

Bonding Patterns

Inner Masculine & Feminine

Self-Parenting the Inner Child

Parental Redemption & Resolution

YOUR PERSONAL GROWTH

TRAINING FOR PROFESSIONALS

OUR WORK WITH ORGANIZATIONS

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In Voice Dialogue, the first step in mapping the inner world of your psyche involves understanding the complex and rich history of how you came to be who you are. Each of us is made up of the totality of our life experience, our predispositions, the influences of our family system and the culture around us, and our in-born tendencies. And each of us enters the world as a sensitive child carrying our authentic feelings, our complete potential, and our most essential nature. For those of us with a spiritual outlook this true self is the access point to the soul. There is nothing more important than the very essence of who we are, and so instinctively, we know we must protect this deeply sensitive child self against everything that is potentially threatening or damaging in order to remain sound and emotionally healthy at our core.

The healthy psyche creates a Protector aspect to separate from the Vulnerable Child, to survey the scene and to decide which characteristics and traits (Primary Selves) will develop in relation to our parents, siblings, and others in order to get as much love and positive attention as possible, or as little abuse as possible if that is the unfortunate situation. The Protector shields and defends the Vulnerable Child by making choices about what we might do to either appeal to others, stand in opposition to them, or become less visible. A healthy person will naturally develop various Primary Selves (dynamic and conscious elements of the personality) that become even stronger and more defined over time as we rely on these ways of being to meet our needs. And because the human psyche is so complex, for every Primary Self there is also a Disowned Self on the other end of the spectrum—the equal and opposite shadow aspect that is not developed and is repressed or rejected.

In order to keep the Primary Selves on duty (protecting our Inner Child) the Protector needs an enforcer of some kind to maintain the way of life that seems to work for us. The voice of the Inner Critic takes on the role of keeping us in line and may also reflect the sentiments of parents or other authorities who have provided an enforcing role in our lives. The problem with the voice of our Inner Critic is that it tends to cut off, reject, and deny the parts of us that are in the shadows. The Protector's view is that Disowned Selves are dangerous, and will topple the acceptable order of things if allowed to come forward, when what is actually best for us, is to honor our innate desire to become stronger and more emotionally healthy by discovering the Disowned Selves and working with the powerful and accepting voice of the Inner Nurturer—which asks for more balance between the opposites.

The Complete Life Process works with this deep desire for wholeness and empowers the Aware Ego to come forward and learn how to skillfully conduct all of these other aspects of our personality. The internal conductor embraces both the Primary and Disowned Selves without being attached to either, and so can bring objectivity to the task of seeing both points of view and modulating and resolving both perspectives in a sophisticated way. This wonderful life skill transforms your consciousness by accepting the totality of who you are and working with the richness of paradox. When you learn how to tune into this higher and more aware way of being, you find tremendous peace.

In the Complete Life Process you practice specific ways to bring more understanding to your experience, more skill to your interactions with others, and more conscious choice to your life. This work taps into the power of the most essential self you've been protecting all along and gives full expression to the totality of who you are—a complete person finally free to live unbounded.

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