

The Struggle Continues - F.E.A.R.S.

"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

— Rumi



This January 2023 offered me a time of pause with the realization of being in this experience often called life for seven decades! What have I learned? (A phrase which creates agitation in my children and grandchildren, LOL!!) That reality is LOVE, and everything else is an illusion!

How are your practices going on the so-called 4SC path (Struggle, Sacrifice, Suffer, and Surrender)? This month I am still providing content for the "struggle" phase! LOL! What did you capture in your eulogy? I have heard from a few! Amazing! What are you seeing? Has what you are now seeing translated into behavior modifications? My experience with clients informs me that most will stay in the "struggle" phase for months, if not years, self-deluded, in denial, unwilling to address the core of the struggle phase, which is F.E.A.R.S., often quoted as, False, Evidence, Appearing, Real, Seriously! Additionally, my educational and coaching conditioning has informed me that to move to the second phase of 4SC successfully without relapse, getting through the struggle phase will come down to naming a specific FEAR(S)!

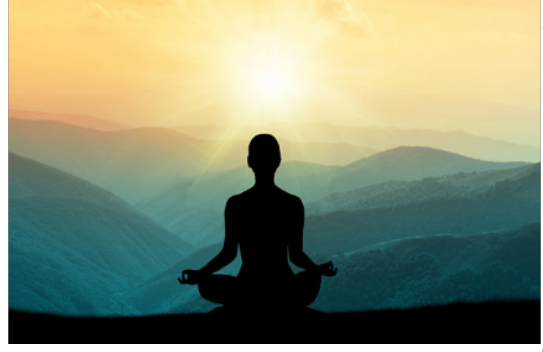
Some individuals are not in an evolved developmental state to take on such a task! Often without the help of a trained counselor, psychologist, therapist, or spiritual professional, an individual will have uncertain and even detrimental results when attempting to address FEAR(S) which are hidden! So I would offer that there is some honest introspection that needs to occur before exploring the so-called shadow or latent FEAR(S) appropriately.



Content in this newsletter and my consulting/mentoring practice makes an assumption that individuals wishing to embark on serious development have done what they need to do to ensure positive mental well-being. Individuals with mental challenges should seek other inputs to ensure these practices might prove helpful. My practices and exercises are not designed for those in distress and are outside the scope of my intention, this "love-letter", and competency. In contrast, my focus centers around awakening the world to love! Which is simply the notion of examining "what do you see?"

PRACTICE:

As you begin your deep dive, even deeper into the struggle phase, this practice might be helpful. This process consists of insights identified as milestones in thinking and emotional states (awareness). Output from the previous love letter might contribute to your reflection. Remember, as you bring the struggle from your memory, you are the arbiter of what is or has been your mindset and your ability to see it.



Similar to the 5 stages of grief, modified for our purposes:

- 1. Denial:** Is there something that you refuse to admit, acknowledge, or deal with, although many others, whom you are tight with, have made comments about? After reflection and contemplation, prayer and meditation, which current beliefs are proving to be false?
- 2. Anger:** Does the mere thought of the struggle evoke a sensation of anger? Who is to blame for your anger? Do you feel a sensation in your body? Are you experiencing something that you assert is unfair?
- 3. Bargaining:** What is the rationale for the struggle? What judgments and analyses help explain the struggle? What might you do differently the next time? What steps are you taking to change or modify your current reality?
- 4. Separation:** Does the struggle evoke a sense of sadness? Is your struggle dying? Is your struggle emerging or birthing and aching to be born? Does the struggle need forgiveness or letting go of it? Can you let it go, forgive it? Can you drop it? Do you have a support system to help you walk through... "the valley of death"? (Note: you are entering the gates of the second phase of the 4SC, sacrifice!)
- 5. Acceptance:** (this phase, like all of these aspects of 4SC, is not linear but dynamic.) Do you view your acceptance as resignation?, Do you feel stuck in "quicksand" and lack will power to let go?

To see the correlation between this model and the 4SC, the "acceptance" phase parallels the suffering and surrender element. As you might notice, the 4SC has much to do with forgiveness, letting go, death, and transformation. A Hero's Journey, Joseph Campbell might say.

I have said this before, and as a reminder, share your experience with this exercise as a discussion with someone you believe has a high level of maturity, trustworthiness, and integrity to get the most out of this exercise. The more you can "see" the results of your reflection and its correlation to experience, the more proficient and aware you become. At least, that is my thought!

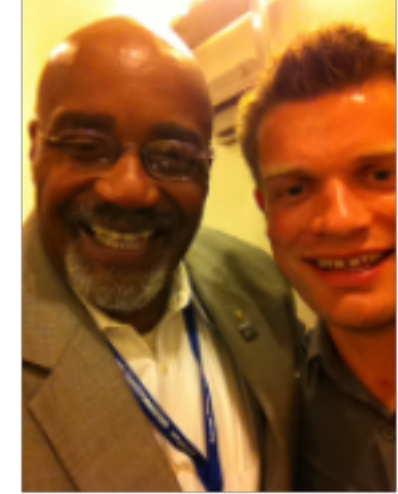
"He who knows nothing, loves nothing. He who can do nothing understands nothing. He who understands nothing is worthless. But he who understands also loves, notices, sees The more knowledge is inherent in a thing, the greater the love Anyone who imagines that all fruits ripen at the same time as the strawberries knows nothing about grapes."

Paracelsus

As always, I welcome your comments, thoughts, suggestions, and questions. As I hope you see, the 4SC has all types of healing mechanisms, should one choose to exercise it. Next month we will attempt to move into the "sacrifice" phase in detail!



Love always,



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Reminder and Update:

Yet again, I have failed to get organized and communicate resource opportunities for those wishing a deeper look at what I have learned about the energy of love. As indicated last month, I could not get organized enough to launch our bi-monthly deep dive on love in January and now February, and I have deferred the launch until March 2023. I apologize for the delay, as it is always my intention to place a greater value on quality content versus quantity!

Once started, Learning To Be Human will be conducting a "Master's Class" from 4-6 pm CT. via Zoom. The curriculum will be focused on Pathways to Awakening to Love, consisting of a deep exploration of:

- The Fear-Love Phenomenon
- Everyone is a Miracle
- When we see, we love

There is no charge for this course. Donations are encouraged. We will use the Eventbrite registration process. Notifications will be sent once "tickets" are available!

Heads up!

For Character Day 2023, LTBH will host a 3-day retreat (Chicago/Indiana area) with an even deeper dive into the aforementioned precepts.

Our P.O. Box has changed!!

Our new P.O. Box address is:

Learning To Be Human
P.O. Box 15273
1510 E 55th St
Chicago, Illinois 60615-2598

Learning To Be Human, PLoS is committed to helping individuals, organizations, and communities awaken love's healing and generative power. We provide coaching, and mentoring, conduct workshops, and facilitate groups on the topic of love. Please get in touch with me with questions or comments. learningtobehumanpsi@gmail.com

