

**GROUP A
UNCONSCIOUS GROUP
FRIDAY**

This was a leaderless Corona Group.

Robert Anderson

Judith Broadus

Ann Gila

Sharon Kelsay

Mary Kelso, Scribe

Janet Messer

Pepper Sarnoff

Brainstorming

1. Development of the unconscious when splitting occurs around a trauma interesting to one participant. How fear and pain are stored in the lower unconscious while the gifts are stored in the higher unconscious.
2. Are we pure consciousness when we enter the earth?
3. Define conscious as well as unconscious.
4. Opening of either the higher or lower unconscious seems to open the opposite polarity.
5. Suffering is helpful, but not necessary to give direction to the energy.
6. Sometimes distinctions between higher and lower seem to melt as more things come to awareness. Often we can remember the knowing but cannot replicate the state.
7. Being unconscious has its advantages.
8. Angelic phenomenons may appear to protect us. There is a subtle energy world that does exist (William Tiller). Scientist who has photographed subtle energies that heal.
9. The egg is limitless.
10. Do we invite dark energies from the unconscious if we invite collective unconscious energy in?
11. We observed as children that we were "tuned" into other energies. Poetry. Watching the stars. The world worked even though we do not understand it. Maybe there are some things we do not know.
12. The words higher and lower unconscious do not work for some of us – there is a judgment implied there.
13. As children there were awarenesses we had the rest of the world did not seem to understand – ability to read subtle energies. What's the difference between being conscious and unconscious? There is a release of energy as soon as we become aware of something
14. How can we teach this?
15. There seems to be effort in holding the unconscious – we might have more energy available if we understand it better.
16. Several techniques were discussed that are utilized at various training programs. They include: **Reliving peak experiences. Holotropic Breath. Dreams, Poetry, Creative Imagery accessing higher wisdom and then descending into caves, Displaying many pictures on the floor and have people choose those that attract them and then process them, Automatic Writing, Counting backward from 100 while writing with your non-dominant hand.**

17. The unconscious is always there and present with the conscious. It is always affecting us. The awareness is like a beam that focuses things. They never go away.
18. The subpersonalities are the guards that protect.
19. Ann shared an experience of a room that exists in Sigmund Freud's home in England. It is a **totally dark room that you entered after you took a flashlight. The light could be shined on various objects inside the room.**
20. Darkness has always been linked with the unconscious. It often takes a great deal of trust to enter that void.
21. Is the fear of darkness born into us? Some group disagreement and most felt that this fear is not instinctual.
22. Seven neural circuits that appear to be cross-cultural. (Eckman). Anger, fear, love, care, sorrow, lust, seeking and play.
23. Attachment videos – Show videos to the Mothers and have them identify the emotions of the baby. Congruency of rating was considered.
24. Stella Chess work on temperament and Allen Shorr's work at UCLA needs to be explored.
25. I become aware of what I am called to become aware of and self is called me to be aware.
26. How much can we hold? – Miller at Harvard in the 1960's or 70's wrote a paper called *7 + or – 2 micro bits of information* in a millisecond can be held at any one moment.

TALKING POINTS – UNCONSCIOUS (Group A)

- ◆ Opening of either the higher or lower unconscious opens the opposite polarity.
- ◆ Sometimes distinctions between higher and lower seem to melt as more things come to awareness, especially is seen from the point of the “I.
- ◆ There is a difference between being conscious and unconscious?
- ◆ There is a release of energy as soon as we become aware of something.
- ◆ A principle of the unconscious is that it wants to become conscious.
- ◆ The unconscious is always there and present with the conscious. It is always affecting us. The awareness is like a beam that focuses things that never go away.
- ◆ I become aware of what I am called to become aware of and self calls me to be aware.
- ◆ The unconscious is necessary.
- ◆ Assagioli described the higher, middle and lower unconscious. Some question the reality of these divisions.
- ◆ The middle unconscious contains integrated material that is like a storeroom of available information. It contains patterns, habits, and material we have integrated from the lower and the higher unconscious.
- ◆ The best model of the field of consciousness is that of an amoeba, which send out pseudo pods to apprehend the information it needs from the zones of the unconscious.

EXPERIENTIAL

PRESENTED BY JANET MESSER

Gave a brief explanation of trauma and gave examples of what constituted the lower unconscious (LC), the middle unconscious (MC) and the Higher Unconscious.

Two of the statement that were important to me from Ann and John's book was how we can be "Surprised by the Pain" and Be Surprised By the Joy!"

There is a dynamic nature of the unconscious.

We were each invited to get comfortable and look around the room and focus on an object in the room. After each person had an object we were invited to focus on the properties of that object from the perspective of our middle unconscious, then our lower unconscious and later in our higher unconscious.

Three people shared their experiences with the entire group and then we shared in dyads so that everyone had a chance to share.

Group sharing after walking the PS Labyrinth – Physical and emotional feelings that were previously unconscious seemed to have great

When passing into the LC the person felt like they were becoming one with other people and in the HC they were becoming one with God.

Reminder that the LC was pre-personal was important

It was amazingly easy to cross over into the other energies.

WHAT JANET LEARNED

I learned to get rid of my fear and trust my excitement. I learned that adults can get out of their seats and have fun. I learned a lot about the unconscious. I learned to reach out to others who might be able to help with my teaching. I had a plan but at one point had to drop that and realized that that would not work with this group.

AUDIENCE SHARING

The flashlight was such a powerful image and helpful to many.

Such a short exercise produced a lot of information and that gives permission to be more creative.

Processing in dyads was helpful and helped me get out what I needed to get out.

I appreciated that you were not willing to stick to the structure and format that you had planned – You were willing to let it go.

You managed to live the statement that when you trust your passion it's great!

You presented very confidently and with humor and with new presenters the audience gets anxious and that did not happen with you – no caretaker anxiety. Good pacing.

The simplicity and yet depth potential was great.

SHARING OF BOTH GROUP EXPERIENCES

It was interesting to sit here with the two-dimensional and also a three dimensional diagram of the egg diagram here. It seems that 90% of what we are is unconscious. It was very powerful to have more space available.

With a beginning group I hope you would not participate with the group as you did in the last exercise – you need to stay and hold the energy. This was an experienced group so it was not an issue.