

COLINE E. DAVIS AND MELISSA MARLI



# SHADOW TECH

CRACKING THE CODES OF  
PERSONAL AND COLLECTIVE  
DARKNESS

FIRST EDITION

AN ALCHEMICAL QUEST

# Shadow Tech

*Cracking the Codes of Personal and  
Collective Darkness*

Colin E. Davis and Melissa Mari

FIRST EDITION 1.0.2

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1<sup>st</sup> edition

*To Evolution*

*“One does not become enlightened by imagining figures of light, but by making the darkness conscious.”*

—C.G.JUNG

# CONTENTS

Introduction .....	1
The Zero and the One .....	8
As Above, So Below .....	24
Parasites Abound .....	33
A Culture of Mind .....	44
Cultural Parasitism .....	58
V is for Virus .....	91
21 <sup>st</sup> Century Alchemy .....	110
Emotional Processing .....	130
Interview with Melissa Mari .....	154
Recommended Works .....	196

# Introduction

*“Powerful keys to personal transformation and the evolution of humanity lie within our own darkness. We have always evolved through direct confrontation with the shadow—an unfortunate but essential teacher in the game of life.”*

Why would anyone want to study darkness? Why study war, political conspiracies, psychopaths and disease? Why would we want to look into our own darkness, formed long ago by terrible things that once trapped and hurt us? Why do that when there are so many brighter, lighter, truly wonderful sides to life that deserve our attention? If we look too closely at darkness, we'll fall into it, won't we?

These are natural questions that might arise if you were asked to conduct your own study of darkness or evil. We all naturally, instinctively recoil from evil. Like all organisms, we move away from pain and towards pleasure. We try to forget our childhood wounds, which we see no sense in reliving. Sometimes we're curious about the dark side of life, and we might want to take a peek now and then, but we certainly would not want to go too far in that direction.

For these reasons and others, we turn away from that which ails us, but when we do, we lose an opportunity to heal

## INTRODUCTION

and evolve that can only be found by entering the cave we fear. Inside that cave is a dragon, as we all know. That dragon happens to be holding our treasure, and we instinctively know this as well. The question is, how to approach?

The authors have found that there's quite a big difference between falling into darkness and studying it. They are not the same. A virologist studies viruses but she doesn't catch a virus. A detective investigates crimes, but he doesn't commit them - unless of course he has a virus, but we'll get into that later.

When we study darkness, whether it's our own trauma and dysfunction or its correlates in the culture and the natural world, we may occasionally feel it's cold deathly pull, but we usually do not fall into a black hole. What really happens is that by taking a small dose of the poison, we receive an antidote. When we take a disabled virus into our bodies, we receive an inoculation. But if we are too unfamiliar with darkness, whether it's in nature, our culture or in our own minds and bodies, we are totally susceptible to its power and we remain its victims.

This book is created out of the authors' own quest to better understand the destructive force in the universe, and how it manifests in human consciousness. This is actually a report, derived from an ongoing investigation which has roots far back in our lives, but which formally began in the winter of 2012.

We had known each other for several years prior, but in late 2012 our relationship deepened and a powerful transfor-

mation began. We now recognize that together, we formed an alchemical vessel, which became a container for deep shadow work and for the understandings we share in this book.

We had both been studying ourselves for years, but when this phase began, we were compelled to go into those places in ourselves where our most destructive and limiting beliefs come from. What we found inside, we describe in this book. The concepts we are sharing are what came to us through the first stages of this alchemical process, sometimes known as *shadow work*.

Besides healing and transforming our own being, our intention with this work is to map and model darkness. Using a systems level and alchemical perspective, we aim to better understand the human shadow and our increasingly powerful cultural destructiveness. This sounds like an immense task, and certainly this book cannot accomplish this, but it's a starting point for us personally, and it's a place from which a conversation might begin.

There are many scientific books on chaos theory, entropy and the like. There are many more works addressing evil as a sociological or philosophical dilemma. The “shadow” has been addressed deeply in Jungian psychology and evil spirits and demons have been the subject of shamanic practices for millennia. Each of these perceptual filters offers a special viewpoint that we appreciate but we wanted a model that tied them together for our own transformational purposes.

Over time we came to understand that human destructiveness is a manifestation of a universal force, and that this force



## INTRODUCTION

is so intimately tied to creation that they are inseparable. This means that destructive agency is intrinsic to the human being. For this reason, our goal is not to destroy or somehow escape evil, which is an impossible task. Our aim is to come to a more holistic understanding of the destructive force, to recognize its fundamental patterns of manifestation, and to learn effective methods for managing the shadow within ourselves.

To clarify, the shadow is a term used in psychology to describe repressed unconscious energies that manifest in our lives as negative influences. Some of these energies are of ancient animal origin, some are motivations we cannot culturally express, and some of them are caused by psychological discordance or wounding. There may also be systems of destructive energy which are not known to the West, but which may have been dealt with by ancient practitioners.

Repressed shadow energies can fuel any number of destructive internal states, and when they are powerful, pull us into a self or world destroying trance. All destructive relationship patterns and even cultural dysfunction and physical disease are directly linked to our psychological shadows. We believe that one of the most crucial steps for human evolution is for us to come to terms with the domain of the shadow and with universal destruction itself. We personally cannot see how humanity will achieve global cultural coherence without learning to manage its shadow.

This work examines concepts that appeared fuzzy to us in the context of prior conceptual models. Because of this, we have had to make positive statements that may or may not

hold up over time. We are still students of the many domains that we have had to study and contemplate. Errors in fact and judgment should be expected, but we assume that the substance of this work will hold it all together.

As this work began to develop, we looked to expert sources, and we remembered many things we had learned from our prior studies, but at this time we felt that we had to limit external influence. We checked in with specific sources to help us better understand what we were intuiting, but we did not want to just compile prior understandings or too closely base this work on previously developed models.

We felt that if what we were discovering was universally true, it would manifest adequately within our own experience without too much influence. A great portion of what we discuss in this book came to us as a consequence of personal epiphanies, experimentation and conversations that were conducted only between ourselves. As this work develops, it will open more and we look forward to reader's comments which could further this investigation. We have much to learn and to integrate into this work.

The following abstract summarizes some key findings and conclusions of this investigation as it has progressed thus far.

*“The human shadow contains a tapestry of destructive personal and collective energetic relationships. It is a living domain not unlike an organic ecosystem. It can be modeled with principles which apply to organic life, as well as princi-*

## INTRODUCTION

*ples of physical energy and information transfer. The individual shadow contains patterning which is collectively transmitted similarly to the way communicable viruses spread throughout a population. As energetic entities, these patterns or “programs” exist within the bounds of polarity. They attract and repel each other according to electro-magnetic properties. Every human being is a transmitter of viral programming which is shared throughout cultures and the species.*

*The cure for destructive shadow scripts is the balancing of psychic discordance, which is the source of their energy. Heart based emotional states resist viral patterning, but require a clean psychic state to manifest within. Internal awareness and clearing practices are as necessary for personal health as any hygiene practice. Deep psychic trauma, which is inherent in civilized people, requires emotional processing and deep acceptance of our internal wounds. The individual who comes to terms with and processes their shadow energies benefits from a raising of their consciousness and a deeper relationship with the archetypal energies of life. Increasing cultural coherence requires a more advanced understanding of the energetic nature of human destructiveness. A systems level and alchemical approach can meet these needs.”*

The above statement is dense and requires specific explanations for each of the concepts named. This book is laid out in a manner to do so, building upon concepts to arrive at its essence. We begin with a somewhat philosophical essay on

the destructive force in the universe. Then we move into a semi-scientific exploration of parasitism in various contexts and we share a number of conceptual models that have helped us to better visualize the human shadow and how it operates in ourselves and culture. The core thesis is contained in the chapter *V is for Virus*. In the last few chapters, we share our own experiences and practices for balancing shadow energies with a spiritual, alchemical approach. The final chapter is an interview and dialogue with Melissa where her voice can be clearly heard and where this work is discussed conversationally.

I, Colin Davis am the physical writer of the book, but the whole of the work is completely shared between the two of us. Key concepts are highlighted in **bold** should you decide to browse the book before committing to a full read.

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# The Zero and the One

For many years I've wanted to understand what was behind human destructiveness, or what we often call evil. I first began exploring this theme artistically through playing heavy metal guitar beginning in my teens. Through a dark and discordant form of art, I was first able to access and ventilate this force as it manifested in my emotional state. Over time, I became interested in themes that related to cultural evil such as psychopathy, political conspiracies and economic fraud. I spent several years studying false flag terrorism and related cultural darkness, and then I organically moved into a career in mortgage fraud investigations. In this domain I uncovered the same disharmonic vibrations deeply permeating our economic system.

As my interests expanded over the years, behind them all was this grand conundrum of human evil. Every time I thought I had found an answer to my questions, a new fractal layer opened up and I ultimately had to move on to the next possibility. As things progressed, I ended up zooming out of the human equation more and more. The more I could move out of the human perspective and see things from a metaphysical or systems level view, the easier it was to understand what was happening down here on earth.

After Melissa joined me in the effort, things began to click together more. As we got deeper into analyzing and processing our own inner darkness, clarity regarding the entire subject resulted. Digging into our own shadows energized this search and put us in touch with new concepts that helped us frame this ancient conundrum of evil.

Of course we cannot know the full nature of evil or destruction, just as we cannot know the fullness of universal creation. We are limited to a human perspective, but if our individual viewpoints of this universal force can evolve, our culture will evolve as a consequence. We may be limiting our own evolution by holding on to obsolete viewpoints of destruction, and certainly by denying it's nature.

As we eventually came to realize, the source of our destructiveness is so large and so primary to creation itself that human evil fell into place once we were able to see these factors. As we explore in later chapters, we can indeed manage our destructiveness much better, and we must learn to do this, but the dark side is so energetic that we cannot ever fully escape it. The eastern Yin-Yang symbol gives us a clue as to the size of the destructive force. If this symbol can be seen to represent creation and destruction, we can see that destruction encompasses literally half of the structure. The destructive force in the universe has a massive potential.

There has always been disagreement between philosophers and theologians regarding the boundaries of evil. The more careful observer has noticed that evil is not limited to human interactions. Our mythology is replete with motifs and charac-

ters that represent a universal force of destruction with both feminine and masculine attributes. The Hindu deity Kali is a well known personification of the feminine force of dissolution and chaos, and there are masculine destroyers including the Christian Devil and many evil spirits and demons within ancient belief systems. An entire study could be made of locating and cataloging these destructive forms.

Now scientists have joined in and found elemental forces behind these mythological motifs, such as the ever present force of entropy, eroding all order over the course of time. Antimatter particles balance the polarity charges of particles of matter, and recently, ominous forms called dark matter and dark energy have shown up in theoretical models.

It's become obvious that every domain in the universe is constantly dealing with this destructive force. It is ever present, from the subatomic level to natural ecosystems, to human relationships and culture. And we have to ask ourselves why this is. There must be a very good reason why universal darkness is as powerful and as prevalent as it is. Ultimately what we came to find was that **the force behind what we call evil is an effect of creation, and is an integral and necessary partner to the evolutionary force in the universe.** Creation and destruction are actually partners and equals, and are effects of each other in the master game we call the universe, reality or life. The destructive force in the universe happens to be the very mechanism that makes creation work and creation is the mechanism behind the destructive force. I believe some of our cultural predecessors

knew this, but in our present state we have not yet come to understand this dynamic.

*The master game*

In order to arrive at the above conclusion, we had to become familiar with a number of ideas that contributed to this realization. This first concept is that of duality itself. To break this down to basics, if we go back to the eastern Yin-Yang symbol, or to the fundamental math that relates to the creation of the universe, we get a binary equation. 01 We get a fundamental formula that we call duality or the Zero and the One. Anything that we can put our finger on, or put our minds around, manifests within this context of polarity.

All the world's mythologies have an explanation for how this came about. Many explain that there was an original pre-creation state, an ocean, a feminine chaotic entity or 0 that ruptured with a masculine creative energy, or 1. Out of this splitting process came a dual natured god or gods and the birth of the cosmos.

The duality principle is fundamental, and we can't even perceive of anything outside of it with our cognitive minds. We might temporarily leave duality consciousness, perhaps in a meditation or peak experience, but at least in our present state of consciousness, we always return to duality. Duality is a master script that we always come back to.

Because of this, we obviously perceive in terms of positive and negative, masculine and feminine, active and passive.



## THE ZERO AND THE ONE

Everything in the universe from the cosmological down to the sub-atomic is dealing with dark and light, left and right, in and out, good guy and bad guy, war and peace, pain and pleasure, success and failure, and so on. These are the poles of duality and the game of life is played between these two poles.

As creation manifests, with increasing diversity, each new manifestation comes through this filter and we end up with all kinds of novel ways of witnessing this binary polarity game. One new way of seeing this dynamic is the way in which physicists look at the wave-particle problem. Matter can be seen as a wave (negative-passive-feminine), or a particle (positive-active-masculine), depending on the method used for interpretation.

Many are already familiar with the active and passive attributes of creation through the eastern Yin-Yang symbol. The active or Yang side of creation is associated with light, with masculine energies, with the ordering process, boundary making, solar images, the sky, seeds, language, and all seeking and explorative functions. The passive or Yin side of creation is associated with dark, with feminine energies, with nurturance, opening boundaries, the ocean, the earth and with inclusiveness and relationship. It's the archetypal feminine force of acceptance sometimes called Faith, associated with the heart. These motifs are everywhere in our mythology.

We also see the feminine form associated with destruction and chaos in many mythological motifs. From the perspective of order forming creation, feminine boundary dissolution is indeed destructive, but the destructive force is not limited to a

passive, feminine attribution. Like everything we perceive, destruction is dual natured.

*Dual natured shadow*

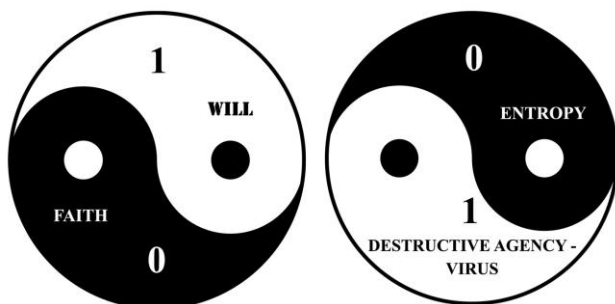
On the passive side of destruction, entropy is the tendency for everything to degrade, to erode, to fall apart. It's chaos. It's every time things just don't fit together anymore. It's the various causes and effects which lead to degradation of any relationship or thing. It's our material possessions and our bodies falling apart. It's our careers or intimate relationships shifting and degrading over time. And entropy is not passive as though it's unmoving. There appears to be an actual inward pulling force to entropy.

Destruction also has an active, masculine, component. There appears to be a seeking, creatively inspired form of destructive agency. Destructive agency is actually what we focus on more commonly when we think of destruction. We focus on the demons, the devils, the Hitlers, the criminals, the viruses and parasites. We focus on the *agents*. This is *Agent Smith* in the movie *The Matrix*. Melissa and I often call this active destroyer force *The Virus*. It's literally an active force of destructive agency. An agent in legal language means one who acts on behalf of a principal. As we will see, that principal is the creative process itself.

This all works the same on the light side as it does on the dark side. On the light side we could see the active force of creation as *Will*. It manifests through *doing*. Creatures, enti-

## THE ZERO AND THE ONE

ties, systems, which *do* creative things are manifesting the active side of creation. Equally, the active side of the destructive force manifests as entities which *do* destructive things. It's *Will* in its destructive form. The dark side of the universe has attributes which look like mirrors of the creative side.



*Creation*

*Destruction*

### *Dark creator*

We stated earlier that there must be a very good reason why the destructive force is as prevalent as it is. The answer we came to is that destruction, often known as evil, is here to make creation evolve. The destructive force is a creative, evolutionary force at its core. **The destructive force is not an unfortunate accident that the creative universe has to deal with. It's a fundamental aspect of creation itself.** Without it there would be no creation. It is literally what is behind crea-

tion. There is a reason why no mythological god of light has ever destroyed its dark nemesis. They have always been partners, although some traditions have obscured this fact.

So how does it work? Well, **this destructive shadow force takes down every system that cannot maintain high efficiency within its relationships. The destructive force is a tester of every relationship.** Every organization in this universe is eternally challenged by this force of darkness. It doesn't matter whether it's within an atomic element, a natural ecosystem, a human body, a family, corporation or political cause. Whatever it is, every single relationship is challenged by this dual natured destructive force.

**The effect of this challenge is that life and creative activity must change, evolve and efficiently manage itself and its relationships in order to mitigate these destructive effects. *Deep integrity and creative novelty are the universal results.* The stability and creative evolution of the entire universe depends on the abilities of its entities to maintain maximum efficiency and integrity. A universal destructive opponent insures this through eternal challenges.**

At some point in this challenging process, the destructive force can become so pernicious to an entity that only an evolutionary shift to a new form of organization will relieve the pressure. **Ultimately, what transpires in this evolutionary process is that a quantum, exponential shift in the way systems work together transcends the dual natured destructive force.** It leaves the Opponent in the dust - at least until it catches back up, and the game begins again!

*Integrity insurance*

For example, human beings are the collected manifestations of creative processes from 13.7 billion years of this kind of activity, and every one of the universe's evolutionary successes is included inside of our minds and bodies. We are stacked organic technology, layer upon layer, upon layer, and the reason why we are here today is because of the incredible integrity in the organization of these systems that cooperate. The only reason why these systems have succeeded to the degree that they have is because of this challenge eternally being presented by the destructive force in the universe.

Within duality, darkness can swing all the way to one side or the other and it can almost completely overtake things for a time. It can get really, really dark and then the sun just pops up and the day begins again. This is all in creation myths, which are metaphoric ways of seeing physical principles and human experience. This dual natured 01 creation-destruction process is the base code of the entire energetic universe.

*Subjective darkness*

The trickiest aspect of this creation-destruction game is the subjective nature of the entire operation. This is truly an archetypal trickster formulation in our universe. There is a fundamentally subjective nature to all perception. This is because the universe manifests through independent entities or holons. Our universe manifests as atoms, molecules, cells,

animals, humans, planets, galaxies and all kinds of particular entities. Each entity has a perspective that is subjective from its own point of view. No matter how a system or an organism interacts with its environment, every entity can only view its reality from its own internal point of view.

This subjective state of reality for all entities means that they ultimately create disorder, chaos or destruction for other entities. As each of us lives and creates benefit for ourselves, the result is chaos for other systems. Through our limited, subjective viewpoint, which is a natural state of perception for all entities, we each act on behalf of the dark side, unknowingly feeding it through our own creative acts. The universe gets us all to do its dirty work.

**Destruction or evil appears subjectively to all entities in the universe who act as its viral agents, even us.** Every entity in the universe is potentially a virus, a parasite, a predator to some other organism, and a creator and contributor to itself and to those it cooperates with. All perception of destruction is subjective by nature. One man's evil is another man's righteousness. The members of a culture may agree on what is evil, and this belief may even be very old and standardized, but from the point of view of another culture, or from the point of view of the entire evolutionary progress of the species, that evil is purely subjective to the perceiver.

In physics and other sciences, there is a concept called *displacement of entropy*. Every entity discards its own refuse into its environment. At a molecular level this might be very fine electro-magnetic energy, and at the level of a city, this will be

millions of tons of garbage, sewage, and air pollution. Every entity pushes its internal chaos out, and it does this as the result of itself seeking what is good for its own benefit.

A gazelle definitely sees a lion's predatory behavior as evil, but the lion does not see its destruction of the gazelle as evil. It sees this as a necessary factor in the continuance of its own life. **In every single case, if we could see things through the eyes of a destructive agent, even an infectious virus, we would see that it's just trying to get along within the master game.** It has worked out a manner of getting along that may be destructive to us, but which gives itself life and purpose.

This also takes into consideration that organisms, including humans, generally do not consciously decide what they create or destroy. We are generally enslaved to the creation-destruction process outside of our awareness. As we become more aware of this dynamic, we can become more consciously involved in the evolutionary process, but we will always remain "in the dark" to a greater degree.

Every entity purposefully, accidentally, or otherwise destroys something or someone else as a consequence of its own creative acts. Atoms do this, cells do this, plants do this, animals do this, we all do this. In this way we are all agents of the dark side. This is a very important thing to realize. This locks creation and destruction together in a seemingly paradoxical embrace.

Eating a meal is an obvious example of ubiquitous evil. Even vegans are destroying living entities of great beauty and

value when they consume their food. As we acquire a new job, the last employee is fired. A tree or plant dies and falls into the soil, while its body parts degrade to become the life-giving elements for a new tree to grow out of. The destructive force comes as a consequence of the creative force, and the creative force comes as a consequence of the destructive force. So this is the over reaching context through which we can frame human destructiveness. Our destructiveness is sourced in a much bigger framework than what we generally realize.

*Human realities*

This understanding will make sense to many, but when we are faced with the powerful effects of evil, such as random acts of violence, the carnage created by war, or the destruction of a town by a hurricane, this theoretical understanding flies out the window. This is because the power of universal creation-destruction is so immense that we have little defense against it. This force is literally everywhere and it can overtake and overwhelm our capacities to respond and to understand its greater creative implications.

Our age-old dilemma about evil, is very much rooted in the overwhelming influence destruction has on our lives and emotional states. The New Testament story of Job illustrates this confusion and the despair that comes from evil's influence on us. Every mythology contains many stories like this. There is ultimately no remedy to this conundrum for us or for any oth-



er entity. We are all subject to universal evil and we will always suffer as a consequence.

I can imagine academic responses to these views. Our view might be interpreted as Moral Relativism, but this would be inaccurate. We are simply perceiving from a systems level viewpoint so as to frame destruction outside of human values to source its universal nature. Individuals and cultures will always apply their own judgments of good and evil as they are capable of doing so. It is not our place to dictate what belief systems are valid, and we are certainly not solipsistic! This will become clear.

Humans are not the only ones who suffer from evil. Animals do, plants do and even so-called non-living entities. Humans may have a very dynamic and rich internal experience of destruction, but we all suffer. To eliminate suffering is to stop the creation-destruction process. Some philosophers have recognized this. Carl Jung did when he stated that “The foundation of all mental illness is the avoidance of legitimate suffering”. The acceptance and inner processing of our suffering is one of the major aspects of the present work. Rather than continually avoiding evil and the suffering it causes, we can instead allow it to become a transformative force for us. When we do, we discover new paths in life for ourselves and we better serve the greater evolutionary process.

Because we in the West do not have adequate cultural mechanisms for accepting and processing suffering, we only increase our suffering by holding on to it, or by displacing it through unconscious destructive acts. Much of our current,

senseless cultural destruction is the effect of millions of people who do not know how to process their own wounds and emotional suffering. As we will explore in later chapters, when we repress our emotional pain, this energy gives rise to autonomous destructive systems which come alive, and live through our own mind-bodies. Destruction may be a natural consequence of life, but we create even more needless destruction when we allow our internal states to become hosts for hidden agents that have their own creative-destructive cycles. There are many layers of human destructiveness, and some of them are far below the veil of ego consciousness.

### *Choosing life*

A universal mechanism for evil or destruction is indeed in place, but this does not leave us without any choices. From our own personal perspectives, whomever or whatever destructive agents may arise, they must be overcome, mitigated or ultimately transcended. From our own individual points of view, in order to survive, thrive and evolve, we must constantly thwart the effects of entropy and destructive agency. *We must.* Just because a destructive agent sees what it's doing as good doesn't mean that we should not do what we can to deal with the effects. We don't throw in the towel and say, "Oh well evil is just a part of the way the universe works, there's nothing I can do." Not at all! *Universal evolution requires our evolution.* Life energy flows to systems that evolve. If we are not evolving, thriving, maintaining order in our own being

and continually meeting these eternal challenges, life flows away from us and death takes over. We don't just resign and say, "This is the way it works, give in". This is the way it works, but this informs us so that we can act consciously and in a balanced way.

As Aristotle intuited over two thousand years ago, good is synonymous with balance and evil is created through imbalance. Evil is always present, as creation is always present, but when there is equilibrium, both are closer to equals. **Between the boundaries of the pendulum of duality, good lies towards the center, embracing both polarities, managing the energetic state towards balance.** As we grow and evolve, and as evil eventually appears more visibly, this is an indicator of imbalance.

**This is always subjective, but from one's own perspective, destruction in one's self and one's relationships is a clear indicator of an imbalanced state and a message to the perceiver to "find balance now".** As we explore more later, that balance is achievable by focusing on the relationship between one's internal and external states. All acts to reduce destruction benefit from a balanced perspective. The Buddhist *middle way* is this philosophy.

*As-King a Quest-I-on*

As I return to my original enquiries about evil, I can now see that when we look at human destructiveness, we are look-

ing at a completely natural process. This said, if we are seeing a ramping up of destruction within our own context, this is an indicator of imbalance and simultaneously, an evolutionary challenge being presented. When the pendulum of duality swings, the larger creative purpose behind its effects is to cause a reaction that pressures the relationships involved. **When the destructive force reaches a certain point, those who suffer must enhance their integrity within themselves and their relationships, or make a quantum shift in the way they perceive self and other.**

Destruction is a sign of a potential new order forming within the field of one's experience. By opening our perspective wider, and by looking honestly into our own internal state, we may learn the nature of the potential creation taking place and use the challenge as an opportunity to evolve and to thrive. This is what evolution is all about. Understanding the dark brings us into the light.

# As Above, So Below

What if we could learn from other systems in the universe that have successfully evolved to mitigate the forces of destruction? What if we could take wisdom from our cells, which have been managing viruses and killer bacteria for a billion years, and apply it to our own relationships? What if we could study how information systems stay robust and healthy and bring back what we've learned to use in our own personal lives? Is it possible to extrapolate what we know about how parasites work in biological ecosystems and apply the information to help us manage our own psyches? The answer to each of these is, “yes we can”, and Melissa and I do this regularly using a systems level tool called *holarchy*.

Holarchy and the word holon go back to Arthur Koestler and his 1967 book *The Ghost in the Machine*. Philosopher Ken Wilber has also used holarchy extensively, although it still remains very much under recognized. Koestler and Wilber are actually reformulating an ancient principle. The ancient artistic science of alchemy heavily relies on the maxim *As Above, So Below*, which is essentially holarchy in a nutshell. This well known but misunderstood phrase is taken from a document of deep antiquity referred to as the *Emerald Tablet of Thoth*.

The full maxim reads as follows:

*That which is above is like that which is below to do the miracles of the one thing.*

The Alchemists, who were the predecessors of modern day chemists, were also spiritual philosophers who venerated ancient wisdom traditions, including those of Egypt, Greece and the East. Thoth, who is accredited with writing the Emerald Tablet is the name of an Egyptian deity. In Greece, Thoth was known as Hermes and he is associated with the magician archetype in esoteric traditions. The word *thought* itself is derived from Thoth who was associated with writing, mathematics, medicine, science, philosophy, law and other magician related attributes. It's inconsequential whether or not Thoth is the physical author of the text as the wisdom contained in it is archetypal and universal in nature.

**There are two main principles contained in the concept of holarchy. The first is the holistic and modular way in which all systems in this universe organize. The second principle deals with self-similarity, which is how systems repeat fundamental patterns.** Let's look at each in turn.

*The many become one, which become many, which become one...*

Every *thing*, whether it's a molecule, or an automobile, a human being or even a concept is a community of smaller parts organizing to make that thing, and at the same time, a

single member of some larger organization or thing. Take for example an atom. An atom is itself a single entity, but it's also an organization of subatomic particles. It's both singular and communal in nature. The atom is considered a holon in this understanding, and each of its subatomic building blocks are holons.

If we move up the evolutionary chain, molecules are the next holons up, and they organize in the same way. They are both interactive communities of atoms, and singular units in themselves which organize to make the parts of more complex structures like cells. **Every holon has characteristics which give it a singular nature and qualities which define its communal relationships.** Each modality is equally important. This principle continues on as the material universe manifests in increasingly complex ways. We could continue to trace this up the evolutionary chain to multi-celled organisms, to higher animals, to entire species and kingdoms, to the planetary biosphere and beyond.

Not only does this structure apply to the components of matter, but any *thing* that we can think of is actually a holarchy. A thought is a holarchy of mental symbols, and a constituent part of greater holarchies of memories, concepts, and belief systems. Feelings are the same, built out of chemical structures in the body, and acting as constituent parts of larger emotional states, which we call moods. Our own personal internal states are holons within greater holons we call cultures. This branches out infinitely into other domains of life. Holarchy stacks vertically and reaches out horizontally

with ever increasing diversity. The entire universe is actually a holarchy. In this way, the duality principle that we explored in the previous chapter is expressed in every system there is. Every system is both singular (masculine) and communal (feminine) simultaneously. As Ken Wilber has said, “There are no things, only holons”.

### *Self Similarity*

The second major principle in this concept of holarchy is that of self-similarity. What this means is that our universe contains patterns which are archetypal and which repeat in their fundamental structure. For example, many of us are familiar with the Fibonacci cycle or the Golden Ratio of 1:1.618. This ratio determines the proportions of many natural shapes. This has been discussed a lot recently in science media. The human body and face are formed within this ratio, as well as so many more shapes like that of plants, seeds, crystals, solar systems, galaxies and other natural forms. This ratio is related to self-similarity, but there are many repeating meta-patterns in the universe.

We were discussing atoms and molecules above, and these structures are good examples. An atom is comprised of a positive proton and a negative electron core, and is orbited by negatively charged electrons. This pattern is self-similar to animal family units. We even call our own human family unit the *nuclear family*, which has a polar parental core and the children are its orbiting electrons. This pattern repeats again



with our solar system. Our own solar system appears to have a single unit core that we call the Sun but a great many solar systems are binary like the atom. (Our solar system may also be binary, see the book *Lost Star of Myth and Time*)

Molecules are self-similar to families. Complex molecules are self-similar to tribes and human organizations like corporations or government agencies. Cells are self-similar to cities and contain the same basic internal functions that a city has. They have a protective boundary, security agents, medical and infrastructure agents, power stations, recycling, and all of the main functions of a human built city. Neurons, which are electrified cells, appear similar to our electrified cities.

Self-similarity is a ubiquitous phenomenon in the universe and is the same understanding as the alchemical maxim *As Above, So Below*. Structures in our universe that have been successful for a long time repeat over and over. They always shift to fit the case, but fundamental patterns are reused in diverse ways. The term self-similar is used by mathematicians to describe fractals, but fractals repeat exactly, while natural systems do not. There is novelty in naturally repeating patterns. There is a mix of order (masculine) and chaos (feminine). Here is yet another way in which the duality principle manifests.

Once we realize that fundamental patterns in the universe often repeat in their basic structure, we can go *holon jumping* around different systems and learn from them. When we're studying a system that's difficult to model, like the human psyche or a cultural phenomenon, we can look for similar op-

erations in other structures. With the psyche for example, we can compare it to biological ecosystems, to electro-magnetic dynamics, and as we have found, even man-made systems like computer information networks. We have to test these comparisons carefully, but correlations exist and we can extrapolate what we learn from one into another in many cases.

The alchemists knew this principle of self-similarity as the Law of Correspondences or As Above, So Below, which they used to relate activity in their own psyches with chemical processes and other relations in nature. This understanding was known in esoteric traditions all throughout the ancient world. We in the modern West are having to reinvent the wheel in many ways because we don't understand this principle. All of the ideas we are exploring in this book are coming through this lens of holarchy.

### *Holon jumping*

When we're stuck in a conceptual bind, trying to understand a relationship issue, zooming in and out, or *holon jumping* can get us free and open up new options. When we're in a conflict with another we can jump out into other holons to see what the problems are made of and re-frame them at a systems level viewpoint. This will open our minds to greater possibilities. The clearest example is jumping into the viewpoint of another whom we are in conflict with. Always our beliefs and perceptions are subjective experiences, so using

this tool can show us other views that can resolve conflict. Outside of this, we can zoom out into the cultural beliefs that our conflict is framed in, and from there, even a biological context will yield even more information. This is really a consciousness raising tool.

For example, a company could map out its structure holonically to visualize both the vertical and horizontal positioning of every important relationship within and external to the company. The further in or out the mapping, the more awareness is gained about the nature of the relationships involved. This is currently happening more in business where each major holon is considered a “stakeholder”. The more a business can see itself as a holarchy within greater holarchies, the more efficient, responsible and successful in the long term it can be. By developing a higher systems level consciousness, a company will naturally find equilibrium both internally and within its greater cultural and environmental holarchies.

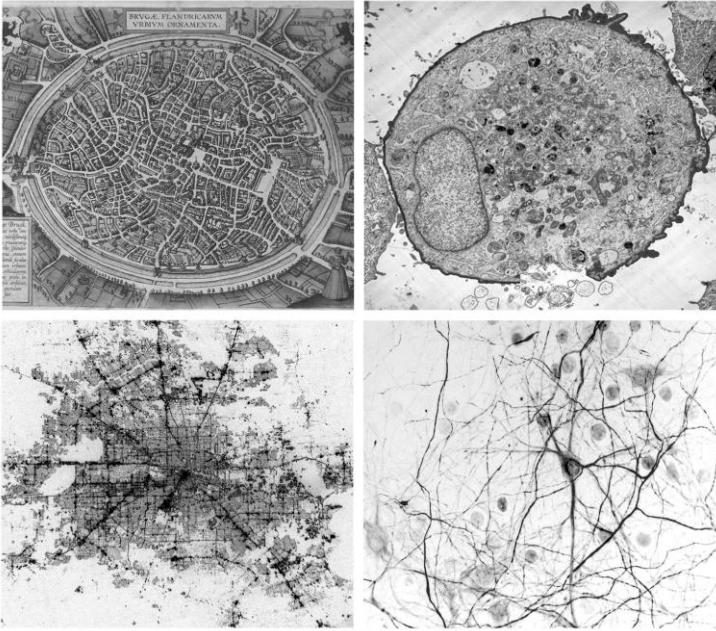
In the work of Ken Wilber or the Spiral Dynamics system, holarchy is related to Second Tier awareness or the Yellow V-Meme. When we talk about these kinds of relations, we’re coming from a systems level perspective. When we look at ourselves and our beliefs through a holonic or systems level lens, we raise our consciousness. When we can see a concept, a belief or an occurrence from a higher level of relationships, we become aware of greater dynamics which are in play. **Our own conflicts in life are always the result of our inability to perceive and act according to greater dynamics that are playing out in and around us.** A conflict or a so-called nega-

tive occurrence in our lives is never an objectively wrong situation. It may be wrong for us within the context of our state of mind and relations at the time, and it might be resolvable from within that state, but **deep ongoing conflict or dissolution is a message telling us to raise our awareness to a more holistic state of perceiving – or suffer the consequences.**

As an alchemical maxim, As Above, So Below is not just a tool for scientific analysis, it's a spiritual tool. Alchemy is a spiritual practice which leads to the evolution of the alchemist's consciousness. This understanding can be used very practically, as described above, but if it's used to relate our inner states of mind to the outside world symbolically, it can transform the perceiver's view radically. We will be looking at this more deeply in later chapters.

Now, with this meta-tool of holarchy in our possession, and knowing what we know about some of the universal functions of destruction, we can go looking for correlations in domains closer to home. By using holarchy, we can map and model invisible domains like the human psyche with the confidence that what we find should have relations to other systems that are more visible or familiar to us.

AS ABOVE, SO BELOW



*Top Left: A map of the medieval city of Brugge (Brussels); Top right: A Eukaryotic animal cell; Bottom left: A modern city (Paris) at night; Bottom right: A neural network in an animal brain. These systems are holonic and show foundational relations in function and design*

# Parasites Abound

As our relationship and this work deepened, Melissa and I found ourselves experiencing destructive cycles very similar to what we had known in other relationships. As we barreled through many arguments and emotional storms, we eventually came to see that our cycles were viral and parasitic in nature. After this realization initially appeared as an intuition, we pursued it to find that it was indeed accurate.

Knowing that I might find correlations in other systems, I began researching viruses and parasites in the biological world. I found a great similarity in the fundamental nature of these trickster organisms and our own internal mechanisms that thrived on our destruction. It was also around this time that I came in touch with Paul Levy's book *Dispelling Wetiko* in which he describes human evil as a non-local energy state which is viral in nature. From here we found a few others who were describing the same phenomenon. Jonathan Zap had written some articles on "Mind Parasites", a term coined by Colin Wilson who had written a fictional book of the same name in the late 60's that described an extraterrestrial viral force which occupied the mental domain.

## PARASITES ABOUND

*“This virus of the mind is a virulent, psychic pathogen that insinuates thought-forms and beliefs into our mind which, when unconsciously enacted, feed it, and ultimately kill its host – us.” – Paul Levy  
“The Masters of Deception”*

*“Call them spirits, incubi and the succubi, they have as many names as there are cultures and languages, but they have been widely recognized by everybody except us. Disincarnate organisms are far more generally recognized than the microbiological realm ever was until the invention of the microscope.”  
– Jonathan Zap “Mind Parasites, Energy Parasites and Vampires”*

Over time, we became more and more convinced that there was a deep relation between the so-called shadow of the human psyche and viral and parasitic relationships in nature. Today, we are able to much more accurately model our personal and relational conflicts using an understanding of viruses and parasites. **In our current understanding, the mind is an ecosystem of energetic operations, some of which are fractured off and autonomous, seeking energetic food generated by destructive inner states.** Let's explore parasitic relations in some different holons to see how this may be.

### *Ancient enemies*

When we look at the evolutionary history of organic life processes, we see that at the time the simplest single celled

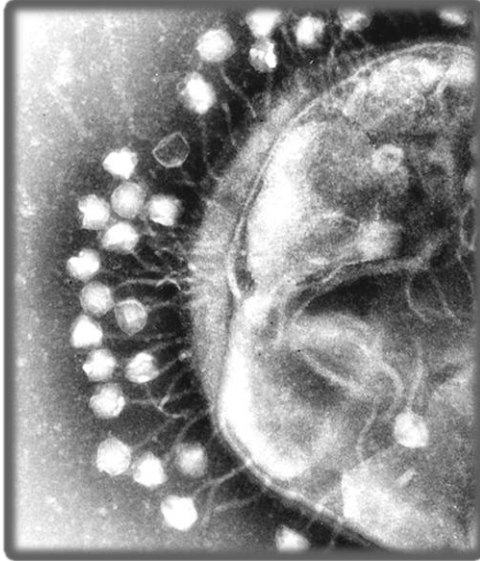
microbes or prokaryotes manifested in the oceans, their opposition, viruses were right there with them. Even before life organized as what we call organisms, there was destructive agency at the atomic and molecular levels, but this is based on more simple action and reaction. When bacteria formed, viruses evolved along with them and have been with us ever since. They are the most abundant organisms on the planet.

At some point, simple “archaea” bacteria combined to make eukaryotic cells, which are basically big communities of what were previously diverse little organisms. They got together, divided the labor amongst themselves, built a protective membrane, and created what we call a eukaryotic cell. These are the foundational cells of animal and human bodies. As this occurred, these viruses didn’t get involved in that process. They didn’t join the community. They stayed on the outside of the membrane and engaged as trickster parasites. This actually relates to motifs in religion and mythology, where devils and evildoers are outcasts and scapegoats.

Viruses use trickery to get into cells. A common technique they use is to carry a piece of a broken protein that the cell normally accepts, and to insert this molecular “skeleton key” into an input site on the cell’s membrane. Once inside, they destroy the cell’s original purpose by changing its internal DNA code, modifying it into a reproductive incubator. Inside the nucleus, they breed by massive amounts, killing the cell in the process. Then the viruses break out of the destroyed cell and continue to do the same thing to other cells.



## PARASITES ABOUND



*Bacteriophage viruses attack the membrane of a bacteria cell wall.*

Viruses are actually considered parasites, although they are more on the predatory end of the spectrum. I should discuss the scale of biological relationships to put this into perspective. As we know, there are predatory relationships where a predator consumes another organism, but other than consuming it, that predator doesn't serve the organism's life cycle, except perhaps at a macro level. Predators are purely on the destructive side of the spectrum from the prey's point of view.

At the other end of the scale there are mutualistic relationships. Imagine all the bacteria that live inside of our intestines

that convert foods into necessary chemicals that we need for our own survival. We have all kinds of microorganisms inside of us living in total cooperation. They maintain a profitable situation for themselves through accessing our digestive input, and in the process give us back some chemical that we need. This is totally mutualistic. We depend on each other for our survival.

In between predation and mutualism is symbiosis. Symbiosis is a wide spectrum of relationship possibility. You can have a symbiotic relationship that is nearing mutualism or one that is nearing predation. Parasitism is a symbiotic relationship, which on the mutualistic side may be unobtrusive to the host, or on the predatory side, can actually dwindle the host's life energy over time until it dies (Necrotrophic).

We're all familiar with parasites. We know about fleas, lice, tapeworms, hookworms and all kinds of different body based parasites, plus all the viruses and killer bacteria that are always trying to use our cells to further their own life cycles. It's a fact in biology that most organisms in the biosphere go through at least one stage in their evolution that's parasitic. Parasitism is a ubiquitous, often semi-predatory kind of relationship which many organisms become engaged in at some point in their evolution. Humans are often said to be predators, but we are very flexible beings. Some of our behavior is predatory, some of it is mutualistic, but much of it is parasitic. Presently, we seem to be living a parasitic, and perhaps even a necrotrophic type of lifestyle in this structure we call modern civilization.

We are looking closely here at parasitism because this type of relationship is a prevalent way in which natural systems, including humans, share energy. The name of the game in this dimension is creation through energy transfer, with trickery and subterfuge being prominent mechanisms through which this can occur. Not only is parasitism prevalent in non-human ecosystems, but it's prevalent in human cultures, interpersonal relationships and in the relationships of our own internal states. **We are all harboring any number of parasitic systems within our mental and emotional states.**

Once we have a feel for parasitic relationships, and how widespread this type of behavior is, we can see it in many contexts. We have to keep our eyes open for those entities which would like to use us to further their own life cycle, that don't necessarily help us, and that may actually drain and destroy us over time. **As human beings, we aren't just challenged by other species of organisms which are parasites, we are challenged by other human beings who are living parasitically, and as we will see, by psychic parasites as well.**

We have found that living "through the heart" is far less parasitic than living through the mind, but this is a way of being that requires much internal clarification. Recognizing parasitic relationships between people and within culture is the first level of this understanding. The next level is to become familiar with our own psychic parasitic processes and how they operate communally and intergenerationally.

At the core of most spiritual traditions are practices and creeds which help the human being to live more on the mutualistic side and less on the predatory or parasitic side. But of course those kinds of systems are prone to infection by parasites themselves. This is because the domains of culture and mind are not exempt from parasitic or viral activity.

*The bizarre life of Toxoplasma Gondii*

To explain parasitism clearly, I'll use the example of *Toxoplasma Gondii*. This is a great example of how parasitism looks and it gives us an idea of the kind of ingenious behavior that parasites use. T. Gondii is a microscopic organism which breeds in the intestinal tissue of cats. This parasite gets inside a cat's gut when it eats an infected animal, which are often rats or mice. After a cat eats an infected rat, this parasite will then move into the cat's gut where it will breed, and eventually pass back out of the cat through its feces. If another rat then eats the cat feces, it will become infected with T. Gondii.

So now, this parasite is inside the rat's intestines and it replicates massively. It then passes through the blood, past the blood-brain barrier and into the rat's brain, where it attaches itself to specific neurons. It knows the exact location of these neurons because of their chemical affinity, and it modifies the DNA of the rat's brain cells. It's that intelligent. In the final equation, this tiny parasite has chemically modified the DNA of the rat's brain cells and the effect is to turn off the rat's

aversion to cat urine. The rat will no longer fear the smell of cat pee.

Normally rats are very afraid of cat urine. If they smell cat pee, they run out of the area fast. That smell means, “Predator – get out of here!” When a rat is not fearful of cat urine anymore, and it starts hanging around in cat frequented areas, it’s surely going to get eaten, and this is what happens. The rat gets eaten and this parasite travels into another cat gut, and it’s here where it can continue its life cycle and do its reproductive duties. It can actually replicate in the rat, but it can’t fully reproduce until it gets back into the cat. This parasite requires both rat and cat intestinal environments to live out its life cycle!

Why this parasite has chosen this particular life cycle and this particular way of doing business is just as bizarre as how any other life processes operate in the way that they do. It’s just as bizarre as countless human beings who do the oddest, weirdest things in life and they make it work for themselves. The universe likes novelty! Parasites like *T. Gondii* are just doing what they need to do to survive in their own creative ways. Isn’t that cute?

There’s not a whole lot of difference between the way this parasite operates and the way human beings use equally clever mechanisms to trick animals and other human beings. Take animal farming for example. Look at all the trickery and technology we use to turn cows into all kinds of different materials we need for our own life cycle. We get all kinds of dairy products, meat, bone, leather and more from cows, and

we do this in a mechanized way using trickery and their own lack of awareness against them. We're parasiting off of these cows and we do this with every animal we farm. We and feed protect them, but ultimately they give their life energy to us. We also do this to each other in a cultural context. Marketing, public relations and media propaganda are parasitic mechanisms. There are countless examples and we will explore a few of the darker ones in the next chapter.

*Virtual parasitism*

Now lets move into a similar domain, which is the manmade domain of information technology and computer networks. Lets turn to this functionally organic realm that we call the Internet and the domain of computer technology. Within the realm of information technology, we see the exact same destructive processes going on.

First let's look at the passive side of the destructive force, entropy. We could see entropy as the various incompatibilities between programs. Entropy is how if you don't update your website or computer operating system periodically it won't work in the greater environment of computer networks. We see it in the failure of mechanical technology, like hard drive failure. We see CPU chips blowing up, fans burning out. We see all kinds of things just falling apart. That's the passive, entropy side. If you don't maintain the mechanics and the software of your computers and their networks, entropy is going to take them down.

On the active side, there are destructive agents to accomplish the job. Similarly to biology, these informational enemies are also called viruses, parasites, malicious scripts, trojan horses, and the like. There are all kinds of different software based parasites that travel through the internet, get into your computer and use it for their own life cycle. Your computer at home right now could be infected with any number of parasites that are using its processing power and Internet connection to give life to some Romanian pornography site. You just don't know. There are all kinds of computer viruses out there doing all kinds of different things and using our computers as their hosts. Some of them verge on predatory and some of them are just slightly parasitic and won't slow down your computer too much, but they'll use it.

The way we deal with software based parasites is with anti-virus software. These programs work in the same way that the human immune system thwarts biological viruses. Once a virus is detected, its DNA blueprint is copied into a shared database between everyone using that software. If you have Symantec, Norton, MacAfee, or any of these anti-virus programs installed, they check a captured virus script against the database to see if it's a known virus. This is exactly the way it works in the body. When our body's immune system catches a virus, it stores that virus' code in our DNA to let our cells know what the virus looks like. This is also how vaccinations work, in theory at least (*this is not to be construed as trust in commercial vaccines*). Theoretically, a vaccine inoculation introduces a disabled virus to our cells to show them what that

virus's signature code looks like. The word inoculation literally means "in eye" or in vision. Correspondingly, in ancient shamanic demon exorcism rituals, you have to know the demon's name to exorcise it. That's the exact same principle here.

Parasitism is a relationship profile. It's a way in which organisms relate to each other to survive. It's extremely prominent in biological ecosystems, but it's not limited to them. Parasitism is an ugly picture from the point of view of the host, and this is why we tend to be unconscious of it. Looking at this dynamic in far away systems is one thing, but looking at it in our human relationships, in society and in our own psyches quite another. As we get closer to our personal realities in this investigation, the territory gets darker. To understand and model human destructiveness we have to embrace some uncomfortable facts about how we operate and about the state of evolution we are in as a species.



# A Culture of Mind

So far, we've looked at the fundamental nature of duality and a dual natured model of the destructive force. We looked at destructiveness through the lens of biological and software based parasitism and we brought in *holarchy* so that we can see the relations between different holons. Now we're bringing ourselves down into the human domain more, down to this construct that we call culture.

Culture is actually an ecosystem of shared energy and symbolism, where parasitic and viral relationships exist just as prominently as they do in other domains. Culture interfaces with and connects our minds symbolically, and it transmits not only creative and useful information, but the codes of viral activity which become destructive thoughts, feelings and behavior.

In order to see how this could be, we need some workable models for both culture and mind. And within those models, we need new understandings of the domain of psychic destructiveness that psychologists call the *shadow*.

For our usages here, I define the word *culture* as: *a macro-cosmic correlate, or master holon of human individual minds*. We often use the term culture to refer to actual masses of bio-

logical human beings, but in this definition, culture is a symbolic domain. It's a domain of energy and information. It's also a *semiotic* domain, and we'll explore that more, but in this definition, **culture is an ecosystem of symbolic relationships.**

The mind, in this understanding, is a microcosmic correlate to the culture. Incidentally, in this book, the term *mind* is equivalent to *psyche* and the two terms are interchangeable. **Every human mind is an individual, atomic “element” of a culture.** Mind and culture serve each other and give rise to each other. They are holonic, and adhere to the same energetic relationship principles that all matter and biological systems adhere to.

When we look at any segment of culture, we're looking at a potential segment of individual minds. When we look at a segment of our own minds, we're generally looking at symbolism and dynamics that also exist in the culture. In regards to destructiveness, when we find dis-ease manifesting at a large scale culturally, we're looking at a situation where many individual minds are dis-eased.

Therefore, **healing and evolving the individual mind, heals and evolves the culture and healing the culture heals and evolves the mind.** They cannot be addressed in isolation. The following are two models that have helped us visualize our own minds and the way culture transmits both creative and destructive states and behavior.

*A Jungian view*

C.G. Jung and Jungian philosophy has focused extensively on the relationship between religious and mythological motifs and their correlates in the human mind. It contains many developed models of the human psyche including an understanding of the shadow, of synchronicities, of internal complexes, of masculine and feminine dichotomies, among other concepts. Jungian philosophy is an extension of medieval alchemy, which Jung studied, and merges a scientific view with an esoteric, alchemical view of the self and world. It's a unique, self-contained conceptual system within our culture that anyone can use to evolve their own state of being.

Besides Jung and his students, comparative mythologists like Joseph Campbell and Mircea Eliade have shown that religious and mythological characters and motifs are cultural personifications of psychic processes. They are images that we all share of energetic relationships inside the human mind and body. Mars - the god of war; Venus-Aphrodite - the goddess of love; The Sun, Christ or Horus - our king and savior; The Devil – the eternal trickster; Thoth, Hermes or Merlin - the magician; Thor, Yahweh, or even John Wayne –are all Warriors. These different mythological characters, which Jung called *archetypes* are shared patterns of energy which are not only mental, they are universal energies that go back to the most ancient processes in the universe. Mythological motifs are symbolic patterns of the mind that we all share, whether we like them or not, and that we all have a copy of inside of

our own minds. They are part of our personal and cultural DNA. **Archetypes represent the different kinds of energetic predispositions of human beings on this planet.**

Many in our age have had a hard time understanding Jungian thought and have wanted to reject mythological or religious associations as unscientific or irrational. It's true that many ancient cultural beliefs are not rational. They are pre-rational. Myths have relations to the pre-rational domains of the mind. They contain phenomenological truths. They explain human experience. Taking religious and mythological stories to be specifically accurate is folly. Rejecting myths and lore as “wrong” or irrelevant is equally mistaken.

Our minds don't just consist of cognitive, rational processes. Much of our mental or psychic content is emotional, instinctual, precognitive or generally irrational from a logical point of view. These domains cannot be eliminated or dismissed. Instead, they must be integrated into the greater holarchy of our minds, including our conscious ego states. This is actually what Jungians have been working on for decades. Jung and his students have been bringing these powerful, ancient pre-rational domains of the mind into a more scientific understanding.

Robert L. Moore, who is a notable Jungian philosopher, has emphasized what Jung called the Diamond Body and brought these cultural characters down to four major archetypes of King/Queen, Warrior, Magician, and Lover. There are many other archetypal concoctions but these are the four master archetypes for human life. In a corresponding way,

you could see these as the fundamental organic molecules of human psychic life. **Just as though there are certain organic compounds which contribute to life, such as proteins, lipids, amino acids and the like, there are specific psychic motifs that come together in varying expressions as human consciousness.**

Importantly, Moore has also mapped out the shadow correlates to each of these master archetypes with a passive and active pole for each. **The shadow can be seen in many ways, but in this model it is the disharmonic result of uncontained or fractured archetypal energies that effectively destroy us and our world.** When we came into Moore's work, we had already realized that the destructive principle in the universe has an active and passive side. We saw how entropy was passive and destructive agency was active. Moore apparently discovered this dual nature as well and applied it to the archetypes.

Although we also overlay some different maps onto the shadow, Moore's model appears to us to be accurate, and we've been using it in our own work since we discovered it. His book *King, Warrior, Magician, Lover* contains full charts and explanations of his model.

For example, the King archetype, which is represented in myth and history as any powerful patriarch who leads and orders his people, also has a dual natured shadow. On the active side of that shadow the King becomes a Tyrant and on the passive side, he becomes an ineffective Weakling. In Moore's model, the Warrior shadow can manifest as an active Sadist or

a passive Masochist. The Magician might fall into being an active Detached Manipulator or a passive Denying Innocent One. And the Lover may devolve into an active Addict or a passive Impotent Lover. Moore also describes a shadow dichotomy for each archetype in its immature or boyhood form, which is related but different. Most of his work is focused on male psychology, but Melissa finds his modeling to be accurate for her and Moore has pointed out that the adult archetypes apply to feminine psychology as well.

**The shadow of the human psyche in terms of this model is created when our archetypal, organic molecules of human psychic energy are not expressed within a healthy “container”,** as Moore sometimes puts it. Our mental or psychic energies require healthy channeling through our ancient electro-chemical structures. Through this map of human archetypal energies, with their shadow possibilities, it's possible to locate our own imbalances and also to isolate them in our culture. This is chemistry work, it's alchemical work where we use our own psychic energies as our “base metals” to transmute one form into another. We do this through internal focus first and then ritualizing our inner change through acts. In our experience, a Jungian viewpoint is a tremendous model for understanding self and culture, as well as our destructiveness which manifests when energies become unbalanced. We will explore some related healing methods in later chapters.

To clarify before we go on, the shadow is not a vacuum as its name implies, and it's not a fully independent domain. It's a word that describes imbalance of energetic patterning in the

body, mind and even mass culture. **When we speak of the shadow, we are speaking of energy patterning in the human being which has fallen out of balance with the greater holarchy of the mind-body. When our archetypal energies are mis-channeled due to cultural trauma, for example, they distort our life energy.** As we will explore later in greater detail, energetic imbalances can become a source of power for oppositional psychic structures that take on a life of their own.

Finding our own shadow energies helps us to recognize them in the culture, and vice-versa. I continue to emphasize the holonic relationship between mind and culture. They are self-similar, interrelated, and macrocosmic-microcosmic. If we are witnessing a widespread form of cultural destruction, we can be sure that it's represented in the minds of the individuals within that culture.

When I look at the clear degradation of my society, the childish politics and increasing mental dysfunction in America, and then I talk to individuals in my community, I understand perfectly why this is what it is. **As I entered my own shadow, I found segments of my culture's shadow represented fractally within me. I have exactly what I am.**

### *Biocomputing*

Another model that we've been using to understand mind, culture and their shadow patterning is the model of the human *biocomputer*. This is also a self-similar type of model devel-

oped by John C. Lilly, who was a great explorer of human consciousness. If you've seen the movie *Altered States*, William Hurt's character is based on Lilly's life and work. To explore the deepest layers of the human psyche, he created a floating isolation tank that he used in conjunction with different psychedelic substances to decode his own psychic structures.

One of Lilly's theories was that of the human *biocomputer*. This concept describes the human being as having a hardware-like body and a software-like mind. The physical construction of the body is built on nearly countless layers of overlapping, highly organized systems of technology, functionally similar to a computer. The human being is a magnificent *biocomputer*, as he called it. And just like a computer, the human being has a hardware side, which is the physical body, and a software side, that we call the mind or psyche. Of course the mind will always remain beyond our total knowledge, but we've found this model to be a very helpful tool.

Unlike a man-made machine, the mind is organic in nature and a function of ancient natural processes. It's not a mechanical operation that requires a higher entity to program it (or maybe it does). The mind is organic, self adapting and replicating, and totally integrated into mass culture and natural ecosystems. It's an organic realm, but mind can somewhat accurately be modeled as an informational software domain.

In this view, the mind is organized as meta-programs, programs, scripts, codes, etc. I'm not sure if Lilly stated this but



we see these programs beginning at the most basic level of binary machine code comprised of zeros and ones (the fundamental structure of the universe), and progressing in complexity in coordination with the body. In other words, even the atomic and molecular foundations of the body are contributing to our minds. All of our different biological processes, behavioral traits, thoughts and feelings are the effect of energetic relationships that we could see as an operating system or an informational ecosystem.

In Lilly's view, even our highest self-awareness is a program; a complex structure he called the "self metaprogrammer". Personally, I believe that all of our computer technology and the Internet is an organic entity which is a natural extension of our minds and culture, but regardless, **the human mind can be seen as the software domain of the human being. Mind is an ancient, living, organic operating system where natural relationships exist in a virtual informational domain we call our lives or our experience.**

To really drive this home, I should briefly describe the science of *semiotics*, which deals with the way information and meaning is derived from energy transfer. This will help to solidify the idea of mind and culture as a software domain.

All of the physical components of the body such as its chemical structures, cells, organs and the like each have an informational component to them. **When energy flows through the body and shifts or changes energetic relationships, a corresponding informational script is written for**

**that change. This is how mind is created, and how culture is created.** It's also how the universe as a whole comes to know itself. This is the burgeoning science of semiotics.

It gets a bit technical, but basically, wherever organisms (or systems) derive meaning from their interactions, information is created and stored. Wherever energy is passed that confers usefulness, information is created and stored somewhere. In humans, some information is stored in neuronal patterns in the brain, but that's not the only place. For every memory in the brain, there are infinite other places where corresponding memory is also stored.

Our cells have a DNA code inside them which is a database for all kinds of important information, but even molecules have information storage in their very shape. The most basic kind of information storage is just shapes - interlocking Legos of shapes that have meaning to each other. Square peg fits into square hole, round peg fits into round hole. There's meaning to those shapes because they determine the flow of energy. **There's information intrinsic to the flow of energy, to the interaction of matter, and that information is the contents of the mind. The mind is contained within the total of all physical, energetic relationships in the body, and to a degree, all of the environment.**

In other words, when any part of us derives meaning from an interaction and stores that information in its shape or position, that change effects the entire human being which rearranges itself. Therefore information that a muscle tissue

stores is also stored in every other relationship in the body through its complete interaction with itself.

**The mind is the energetic informational effect of energy in motion, and culture is the energetic informational effect of human minds in motion.** As we've seen, the culture is a master operating system for human life. If we wanted to, we could keep zooming out past culture and see how our own culture effects world culture, and then how world culture alters natural ecosystems, and how this information seeks new horizons. Energy-information tends to create new holons, new structures. The emerging global Internet and related technology is an example of this. This actually never stops and continues out into the universe, which we must eventually conclude to be mental in nature. Ultimately when we realize that our own states of being are the effect of a total universal system in evolution, we realize that all is One, be-ing.

The living contents of culture, as the thoughts and feelings of our minds are what Richard Dawkins called *memes*. Our thoughts, feelings and symbolic mental scripts seek like resonance and are bound to polarity charges just like atoms and molecules are. At a certain level of organization, they replicate, feed and find safe harbor like any organism does. **Once Melissa and I saw how the culture-mind is a living, semiotic, holonic, biological entity, we better understood how the destructive forces we were finding in the universe operate in human relationships.** We then had a clearer map for understanding our own internal viruses so as to isolate them, study them and inoculate ourselves from them.

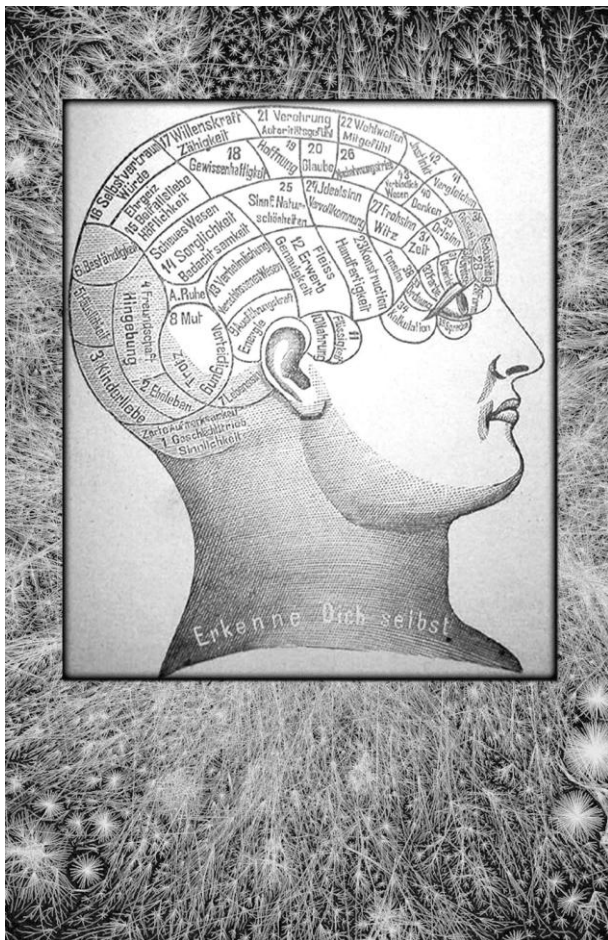
If we go back to the shadow again, combining some of the understandings just discussed, we might see how human destructiveness manifests through parasitic or viral programs which emerge along archetypal lines of energy. **When our programming is fractured, especially early on when our psyches are first loading all of the programs we need for healthy development, fractures either slow us down (entropy), or become autonomous shadow entities (agency, virus).** In psychological terms this would probably be described as *complexes* and *autonomous complexes*, and we will discuss these more as we get down into the human individual level of this investigation.

From an informational or semiotic perspective, **because energy is information, we might see how culture acts as a transmission medium for parasitic programs that travel through it like viruses do through the Internet.** As we know, this same dynamic exists in the biological domains where viruses spread communicably. Prior cultures described these destructive psychic systems as demons, djinn, and supernatural beings that thrive on human energy and provoke human destructiveness. Our ancient folklore is full of these descriptions. **Essentially, the way we are describing human destructiveness here is a 21<sup>st</sup> century, holistic way of modeling the ancient phenomena of evil spirits, demons and devils using present day analogs.** Ultimately we are describing universal energy forms that exist at every level of organization in the universe.

## A CULTURE OF MIND

Within the human mind, these destructive programs or shadow entities differ in their characteristics depending on the place in the psyche where they are present. At pre-rational levels, they might appear as mythological forms like deities or spirits. They might have an emotional cycle when activated at the Limbic system level of our nervous system. At the pre-frontal cognitive level, destructive programs might appear as thought based mental parasites. The Virus of the universe is literally everywhere and can be seen through any number of lenses, which are always somewhat metaphoric. We cannot know the universe objectively, we can only model it with symbolism, but this is enough.

SHADOW TECH



Mind is a microcosmic correlate of culture, and can be seen as an organic operating system.

# Cultural Parasitism

*Warning: the following information may appear toxic to the mind or be rejected by individuals who habitually deny systemic cultural evil (a.k.a. conspiracies). Some may have confronted cultural darkness in their own lives or studies but turned away from it seeking to distance themselves from its viral vibration. Others may still be entranced by the endless variety of manifestations of cultural evil, and it may be holding their psyches in a shadow orbit.*

*Our more or less polite treatise on evil now has to turn ugly as we zoom in closer to the human experience, and begin to discuss topics that can cause emotional discomfort. The purpose of the following discussion is to inoculate the mind from virulent cultural viruses. We believe that confronting systemic cultural evil is a necessary aspect of shadow work. It is not necessary to believe that “9/11 was an inside job” to engage in shadow work, but the authors believe that we all must go through this area at some point in the alchemical process of awakening.*

Moving towards a fuller understanding of human destructiveness should include a study of its greater cultural manifestations. Many with an interest in darkness have stud-

ied the phenomenon of totalitarian regimes and the dark social dynamics at play in these cultural episodes. This is helpful because it puts one in touch with a felt sense of human evil and the characteristics of cultural darkness, but a more powerful study is that of the dark side of one's own contemporary culture. The human energies which erected Vladimir Lenin, Joseph Stalin, Adolf Hitler, Mao Tse Tung and similar genocidal leaders exists right now, today, in every "civilized" culture on the planet. The particular style of manifestation may not be monarchical tyrants as much anymore, but the archetypal energy of *The Tyrant* lives on in America, in England, in Germany, Canada, China, Iran, Russia and every other nation-state.

Over 260 million people were murdered by totalitarian regimes in the 20<sup>th</sup> century alone. That was the well-founded opinion of political scientist R.J. Rummel who coined the term *Democide*, which essentially means "death by government". I don't think anyone can claim that our culture has learned enough from this fact so as to preclude this phenomenon from occurring again. We have collectively brushed this state of affairs into the shadows of our consciousness, where it continues to brew and from where it regularly ventilates into our society in infinite ways.

It is up to each of us to locate this energy and to come to terms with it. If we are ever to be able to balance our own individual dark aides, and to transmute that destructive energy, we had better be able to see it with honesty in ourselves and in our own cultures. Many people who have uncovered the dark



reality of systemic cultural evil, or what we're calling *cultural parasitism*, have experienced an awakening of their consciousness. The movie *The Matrix* contains an apt metaphor in the scene where Neo is offered the blue pill to go back into consensus trance or the red pill to awaken to the dark reality of the "real world". In the authors' experience, the awakening process did not lead to permanent dissatisfaction as it did for Cipher in the movie. After an uncomfortable period, a new world of perspective and freedom was revealed.

For us personally, uncovering so-called political conspiracies was a doorway into expanded consciousness and greater self mastery. As we explored in the first chapter, the dark side is half of the Yin-Yang symbol for a reason. **Denying the reality of contemporary cultural evil is to turn away from an opportunity to psychologically and spiritually evolve.** When we deny evil as a real, ever present state that is within each of us and our community right now, we fail to comprehend the basic rules of the game of life we are here to master.

Let's now look at some actual effects of shadow archetypes, or parasitic programs, as they are currently being expressed in western culture. We can only discuss a few here because the list literally never ends. Let us now look at the effects of predators, parasites and pathogens (the three Ps), within mass culture. Let's look at human culture with an eye open for these active destructive operators. Do they exist in human culture? Of course they do. Now we're getting much closer to home.

Serial killers and other psychopaths are obviously at the predatory side of the spectrum. Dictators and tyrants are clearly parasitic and at the predatory side, but there are all kinds of corporate, governmental, economic, and political structures that are parasitic and use trickery and subterfuge to extract and transfer energy from the public. These systems are no more or less complicated than the way a T. Gondii parasite infects a cat's gut or a rat's brain. All kinds of very destructive parasitism is going on all over world culture, and as a particular culture degrades, we will see these forms growing and advancing.

*A 24/7 barrage*

At the political level of cultural parasitism, one form we might look at is what's called *propaganda*. This is basically mass media based mind control. It's specialized techniques for manipulating the public so as to direct opinion and consent towards political motivations. We usually think of Nazi or Communist propaganda used in the mid 20<sup>th</sup> century by dictators, but propaganda has been used all throughout history. The Roman Catholic Church and many prior oligarchies successfully used propaganda to manipulate the population. Today, propaganda is so intertwined into politics and media that it's impossible to separate them.

Edward Bernays, a cousin of Sigmund Freud, was an early 20<sup>th</sup> century master of mass mind control techniques. His ideas helped corporations like tobacco companies sell cigarettes

to women, to convince the public to accept water fluoridation, and he generally taught corporate marketers and political elites how to sway public opinion based on his knowledge of psychological principles.

An analysis of present day political communication and mainstream media “programming”, with an eye for psychological suggestion techniques reveals a 24/7 barrage of purposeful, scientific mind control. Although some high-tech experimentation is used, such as TV flicker rates, most of this is advertising, creative editing of news stories, narration creation, language based suggestion (NLP), and is easily detectable once one becomes aware that perception control is being utilized.

American television and news programming, for example, appears to target and support early teenage level psychology. In America today, political debates, news stories and entertainment averages far below the adult level of psychological maturity. Increasingly, Americans have access to a huge range of alternative media that can serve their evolution, but the average corporate funded mainstream media content is intended to debase the mind and retard development. After traveling to over 25 countries myself, I can report that American mainstream media appears to be the most debased and parasitic that I have come across. It's not hard for me to imagine what media in totalitarian regimes was like.

What keeps most of us from discovering political and corporate propaganda is its ubiquitous use. Because it's so prevalent within mainstream culture, there is little context to

see its influence until one extricates their mind from it. I myself have not watched a mainstream TV program since 2004. Another powerful deterrent to people discovering mass mind control is the natural cognitive dissonance which we all experience as a protective mechanism. **Discovering the parasitic nature of modern civilization can be a shocking and emotionally disturbing occurrence.** Again, *The Matrix* fictionalizes this process beautifully. **The “Matrix”, as it was called in the film, is the semiotic domain of human culture. It’s the master social container of the mind.** Breaking away from this structure can be an uncomfortable experience, but also necessary for the spiritual seeker who requires a higher degree of perception, unattainable from within the construct of the Matrix.

### The Tapeworm Economy

At the financial holon of cultural parasitism, we have the current omnipresent monoculture of fractional reserve banking, stocks, derivatives markets and the like. In conjunction, we have military and economic strong-arming techniques to force nations into this parasitic system. Economist Catherine Austin Fitts has aptly named this system “*The Tapeworm Economy*”. The Federal Reserve system of economic technology is a corporate monopoly, owned by the preferred stockholders of a handful of multinational banks. As many now know, the Rothschild family gained control of the Bank of England in 1815 through stock market fraud and henceforth

imposed a specific type of monopolistic fiat currency upon Europe and eventually America when the Federal Reserve Bank was chartered in 1913. It's possible to trace the current, highly parasitic financial system of the modern world back to these events, but this system has been gradually developing for thousands of years. **The tapeworm economy is an organic, parasitic phenomenon, which is a byproduct of patriarchal civilization, as we know it.**

In the current fractional reserve system, banks create money, now digitally, literally out of nothing. The typical restraint is that banks must hold 10 percent of what they loan (create) on deposit. The other 90 percent is created upon the trust that it will be paid back with interest attached. In this way, banks are able to stretch money far thinner than what they could back in the old days when gold and silver were physically loaned out. When we add all of the new advanced ways that money is created with derivative based gambling through stock exchanges, we end up with a highly complex entanglement where those with knowledge of the game funnel human energy away from the public who must run in the hamster wheel of the economy at ever faster speeds to keep afloat.

Money, which acts as a medium of human energy exchange, and as a store of that energy, can be represented by any symbolic system. The current worldwide economic model is only one possible way to network human energy. Our current system is not in any way required, and could be re-tooled rather easily, if the public understood economic fundamentals and was spiritually ready for a shift. Once I came to under-

stand basic economics, after years of being misled, I saw how simple it is at its core. A sixth grader can comprehend economics as easily as they can basic math and English. The same goes for the principles of law, but these studies are not shared with the general population, and are restricted to a tiny privileged few who are “licensed” (related to *licentious*, meaning permitted to commit a sin). If the schooled public were taught basic philosophy of economics and law, we would probably not have the current system in place.

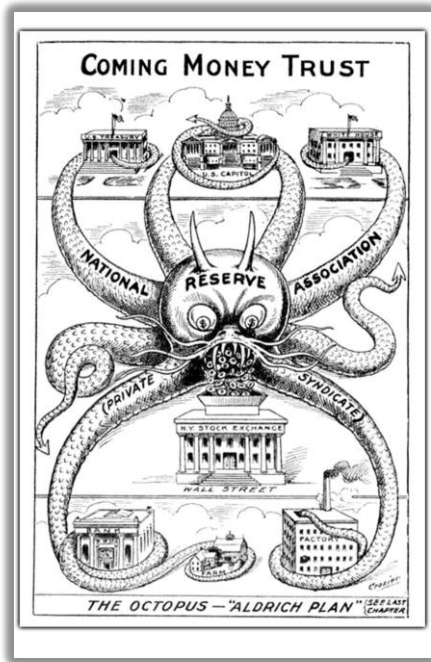
The most basic requirements for strong money are that it be ubiquitously used and backed by the government or a trusted cultural entity. At the exchange level, money is merely an accounting system to keep track of who exchanged goods and labor with whom. A tally sheet like was once used by local grocers to keep track of debts that families owed, is a basic credit system that acts as money of exchange. Signed paper IOUs are money. Promises to pay in any form are money. Any group who wants to use their own form of money is free to do so and may find success if there is a guarantor behind that money who will insure it's redeemability. There is no law against creating alternative local or private currencies and many examples exist. Interest, which is a usage fee, need not be attached to money, but doing so creates a constant demand for more money to be issued. Interest or usury, was often outlawed in ancient history because it creates a parasitic drain on society.

When a single entity, such as the Federal Reserve, holds the monopolistic power to create and issue all commonly used

money, and in addition attaches interest to every unit used or exchange made, that entity has successfully created a continual drain on the public's human energy. **When a financial entity has the ability to create new money at will, to collect fees and to enforce or forgive debts, that entity has become the master of a population's human energy. That entity has become a parasite that can act to channel human energy from one group to another at will.** See Thomas Greco's books which make money and modern money alternatives easy to comprehend. Also see the work of Ellen Brown and Catherine Austin Fitts for deep discussions on healthy alternatives. A related subject, the U.S. Federal Income Tax, is another well disguised economic parasite which should be investigated. See Aaron Russo's "*From Freedom to Fascism*" and Peter Hendrickson's "*Cracking the Code*".

After monopolistic interest bearing money has been forced upon a nation, increasing forms of technical money creation by parasitic operators further customizes human energy farming to the exact needs of the master parasite. The world's current financial markets and the system upon which they are based is a firmly attached cultural parasite which is rapidly degrading the quality of life for all seven billion human beings on this planet. Most of the wars the West is involved in are largely about spreading parasitic economics to keep the system growing and thriving. The political stories about justice, democracy and terrorism are cover stories told by disingenuous psychopaths who help steer the economic parasite.

Alternatives do exist, but the authors believe that a public which has not become self responsible for their own shadow contribution to this system will not be able to make the shift. **Until we take responsibility for the fact that this system is generated by our own psychic darkness, we will not be able to install healthy alternatives.**



*Alfred Owen Crozier foresaw the dangers of the Federal Reserve System "US Money vs. Corporation Currency" (1912)*



*False flag fever*

Outside of media propaganda and the tapeworm economy, our civilization is suffering under many more parasitic structures. **One of the most virulent examples of cultural parasitism is a form of cultural pathogen called *false flag terrorism*. This program operates at the cultural equivalent to the survival level of the human mind, at the reptilian complex in the brain. It therefore causes very strong reactions in the psyche.** This is why it must be confronted. It's too powerful to be left alone, untouched by those serious about cultural health.

A false flag event is a highly destructive, cyclical, parasitic element of western civilization that's been used outside of general awareness for literally millennia. Machiavelli described it centuries ago. The term *false flag* comes from a covert military tactic to fly the flag of an ally in order to trick the enemy into approaching and then to attack them when they're vulnerable. It also means committing a military attack on a segment of one's own society and then blaming the attack on a targeted enemy. That's how it's often used today.

Western mainstream media, which is an arm of oligarchic financial interests generally refers to false flag events as "conspiracy theories". This has become a derogatory term that is used to slander those who recognize cultural parasitism. In itself, the term conspiracy theory is not negative, but because it's so commonly used by politicians, mainstream news writers and anchors as an inflammatory term, it has now become a

memetic shield that anyone can use to deflect attention away from a false flag. Behind the deflection, is a deep fear that overcomes the psyche when one is confronted with a cultural virus. The psychological implications of knowledge of ubiquitous cultural parasitism is a tremendous burden, especially for those whose source of income and social status is dependent on supporting the oligarchy.

The John F. Kennedy assassination was a false flag that resulted in a soft coup d'état. Lee Harvey Oswald, the named assassin, who was himself duped by the FBI, was murdered by Jack Ruby who is on camera stating, *“Everything pertaining to what's happening has never come to the surface. The world will never know the true facts of what occurred, my motives. The people that had so much to gain and had such an ulterior motive for putting me in the position I'm in, will never let the true facts come above board to the world”*.

JFK's brother Robert was set up similarly, as was Martin Luther King and other political opponents of the incoming American oligarchy. See the six-part documentary, *Evidence of Revision* which contains the Ruby film clips and other Kennedy and King related TV media footage which exposes the concocted public version of events. Watching news anchors Dan Rather and Walter Cronkite read progressively changing stories to the public over a period of days reveals the process of narrative creation in progress. The viewer is inclined to ask, “Who is writing these stories?”

Interestingly, president Kennedy was engaged in a process to remove the U.S. Treasury from the Federal Reserve system

and he had rejected a military plan to use false flag terrorism on the Cubans, among many other offenses to the oligarchy. See the declassified *Operation Northwoods* document which lays out the proposed Cuban false flag.

John Perkins' book *Confessions of an Economic Hitman* tells his own story of being a negotiator with leaders of countries who were perceived by American oligarchs as potentially useful to their financial goals. If Perkins failed to convince them to sell out to financial interests, an assassin "jackal" would leave them dead, while the blame would be put on a lone killer, suicide, opposition group or the like.

The Vietnam War began with a false flag event in the Gulf of Tonkin. The original claim that the North Vietnamese attacked the USS Maddox was later admitted on tape by Secretary of Defense McNamara never to have occurred as shown in the 2003 documentary *Fog of War*.

The attack on Pearl Harbor by the Japanese, which brought the U.S. into World War II, may have been an actual attack, but it was provoked by the freezing of Japanese assets and several embargoes on oil and materials, leaving the country without adequate sources of energy. See Robert Higgs' article *How U.S. Economic Warfare Provoked Japan's Attack on Pearl Harbor*. The dropping of atomic bombs on Japan, killing hundreds of thousands was nothing less than an act of terrorism and genocide.

Individuals who will create false flag events such as this for economic and political motivations can never be trusted with the "public trust" and should be held suspect in the eyes

of all who take an interest in political affairs. No matter how charming and convincing, and no matter how popularly accepted, those at the highest positions of power in militaristic societies are generally psychopaths and others with deep psychological disabilities. Implicit trust in *any* political leadership is an invitation for mass cultural destruction.

*The 9/11 false flag*

The September 11<sup>th</sup> “terrorist attacks” have been shown unequivocally to be a false flag event by more researchers than have ever investigated a false flag in history. The official story can be unraveled easily by any lay investigator. It’s that out in the open. Anyone can determine for themselves that the building collapses of the Twin Towers were not turned into fine dust in 10 seconds each by kerosene jet fuel fires. The virtually un-discussed third building Seven, which was not hit by an airplane also collapsed at nearly free fall speed, with no plausible explanation given by government officials. Unlike events decades ago, video evidence is abundant because of the prevalence of publicly owned video cameras of high quality. The Internet has allowed the public to share images, testimony and documentation that was impossible before the 21<sup>st</sup> century.

Provided that one has the ability to stomach the psychic repercussions, anyone can determine for themselves that no one without commercial pilot training can fly a Boeing 757 on manual control into the first floor of the Pentagon without

touching the lawn, as media photos show. Anyone can review the massive amounts of physical evidence which still exist that clearly show that at the very least, the official story is a fraud.

The amount of evidence that public investigators, whistleblowers, scientists and other experts have gathered to rebut the official version of the September 11<sup>th</sup> story is truly astounding. This is the most well documented and well exposed false flag event in world history. It's nature is more easily discoverable by the public than any other, is known to be a false flag to an increasing international public, while most Americans continue to believe the official story and to consent to ever increasing cultural parasitism.

If the September 11<sup>th</sup> events were caused by mechanisms other than 19 hijackers working for Osama bin Laden, and if the buildings were destroyed by forces other than the passive structural collapses that the government claims were the cause, the conspiracy must be very deep and very pre-planned. This would be the same with the JFK assassination, which most Americans do believe to be a cover up. This would be the case in many high level crimes. It's not the complexity of the operations that people cannot believe, it's the very fact that those in power would do this type of thing and that their peers would allow it. Welcome to the shadow of western civilization. It's a very ugly thing, and it's growing larger and darker because we generally refuse to see it.

Although a personal 9/11 investigation will put one in touch with all kinds of unverifiable and distorted information,

the most basic facts surrounding the events do not logically lead to the “official story” which has not changed since it was first established on the front page of the New York Times on the day of the event. Again, we are inclined to ask, “Who’s writing these stories?” See Webster Tarpley’s *9/11 Synthetic Terror*, Mike Ruppert’s *Crossing the Rubicon*, and David Ray Griffin’s *The New Pearl Harbor* for scholarly investigative work. A documentary called *September 11<sup>th</sup> Revisited* is an excellent source of original media footage of building collapses.



*The World Trade towers did not passively collapse due to structural failure. They violently exploded into dust, in mid air, in just over ten seconds.*

*The Big Lie is still alive*

To recognize the basic nature of the September 11<sup>th</sup> fraud and similar false flags is to come face to face with a state of reality that's unfathomable to those uninitiated into the dynamics of cultural parasitism. **We generally unconsciously reject information that would destroy our trust in our cultural hierarchy. We all contribute to covering up high-level criminality naturally and unconsciously as we have for centuries. High-level conspiracies are automatically denied by the minds of the large majority of people who will rationalize their intuitions so as to deny or repress the possibility of high-level fraud.**

We block our awareness of high-level crimes when we assume that they would be easily unraveled by the public, bureaucrats and “officials” who surround the conspirators. This is naïve and not founded on our history. The human mammal depends on hierarchical social structuring and will strive to maintain protection and acceptance by the tribe. We cannot control this. Our genetic predisposition is towards acceptance of our cultural meta-programs to meet survival and nurturance needs. There is a reason why 9/11 Commission head Philip Zelikow was chosen for the position. The title of his college thesis says it all – “Creating Public Myths”.

The same cultural denial we see in the modern West around false flag events occurred throughout Germany while concentration camps were being operated and in other totalitarian regimes where the public rationalized the genocide of a

minority. We cannot blame the public for exhibiting instinctual behavior, but at some point their lives and prosperity will suffer so much that they must overturn their unconscious dispositions in order to transform the situation. History generally shows that the public will not awaken to the shadow of their culture before it has ravaged their society. Then they traditionally sweep the evidence of their own contributions under the rug while they distract themselves through “seeking justice”. We might just turn to the words of Adolph Hitler himself to better understand this phenomenon.

*“[I]n the big lie there is always a certain force of credibility; because the broad masses of a nation are always more easily corrupted in the deeper strata of their emotional nature than consciously or voluntarily; and thus in the primitive simplicity of their minds they more readily fall victims to the big lie than the small lie, since they themselves often tell small lies in little matters but would be ashamed to resort to large-scale falsehoods. It would never come into their heads to fabricate colossal untruths, and they would not believe that others could have the impudence to distort the truth so infamously. Even though the facts which prove this to be so may be brought clearly to their minds, they will still doubt and waver and will continue to think that there may be some other explanation. For the grossly impudent lie always leaves traces behind it, even after it has been nailed down, a fact which is known*



## CULTURAL PARASITISM

*to all expert liars in this world and to all who conspire together in the art of lying."*

*--Adolph Hitler, Mein Kampf Vol. 1, Ch.10*

### *Parasitic dynamics*

There are many more false flags that anyone can investigate on their own. The London 7/7 bombings were nearly identical to 9/11 in their style of operation. A professional "tabletop drill" specialist named Peter Power revealed on BBC TV that his group was conducting a drill that simulated the exact nature of the actual attack, down to the minutest detail, while at the same time the "real" terrorist events took place, replicating the drill he was conducting. The statistical possibility of this occurring accidentally has been calculated to be a fractional number so tiny that it's not worth considering. This individual was not clued in to the deeper covert operation being conducted behind the drill, which was used as a cover. After speaking twice on TV and radio on the day of the event, he refused to comment again to investigators.

False flag events are routinely covered up by coinciding military or police drills which act to confuse internal personnel who would normally thwart a real attack if one were to occur. Once the covert operation has gone forward, all government and contractor personnel are barred by law from publicly discussing any discrepancies they may have witnessed on the job. Their own internal psychic pressures push

any criminality they may have seen on the job into the shadow of cognitive dissonance. This is a psychological fact well established. Independent journalists must then gather information through left over physical evidence and citizen witnesses instead. Whistleblowers occasionally come out and are summarily blasphemed by media and even “suicided”.

Mainstream media journalists are themselves unable to conduct research into investigations which are not of interest to the editors and producers of corporate media outlets. **Blowing the whistle on covert operations is not what billion dollar media corporations are in business to do, unless it serves their interests. They are in business to advance the world view of a financial oligarchy.**

Because of the amount of independent journalism that has revealed many terrorist events to be false flags in the past 15 years, this style of operation has shifted somewhat to other operations including lone gunman type events. Every time another one of these school shootings, church shootings or the like occurs, one has to look very, very closely at the details. If we really want to see what’s going on behind these events, a close look will reveal that a good number of them are carrying the tell tale signs of manufactured false flag operations. Coinciding drills are a common signature feature of false flag ops. An investigator also has to be very careful when looking into this domain because it is rife with disinformation and the vibration of cultural evil itself can addict or damage the investigator.

## CULTURAL PARASITISM

False flags are known to have existed as far back as the Roman and Greek empires and all up and through the 20<sup>th</sup> century worldwide. A well established example is when Hitler burned down his own parliament building to gain power and curtail German freedoms. He also attacked Poland in a false flag in order to invade that country. Even just a casual investigation into Hitler and his propaganda minister's Joseph Goebbels will reveal that these men and the Nazi party were very well aware of the mass mentality of human beings and of propaganda techniques for manipulating the public. A deeper investigation into western oligarchs will reveal that a portion of them continue to approve of and even deify Nazis for their successful mind control techniques. The investigator who is willing to face the realities of cultural parasitism will find that current day politics and media use equally purposeful means for turning the psychological weaknesses of human beings against themselves to channel human energy towards an intended state of social structuring.

### *Getting to the core*

Media and politicians never address the core psychological and sociological issues behind terrorism and similar events. Even if terrorism and related cultural destructiveness was truly an organic or random phenomenon, the common political reactions are the reverse of healthy responses. These destructive cultural events should lead us to a proper diagnosis if we were not ourselves ruled by the same viral programs which

run in the terrorists themselves. In other words, **we accept cultural parasitism because it is a pattern which coincides with our own internal destructiveness, which we generally refuse to accept.** This is a fact that Hitler and Goebbels could not have known, for they were themselves in complete denial of the dynamics of their own psychic shadows.

Because civilization is historically parasitic, and because patriarchs have abused the public for so many centuries, a state of unconscious acceptance is programmed into us. Political conspiracies are thought of as rare events, but in actuality, the whole of patriarchal civilization is a form of conspiracy in that it's an informational construct that covertly channels human energy towards a parasitic hierarchy.

To put this into an even higher perspective, **hierarchical civilization does not fundamentally create parasitism, but rather, it acts as an efficient structure for parasitic consciousness, which is a stage of human development.** This is important to emphasize. Oligarchic families and their political and financial agents do indeed lie, trick, and abuse the general public, stealing their human energy, but these individuals cannot be eliminated via revolution or political means. The true source of cultural parasitism is not biological human beings, but the informational construct of culture itself which is fractally repeated in every human mind. **Underlying the construct of culture itself are archetypal forces and destructive psychic patterns, which must be investigated, as they are the ultimate impetus behind political darkness.** Removal of parasitic individuals would leave a vacuum that

would be filled immediately by new oligarchs, unconscious agents of our own destructive programming that is the true source of our cultural dis-ease.

In our own experience, unraveling a few of these types of events is all that's necessary to get the point and to establish an understanding of virulent cultural parasitism. On the down side, these types of shadow investigations can also energetically attach themselves to the mind and become habitual distractions away from self work. After spending about five years looking into false flag and related events, and then later working as a mortgage fraud investigator, I had to willfully discontinue this type of inspection. The vibration of this type of information is very low consciousness and was inhibiting my own spiritual growth. Now this knowledge serves me generally but I don't swim in it because if you swim in a polluted river you will catch a disease. This said, it's actually healthy to come into light contact with disease agents so as to teach the immune system to recognize dangerous viral codes.

### *Higher dynamics*

Most people who are promoting these stories in media and politics are not doing the manufacturing part, they are feeding off of the energy that comes out of these events. These operations are actually conducted by a tiny fraction of all political and military personnel. This could be similar to the ratio of viruses and killer bacteria to good microorganisms in the body. Most people in government, media and politics are not

consciously tricking and abusing others, or when they are, they are rationalizing the abuse. In order to fathom the nature of our cultural destructiveness we must realize that the human being is not consciously aware of the vast majority of its own programming or of cultural dynamics. **As a species, we are mostly unconscious beings. We are directed by energetic, informational programs that operate below the threshold of our awareness. They create an ecosystem of viral dynamics that we have not yet come to understand.**

I would think that the countries which show the highest amount of internal social decay have the highest percentage of overtly parasitic operators. If the reader has ever had an interest in the study of psychopathy, try *Political Ponerology* by Andrew Lobaczewski. A difficult read, but it's one of the most revealing scientific studies of cultural parasitism created from within European totalitarian regimes in the 1930's and 40's. To understand that civilization has a psychopathic cycle which rises and falls, that we all contribute to, is a disgusting realization, but it unfortunately happens to be a real cultural phenomenon.

*The most unnerving*

Outside of false flag terrorism, there are many more forms of cultural parasitism including cult related child abuse and sex slavery. This may be the most disturbing form of cultural parasitism there is. This is a highly toxic phenomenon. Inter-generational, ritualized child sex abuse is a ubiquitous and

increasing phenomenon in western culture. Many of us have heard about this happening some place but because of its highly repulsive nature, we tend to push this completely out of mind. Sources such as the *Kay Griggs interview* or Kathy O'Brien's *Tranceformation of America* may contain inaccuracies like any source will, but do reveal the general vibration of this type of phenomenon. Many government officials, even presidents have been publicly exposed to be sex addicts or otherwise dysfunctional, and we generally accept this, but it's extremely hard to fathom the actual state of our cultural disease where inter-generational, ritual child sex abuse is intimately intertwined into the political and financial system of the world.

Western politics is especially diseased in this way, but this ultra dark phenomenon occurs internationally. The degree to which politics is high-jacked by sexual abuse of children is unknowable, but many sources suggest that it's prevalent and very ancient. As I am writing this, pedophilia in politics is turning into a public scandal in Britain. Amazingly, the Australian branch of the television show *60 Minutes* has aired an expose of British pedophilia connected to the highest echelons of power. When Melissa and I watched this show ourselves on the Internet, we realized that their investigation, while very disturbing, was only uncovering a tiny slice of the pie.

*Medical parasitism*

Besides the many types of covert operations in effect in our culture, there are also non-covert but equally parasitic operations in play. The American medical culture is an open but highly parasitic example. In this system, diseases are handled like retail products which come onto market, are advertised, and find themselves into millions of homes yearly. New diseases are now “discovered” each year and added to medical encyclopedias with no known cause, although new drugs are often created to combat them. In our opinion, many new diseases are psychosomatic and purely mental-cultural constructs. This requires its own description to explore fully, which we address in a later chapter. In America, obesity, diabetes, cancer, fibromyalgia, chronic pains, depression, anxiety and literally hundreds of autoimmune related dysfunctions plague the general public who spend billions of dollars on ineffective treatments of wide variety. The public is generally lied to or uninformed by the increasingly corporatized medical establishment and treated as a for-profit resource.

To be fair, medical technology and medical science is truly beneficial to the civilization, but the manner in which it is developed and implemented via the parasitic financial system is not in any way healthy. Common sense says that health care should not be a for-profit endeavor. The most common form of un-natural death in America is by way of hospital and medical related malpractice. Some of the most uncommon forms of death are by way of terrorist attack, an exotic infectious



virus, or gang shooting, and yet we hear nothing of the former and everything about the latter. American mainstream media does not exist to inform, it exists to debase and parasite off of the human mind. The trend is spreading worldwide.

*Unconscious mechanics*

Now let's take a look at how these types of dynamics work technically in the energetic-informational domain of the culture. Every time there's another false flag (or organic murder spree), it becomes a media frenzy. Media, advertisers, corporate stocks, political parties, all get attention and the cultural mind gets an energetic boost every time something tragic happens. The culture receives a certain kind of reptilian instinctual "hit" that instantly invokes fear and anxiety. We then respond at low levels of consciousness, saying things like "Oh turn on the news, there's another school shooting, this is so horrible", or "I say we fry that son a bitch. I'll pull the switch myself!".

The event drains us emotionally as we empathize with the victims, or charges us with anger as we imagine bringing justice to the killer (*the victim-victor script*). After so many of these events, as well as locally publicized crimes that flow like a river from mass media, we have no choice but to tune the horror out. We construct an emotional filter that protects us from further damage, but desensitizes us to the state of cultural parasitism that we live in. **Although we consciously may tune it out, unconsciously our shadows become ad-**

**dicted to the information, which inflames and charges our own shadow energies. We either become passive victims to the cultural decay or actively charged addicts of the disharmonic energy that courses through us as we process the information.** Our cultural hierarchs are then all too happy to grant us a solution to our turmoil - one that benefits the dark domain of the cultural shadow, and erodes our ability to obtain social and internal coherence.

Of course politicians get to use these crimes to grandstand or push for whatever new punitive or public controlling law they're backing. After every false flag, the "corporatocracy" gets to sell more weapons, make police more paramilitary and legally attack more constitutional freedoms. Government contracted manufacturers, security companies and banks get more bloated. If a false flag is targeting an international enemy of the oligarchs, a war or military event will typically ensue. Mass media will "always" support these efforts.

After a public shooting, gun control laws are usually immediately pushed for and often granted. An armed public is a major threat to psychopaths in positions of political power. The public will be lied to about the causes of the events and their emotional strings will be pulled through edited media narratives. Because culturally parasitic corporations are publicly traded companies, the financial markets receive a boost in energy. The whole system gets parasitically fed every time there's another false flag.

In the cases where horrific crimes are not manipulated operations, they are still used to feed cultural parasitism equally,

although concocted events seem to have a greater political and media life. **Generally, media and politics overemphasizes low consciousness human behavior so as to bootstrap human emotional energy towards increasing hierarchical power.** False flags need not occur for cultural parasites to profit on human energy. **A casual examination of mainstream newspapers and media for a week or two will reveal the high ratio of fear based stories which exist to convert reptilian and old mammalian brain response into parasitic cultural consciousness.**

*We create the game*

Ultimately, this has to take us back to the individual mind because cultural parasitism doesn't exist separately from our own lives. It's regular people who are benefitting from the rise in their stock prices because they're invested in Chevron, McDonalds, Halliburton or whatever stock represents parasitic companies. It's individuals like you and I who are benefitting from the oil mafia that monopolizes world energy supplies. Millions of common people hold these stocks in their 401k retirement funds. We all vote for the politicians who become the front people for these viral entities. Many of the top people are indeed unhealthy and destructive, but we as the constituents of the culture are the energetic power sources for these operations. It is we who believe in and respond to concocted media narratives. **We give our consent consciously and unconsciously. It's all of us together who consent to**

**and create our culture. It's not just a small cabal of New World Order people.**

Secret societies do indeed exist, and some do influence society negatively, but we buy into their propaganda. Everybody is participating in it. If we're watching the TV, if we believe the garbage that's coming out of the newspapers and if that information is actually structuring our minds and dictating our behavior, we are in the game. If we are actually listening to politicians and concerned about what the president thinks, paying undue taxes to parasites and participating in the mainstream culture, we are being infected by and spreading cultural parasitism. We are strengthening and passing informational viruses that thrive in human culture.

Many who see the destructive side of culture respond by stating that they can't do anything about it. Indeed, ending this is not going to be possible politically, but most of us spend little time considering alternatives before we go right back into the game. So if we're looking to blame one party or another, we're not going to come to any conclusion with that because the whole culture is participating in the entire operation. **Healing the culture requires a quantum shift in the domain of the individual mind, and like the Matrix film shows us, that process requires quite a leap of faith and a strong inner drive to towards spiritual health.**

If we want to leave the culture, like some people imagine doing after waking up to how destructive things are becoming, this ultimately doesn't work either. We just bring our own viral energy with us wherever we go. We will always find

other unhealthy people to interact with. There is no culture that is truly balanced in the current global scenario, and if there was, they wouldn't let us in until we got clean.

When I first started coming to these realizations about cultural disease, I considered trying to leave the country. I almost did leave the country at one point but my intuition told me that I would not find inner peace in this way. I ultimately realized that I was going to have to do some serious inner work first. I also tried the warrior approach and looked for a social cause that resonated with me, but when I put myself into communities of activists, I found that they were acting out the same viral codes that they were trying to neutralize. This is why most activism doesn't work very well. The few activists who truly inspire a shift in consciousness are those who are already living in an advanced state within their own being.

*It's inside of all of us*

In the first chapter we discussed the scientific principle of the displacement of entropy. We as human beings are displacing our internal psychic entropy everywhere we go, and not only this, but we are unconsciously creating mechanisms to facilitate this process. If we're not clearing and processing our own internal destructive energy, it has to go somewhere, and there is always a political group who will do help us do that, en masse. **The wars and cultural tragedies that we can't seem to stop are our own creations. They are vehicles for the displacement of psychic entropy on a mass cultural**

**scale. This will not end until we get our own shadow energies under control.** This is not a criticism of others because I also need more work in this area. We are all in this together.

**I carry not only the creative and evolutionarily powerful ideas of my culture, but I potentially carry all of the culture's virus as well.** I am not only carrying the positive codes of morality, justice, equity, sovereignty, trust, care and compassion. I'm carrying the codes of self-destructiveness, victimhood, sadism, masochism and tyranny inside of me. These programs are represented as energetic patterns in my own psyche, and the chemical hormonal structures of my body. I'm carrying the electro-chemical, self-similar manifestations of all the mythological characters and their evil shadow correlates within me. **Just as we all carry killer viruses within our bodies at all times, we carry the energetic patterns of psychic destruction in our minds at all times.** It's not a matter of if we do, it's a matter of how we manage the situation. This is what our immune systems do, and it's what our species will eventually have to learn to do at a conscious level of awareness.

**Both the psychic and biological viruses that infect us all right now are the energetic equivalents of kings, warriors, magicians and lovers gone bad. They have become viral agents to destroy that which is out of balance. Our increasingly destructive culture is merely the effect of our current inability or refusal to evolve to the next stage of personal consciousness.**

## CULTURAL PARASITISM

Our civilization has been a vehicle for creative and colonizing masculine energies. But now we're moving into the next stage of psychological growth which is a holistic integration of prior stages. In psychological terms this means young adulthood. We cannot know our full human nature as of yet, but this evolutionary process is demanding that we clean up our psychic garbage or get out of the way. **The mythological Age of Aquarius is an age of masculine and feminine integration, of greater balance, of holistic understanding of self and other, and it's an age where the dark father energy gives way to a healthy beneficent king along side his goddess consort who has been deposed during his immature stages of kingship.** This will only be possible by realizing the full nature of our own darkness, and clearing the cultural "Father Thing" which infects us.

Woah! This has all been a rather disgusting foray into cultural darkness, but we believe that this is a necessary aspect of shadow work. We share this information to help inoculate the mind of the reader. An antidote often contains a little bit of the poison. If the reader is new to this information, it will surely become a seed that will grow and evolve your consciousness, but like all shadow work, you may experience discomfort at first. The phase of outer shadow inspection may continue as long as it organically needs to, and when we are ready, this same type of inspection can be applied to the inner domain of the self. Alchemical shadow work requires both internal and external shadow inspection.

# V is for Virus

*Inside every human being, existing amongst the infinite electro-chemical structures of the mind is an ecosystem of parasitic patterning that lives as our highest purpose dies. There is a viral network within us all, inherited at birth, having mutated through every generation that has ever been, challenging our every move and every living being we come into contact with. We are all hosts for the Virus. The predicament we find ourselves in is truly archetypal in nature. Its proportions are mythical, and the Opponent is eternal.*

In the first chapter we discussed the metaphysically subjective nature of evil and the prevalence of the destructive force in the universe. For these reasons, we will never escape the dark side of creation. As living organisms, we will always have to contend with this force, but our history as beings is marked by success after success in thwarting this opponent and forcing it to evolve as much as it forces us to.

Because of the nature of subjective destructive agency, the Opponent takes on infinite forms. As we have seen, it may manifest as a predator, a parasite or a pathogen, using previously successful holonic patterns, while shifting to fit a particular domain. The human energetic ecosystems we call



the mind and culture are rich mediums for viral evolution and transmission. **Within the constructs of the human psyche live any number of viruses and parasites, mutating and adapting to the situation, but always collecting around common weaknesses like any biological pathogen will.**

Before the mid-nineteenth century, western people blamed biological plagues and deaths from communicable diseases on acts of God, or the Devil. The domain of the microbe was totally unknown to us. We could not imagine a reality where the earth is mostly populated by countless trillions of microscopic killers that live to trick and parasite off of every other form of life on the planet. *The devil of this world might be more properly described as a virus.*

Just as we could not have imagined the biological realm of viruses 200 years ago, today most of us would not believe that our minds could harbor viruses. Most would not believe that our culture is a transmission medium for these parasites, which travel through media, through our language, our behavior, our energetic states and probably our DNA as well. Most may not want to believe such a fact, but then again, most would give little thought to such a possibility if it were presented. This leaves the consideration to you and I.

In the previous chapters we have built the foundations for such a reality to be possible. We have not proven anything and will not attempt to prove anything as nothing can be proven to anyone. The real proof is always in one's own experience and we invite you to look into your own psyche, into your own relationships to see for yourself. Are you harboring

one or more psychic parasites? Can you find their emotional food and track and trace their feeding cycles through your thoughts, moods, and unconscious behavior? We have found these signatures within ourselves and we have recently found others who have as well.

Of course ancient cultures have many models for this phenomenon, but we have recently found a few present day westerners who are reaching similar conclusions to our own. We already mentioned authors Paul Levy and Jonathan Zap and I should also mention Eckhart Tolle, Bernard De Montreuil, Michael T. Greenwood, Lama Tsultrim Allione, Steve Richards, and surely there are more who have conducted their own studies and mapped this phenomenon in their own ways. In our view, the domain of mental parasitism is as real as the biological realm of infectious diseases and may be equally or even more powerful.

### *Traumatic origins*

We often tend to think that the increasing dysfunction of modern, industrialized society is due to current factors, and to a degree it is, but our history as civilized people is one of institutionalized abuse of ourselves and others. We come from a very long line of torture and abuse by hierarchs. The Europeans who escaped the top down abuse of feudal society passed on their own trauma to the indigenous peoples of the world whom they genocidally murdered or enslaved. Now they are in the same boat with us. Together, we all share a massive

energetic pool of dysfunction and trauma. We are moving into times when that state of being can truly be transcended, but the reason it is still with us today is because the energetic patterning of our minds and bodies is still carrying the viral codes of our past. We are still infected and we have not yet come to terms with this.

*Wounds that give rise*

Although an organism may attract a parasitic agent for many reasons, a common way they are attracted is through a weakness like a wound. A wound is a location where newly available energy exists, where structural foundations are fractured, and physical integrity is diminished. Imagine a cut on the skin or an animal bite. Physical wounds will always become infected by pathogens if not cleaned, aired out and nursed back to health. These same principles apply to psychic or emotional wounds.

Psychological trauma can be even more harmful to us than physical damage because we don't have a clear understanding of our mental states. We can easily locate a physical wound on the body, but an emotional wound is hidden away in an invisible domain. An emotional trauma can fester for years, causing manageable disturbances, until it metastasizes and causes severe effects, including physical and mental disease. When it does, the effects will usually be misdiagnosed because the majority of health practitioners are completely in the

dark regarding such conditions, even though psychological trauma is as common as a cold.

A psychic fracture could be caused by a single traumatizing event like the death of a spouse, parent or sibling, an accident or the like. A wound might be caused when normal disruptive events in early life are not handled properly by the family. Many wounds occur early on in life through repeated, habitual family dysfunction that deprives a child of its innate ability to develop normally. Dysfunctional family “codes” are systemic throughout culture, and shared within the population. In this way traumatizing conditions are set up and fulfilled generation after generation. We all come into this state of reality when we’re born into this world.

When parents are themselves traumatized, their own wounding and dysfunction prevents them from providing healthy nurturing and positive support. In our society, increasing numbers of parents are unable to give their deep presence to their children, as they are often rushing through life, self absorbed, and in a state of internal anxiety. That neglect, although not physical and not intentional is very damaging to children, who will perceive their parents’ emotional absence as abandonment.

Another common way children are wounded in our culture is for parents to cause a child to sidetrack or repress an emotional release. Small children are continually emotionally disturbed in the harsh environment of urban society. Parents often scold children for these releases or sidetrack the release by offering them food, candy, television or some other dis-

traction. These are just a few examples of familial behavior which leads to psychic fracturing that breaks our psycho-physiological structuring. Obviously, physical and sexual abuse, parents' drug and alcohol addictions and similar severe influences damage children's psychic structures even more. Some of our most foundational child raising codes and cultural values are not conducive to balanced psychological development but are ingrained into our culture.

Our shadows are the energetic contents of all repressed or denied patterns, some of them being ancient animal instincts, but our shadows are also the unconscious effects of developmental wounding. Much of our destructive programming originates in these broken systems. We will always require shadow work because we will always have to integrate ancient patterns that are not appropriate for "civilized" life, but we should separate these ancient patterns from the effects of psychic fracturing created by our modern way of life.

*A script is written*

Regardless of how a psychological trauma is formed, if it is not healed, it can give rise to a destructive program in our electro-chemical structures. This can manifest as a neurosis, a tick, an addiction or other habitual destructive thought or feeling pattern. This might be considered a *Complex* in psychological terms, although I am not sure if existing terms for these programs can be used without some redefining.

A complex or destructive program could be seen as a broken psychic script or perhaps a workaround script written as a stop-gap measure when a child was out of options while faced with a dilemma. Children cannot see their way out of bad conditions with higher cognitive processes like adults can. Logical faculties come on slowly, and children cannot conceive of future options to resolve their anxiety.

I see parents trying to rationalize with small children and getting no results, causing them to become abusive to the child. Small children cannot not think their way out of a troubling situation logically. They are truly trapped and victimized by harsh conditions they are unable to cope with. This generates high energy and high information processing which results in the writing of an internal script based on that condition. The program that's written is coded under duress, under limited visibility, and high stress hormone levels. It's objectively inaccurate and not balanced. If the program is not rewritten by subsequent experiences, or if later experiences validate its existence, it remains as a destructive script. We are all carrying these destructive programs to some degree or another.

### *Dark agency*

It is unknown to us exactly how or why a complex may become actively parasitic, but it seems likely that this will occur when a program is closely related to an archetypal energy flow. To visualize this, we can revisit the Jungian

archetypes we discussed in previous chapters, and see them as electro-chemical states in the body. When a program is written in our psyches that gains direct access to these flows of energy, it will redirect the personality towards its own autonomous functioning.

**An addiction or other repeating destructive pattern could be seen as a parasitic program or virus of the psyche. It could also be considered a demon, a djinn, an evil spirit or the like in prior understandings.** Many ancient cultures have understandings of demon possession and practices for healing. These could be studied for they are likely useful and may only need translation. It's also possible that they cannot be translated properly unless one uses a systems level viewpoint. Another point to add here is that modern western people may be possessed by different “demons” or autonomous programs than ancient people were.

A parasitic program may adhere to a cultural pattern that is shared amongst many in the culture, or it may be particular to an individual or their family, but it will always be related to greater cultural predispositions. In other words, entire societies share psychic viruses and suffer from the same types of effects. This is similar to communicable biological pathogens. **Parasitic programs are living, just as every psychic system in the mind-body is. They seek like resonance, and are viral in nature. They live within the bounds of polarity as any system does, and they can and do flip poles regularly.** Like passive complexes, most of us harbor these viral autonomous complexes, although many of us who are healthier are

managing the situation well enough. This can change if we suffer a trauma later in life that opens a door for these programs to rise to prominence.

*Real possession*

The clearest example of this is in those who are deemed schizophrenic. In urban America, the numbers of these individuals are rising rapidly. Sometimes they are also addicts, but often they are not. They go in and out of mental hospitals and live on the streets. They talk to themselves openly and are clearly possessed. I see them every day on the streets of Bay Area cities. These individuals are harboring any number of psychic parasites or autonomous complexes which have taken priority in their psyches. They have become so integrated into their mind-bodies that we cannot view the individual as a coherent person anymore. They are a raucous gang of conflicting agents, each vying for possession of the individual's energy and attention. In older models, these individuals would be considered to be possessed by demons.

Schizophrenia is a vague term probably describing multiple related phenomena, but the condition described above proves a point. This is one extreme example of possession by autonomous psychic parasites, but it's an example where the result is chaotic. A more well hidden example is where an individual is possessed by a particular program that is able to live in *relative* harmony with the psyche. Entire nations can become entrained to the vibrations of these individuals. We



sometimes recognize these types of people as being psychopaths who appear to be “taken over” by a powerful force. **When an autonomous parasitic program of the psyche is able to access the personality completely, they become a powerful viral force for self and world destruction.** Although the extreme examples are more obvious, the general population of humanity is managing the very same psychic phenomenon to a more minor degree. This is a widespread phenomenon, and we are all in this together.

We might use Robert Moore’s mapping of the shadow archetypes as a rough model to map these parasitic programs. When a program is fed by a Warrior energy flow, it may manifest as a personality trait with cruel and unusual behavior. Serial killers and sadistic dictators like Caligula are extreme examples. If the King energy is powering a psychic parasite, it may manifest as a control freak tyrant boss. If the Lover energy is the primary fuel source, one may be possessed by an addiction which requires constant invigoration through sex or new relationships. A Magician fueled program might possess the individual to manipulate family members to unfairly inherit an estate.

We may not be possessed strongly enough so that our shadow programming becomes openly obvious to most others. Our psychic parasites may get fed at home, in intimate relationships, or through secret outlets which we hide from others. We may cope with our parasitic conditions through minor addictions, or feed them slowly with long term repeating relationship conflicts with our partners. Most of us can think

of addictive, habitual, destructive behavioral patterns that we continue to suffer from. We may not be totally “taken over” but we are still feeding some kind of demon.

*The victim-victor cycle*

A fractured program becomes autonomous in the psyche once its script is habituated. Once habituated, it has successfully gained access to our consciousness in a manner it can control on its own. If it’s not habituated, it lives through energy being passed to it occasionally, when an old wound is triggered by an experience in life. Once a parasitic program can feed itself through a habitual pattern in the mind, it becomes a master of its own life cycle. A Frankenstein has come alive.

**When a parasitic program feeds on ourselves alone we call that an addiction, and when it feeds in coordination with others in relationship, the authors call this the *victim-victor cycle*.** The *victim* in this model is the feminine or negative pole of a destructive energy program and the *victor* is the masculine or positive pole of its destructive energy. They are intertwined and every individual experiences both polarities.

The cycle will be triggered when a wound or fracture in the psyche is touched upon by an environmental factor or by the actions of another person. Often our emotional triggers are not random but are the veiled acts of autonomous agents in ourselves or others seeking an energetic meal. These triggers can be anything, anywhere. A trigger could come from a

newspaper article or maybe a term in this book that offends. It could be something someone said at the grocery store, or any disturbing situation. In a close relationship, triggering is never random. A cycle can ensue when our partner says or does something that we interpret as an offense. Or we may say or do something to them which will result in our partner becoming triggered, and we begin the victim-victor cycle.

From here, we will openly act out as a result. Once we act out of a trigger, the cycle has begun. We will find ourselves losing objectivity as we take another step towards reliving the cycle. As we act out with increasing emotional energy, we fuel the psychic fire. Each stage of escalation results in less objectivity and more energy added to the conflict. As we destroy ourselves or each other, our parasitic programs get stronger, and our physiological patterning more ingrained. More of our energy is channeled off to our autonomous agents and the original wounds which gave rise to our viral programming become inflamed. We re-wound ourselves every time we turn the cycle, thereby increasing the possibility that we will be activated and wounded again. Sometimes a cycle is unable to escalate because of some external distraction or circumstance. In this case the energy system will freeze and continue later.

If we don't have anyone else around for our parasitic programs to feed on, the cycle may simply use our own minds and bodies. This is called an addiction. Addictions appear to be the victim-victor cycle playing out within the bounds of a single individual mind-body. If we look closely at the feelings

which precede a “binge” we may find the same wounds and the same parasitic programming that play out in relationships. **An old wound becomes a physiological need, which gives rise to a viral program that feeds cyclically on the chemicals it was formed out of.** Dr. Gabor Mate has found that addictions are cycles formed out of physiological chemical needs which arose from psychological trauma. The addictive cycle is an attempt to fulfill a chemical need.

*Trauma --> disharmonic chemical state --> a program is formed --> the environment validates the program --> the program becomes active and parasitic --> the program cyclically activates the wound to re-trigger the original chemical state of need --> the cycle attracts like resonance in the environment --> a parasitic virus is shared.*

**When we find ourselves in a destructive cycle, the party that’s enjoying the circumstance is never the part of us that later has to kiss and make up or make excuses for our bad behavior. The party running the show is a shadow entity, a parasitic program, a viral script running behind the veil of ego consciousness.** In biology, a virus destroys our cells by altering their DNA. Similarly, these psychic programs tie into our physiological infrastructure and trigger us from the location of an old wound, where they originally formed. The triggering of the victim-victor cycle is an electro-chemical phenomenon which floods the body with hormones. Our blood and nervous system are flushed with chemical se-

cretions which take us over, create the destructive effects, and live out the chemical program that the parasite embodies.

Imagine a computer virus, which is an informational script that plugs into the operating system and takes control of the computer. Or the T. Gondii parasite we discussed in a previous chapter. And remember the cultural example of false flag terrorism that we explored. Now think of the ongoing conflicts between nations and races. These are all self-similar representations of the victim-victor viral cycle occurring in different holons. **Our viral cycles manifest at every level of our being, from the individual mind, to the body, to personal relationships to cultural conflicts. They all come from the same wounded sources, originating in our very way of life.**

*Polarity games*

The life cycle of a viral program, like all organisms or systems operates within the bounds of polarity. There are always two poles between which a cycle will manifest. **Our shadow programs are formed when part of our psychological circuitry is negatively charged by a traumatic circumstance.** This is because children are truly victims of their environments. Our wounds are based on a negative, feminine, victim profile. Wounds have an inward moving, *need* energy to them. Our viral programs are formed out of these needs. The electro-chemical states that they create are feelings of fear, guilt, sadness, worthlessness and the like. These energetic

states attract like-resonance in others passively, but they also flip poles and manifest an active aggressor modality. (*Reminder: The term feminine does not refer to the female gender. It's an energetic polarity association.*)

Some people's shadow programs stay on the negative or victim side predominantly where they attract abusers. Others manifest an abusive, masculine victor profile which causes them to hurt others, but always leaves themselves victimized after a conflict. **All victor-aggressors are victims originally. Acts of abuse towards others are actually acts of self-abuse because they block the host from being able to bond with others. An abuser cannot obtain the healing electro-chemical state which comes from loving and being loved. Abuse of others is an act that blocks the abuser from knowing compassion and love. Victim profiles attract abusers and victor profiles create victims. We all participate in and create the victim-victor cycle no matter which profile we tend to favor.**

*Addicted to conflict*

The electro-chemical states which our shadow programs invoke, possess and addict our entire being. We become dependent on feelings of fear, anxiety, guilt, rage and other destructive states. These states become totally integrated into our physiology and our shadow programs act to summon those states when they are in need of a dose. We are generally not in control of this dynamic which we share with our loved

ones, our culture and our species. Domesticated animals like dogs or cats are also ensnared to participate in the cycle. Abused animals can also become triggerable victims of the victim-victor cycle.

*A body of pain*

Looking deeper at destructive programs of the psyche, we may find that we don't just harbor one viral program but multiples. **As we look at our society, we might see an entire range of viral operation going on. We might view this situation as an ecosystem of viral psychic activity that lives worldwide.** If we were to model this in terms of a holarchy, we might see overlapping and interlocking holons, each representing a type of psychic virus.

In his work, spiritual teacher Eckhart Tolle describes a psychic parasite that he calls the "pain body", which accurately describes this same phenomenon that we are discussing.

*"The pain-body is my term for the accumulation of old emotional pain that almost all people carry in their energy field. I see it as a semi-autonomous psychic entity. It consists of negative emotions that were not faced, accepted, and then let go in the moment they arose. These negative emotions leave a residue of emotional pain, which is stored in the cells of the body. There is also a collective human pain-body containing the pain suffered by countless human beings throughout history. The pain-body has a dormant stage and an active stage. Periodi-*

*cally it becomes activated, and when it does, it seeks more suffering to feed on.” – Eckhart Tolle in “Awakening to your life’s purpose” an interview with Kathy Juline.*

In Tolle’s description of the pain body, which is very similar to our own model, he mentions that entire races or even the female gender may have a pain body. It appears to us that he is describing a shared code, a communal viral script that’s playing out the victim-victor cycle throughout a large segment of the population. Melissa has told me that she does believe that women have a shared pain body, and that it’s formed in the context of patriarchy. Women in general have thousands of years of disrespect, physical and emotional abuse behind them. In my own internal work, I came into touch with a similar profile that I can see as a male pain body, also formed out of patriarchy which I call the *Father Thing*. This is the dark side of Saturn in astrological terms. Both men and women in our society have a gender based pain body and minority races also carry a pain body. African-American and Native-Americans are clear examples, although every racial segment must carry its own culturally destructive codes.

Because of the energetic nature of the universe and the human being, we live within a shared informational domain where we transmit and exchange our programs with each other. We cannot help but do this; it’s the nature things. If we zoom out of our own predicaments and look at the human species as a whole, we might see these destructive dynamics



playing out through all of us. We are each transmitters and receivers collecting, amplifying and directing energy patterns to each other. We do this through our communication and media, through body language, through pheromones and other electro-chemical input-output.

Ultimately the master game players are the Archetypes. They are living energy systems that we are all vehicles for. **It's convenient to look at certain people or groups we deem evil and say that they are hurting us (victim), or that we need to eliminate them (victor), but we are all playing the game equally. The game persists because we are all tuned to the same channel.** We are running the same programs within the same cultural operating system. Some individuals may indeed be more consciously destructive towards others, but they are not in control of their behavior. They have been taken over by the effects of these systems. We are all in the same boat together, playing unconscious popularity games, equally victims of a force we have not yet come to know.

*The heart is toxic to the virus*

There is one vibration, one formula, one antidote that repels and destroys parasitic programs. This is the archetypal, electro-chemical force present in the feelings of compassion, love, faith and acceptance. These words represent energetic flows in the human mind-body, and like all archetypes, go back to the universal source code. **As we currently see it, the**

**base code for these healing vibrations is the 0, the wave, the heart, the all encompassing feminine force. When this vibration enters the location of a wound, if it can get past a viral program, a destructive cycle will end. If this vibration is able to permeate the mind-body regularly, it will inoculate and protect the human being from further infection and transmission.**

**If we can invoke compassion and hold it during a conflict, our own viral flows will be neutralized, thereby ending the cycle, but this is very difficult in the midst of crisis. A more effective way to manage conflict is to clean and clear our own emotional wounds which are the original food sources for our parasitic programming.** When our own destructive energy is transmuted through internal spiritual work, conflict is generally reduced in our lives, and if it does occur, we are capable of directing ourselves much more objectively. When we are so unconsciously energized by destructive energies, we are victims to our viral programming and have no choice but to act as an unwilling host.

In order for us to clear our destructive programs, we must channel down into the wounds where they originated. This is where our psychic parasites have their deepest roots. We must gain access to the location of the original fractures and let them air out. This allows them to naturally heal and reform. There are multiple methods we are familiar with. We will share one of them with you in the chapter on emotional processing and we aspire to find more techniques in the future.

# 21<sup>st</sup> Century Alchemy

Over the course of the last three years, Melissa and I have put ourselves through a self created intensive program for internal transformation. For much of this time, we had no idea that this quest was alchemical. We had heard of Alchemy and knew it was an esoteric science but we had no knowledge of its particulars. As we progressed, we followed our intuition greatly but we also learned from synchronicities that guided us to relaxant facts, and most profoundly, epiphanies or “downloads” that came to us directly.

Even to us, this is rather astounding. We never actually planned to embark on this type of a journey. We didn't *try* to learn anything, or *strive* to overcome any of the countless obstacles which have presented themselves. We simply acted on the energy that naturally came to us and acted on our curiosity that grew as we went on. This entire quest to heal and transform ourselves and to create maps of meaning for this work has been an organic process that unfolded naturally.

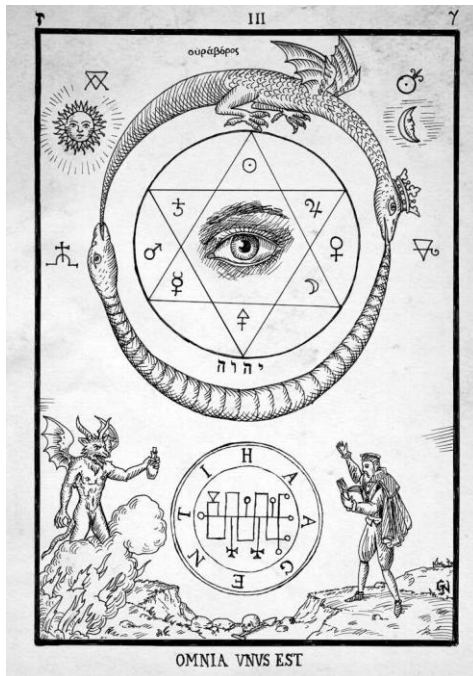
We actually believe that this is the way all spiritual work unfolds when one is committed to the path. Underlying all of our work is a commitment to our internal evolution that is so strong that there is nothing else that comes close in priority. Really, all life is a spiritual path, no matter how it's perceived,

but when one truly “gets” that their life is a spiritual journey, and that right “now” there is an important lesson being taught, this is where the path really gets moving. This depth unfolded gradually for us over the years, but when we came together as partners, something clicked and we could not do anything else but focus our attention inwards, to all the places where healing was needed.

Another reason that I believe that we found success in activating our “spiritual guidance systems” is because we actually began this phase with shadow work. Before this stage, like many spiritual seekers, we worked with meditation, with eastern concepts and intuitive practices, but in our experience, shadow work was the most powerful transformative work we had experienced by far. We came to find that this was understood in alchemy. **Other phases unfold on the path, but the shadow, which can be seen as the alchemical Prima Materia, is the base metal that we work with in our pursuit of “alchemical gold”.**

Classical European alchemy is a practice that engages the practitioner in scientific experimentation, often involving plant or elemental chemistry as well as the conceptualization of symbols and motifs that correlate with each stage of the path. **By applying *As Above, So Below*, the alchemist comes into contact with the energetic relationship between their own psyche and the material world.** This injection of the alchemist’s perception into a psychic/material relationship causes a reaction, thereby moving and transmuting both the psyche and their physical experiments.

There are other forms of alchemy, including Islamic, Vedic and Chinese alchemy among others. The alchemical process appears to be archetypal, therefore it asserts itself into all cultures where it can be accessed by anyone who seeks it. This is probably why alchemy has been called The Great Work.



*In this classic alchemical art, we see the duality/androgyny function as moon and sun. The Ouroboros signifies the ongoing cycles of creation and destruction. Below, the eternal Opponent is holding on to the alchemist's elixir. At the center of it all is the ever-present eye of awareness.*

In our own case, the alchemy we are practicing does not use plants or minerals as the external substances to be transformed. Instead, we use the experiential reality that we call our lives as the external physical correlate of our inner states. Through studying the relationship between our inner states and our external reality, applying concentrated focus inwards, and then acting externally on the energies and intuitions which arise from this focus, we watch ourselves transform and our external world respond in turn. This is basically what we all naturally do anyway, but in this practice, we purposefully focus on our internal state and study the external reactions to that focus. This is a type of spiritual alchemy and appears to be what Carl Jung was interested in. We call this *Living In The Movie*, which produces *Life Art*. We could call this *21<sup>st</sup> Century Alchemy*, not because it's totally new, but because it naturally adapts to the state we are presently in.

Regardless of the type of alchemy one is engaged in, the first stage is a focus on the darker elements, the heavy lead which is associated with Saturn and the dark father archetype. Melissa and I discovered that we had been living our lives through the filters of this dark father archetype for years. We first went through phases where we perceived it as external to ourselves. We experienced this dark shadow material in our relationships and seemingly outer circumstances for many years. Then we began looking at it in our culture. Melissa had encountered wide-spread corruption when she conducted her studies of the cancer "industry" two decades ago. I had taken an interest in a broad array of cultural disease, which we de-

scribed in the chapter on *Cultural Parasitism*, but this was only the first round. From the start of our current relationship, we primarily focused on the personal correlate to this cultural darkness. **This destructive masculine energy of the culture and the mind is not only present in men. It represses and dispossesses the feminine goddess energy in women who must cope with a state of disrespect and misunderstanding of their nature.**

We began our shadow work by looking closely at our old childhood wounds, focusing on our life-long cyclical relationship issues, and later we focused more on the actual day to day threats we faced from our own internal psychic viruses. Over time, we added terms, maps and models, but we simply began by making the decision that we would go into the dungeon first. We would go into our internal garbage piles and we would help each other see that which we could not see before.

In some types of alchemy, the first stage of transformation is called Calcination. It is here that we confront the heaviest material to be transmuted. **We face our inner fractures and wounds, but we also face many layers of ego death. One by one, our secret egoic needs are confronted, looked at, and consequently broken down. This takes courage, and perhaps an intuitive understanding that there is no other way, that there are no shortcuts.** We may “refuse the call”, as it is referred to in Joseph Campbell’s *Hero’s Journey*, which is another name for the same path, but eventually we all come to the same conclusion. We must face our fears, face our wounds and the discomfort they bring up, and we must face the in-

creasingly obsolete patterns of our egos to truly transform our lives.

*“I must not fear. Fear is the mind-killer. Fear is the little-death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.”*  
– Frank Herbert



*Shadow work is the beginning of the alchemical path. In the first stage, called Calcination, we begin to burn up the obsolete patterns of the mind.*



*How To:*

We begin our inner cleaning work with inventory. We allow all of our needy, destructive or dark thoughts and feelings to emerge and we look at them with honesty. We may react and judge ourselves as this occurs, and when we do, we watch those judgments arise as well. Over time, our inner eye grows in power and sensitivity, increasing our awareness of our inner state greatly. **Eventually, our inner state becomes a rich source for understanding our experience and the world. Our learned tendency to look outwards for the causes of our symptoms is balanced by an inward facing focus that shows us the relationship between inner and outer.** This moves us into a more balanced way of experiencing.

This type of awareness practice is well understood in many eastern spiritual systems, but one important point here is that we are not trying to avoid or diminish negative inner content with our practices. **Instead we are focusing right onto our destructive patterning to bring it into direct contact with our consciousness. We want that dark material to come into the light, into our awareness, so we can use it to create an energetic reaction.** We are miners with an intention to go into our darkness, not to avoid it. This seems counter-intuitive, but the alchemical investigator of the psyche is tasked with facing the unknown, because they seek a certain treasure. The alchemist wants to find something dark but potentially powerful and special. The time of denial and avoidance is ending as we begin the first stage of the alchemi-

cal process. As we enter the labyrinths of our psyches what we find is not always what we expect, so we should expect to be surprised and challenged.

We may have always been curious and introspective, or perhaps we have disliked analytical processes before, but as we move forward, we call our analytical functions into play. **We become more curious and more discerning in general. In Jungian terms, our *Magician* turns on. The more we look inside, and especially as we confront what we have been distracting away from for years, our *Magician* turns on more and more.** If our *Magician* is already on, but was perhaps focused outwards towards an external path, we increasingly redirect our keen awareness inwards.

In an alchemical and mythological context, the *Magician* is known as Hermes (Greek) or Thoth (Egyptian). Hermes is our inner Merlin. He can be seen as the wise old man or wise old woman, the Hierophant in the Tarot, or as a shaman or currendera. The modern scientist, doctor or physicist is a magician equally, although they are primarily externally focused. The shaman is an inner scientist, focusing on the inner domain as much or more than on external material reality.

The *Magician* or shaman is actually an archetypal system of energetics within all human beings. As we progress on the journey, this energy moves through us increasingly. If we didn't have our shaman with us, we could easily get lost in a domain where intuition rules. It's a natural process for this investigative and transformational magician energy to turn on and grow as needed. As we go deeper into our shadows, our

discernment and ability to make healthy choices increases. **Bad choices are not caused by bad luck. They are caused by the very blockages we are now freeing up. They are the result of our ego awareness' disconnection from our total states.** Further shadow work increases our Magician's abilities even more.

Melissa and I have both had our Magician activated somewhat for all of our lives, but as our shadow awareness increased over the years, this energy came forth powerfully. We became able to tie high level concepts together intuitively. We were able to naturally discern what information was needed at what times. We shied away from superficial knowledge and charlatans and we gravitated towards true wisdom. Synchronicities increased and we were able to intuit their meaning. Our dreams became a vital source of information.

**Often, information would pop into our heads spontaneously and on more than a few occasions our bodies were taken over with high frequency energy focused in our hearts, heads and other places in the body.** We experienced heart based "Kundalini" awakenings as a natural result of this focus. After body based energetic awakening occurred, our general state of being was shifted toward greater clarity. Shadow work turned on our Magician and other psychic energies in spades. We also found that our Magician was challenged by our egoic wants and old emotional needs. At first this confused us, but we eventually began to detect the differences. **We didn't strive to remove our egoic thoughts**

**and emotional needs, we simply studied their inner dynamics.**

Our relationship increasingly became a laboratory where we dug up, looked at and shared our disruptive and destructive inner content with each other. From the start there was little that we wanted to withhold from one another. **We realized that keeping secrets meant holding on to the same toxins we were trying to process.** Over time, we built greater trust in each other and aired out more and more garbage, but this process did and still does challenge our relationship. **Deep honesty and inner focus triggers those dark living elements of the psyche that have been feeding on the very thoughts and emotions that we're working to dissipate. These systems react to this process and can do so powerfully.** They don't want to be moved. They don't want to be threatened and put under a spotlight. These destructive parasitic systems of the psyche will fight to keep that which was, and to resist change.

Relationships are powerful vessels for both transformational and parasitic energies. As we discussed, our psychic parasites live within polarity, and in an intimate relationship, each individual's shadow entities occupy various places in this spectrum to complete a victim-victor circuit. **When one person begins to illuminate their shadow, they are illuminating the other's shadow equally. A viral active/passive energy system is threatened by illumination and will rise up through either individual when it's activated by a challenge.** When we use a relationship as an

alchemical vessel we are inviting powerful spiritual transformation and should expect formidable resistance. When we are not in an intimate relationship we face the same dynamics, but it will be our own psyches that will flip and flop as our parasitic systems are exposed to the light. We will experience both personal and relationship challenges as we move forward. Our shadow programs have no choice but to resist when they are threatened.

**When studied carefully, our shadow patterning, which is a living eco-system in the mind-body, will expose itself to be as dynamic, as intelligent, as tenacious and sometimes as robust as any well established organism.** All living organisms are capable of defense against that which seeks to destroy them, and as constituent parts of our own psyche and body, our shadow parasites are capable of thwarting our efforts to dethrone them. They know some aspects of us more than our conscious minds do. In most cases, if we are dedicated, we have every ability to meet these challenges, but we must expect to find a determined opponent.

In our own experience, it was and is these challenges that are the very substance of transformation that we have sought. **Shadow work itself has turned out to be spiritual work of the highest depth and quality and is indeed a Hero's Journey and a Great Work.** As challenging as this process is, it is equally energizing in a positive way. After every confrontation with inner resistance that we process, a wave of internal change occurs. Some of this change is gradual, and some of it is fairly rapid.

This work is still ongoing and we believe that the spiral of alchemy never stops turning, but we can report that the last three years of intensive inspection and clearing has relieved us from a great amount of psychic weight and emotional burden. This work is actually more effective than any spiritual method we have pursued before. We are not who we were when this phase began. We recognize that significant new changes and challenges await us as we progress up the spiral.

*Unfolding stories*

Getting back into specifics, **in this first stage, we are watching and allowing all thoughts, all feelings to emerge as often as possible. We are becoming more aware of our destructive thoughts, feelings and behavior, and the many distractions which tend to pull us away from our focus.** We are becoming aware of how we deflect and defend against other's observations of us that we don't like. We are looking at our many cyclical habits, and importantly, we are increasingly understanding the inner stories that we tell ourselves. This includes our countless judgments of ourselves and others, of how the world works, what we think others believe, and our general states of mind that we act through. If the mind is an operating system, as we discussed earlier, we are looking at all of the programs that are running, especially the destructive ones, and we are increasing our depth of awareness as we uncover our programming.

As we unfold our old stories, they lose their weight and we begin to see that they are indeed just programs. Judgments of what is good or bad, why we are beautiful or why we are ugly, what will happen or what will not happen are all programs and not objectively real. They were formed out of real circumstances, but they are only representations of a possible world and they are not the world itself or even as applicable as they once were. As we transform, our programming does not apply like it used to. **We have to be willing to let go of every program over time, but we cannot let go of that which we have no awareness of.**

*No need to act*

**In this stage we are merely observing. We have no obligation to act. There is nothing to do about our inner states right now other than to come to know them.** As we come to know our patterning, our stories, both our helpful and destructive tendencies and cycles, they begin to move and alter on their own. We don't have to *will* them to move, although we may feel the need to do so. We may want to speed up the process and get past the discomfort of looking at our mental programming, and as we discuss later, our emotional programming. Observing is all that is needed at this phase.

The more careful and thorough our observations are, the faster this material will shift. We are not interested in just touching on the unknown for a moment and then getting away. We are interested in coming to know our inner pro-

gramming intimately. **We seek a broad and deep knowledge of our inner states, not just a surface level understanding.** We will find ourselves going back time and time again to look at an old pattern in a new light, circumscribing all around it, illuminating it from different angles. This will last as long as necessary before that pattern is dug up and brought into consciousness. It may take a few weeks or it may take a few years. **Different programs have different roots, and they will probably enter our dreams and find their way into our outer lives through symbolism as they begin to shift. We can then decode the symbols. It is the decoding of our patterns as they make themselves known symbolically that integrates them and causes them to lose their autonomous nature.**

An understanding of mythological motifs and Jungian archetypes has been very useful to us in decoding psychic symbolism. It's also possible and sometimes necessary to integrate old energies through ritual and this is something we have used in conjunction. Ritual works to the degree one can deeply believe in it. Therefore any ritual that one can believe in will be effective in solidifying an internal change that has been in progress and is ready to be made permanent.

None of our programming is good or bad from an objective sense. It's just patterning based on where we have been and where we come from. Even the most destructive autonomous complexes or parasites in our psyches are just energy systems or programs that have formed out of what was, and they are only present because we have not yet transcended



them. **Like anything, our psychic programs are responding to energy availability and inertia. They live where energy lies and follow a path of least resistance.** We feed these systems when we give them attention. Of course they will demand to be fed, and this is why they must be rooted out completely, and why emotional processing will be required as well.

It is only our attention onto our inner cycles which first begins to move and uproot our destructive programming. Our focus on them begins to break up their timing. They react at first, and then slowly erode as we continue to focus on them in varying circumstances. We are not just looking at destructive thoughts and emotions while sitting and meditating. We are looking at them as they come up when we are engaged in the world. We look at them when we are at work, when we are conversing with others, when we are driving down the road or eating dinner. This alchemy is a real world practice.

The medieval alchemists recognized that the first stage of Calcination related to fire and sulfuric acid which they used in their experiments. **In the practice we are discussing here, the light of our consciousness is a powerful laser that cuts out and burns up the sinue that connects our psychic patterning.** From a classical perspective, we can then move into Dissolution, where new energies are allowed to flow in the places that were previously used by old cyclical programs. In our experience, these phases of alchemical transformation do not happen in a linear and clean way. They organically flow

together with energy gradually moving into the next stage as we are increasingly unblocked.

*Outer mirroring*

**Watching our outer world helps to clue us in to the inner processes which are ongoing.** An example of this is a situation where we were given two artistic coins at a party we attended. One of them said “Plant The Seed” and the other read “Go With The Flow”. That latter coin coincided with ongoing plumbing problems that we were having at our loft. At that time, we were interfacing with the plumber who was occupying the unit next door as he worked on re-plumbing the building. We recognized that this re-plumbing process was referring to our own internal re-plumbing. We analyzed the communication we had with him and we realized that the plumber had a palpable sense of self worth and groundedness. He was truly living his path, even as a plumber and construction contractor - a path totally different from our own. His work was a spiritual practice, even though he might not call it that. His own vital energy was not blocked, and his joyful demeanor showed it. He was going with the flow, while we were trying to unblock the flow.

There were also other plumbing problems that we had at that time. Our upstairs water drain became totally blocked with old hair and food. When I finally reached a massive clog of organic garbage and pulled it out, it reminded me of my own psychic garbage. It was slimy, rotting, infested with bac-

teria and totally blocking the flow of water in our unit. There were other symbolic references at this time as well, as we were indeed unblocking our own mind-body pipes. **We were learning to use our outer circumstances as real life tarot readings and to use our knowledge of archetypal symbolism to diagnose and track our inner transformations.** As we progressed, that coin was lost but we still have the other one in our possession.

Another sync that gives a good example of how the external world reflects this inner work was the case of Melissa's new car. Our work had been mostly on Calcination for over two years when she decided to get a new car because the old "Saturn" was "burning out". The car we both intuitively settled on was a Mazda. It was not until some time later that I connected her old grey car, which was called a Saturn, with Saturn-Cronus, the Greco-Roman father God of time and male boundaries. The dark side of Saturn is a force we personally call the *Father Thing*, which is the shadow of masculine ordering energies. These very energies, and the psychic patterns which contained them in our own shadows, were a primary source of Materia that we were transforming in the first two years.

I eventually realized that Mazda referred to the Zoroastrian deity Ahura Mazda, who was associated with Jupiter or Zeus, and that the second phase in seven-stage alchemy was related to Jupiter and to the metal tin (which the Mazda is made primarily of). The bright red color of this car displays further symbolism, as did a concurrent astronomical conjunction of

Jupiter and Venus, all of which appeared to us right around the same time. Contrasting with the Saturnalian dark father, Jupiter-Zeus is a powerful beneficent male, and this is indeed the result when one transforms the residue of destructive masculine shadow energies. Our movement into Dissolution was accompanied by physical, outer symbolism that showed us exactly where we were at. As mentioned earlier, we both contend with shadow masculine energies as both men and women carry the shadow effects of the diseased male.

**This type of symbolic analysis is not to be confused with the normal meta-programming of consensus reality. This alchemical type of symbolic operation shows us the inner workings of the relationship between psyche and external reality.** These are just two examples to illustrate this effect. There is of course a downside to this practice. It's possible for one to tune their consciousness so that any two events are believed to be linked, and this may misguide one's perception. In the extreme we would see this as a mental illness. The ego is also very powerful and can narcissistically guide us towards symbolism that reinforces its own programming. To the other extreme, where one cannot recognize any psychic relationship between self and external reality, the term could mental illness equally apply, but this disconnected state is often the preferred one in our modern western culture.

**Within the post-modern western consensus "operating system", millions of educated and civilized people live totally subjective and emotionally driven lives, while believing that they live a rational and objective existence.**

**They could easily prove to themselves that personal consciousness is a completely subjective state, yet they will not do this, so they live in a subjectively created reality while believing that they live in an objective reality!** This was elaborated upon brilliantly in the movie *The Matrix* and is not just a problem for academics, it's a phase of consciousness we are all rooted in at this time. The only reason why Melissa and I recognize the subjective nature of so-called objective reality is because we have decided to go into it deeply and test its qualities for ourselves. Every human being is living in a movie their our own creation, but whether or not we choose to accept this, or take measures to re-direct our movies of life is totally up to us.

### *Moving along*

Alchemical spiritual work is largely based on mental illumination, but as more spiritual practitioners are coming to find, cognitive illumination is only one form of cleaning and transmuting energies. We also have many layers of emotional programming and these layers are not very accessible to the rational mind. Our emotional layers of the psyche are very powerful and take high priority in our states, whether we recognize them our not. In fact, emotional energies are much more powerful than thought based energies and are more responsible for directing our inner states and behavior. **Emotional energy may be more powerfully tied to our de-**

**structive cycles and what our parasitic programming prefers, as it is denser than thought.**

In our view, emotional clearing is equally or even more vital than cognitive awareness work. We believe that personal spiritual awakening is limited by old, blocked emotional energy that is still within us. We also believe that repressed emotional energy is at the core of our cultural destructiveness. In the next chapter we will discuss some methods for emotional clearing to gain access to our most dense and powerful psychic garbage that holds us back. In our own experience, emotional clearing has given us the greatest returns and is an absolute necessity for ending destructive relationship cycles.

# Emotional Processing

There is a reason why our live-work loft is on the street where the garbage and recycling companies reside. This is where we have conducted the first stages of our alchemical garbage processing. I've wanted to leave this place for years because of its industrial type location, but something strong has kept me here. Melissa pointed out to me why this has been. Besides being a functional music and art studio, this loft has been my hermit's cave where I've been able to conduct business quietly, ducking out of the matrix to concentrate on inner work. Many other locations would not allow this. A lot of garbage needed to be processed, and this was a great location to do it. This helped me to realize how important it is to have a sacred space. Alchemists need a laboratory, a sacred space for experimentation. Although we are continually experimenting no matter where we are physically, we need a quiet and reliable place for inner inspection and when we're doing shadow work, we need a place where we can cry and even scream if necessary. We need a protected place where we can do deep cleansing work.

The awareness work that we've been speaking of so far is quite cognitive in nature, but there is an emotional side to

shadow work that is equally or even more important than cognitive awareness work. If we could share anything with anyone regarding shadow work, we'd want that to be what we've learned about processing emotions. Emotional energy is very heavy and dense and may be the most powerful source of power for our parasitic programming. **If we don't clear our repressed and mis-channeled emotional energy, our spiritual evolution will be totally blocked once we reach a certain stage, and in many cases, we can't even get started until we clear some of this garbage out first. If we are suffering from physical pain or disease, emotional clearing may be more important than anything else.**

The method we have found most helpful so far is taught by John Ruskan in his book *Emotional Clearing* (2003). This book should be a mainstay of spiritual methodologies but is currently under recognized. Another author, Michael Brown has a similar method called *The Presence Process*. We came into both of these authors through synchronicities and interestingly, we were already doing a similar kind of work intuitively when we came into these authors. We recommend them everywhere we go.

The idea behind emotional clearing is incredibly simple but can be challenging. **When we find ourselves to be emotionally triggered, we use the trigger as a doorway into our emotional body and we hold it open until our emotional energy flows out and integrates into our mind-bodies.** Normally we are always repressing at least some emotional energy, and in some cultures we are repressing high amounts



## EMOTIONAL PROCESSING

of emotional energy in general. In western society, we don't have a healthy acceptance of our lower nature, and we certainly don't have an acceptance of our woundedness. Adding the increasing stress that our culture places upon us, we have a blueprint for destruction. Healthier outlets for emotional energy like work, sports, sex and entertainment express some of our pent up emotions, but they can easily become addictive cycles. We also displace our internal entropy through emotional outbursts, raging, bullying, passive-aggressive behavior or through episodes of depression, drug and alcohol addictions and generally self destructive moods and behavior.

Looking honestly at my own American society, I can see that we are repressing massive amounts of emotional energy which is not only manifesting in increasingly destructive behavior but it's holding back the entire society from evolving. We are culturally trapped in an arrested state of consciousness that we will not advance from until we process the emotions we are repressing. Every society is harboring deep shadow energies at this stage, but America is unique in that we are simultaneously technologically and economically advanced while being heavily emotionally and psychologically depressed and repressed. As individuals we have the choice to take matters into our own hands. As we process our psychic garbage, we clear the entire eco-system of our culture. **The absolute best thing we can do for “the planet” and for the “evolution of consciousness” is to clear and manage our destructive psychic energy.**

We are all acting as power nodes of destructive energy that we transmit to each other continually. As we become more sensitive, we begin to feel and sense our own destructive energy cycles, and those of others more easily. The authors believe that emotional clearing, within any spiritual container, may be the most important thing we can do for personal and cultural health. As we will discuss, physical disease is very often the result of repressed shadow energies, making clearing essential for those suffering from ailments as well.

*How it's done*

**Anytime we feel an emotional pressure within us we have the opportunity to clear an old wound.** We might have found ourselves arguing with our significant other about an issue that has never been resolved. Or perhaps we have received news that a friend has blamed us for their own irresponsibility. Maybe our children have failed an important class in school. Maybe we have been reprimanded by our boss and feel angry, depressed or scared that our job may be threatened. Maybe we cannot stand traffic, or loud noises, or crowds, or when our coffee is not made right. There are infinite ways in which we can be emotionally triggered. Sometimes we are only mildly triggered and the annoyance passes quickly, or maybe we cannot get our emotions straight for days. Regardless of the trigger, its intensity or length of time, it's an opportunity to clear an old wound and to move displaced energy into coherence. The victim-victor cycle that

## EMOTIONAL PROCESSING

we discussed is largely fueled by our repressed emotional energies.

When we find ourselves emotionally charged, we simply find a safe and quiet space to process. This could be on the couch at home, parked in our cars, or anywhere that we can be left alone undisturbed. If we cannot do this at the time we feel the highest charge, we can return back to the feeling the next day, or at any time, and allow ourselves to revisit the thoughts and feelings related to the triggering event.

In this method, we simply sit with the negative thoughts and feelings and we give them permission to come up completely. We ignore opposing thoughts that tell us we don't have time to do this process and we stay present, allowing our feelings to flow freely through our bodies. If we have the impulse to act out, say with rage, we resist this, but crying is extremely beneficial. We hold our space and allow the emotions to fully emerge. In some cases we will feel intense anger overtake us. Other times we may cry in deep sadness for a long time. If we don't experience a sizable release at first, our emotions may initially sit in our bodies making us feel uncomfortable. This discomfort is a sign that processing is going on. Our emotions might be feelings of fear, anxiety, grief, or any emotionally painful feeling. Some emotions may shift over several minutes to reveal deeper core emotions behind them. Anger often gives way to deep sadness or grief.

**No matter what the emotion, we allow it to totally emerge and flood our consciousness. We permit our feelings to stay with us for as long as need be. After a**

successful session, no matter if it's 3 minutes or 3 hours, we will feel a sense of clarity and lightness. This is sometimes present soon afterwards, but it also may take a day or two to be recognized. Regardless, each clearing session will have an effect and will be the impetus for increasing psychic clarity. Our ability to release may start small, but will increase as we do the practice repeatedly.

Emotional clearing can sometimes invoke a Kundalini rush which comes on quickly, or it may be spread out more evenly over time. We will find ourselves experiencing joy more easily and we will simply feel lighter and less burdened as we continue to process. There are many ways that this process can effect us and we can expect external alterations in our outer world as well. Over time, we become less triggerable, more emotionally stable and more grounded. Anxiety, fear, anger and insecurities will decrease as we continue to use our triggers as doorways into clearing.

Shadow work in general requires both cognitive awareness and body based emotional clearing. The methods we are discussing are those that have come to us and are working for us. We recognize that there may be other effective methods, such as indigenous shamanic practices or modern versions of them like Lama Allione's *Feeding Your Demons* process, and we encourage you to experiment, but we would tend to be skeptical of any process which attempts to push away destructive thoughts and feelings. We must go directly into the cave of the dragon to inherit the key it is holding.

## EMOTIONAL PROCESSING

This said, the dragon at the base of the cave is more of an illusory chimera than we might expect. Every organism naturally moves away from pain and towards pleasure, so it's understandable that we want to avoid going into old wounds. Also, we unconsciously remember the pain that accompanied our wounds when they originally occurred and we don't want to relive that pain. As adults, when we consider going back to those old feelings of victimhood, we naturally choose not to. This is a natural instinct, but the truth is that as adults we will usually not experience the childhood pain again by going into it. We have an adult level of separation now and we have the ability to go into our feelings in small doses. We are not victims of circumstance anymore and we can choose exactly how and when we want to process our emotions. We are in a much safer and more mature state now.

From an adult place, when we go back into the cave, we can go with our flashlights, our spelunking tools, our maps and compasses. We have tools and discretion that we didn't have back when our emotional energy was first blocked. We also don't need to use any kind of force. Simply allowing our feelings to fully flow releases their signature elements allowing the body to integrate them properly.

Once our repressed energies are released and allowed to flow again, our bodies will move to integrate them and transform our patterning. We will have to face our uncomfortable feelings many times to fully process them, and this is challenging, but the process is definitely less painful than we might imagine. Watching from above as we process our emo-

tions, our higher awareness stands close to us, acting as a beneficent and wise parent. We essentially re-parent ourselves and send ourselves a sense of accepting compassion, which is the antidote to the virus we carry.

*Repressed culture*

We are trained by our culture to repress and deny our emotional states. We are told that we have to stand tall and “get over” our emotional wounds. Men are especially taught this, but women are also deprived of their ability to process their emotions because their male counterparts often don’t have high emotional awareness. Men will often deny their partners’ and children’s ability to fully experience their emotional states. This is not to insult men; this is just a common situation in patriarchal cultures. **When we experience a deep emotion, the best thing we can do is to feel it as fully, as deeply and as often as necessary until it is processed. In this way, the channels of our nervous systems remain clear and we don't develop the problems we now have.** Children especially need to be able to experience their full emotional states without fear of judgment or punishment. Children often experience natural developmental issues at various stages, but cyclical destructive behavior in children is often related to shadow cycles in parents which need to be cleared. If parents are not carrying their own psychic viruses, which can exacerbate a child’s emotional wounding, children should be able to process and move on in a normal amount of time. Eckhart

## EMOTIONAL PROCESSING

Tolle suggest that parents who are awakening to the existence of their family *pain bodies* (psychic parasites), openly discuss the situation with their children who will learn to recognize their parents' pain bodies as well as their own, and the family can awaken and heal together.

If we consider repressed emotional energy caused by childhood wounds and other disharmony to be garbage, would we want to simply "get over" that garbage? Stepping over garbage means leaving it to fester and rot. As we know, when we leave old organic material to rot, we get an *infestation*. Indeed our repressed emotional energy is a potent source of food for the parasitic ecosystems of the psyche that live in the shadow. Our repressed emotional energies are a fantastic source of energy for the victim-victor life cycle of our viral shadow programming.

Most of our earliest traumas we will not remember as we process them. We may simply cry or experience fear or anger without any associated old memory. On the other hand, we may remember the event that caused a trauma or a newer memory that's linked to it. When we sit and allow our triggered emotions to fill our states, we may have thoughts that relate to our stories of belief that we have been living through. Thoughts may appear that tell us how our pain is someone else's fault or about how inadequate we are. This is ok. We simply watch our thoughts as objectively as possible. Over time we become more comfortable with the realization that our thoughts are stories or programs and not an objective reality. Our pain lives within the context of our stories. If our

stories were different, our emotional states would be different and if our emotional states were different, our stories would be different.

As we process our emotional energy, our stories naturally change as a consequence, and when they do, this allows us to see their subjective nature. Over time we learn to recognize that our entire experience is caused by the programs we are running and not due to the external world and circumstances alone. It is through our inner programs that our outer world and relationships become personal experience. **When our internal state is altered, our experience of the world, or reality is altered. This is a well known ancient truth, and has made its way into New Age philosophy, but unless one integrates their repressed psychic garbage, that energy continues to fuel powerful viral programming which severely limits our transformation.**

*Relationship as a container*

Melissa and I have found our relationship to be a very effective container for emotional clearing. Through counseling others on this practice, we have found that it's much more effective if both people are actively involved. If one partner is active and the other is at least aware of what their partner is doing, this will suffice, but if one partner is totally in the dark, it will limit progress, possibly heavily. **This type of work is based on internal integrity, openness and honesty. Total transparency is needed within an intimate relationship if it**



**is to mature to its highest potential.** One partner may not want to engage in the process at first, but if they are at least aware that the other is working on processing their emotional cycles, this may be all that's needed at first. Later on, the other may want to join in, and if they do, a powerful alchemical vessel will have been created. If they do not, one's own transformation will alter the relationship accordingly.

We have to come to terms with the possibility that our partners may or may not be ready when we are. No matter what the outcome, the increased clarity and maturity we experience will serve us as the relationship evolves in whatever way it does. If we become impatient with our partners, should they not decide to join us, we can add those frustrated thoughts and feelings to our awareness work and simply release the emotional fear that underlies them. Our impatience will decline.

When Melissa and I first began this work, we were experiencing a destructive cycle that would repeat every few weeks. It would usually start with something that I would say or do that would give her the impression that I had different intentions behind my words and actions. She would take my words and actions to be clues that I was using her, or alternatively, that she was not what I was looking for in a mate. Either way she would find herself experiencing deep emotional pain that would cause intense emotional outbursts. This was an old family program still running.

My response to her behavior was usually anger. I would feel that her reactions were uncalled for and that she was cre-

ating needless chaos. I would then transform into an angry “father thing” to scold her. The cycle would conclude with her feeling hurt and me feeling guilty for being a jerk. We had turned one full round of the victim-victor cycle and our shadow parasites had been fed. A few weeks later, they would be hungry again and the cycle would repeat.

This cycle was actually not unique to our relationship but was active in both of our prior relationships and in our parents’ early relationships. We were still living with the same shadow cycles that had turned many times before, in many prior generations, through the ages. I should say that even from the start, our cycle was somewhat less toxic than in prior relationships because we had both matured, but regardless, the cycle was still present and we were being drawn into it again. This time though, we were both the experimenters and the experiment, and we would switch back and forth as we fell unconscious then re-awakened again.

We would begin by reacting to an unconscious trigger that would begin the cycle, becoming totally pulled in and reactive. Then at some point we would wake up and see that we were running the old program and try to remove ourselves from the cycle. Usually one of us would wake up first, and when that happened, they would try to pull the other back into the conflict. I tried many times to run away from a fight and lock myself in a room to begin to begin to process the emotions, but Melissa would run after me and bang on the door. Later on she would admit to not having been in control. Other

## EMOTIONAL PROCESSING

times she would wake up first and I would be the one to carry on, continuing to yell and project angry words.

Sometimes I would begin the cycle, and in my case, this was often when I found myself emotionally sensitive. When my cycle wants to begin, I become easily irritated and begin to speak with a harsh sharpness. Now we both recognize this as my viral pain body seeking energetic food.

As we studied this cycle, realizing that it was viral and parasitic in nature, we began to recognize that it was sourced in our old emotional wounds that we had been carrying since childhood. I discovered that had an angry little boy in me that we named Austin (after a teddy bear I had been using as a puppet), and that Melissa had a neglected and unloved little girl in her that we called Little Melissa. We began talking about these characters and noticing when they were active in each other. **It was these old programs that were engaged in our fights. These were psychic programs that were fractured off in our development and had turned dark. They were feeding on the same destructive energies they were formed out of.** Austin and Little Melissa are not cute little children. They are rabid, destructive shadow entities that can only live on the negative energies formed by the turning the victim-victor cycle. By turning the cycle, these viral programs live on and thrive, but as we eventually found, “The Heart is Toxic to the Virus”.

I remember one instance where in the middle of an argument I awoke to the deeper nature of Melissa’s behavior. I suddenly saw her clearly as a wounded six-year old girl. First

I saw it, and then I felt it. A sense of compassion came over me that neutralized my anger. Usually it's hard to feel compassion while we are charged with anger, but this spontaneous awareness of her as a child did the trick. I was unable to feel anger at a six-year old girl, and in the middle of our charged, emotional argument, I embraced her with a loving and protective hug. Suddenly she froze and her emotional state calmed immediately. The cycle had ended and we both cried and then talked about what had happened. **We had successfully neutralized the energy of fear and anger with the polar opposite vibration of loving compassion and this was the first time we realized that we had the ability to end our cycles through an internal shift.**

Although this technique works, and we repeated it again, it's not something that we have been able to administer easily. It's difficult to activate compassion while feeling angry or wounded. I used the image of Melissa as a child to activate this state on a couple of occasions, but I also found it to be difficult to manifest. Using John Ruskan's Emotional Clearing is a much more effective method over the long term.

These days, when we awaken to a destructive cycle, we tell the other that we recognize the cycle is happening and that we want to go sit and process. Then we simply remove our energy from the argument, recognizing it as a program, and go sit down. We might still be experiencing thoughts of wanting to blame the other, but we simply allow them to be present and we go sit and process. This takes practice. Usually our inner stories keep the cycle going, but once we understand the

## EMOTIONAL PROCESSING

total fictional nature of our internal stories, this becomes easier. Now that Melissa and I have done it enough, when one sees that the other has left the game, we usually respond in turn and we both go sit and process.

This process of waking up and exiting the game is not a smooth one, because the shadow energies want to persist. In the beginning we could not stop a cycle even when one left the room. After a fight, we needed a day or two to “come down”. Now we don’t allow emotional garbage to linger after a conflict. We learned to process as much as possible immediately afterwards, and then we discuss all of our destructive thoughts and feelings with each other, if not that day then the next.

As of the time of this writing, our cycle has been reduced to a much less energetic state. Currently, the way a parasitic cycle will come to the surface is usually through a subtle wave of internal anxiety, fear or anger. When this happens, the other person certainly picks it up, but we do not project it on to the other nearly as much anymore. When we are triggered, one of us usually notices and brings the situation into the open. Then the triggered party quietly goes and processes and we wait it out. After a while the cycle ends. Sometimes it’s a bit more dramatic, but still far reduced in intensity. We have seen a drastic reduction in destructive cycling after two years of processing.

I should point out that when one of us is triggered, it coincides with an opposing charge in the other that supports that triggering. So if one of us needs to process, the other should

also examine their own state to see what they may be holding on to as well. These cycles do not happen in isolation, so any conflict within our experience points to energy in ourselves that we need to process. This can take time to fully accept.

**We have also come to realize that we cannot physically escape any outside situation that we are triggered by because it will just be duplicated in another place and time. Whatever emotionally charges us pulls conflict into our lives. Anything that makes us insecure or angry in a repeated fashion is linked to an old wound that has to be cleared.** When we clear that energy, our bodies restructure themselves for a new electro-chemical reality which replaces the old state. We then attract and repel energy in our world according to the new state. This takes time but does occur. **When we attract abundance and security it's because electro-chemical programs which model that reality are active and clear within us. When we attract conflict and despair that's because those electro-chemical programs are strongly present within us.**

Our mind-bodies are a vast energetic community and we want that community to be healthy and in balance. Just like a local community, when we do not take care of each other, our community members become wounded, criminals or addicts. When we do not nurture our internal mind-body community, those same patterns are created within us. Our psychic imbalances give rise to internal criminals and addicts — programs within us that plague us until we get to the source wound that created them. In all cases of addiction and criminality, we find

abandoned and unloved children. Where are those children within our own psyches, and what have they become?

*The Shadow as Chronic Pain and Illness*

I feel that it's also important to share another aspect of shadow work that we will all have to confront at some point. This subject is the phenomenon that Melissa and I generally refer to as TMS, which is an acronym for Tension Myositis Syndrome, a term coined by Dr. John Sarno. Basically, TMS is any chronic physical pain or illness that is psychosomatic in nature. This means that it's a product of our own consciousness.

As we do shadow work, focusing our awareness on our destructive thoughts, processing our emotions and generally going into our inner programming, we will probably have to confront physical effects. In many cases, we will already have been suffering from at least some kind of chronic pain or disease. We might have lower back pain or other muscular pains, or maybe food or other allergies. We might suffer from headaches, from skin issues, gastrointestinal issues or any range of physical disorders. On the more serious end, we might suffer from cancer or an immunodeficiency disease or the like.

Although there is a genetic or environmental link to many diseases and physical problems, they are very often exacerbated or made chronic through internal processes which are a part of our shadow programming. Our bodies are communities of energetic processes which are literally billions of years old.

Our immune systems and the functions which protect and repair our bodies are of a quality and depth that is hard to imagine. In most cases, our bodies have every ability to thwart viral and bacteriological assault, and to efficiently repair the damage caused by most types of injury. **We can suffer all sorts of damage, some of which can even kill us, but chronic illness with ongoing symptoms that are not healed over long periods of time always have a large psychic component.** It's obviously true that our bodies can be harmed when they are physically damaged, overwhelmed with a toxin or an infectious agent. This is true, but **the current situation where Americans and other westerners are plagued with massive increases in chronic pain, cancer and hundreds of previously unheard of diseases that have no clear environmental cause, is a psychic cultural phenomenon.**

This said, there is now emerging evidence to show that many new diseases are caused by specific toxins which are contained in water supplies, processed food, vaccines and other sources. **Always, spiritual healing work requires a base of a clean diet and exercise and we want to avoid toxins that may be present, but again, if we are running a victim-victor program, any weakness caused by an external agent will be seized upon, exacerbated or made chronic.** We cannot simply focus on external agents while denying our massive stores of shadow energy and the viral programs created out of them.

Once we understand the interconnected culture of mind that we are all a part of, and how our mental and emotional



states are informational programming that's collectively shared, we can see how many so-called diseases are actually cultural programs. Even at the biological level of viruses, it's all about programming. Viruses harm us when their DNA code is written into our cell's own DNA. This is an act of programming. Some chronic pains or malfunctions have a genetic link or can be sourced in a specific incident or infection, and we are not questioning this, but why the body does not do its job and heal itself while it has every ability to do so is another matter.

**The wide range of human responses to disease and injury can only be understood when we consider the internal psychic programming of human beings. Genetic predispositions matter, but epigenetic and psychosomatic functioning matters equally or possibly more so. When we realize that we are all harboring destructive psychic programs that are a big part of our lives, we now have a possible answer to why we are so sick as a culture.**

If it's true that disease and chronic disorders are often caused or exacerbated by our shadow programming, we could attend to that programming and observe the result. In our own work, and in the work of John Sarno and his colleagues, we have all found that internal psychic attention does indeed lead to relief of physical and disease symptoms. For Melissa and me, this understanding has helped us *immensely*.

When we suffer from chronic pain or illness, we can begin to study the stories within our mental and emotional states that support our pain and disease. **In all cases, we will find an**

**inner woundedness that is being preyed upon by parasitic programming.** If the wounds are too deep to locate at first, simple experimentation will prove their mental origin.

The idea that chronic pain and diseases are closely linked to our shadows will be resisted, maybe even violently at first. **To take the sword of disease and chronic pain away from our shadow entities is a major threat to their operation. Remember, they thrive on the chemicals of anger, grief, fear and the like. These chemicals are released every time we focus on our own pain or diseases. As we build stories about our suffering we write the contextual script for our downfall.** Through our self-destructive stories, our viral agents' electro-chemical food is guaranteed. We will have trapped ourselves into a victim mindset that feeds them daily. If the victim-victor cycle flips from feeling wounded to a blaming anger at ourselves or the sources we believe caused our pain, our psychic parasites still get their destructive energetic food.

*Waking up to TMS*

It took me about two years to fully change my belief system around chronic pain and disease. It was my father who had found John Sarno's book *The Mind Body Prescription* and passed it on to me. As Sarno suggests, merely reading the book repeatedly helps to reprogram the subconscious mind to accept the possibility that chronic disorders have a mental link. I had been suffering from chronic pain in my right

shoulder for a few years when I began the book. Halfway into my second read, I woke up one morning and the pain had shifted to the other shoulder. When it suddenly shifted, I realized for the first time that the pain could not be caused by a physical problem with my right shoulder.

After this first awakening, I watched the pain shift rapidly to other locations. It moved back to my right shoulder and then it went to every place that I once had an injury. It went to an old right elbow injury, then to my left knee where I had a skateboarding accident as a child. Then it shifted completely and gave me skin conditions like acne for the first time in many years. As I watched this phenomenon occur over a period of weeks, I first came to understand how I was harboring some kind of program that had a mind of its own. This was actually the beginning of my studies into the psychic shadow.

Since those days, around the year 2002, I have been successfully managing all kinds of TMS symptoms and I have helped many others manage theirs, but as Sarno points out, perhaps only 15 percent of the public is able to accept a psychosomatic diagnosis for their pain or disease. Sarno's third book, *The Divided Mind*, is subtitled *The Epidemic of Mind Body Disorders*. He could not be more on point. **Westerners, and especially Americans are riddled with hundreds of different psychosomatic symptoms caused by their own increasingly toxic shadows. Because of our general unfamiliarity with our own psyches and internal shadow dynamics, we continue to look outwards, in the wrong direction for a cure.** As a culture we have not found cures to

any chronic illnesses and we never will until we come to understand the mind-body link. **The invisible elephant in the room is actually a psychic parasite, and one that desperately requires our attention.**

As we continue on the alchemical path, unraveling our own shadow programming, we will likely be hit with aches, pains, and all kinds of minor body-based distractions. TMS is par for the course and there is a very simple method for managing it. *We simply deny the incoming thoughts that insist on an external cause.* Obviously if we lose a finger and are bleeding we go to the hospital, but waking up with back pain or headaches or other minor chronic symptoms is cause for internal shadow inspection while resisting the tendency to blame an external cause.

When we study the feelings that are present while we experience the onset of a TMS symptom, we will usually find that our threshold for emotional stress has been reached. We will find that there are new emotional factors that have been added recently to our lives and that we are suffering from an overload of psychic pressure. If we remove the most superficial stresses first we may find relief rapidly. If we've been accumulating a lot of psychic pressure for a long time before symptoms show up, we may have much more clearing to do. We highly recommend John Sarno's books.

Studying our own aches, pains and symptoms is a fantastic practice for reprogramming the mind. Most of us are physically affected by our shadows in this way, so it's an opportunity to test our abilities to shift our belief systems. It's an oppor-

tunity to study the victim-victor cycle and the emotional chemicals that we release when we suffer symptoms. Most importantly, when we fully come to understand the internal dynamic of our own repressed energy, which manipulates our physiology to attack us, we have come to a new level of personal power. **Once we understand that most chronic illness is actually psychically generated TMS or is highly influenced by our parasitic programming, we step away from victimhood.** We may have to manage TMS on an ongoing basis but we will have removed the power of our shadows to strike us with a disease or an “accident” that will serve the victim-victor cycle.

### *TMS management*

Like emotional processing, managing TMS is simple but challenging at first. When we feel a symptom coming on, we sit and look inside for the source. If it's a new symptom or one that we have not felt for some time, it's usually due to a new influence that has overwhelmed our psychic headroom. Perhaps we have a vacation coming that we need to prepare for. Perhaps a relative is coming to town. Maybe a new job, a new class at school or some change in our current life flow has occurred or is on the horizon. TMS can also manifest just after a stressful event. Some people suffer from delayed TMS because their bodies need their resources to complete a task, but after its completion, the TMS sets in. TMS can also manifest because of very deep pressures caused by spiritual maturation.

Evolutionary work challenges old structures that may activate TMS symptoms. **TMS can also manifest as emergency level health problems or powerful diseases which come on suddenly. In these cases, one can expect to find massive stores of old repressed energy that has been accumulating for years.** Often those who manifest cancer and similar serious diseases will not be able to accept a psychosomatic diagnosis and will not be willing to commit to deep shadow work, but those who do will gain back their health accordingly. Symptoms will decrease in proportion to the degree of shadow integration we can accomplish. In cases of mild symptoms, just the realization of a psychosomatic cause alone can remove symptoms totally.

We also believe that there are certain non-mainstream treatments for disease and chronic illness that can be effective. Ancient methods using entheogens, medicinal herbs, as well as treatments like Chinese or Ayurvedic medicine or the like may be effective, but the cause of the symptoms may reappear if the internal source of the blockage is not found and integrated. Generally, the method that we avoid most, which is often shadow work, should be embraced. Our shadows always hide those elusive keys to healing and self-transformation.

# Interview with Melissa Mari

*An interview and dialogue between Melissa Mari and Colin E. Davis. Recorded Friday October 2nd, 2015 at Mount Wanda, Martinez, California*

Colin E. Davis: **Out of the many practices that are available to those who want to transform themselves through spiritual work, shadow work may be the least understood and practiced. Why do you think this is?**

Melissa Mari: Well there are probably a few reasons for that. Number one could be that we naturally want to grow towards the light. You know, plants grow up into the sun. We naturally have a tendency in the evolutionary process of consciousness to progress towards the light. So that's natural. To actually look at the shadow you have to be willing to go into unknown territory and into places that you fear. You have to be willing to face blockages, and so that can be uncomfortable. Shadow work can be difficult. That would be one thing.

In every type of the Great Work of Alchemy, there's always shadow work in there. It's some of the first layers that you have to get through in order to purify yourself to get to the next levels. But in our culture, western culture, a lot of

that information was hidden. I think it's possible that it was hidden partially as a way to control people, but also as a protective mechanism. It takes a certain kind of responsibility to be able to venture into the darkness, into the shadow side.

C: Why is that?

M: Because underlying the shadow or the Tree of Death side of things, lies a lot of power actually. And that power can be used to help us evolve, but it can also be turned into itself to create more chaos and destruction.

C: Yeah, it seems like it takes quite a fine spirit and quite a genuine, good faith intention to go into darkness and not be taken over by it, and not be tempted by it.

M: Exactly, and you can look at different humans over history who have gone into the realm of the shadow and see how it did take them over.

C: Yes, and we've actually been warned against this. That going into the shadow could cause us to harm ourselves.

M: Exactly, so that's probably another reason why there's so little information about the shadow, because of the fact that there is that warning and danger.

C: With that said, and those reasons do make sense to me, it's been our experience with the way we've been going about doing shadow work, is that it has not in any way tempted us towards the energy of evil. It has actually lessened that energy in us, and as you said, shadow work is the first stage of the alchemical process. It's been being addressed by spiritual seekers as long as we know and it would not be the first stage of the alchemical process if it was so intrinsically dangerous.



It would be part of the later stages of the process if that were the case, but we find it at the beginning of the alchemical process.

M: Actually it's ongoing in the alchemical process. There are different layers. You purify yourself, and then there's another layer, and it goes on.

C: Right, ok. But we have not found it to be that dangerous. Difficult, but not exactly dangerous.

M: Maybe it's the times we've been living in. The Kali Yuga, the last two thousand years of being in the dark ages.

C: Right. Maybe we lost the right perspective that we would have needed to do this work.

M: Yes. It just seems like it's very timely, with the kind of chaos that's been building in our culture, in the world, that this information would come online again as being very integral to the evolution of our species.

C: Yeah, I believe you're right about that. This alchemical shadow work is actually starting to come out of mystery schools and be shared more publically because it needs to be at this time.

M: Yes, it seems like we're seeing it a lot more than we were, even since a few years ago when we began this. I'm seeing more and more shadow information out there. So I think it's an actual meme that coming online.

**C: In your experience, what has shadow work done for you so far?**

M: Well, it's been absolutely amazing because as I've been cleaning out this repressed shadow energy in myself it's opened this amazing space of creation in every aspect of my life. I'm still working on it. It's an ongoing journey. I'm not saying that I have received everything that I'm going to receive out of this. This is a life long journey. This alchemical process never ends. The Virus will always show up where I'm weak and I understand that, but doing this work has freed up so much space in my consciousness on every level. I feel so much healthier and happier. My relationship with you keeps getting better. My relationship with my art is getting better and it's manifesting more. So everything that we've talked about in the book is actually happening in my own life. Actually, doing this work and passing it to others has become a big part of my Life Art.

C: So you're saying that developing the work, and using it on yourself changes you and then what you learn out of the process you share with others, and this is all part of your own personal Life Art?

M: It's all part of my personal Life Art. Also it gives me a freedom that I didn't have before. Once I understood how this operation of the shadow worked in myself, in culture and in the cosmos, it became a natural part of being here. So there's nothing to be afraid of anymore.

C: Right, so you're saying that once you understand the fundamental properties of the shadow of the cosmos, and once you get the courage to look at it in yourself and your culture, you end up learning how this shadow energy works, and how

to navigate more successfully in life. Then you can let go of that fear.

M: It's funny to say, but I don't feel afraid of anything, because I know that anything that comes my way is just a part of the great dance of co-creation, between my inner state and my external reality. Whatever destruction comes into my life, it's something that I am supposed to learn from. It's there for me to learn to how manage my inner state in order to move myself back into balance.

C: So when something destructive comes into your life, or into your thoughts or feelings, rather than being something to fear and reject, it now serves as a message, and if you can decode it, a formula for how to bring yourself into balance. The shadow, the entropic or destructive agency force in the universe is a destroyer to those individuals or systems that cannot see their way out of their paradigm, but it's an evolutionary formula for those who can.

M: Right. And I'm sure that if you zoom out enough, then you can probably calculate how it works in math, in physics.

C: Oh yeah, there's going to be more physics that shows us exactly how entropy and destructive agency are at their core evolutionary forces that push evolution. It's probably out there now, but we're just not involved in the domain of physics so much.

M: We feel it's so important to have this conversation, be doing this shadow work on ourselves individually, and then understanding it on a greater level to begin what you might call a science of the dark side. And we want to invite physi-

cists, biologists and psychologists to join the conversation. We will all learn together how this operates. All kinds of energy and resources have gone into the light side, trying to understand the God Particle. Our spiritual movements are all about the light, the light, the light and yet so little resources have been spent on the other half of the pie! We feel that this should be given half of the resources! (laughs)

C: (laughs) We think that there should be a maxim in every healthy society that says “Your darkness is a continual resource for your evolution, that you deny at your own peril”. In every healthy society, this domain needs to be honored and looked at because it’s showing us where we need to go to survive, to thrive, to evolve. Ignoring or fearing darkness is not actually a smart way of going about things, it’s actually a formula for creating more destruction.

M: See, now indigenous cultures had their ways of understanding this, and they still do. They don’t just say, “No I’m not going to look at this”. They honor and look at this side of reality through their mythology and ritual, and they actually integrate it into their day-to-day lives.

C: Well, I would say that we’re not totally qualified to give too many examples of this, but our general impression is that indigenous cultures were much more in touch with this domain than our culture is.

M: Right, so it only makes sense that since western civilization has pretty much taken over the whole world, if we don’t find ways of understanding and managing this whole realm, that we’re going to destroy ourselves.

**C: Obviously. Ok, so if we can, let's go back into your past a bit. This alchemical shadow work that we're doing, this investigation that we're on is something that has roots deep into both of our pasts. What is it that's been coming up in you, intuitively over the years, telling you to look into your darkness, or to not be afraid of that which ailed you, to not be afraid of the shadow in whatever way? Why did you intuit that you needed to focus on this domain in your life?**

M: Well for me, it just seems that it was part of my life path. I don't even feel like I had a choice. It was kind of given to me by my circumstances, though I always did have a very strong connection to a greater realm than just our five senses. I was always very sensitive and connected to the earth. I grew up in Mill Valley, so I was on the mountain, and I had a lot of free time. My mother was actually mentally ill and just not present, and my father was working all the time. This gave me my virus, and yet it also gave me the freedom to have a very grand imagination and to start to look at a lot of things like the occult at a young age. Going into the library and going to the metaphysical section for example.

So that was just there, but as far as my circumstances, like I said, my family virus is very deep on my mother's side. My mother's mother was abandoned into an orphanage, and then she repeated that and abandoned my mother. My mother's father abused her, which caused a great repressed trauma that

was severe enough to make her actually become mentally ill. It wasn't diagnosed early on and so I grew up with someone who wasn't even in this world. My father wasn't available and he had his own virus coming from a Jewish immigrant family. I don't believe he felt fully appreciated and acknowledged for his unique talents. He was forced to go into a certain direction that was unnatural, so he was always unhappy and angry and then he married a mentally ill woman who felt abandoned!

So that whole combination from the get go was the beginning of a particular psychic virus I inherited. That virus got stronger over the years and created a whole set of experiences for me that led me to the path that I'm on. Being an artist also gave me a certain imagination and type of focus that kept part of me healthy and open minded while this "trauma drama" was going on in my life.

C: You mean destructive relationships?

M: Yes, beginning early on after I left home. My mother actually started to drug me after a bout with pneumonia, continuing to feed me codeine so I wouldn't leave the house. My girlfriend called the house and realized something bad was going on and yelled at me to "Leave now!". I actually had to run away from home. I never went back. That was when I was 15. Then my father died of cancer when I was about 16, and so I was on my own. Other than my first relationship with an older man, who was an amazingly deep artist, and that was a real blessing, my relationships with men got progressively worse. I've gone pretty far into what people would call the dark side. I felt so bad about myself that I couldn't function.

## INTERVIEW WITH MELISSA MARI

There were times that I just couldn't operate, where I didn't feel I was worth anything. I also had a certain kind of strong sexual energy that led to me to doing some light prostitution, and putting myself into really destructive circumstances. That was just one phase of it.

C: This trend eventually lead to physical disease, right?

M: Yeah, that first phase didn't last very long, but then through a series of events I ended up getting cervical cancer. That really started me on the whole healing path. I cured myself of the physical disease of cancer, but when I had it, something came to me where I realized that I would actually have to go into the cells themselves, into my DNA to heal myself. That's why I have my arm tattoo. It's actually pretty abstract, but it's DNA. I did that because something told me that I would have to go into the code itself in order to heal.

That was about 20 years ago. Little did I know that it would end up being this alchemical domain that I was going into, but that started it. I learned all about the cultural shadow there. I learned about the cancer industry and what a fraud it was. And I learned about all these alternative cancer healing methods and I did all kinds of cleanses and fasts. I actually cleaned my body out of physical parasites! I found a worm! I ate nothing but cabbage, garlic, and pumpkin seeds for a whole week, and I actually released a tapeworm from my body!

C: Right! So, the work we're doing now deals with how the informational domains of mind and culture are mediums for parasitic activity, but this type of dynamic that we talk

about in our book is a standard for many domains. Back then you were seeing the biological level of how an unhealthy mind and body manifests physical parasites, but now we're talking about how an unhealthy mind and body manifests informational energetic parasites.

M: Right! So in a way I can really look at all that stuff as my own alchemical process. As Above, So Below.

C: That was the first stage of all of this. We now believe that the very first stages of any spiritual work really has to start with the cleansing of the body. Bringing health to the body.

M: Yes, that is number one. Your body has to be operating in a healthy way, and that can be really basic, just real food, enough exercise, and stay from sugar and you know, artificial stuff. It's pretty basic if you just start with that. You have to have that together before you're healthy enough to go into these other realms, because it takes a lot of energy. It takes a lot of physical, mental and emotional psychic energy to go into this repressed material, into this repressed trauma that has been sitting there for your whole life or for much of your life. John Ruskan says that he doesn't even know how far this repressed energy goes. Like Eckhart Tolle's idea of the pain body, there's cultural trauma in the DNA. I feel that clearing this trauma from myself, this family virus, is helping my whole family line.

C: Yeah that's an interesting sort of mult-dimensional possibility.



## INTERVIEW WITH MELISSA MARI

M: I can't prove this but soon after we did a virus ritual up here on Mount Wanda and began doing this cleansing work, it seems that my mother was affected. She had been in a mental facility for a long time, and didn't acknowledge me or my sister as her daughters since we were teen agers, but when we went to see her the last time, there was a shift. At the times I had seen her prior to this, I always noticed a certain darkness in her. In all of my interactions with her over the years after I left home I would feel this darkness. Almost like an evil kind of something that had had taken her over.

C: Like a shadow entity.

M: Right, like a shadow entity that had taken her over. And when I saw her the last time, after she was diagnosed with cancer, that energy was gone. That energy wasn't there.

C: Yes. After we started doing these cleansing rituals and inner work, and really focusing on our family viruses, you went back to the convalescent home, I was with you actually, and we both felt that her energy was totally clear and she passed away quickly afterwards.

M: I didn't think she would have passed away so soon afterwards. They said she had at least six months to live, and she was fine when we saw her, but she was like a little child. There was none of that darkness that I had felt before. It wasn't there. So that gives me the sense that when we do this clearing work on ourselves, it clears much more. We're all connected energetically.

C: There is only One Organism. That's all there is.

M: Right, so as we individually do this cleansing work and start to open space in our psyches and our lives it has an impact on everything around us. We actually have many more examples of this.

C: Well I wanted to talk about this actually, because this is going into other concepts that we have like *Living in the Movie* and how you can watch the effects of this inner work show themselves in your everyday life. You can see this clearing work mirror itself back to you and it puts you much more on the path of life and evolution. You can watch your outer world speaking to you, and we'll get into this, but before we do, lets talk about some techniques.

**Can you describe some of the techniques that you use for accessing shadow material?**

M: Right. So number one, I would say what you always say, and that is to take inventory of your thoughts. After you start taking care of yourself on a physical level, then you have to start watching your thoughts. In eastern practices they would call this mindfulness. You just want to start watching your thoughts and taking note of them. Also besides your thoughts you want to watch your feelings of how you get charged by certain things. Like asking why it is that you get charged by that person cutting you off on the highway and how does that make you feel, and you begin to ask yourself why.

C: In other words, look for the roots.

## INTERVIEW WITH MELISSA MARI

M: Right, you first have to be able to somehow separate yourself from your thoughts.

C: You mean from the dialogue, from the stories that are always running in your head?

M: Well, for the most part, we live our lives in the movie, or in the story, and we become unconscious actors in the story. I guess I'm getting into *Living in the Movie* here, but you take yourself out of being in the story itself and you step out of that into being more of a watcher of your own movie. You can start by watching your thoughts and your reactions to everything. You start taking an inventory and looking at how your own thoughts work. You begin noticing which thoughts are positive towards your evolution, and which thoughts are destructive.

Then as you start noticing your destructive thoughts, a lot of times there may be a feeling component related to that. You can then start looking at that and actually feeling what that is. Then you can actually go right into the feeling content and sit with it and see what comes up as far as an emotion that needs to be processed or aired out.

C: Ok, maybe I can sum that up before we go further. We said that the body level of cleansing and health is first, and then it becomes a continual mindfulness or awareness of your own movie. Watching your own stories, your own thought processes. It becomes a higher awareness, especially of the destructive thoughts, and of the cycles that contain those destructive thoughts. We can look at how these thoughts repeat themselves in common situations. So we start to notice those

common cycles of destructive thinking and destructive judgments. Then we start to move into the feeling component and we trace those thoughts into their feeling state roots and then that's where we can start to do a specific emotional clearing process that we learned from John Ruskan, correct?

M: Right. Once you are able to watch your mental and emotional state and see these things that are charging you, then you can actually go into that charged energy to clear it. This is where it can get challenging because that repressed energy is something that you've been distracting away from or displacing for a very long time. We call it displacement of entropy. We often project our destructive energy out.

C: Right. You might get angry or you might be displacing your entropy through sports, or more destructively getting into fights and arguments or addictions. We're usually denying, repressing, projecting or physically displacing our negative energy, but we're generally not transmuting it. That's the one thing that everyone has in common. We're not transmuting our destructive energy. Correct? Whereas with this emotional clearing process, it's a transmutation process.

M: Exactly. I was thinking that I might describe some of own experiences to lead into this.

C: Go ahead.

M: So, I started watching the things that I was charged about. The number one thing for me was my family virus of feeling abandoned and unloved, and even deeper than that, a disconnection from that feminine goddess energy, because my mother didn't have that worked out.

C: She didn't know how to activate a proper feminine container in you right?

M: Right, and so there was a virus in there around that issue. When I grew up, I felt very unloved and ugly. Not beautiful. And it became a code that actually grew into an energetic system which kind of took over my life and created these situations like I talked about before. I felt so ugly that I would do anything to try to feel ok, which would mean getting into destructive situations. That shadow energy is always going to show itself. It's saying, "Look at me. Look at me". Its saying, "I'm going to keep making things a lot worse for you until you look and me and feel how you really feel".

C: You mean, "I'm going to take you apart until you find my source."?

M: Right exactly. So, once I started to understand the actual code, with your help, I was able to get into the deeper script and I was able to get to a base script of "I don't feel beautiful".

C: Oh yeah. This was important. As I recall, we were in an episode where you were feeling very venerable and angry and I put it straight to you and I said, "Ok, right now, tell me! What is the code of this feeling state?"

M: And I was kind of taken over by this shadow energy.

C: Right. You were having a viral cycle as we call it. I said, "What is this code, what is the script, what is its name?"

M: And I said, "I don't feel beautiful".

C: You said, "I don't feel beautiful and I don't feel loved". Those two sentences came out of your mouth. And I said, "I

got you!” And then you recognized that we had gotten the demon’s name.

M: Right you have to know its name. You have to know your demon’s name.

C: This is something we learned from Lama Allione’s work, *Feeding your Demons*.

M: Right, and I’ve done that process and that’s helpful for this work too.

C: This is sort of a side track to the emotional clearing process but its good that you brought this up because this is actually an artistic process, and once you actually say “I’m going to go into my own garbage, and I’m going to root around in it and I’m going to find these destructive codes and trace them back to their source”, then you’re on the path to healing. It all begins once you say, “I’m going to get the name of this demon, and I’m going to transmute this energy, and that’s my intention with everything that I have within me”. Once you get to that level, you pull the switch and now, the whole grand connected universe knows that you are a being in evolution. You are a being who is taking one ladder step up in her own personal evolutionary process, and this ultimately has an effect on the entire universe. You become a lightning rod for metaphysical action to happen around you and within you and you start to walk into the artistic flow of the universe, and it starts to show you where you need to go.

And so us finding Lama Allione’s book or finding John Ruskan’s work, or finding these ancient maxims, or finding alchemy and all of these things that were plopped right into

our lap, they happened once we said “I’m going to pull the switch and I’m going to do this sacred work”. It’s not just a 1,2,3 step process that we call shadow work. Our book is what came to us and what works for us, and it’s probably a good starting point for many people, but each and every person will walk into their own alchemical process that will show them exactly what they need.

Like that guy in the gym. I was asking him what he’s done to be so healthy and muscular and age 60 and what he eats. His main maxim was, “Your body will tell you”. Your body will tell you. That’s the same thing with this alchemy work, this shadow work, you will be shown!

M: You will be shown, but you have to be very prudent and proactive about it, and really look at your life as a metaphor showing you the way to go. But then another thing I just wanted to add is that this code, this beauty code or feeling unloved code, I’m still working on it. I mean I still have this code and it’s an ongoing piece of artwork that’s still evolving. Although I really have transformed a great deal, I don’t feel 100 percent free of that virus yet. I feel that I’m on the path and that that I will, but I have to be perfectly honest about it. Depending on your own virus, it can be a life long journey. But it’s a beautiful journey. You don’t have to think of it as a burden. It’s not a victim thing at all.

C: It’s not like this terrible burden of carrying around a concrete block on your back in order to “evolve” yourself. Alchemical work is something that although it can be difficult at times and will probably be going on for the rest of your life,

it gives you fantastic rewards. We do feel so much better and more empowered, so much more on our path and we have so many more tools now for dealing with the destructive force than we ever had before. I could never say that what we've done was not worth what we've got back. So far we've received so much gold in return. So it's not like that kind of a burden.

**M: Ok, I'm going to go into the emotional clearing process now.**

Instead of distracting yourself out of that bad feeling, instead of trying to get out of it, you go into that pain.

C: Ok, so to clarify here, we're talking about the emotional clearing process as John Ruskan calls it. And so, the way it works is that when you're triggered or when you find yourself charged, whether its angry, guilty, sad, depressed, or in any way negative, and it's a feeling you cant shake, then that trigger is what you use as an open doorway to clear an old wound.

M: Right, and so now, you will *feel* that wound. You'll feel that wound. This is why it can be challenging, because you naturally don't want to feel this horrible, pain, your broken heart. That's how it feels for me with my particular code of feeling unloved. The worst possible broken heart that you could ever experience. This is what I've been processing.

C: Lets give a real world example of how we might be working on some music together and I would get frustrated



## INTERVIEW WITH MELISSA MARI

with you and say some things that are a little bit destructive. This would evoke that old feeling in you. Then you'd feel angry with me and you wouldn't want to work with me. Then I'd get angry with you and it turns into a charged argument. Then all of a sudden you might say, "I see where this is going, I need to process something, you need to process something. We're not going to get into a cycle." Then we'd go sit and process the energy. And it does take quite some time to get to that level of where you can convert an argument or cycle into an opportunity to clear, but if you can't catch it in the middle of it, you can do it afterwards, when you still feel like crap.

M: Right. It's definitely helpful if you have someone you can do this with. But anyway, when you go into the feeling, you have to be able to really feel it. For some people this is more challenging than others, but you just want to sit into that uncomfortable, bad feeling and let it flow. Let the energy fully flow as you sit. Now, I have found that anger is one of the more challenging ones. Anger is very active. Anger wants to release itself in an active way.

C: It wants you to get up and kick or punch something.

M: But you do not want to project. You want to take that feeling of the anger and actually sit in it without projecting it. Now, I remember John Ruskan in his book talking about how anger made his whole body get really hot and heated up almost like on fire.

C: That's happened to you actually.

M: It's going to have different effects on your body and you have to allow it to do what it wants to do.

C: If it's the reverse of anger such as sadness or grief, it will cause you to cry but that is good.

M: That is good. You want to allow yourself to cry as much as you need to, just allow it. Like a small child that falls down, you don't tell them to stop crying. You let them cry through the whole cycle. That's what you want to do yourself.

C.: Unfortunately in our culture, we don't always know how to deal with children who are having emotional cycles. But the way we do this with ourselves is the way we should also do this with children. If it's crying, you allow the crying to fully happen and if judgments come into your mind such as, "I shouldn't be crying, I don't have time", or "This is childish and I'm weak for doing this", you just ignore those thoughts and allow your body to cry. You sit and allow it to happen and direct compassion inwards towards yourself.

In my experience it could last anywhere between five minutes or even two or three hours. You just allow yourself to purge. Whether its anger, sadness, or guilt or whatever the feeling is, the very fact that you're sitting with the emotion, not displacing it, not denying it, not projecting it on another person, but allowing it to actually come up through your whole physiological system means that you're retraining your body to correctly process your emotional energy. It's the way it's naturally supposed to happen. We would naturally deal with emotions properly if our society didn't actually have codes that cause us to repress them so as to reroute the energy for colonization purposes and things like that. So you have to go against your cultural codes to do this work.

M: Right. Now, another aspect is that of acceptance. And this is a good word for this work, *accept*. We clear when we really accept the feeling. It's a deep acceptance. Through the allowance of that energy to go through your body, you create a deep acceptance which actually turns on your heart chakra. I can feel it right now actually. It turns on your heart energy and it turns into a deep compassion. A deep love for your own self and then for your partner and everything around you. It becomes this sad joy, as John Wellwood puts it. It's that type of feeling and it's a deep compassion. I believe that's what the Dalai Lama is talking about when he talks about compassion. It's an actual energy state that comes from your heart chakra. It's a deep acceptance of all, and that includes this shadow energy. It includes the shadow energy.

C: It's an acceptance of your wound. It's an acceptance of where you are in life. It's an acceptance of where others are at, including those who are hurting you. It's a total acceptance. And that acceptance, like you're saying, is a consequence of training yourself not to project and not to fight this emotional energy. There is nothing left to do but accept it. And that physiological process of acceptance is what opens your heart chakra. And then once your heart chakra is opened and opened more often in your life, then what happens?

M: Then you will find that your inner state becomes much more spacious for the natural evolutionary process to happen to you on an internal and external level. You'll start to see it. Those things in life that you always wanted to do, but that were always blocked by something in the way, they begin to

manifest. You're going to find the way to do your Life Art because you've opened up that repressed energy that was keeping you from doing it. You're clearing out that area which allows the evolutionary force, that Life Art force to come through you.

C: Absolutely. That's what our experience has been.

M: Totally. This has been our experience. It's pretty remarkable what's happening right now. I'm just blown away actually. I just never thought that I would transform as much as I have. My art and music is so much cleaner now. I don't have as much of the doubting thoughts and feelings. I'm feeling that my actual musicianship is improving and I'm taking up new instruments like the EWI, and it's so easy to flow into it. I mean all these creative energies are just flowing.

C: I'll tell you, I feel the exact same way. This clearing and all of this shadow work has transformed my inner state and feelings of self worth greatly. I am so much more than I was. In some ways it's unexpected, but actually there was always this intuition in me that a real greatness and power was achievable. And although we still have our cycles, they are tiny compared to the past. But this is because of the natural day and night cycle of the universe. You will always have an up down, ebb and flow type of sine wave going through your life. You'll always have that, but the intensity of that becomes more balanced, and therefore you don't get sucked down into the destructive cycles nearly as long, and of course you end up being able to understand the deeper process behind it all and use the experience to transform even more.

## INTERVIEW WITH MELISSA MARI

M: And another thing is that you can do this emotional clearing subtly wherever you are. I was doing it yesterday when we were drinking coffee. You said you noticed that there was something wrong with me, but I was going into the old feeling and allowing it to clear. I wasn't pushing it away, I understood where it was coming from, but I was not going to project it on you or push it away. I was actually clearing myself right there.

C: A personal, private, quiet clearing process during the day. As I recall, you had some recording work to do that was making you insecure, so this was a bit of clearing work to prepare you for what you had to do that day.

M: Right, so it's something you can take with you. At first yes, it takes a lot of energy and if you have a deep trauma of any sort, you're probably going to have to sit for longer and cry and feel the anger or uncomfortable feelings, but as time goes on, those cycles get smaller and you get cleaner. Then you can start to do this in a much more subtle way in your everyday life. I do this at work too actually.

So you get to the point to where you're able to have enough mindfulness of your thoughts and your energy state that this whole process becomes something you take into every part of your life and utilize. And after a while it just becomes a management system. It's more like brushing your teeth or taking a shower, cleaning your body well.

C: In my case it seems to be more like an occasional house cleaning. I had to do a lot of deep cleaning at first, and now it's occasional maintenance. I was once trying to guess how

much crying I've done since the beginning of this. I'd say that it was probably about a year and a half of crying on and off, several times a month or so. Perhaps 30 or 40 hours of crying in about a year and a half, and now it's like once a month for a few minutes. But of course I'm always open to whatever emerges.

M: Now you can go into your mental and emotional state and work through it much more easily, right?

C: Well, if I compare to my past, there's a big difference. I told you about that instance where I had that argument with that woman who was renting a room from me four years ago. And how we got into a yelling match because I was kicking her out. It was a horrible situation that I invited into my life to teach me something. We had a loud argument, and while I was yelling at her, the watcher part of me was activated and I watched myself from above my head. I had activated a higher level of awareness. I mean I always have a semi-watcher state going, but I had an even greater level of objective awareness than I'd experienced much before, except perhaps in a psychedelic state. I would call that experience the start of this whole phase, four years ago. Now I have a continual level of awareness of my own emotional cycles and thought processes that I could not compare to what I had back then. That particular situation was the first time I can really say this awareness was starting to come online, and if I compare my consciousness in general, it's quite elevated from where it was four years ago or before. Absolutely. So this work has been a major catalyst.

Ok. I just have a couple more questions here.

M: All right.

**C: We've used the term Virus to describe the way in which shadow programs are shared throughout humanity. Can you talk about this? We haven't yet gone into this whole way of looking at the shadow in terms of viral codes.**

M: Right. Well, this is an ongoing investigation, but the way that I see these viruses right now is like energy systems. If they are able to grow, they become what some people would call entities. I think there are different viruses for different conditions. Let me give an example. I remember years ago when I had an eating disorder. I would eat and eat and eat, until I stuffed myself and I couldn't move. I didn't purge or throw up. I would become so sick that I couldn't move. This was another way that I would repress and try to get out of facing all of the shadow stuff. So I remember one time in the middle of one of these cycles, I looked in the mirror and I actually saw and felt this entity in me. It had a certain energy. It was like this monster. It was like this hungry eating monster, and I really had this tangible feeling of it taking me over.

C: *In The Realm of Hungry Ghosts* by Gabor Mate.

M: Right. So, I am very sensitive and I can feel people's energy, and when I see obesity, there's a certain kind of a chemical energetic program going on. It's a very specific one. I believe that there are different viral programs. You could say they are archetypal, but there seems to be specific types, and

they have a life of their own. Once they're able to take a consciousness over, they actually become a more complete system. Steve Richards deals with this. He kind of sees them as energy systems too.

C: He sort mixes a scientific and ancient view. I'd say we do too, although we speak differently from him. I think we're all talking about the same thing. We write about this in the book where I describe a working model of how I think this works. A virus begins with a psychological wound or fracture, which could be something in your family environment when you're young, or it could be something passed genetically, but a physiological wound becomes a weakness that gives rise to an autonomous script in the mind. Then that script, if it grows to be parasitic, will inject a trigger like any parasite does. It will activate a mental or physiological trigger to cause you to do something to feed that program. And then it will grow. And the source of that program is an old wound that it's rooted in. So that's why we believe that the emotional clearing and other alchemical work is necessary because it basically repairs those old wounds by allowing the proper physiological energy state to flow - and now the parasite is out of business because its roots are not getting fed anymore.

M: I believe that it will actually inject a chemical hormonal component into your physiology that will get you to feed it if you're not in control of it. If you don't have mindfulness, it will actually get you to do destructive things or move into destructive environments.



C: Which makes the program stronger and makes the rest of you weaker. So this is an addiction, but it also can happen between two people in relationship where each person holds a different side of the charge, the polarity. One person holds the positive destructive part of the script and the other person holds the negative destructive part of the script and they play out what we call the *victim-victor cycle* or game. This happens with two people in relationships, but it also happens within racial or cultural clashes or religious conflicts. You can see these victim-victor cycles playing out en masse.

M: And the reason why we figured the victim victor-script out is because we have this in our own relationship together. We saw how our own relationship has a creative side and a destructive side and as we became more aware of our destructive side, we saw these cycles and how they looked parasitic and viral. We isolated this down and then we started to watch the cycles. At first the cycle would happen and then we would talk about it after it occurred and that was how we were first able to understand it more clearly. We noticed that it would actually operate in a specific kind of a timeline. Every couple months there would be a really bad one. I mean, they were pretty bad at first. They were really severe to the point where one time you kicked me out of the house for a minute or two.

C: I locked you out of the house because you were just going batty on me.

M: Right. It's weird because in my other relationships, I was the sane one, and in this relationship, I had to see my own virus through your eyes and you had to see your virus through

my eyes. So because we actually worked though it, and isolated the core energies, these fights shrank in intensity over the last couple years. This is why the danger aspect was given to us early on, because of this difficulty.

C: Right. We told a spiritual teacher we respected what we were doing and he was like, “Woah there, be careful with doing this shadow therapy on yourself within your own relationship”. I can understand that but we were just not able to back down from this. We had to do this. It was difficult but I feel we were equipped.

But I should also say that if we hadn’t known about holarchy, about As Above So Below, then we would not have been able to map this out. Knowing As Above, So Below, we said, “Hey wait a minute, these energetic features of our own destructive conflicts should be common to other types of relationships”, and we intuitively knew this. It was basically thrown on our lap. We also started to find others who were talking along the lines of mental parasitism. Once we started to look at biology and other types of sciences, it became very clear that what we were dealing with was a parasitic cycle. Once we could see how parasitic relationships worked, we saw them in our relationship and then in our community, our economy, in our culture and our politics. We realized, “Wow, the whole construct of our current civilization includes parasitic relationships as a prominent feature”.

Once I remembered something Elisabet Sahtouris was talking about where she said that we’re moving from a stage one species into a stage two species and it dawned on me that

stage one species are predatory or parasitic. As a species goes through the evolutionary process it becomes more and more symbiotic towards mutualism. We become more and more symbiotic as we evolve, but the lower stages of relationship are predatory and parasitic. Like I was talking about the other day, that bumper sticker that says “He who dies with the most toys wins”. That’s basically like the mindset of a parasite, like a caterpillar, whose whole job in life is basically to get as fat as possible. This leads us into the butterfly analogy and imaginal cells, but these realizations about parasitism and holonic relationships really helped us out. Once we had the ability to frame our own conflicts and destructive personal cycles into a greater holonic framework, then we had the confidence to know that we were on the right track and that we were looking at something that was much deeper than what we understood before.

M: There are thousands of different kinds of parasites and viruses in biology. I feel like there are probably an equal amount of these that could be isolated in the mental, psychic, and cultural realms.

C: And probably just like how different diseases are common to different species at different times in their development, you’re going to have different cultural viruses which are going to be common to certain cultures at certain times in their development.

M: And again this is what Eckhart Tolle is talking about when he speaks of the Pain Body. Or different cultures that

have a certain pain body. Or how women or racial groups have a shared cultural pain body.

C: It's a domain of common mental, physiological weaknesses that are passed along within a culture that are preyed upon by active destructive programs, which feed on those common cultural weaknesses.

M: Right. And so the first way to clean these out is that you have to first work on your own personal viruses. Some of those are collective. Like my own feminine virus is shared amongst all of us women.

C: Yeah your issues with self worth are part of the female pain body in our civilization.

M: Yes, so I feel that as I clear and transmute that energy, this opens up more space in the collective, and I feel that would be the same for any of these cultural viruses. First you start with yourself and then you begin seeing it more clearly as a shared code. Then you're able to relate to others in a much more balanced and compassionate way. Compassion actually develops naturally as you're able to clear yourself. You increase your ability to have compassion for someone else or another culture or someone whose being victimized. If you're doing this clearing work, you will build more compassion and you will not have the same charges that you had before. It's not possible when your heart opens up like that.

C: Right and this is a major point that we should bring forward. When we find ourselves attracted to another person or attracted to lets say a political cause or attracted to some way of life, it's not only because that thing we're attracted to

has an element for our evolution, but is because we are destructively charged towards it as well. So much of the time, those relationships or causes that we become invested in are the partial consequence of destructive viral patterning in ourselves energetically attracting certain people, situations or causes into our lives. We hold one side of the destructive polarity charge and they hold the other side of the charge. And this is why relationships or social causes don't actually satisfy us like we envisioned they would, and they can actually become vehicles for destruction. That's because we haven't isolated how the "other" is actually a co-destructive vehicle. We have co-creative energies, and we have co-destructive energies that we have not isolated in ourselves yet. So we will continue to find ourselves in destructive relationships or giving our energy to causes which pull us down and drain our energy because we don't recognize that we're holding part of a destructive charge that's also in the other.

That's why for example, political activism is often ineffective, because we are attracted to causes and to others who are carrying the same viral scripts that we have. You'll find all sorts of people using political causes to displace their internal entropy together, but they don't have an awareness of how they are part of the problem. Lets say you're an anti war activist and you're really against Bush and the Iraq war because you see those Iraqis as victims. Well the victims are representing the negative polarity of the destructive force in the activists themselves. The activists also carry this victimhood state within them. When they get active, they are often flip-

ping poles to the destructive aggressor or victor pole. The activists don't realize they are holding on to the same polarity charges of both the Iraqi victims and the aggressors like George Bush and Dick Cheney. And they get out there in the streets and they yell. And if you actually go talk to these activists as they are in the middle of a venting session, some will tell you straight up "I'd like to take that politician and slit his throat and throw him into a pit!" They'll tell you that! I was involved in the Occupy movement and I have seen this. Because they are carrying the same aggressor charge as the Adolph Hitler that they are going up against!

M: And then you actually talk to some of them and their own personal lives are a shambles, in disarray and they're miserable. They have not begun balancing that same energy in themselves yet.

C: This is explained more in the book. **Ok, this leads me to two more questions. One is about how these destructive shadow programs cannot only make your life miserable, but can attract physical and biological diseases, or give you psychosomatic conditions that you will believe to be externally caused, but which will be caused by your own shadow energetic states.**

M: Right, this is what we call TMS, which you wrote about in the book.

C: Tension Myositis Syndrome, coined by John Sarno, also called TMS, was this doctors' initial intuition several

decades ago that many instances of chronic pain were psychosomatic or mentally created. His intuition started his own scientific investigation into that domain and we've learned a lot from him, and we have verified this for ourselves.

M: This realization about how disease can be self created was a progression for me. I always had a sense that I had to take responsibility for my life, and that I was the creator of all the circumstances that came into my life. I just had that naturally, but when I got cancer I really got it and I said, "Well the cancer is in my body. There's disordered cells in my body, so whose going to fix this but me?" So I took complete responsibility for that and I was able to heal myself of the cancer. Through that journey, I also saw how what I was told by the medical establishment was a complete a lie.

There was one instance where I was going through all these alternative methods. I used myself as a guinea pig just as we're doing now. I did all these diets and cleanses and was eating nothing but raw food. But I was eating a ton of fruit. At some point, my nails started to get really weird and inflamed and started to come off. So naturally I was a little worried and I went to go see a doctor and he said, "Your nails are never going to come back. You have a fungal infection. I can put you on an anti fungal drug but its bad for your liver." I just walked away from that and picked up the medical encyclopedia and looked up my condition. I realized I had Candida, which is an overgrowth of yeast basically. So I did the anti Candida diet and my nails came back.

So I kept having it shown to me that what I was being told by the society was not true. But, I didn't really fully accept the psychosomatic explanation for a while. I intuited that it was all about blocked energy. I did know that because once when I had the flu really bad I asked my body, "what is pain?" and what came back was that it was blocked energy. So I actually went into my body and I allowed that pain to just take me over on a physical level, and it moved the energy. So it's kind of exactly like what we've been doing with emotional clearing. I did on a physical level years ago.

So I kind of understood that already. But when we started taking walks up here on Mount Wanda I remember having back pain and you bringing it up to me again. You said "Don't pay attention, just ignore it, it's TMS. There's something emotional behind it". I eventually realized that the back pain was blocked sexual energy. Since we've been doing this work, I can look back at my own life and I can see how so many symptoms were psychosomatic. I was holding on to all of this repressed energy that originated in my childhood. And where else is it going to go but into your physical system? First thing, it's going to come out there. If you're not projecting it out as anger in your life, it's going to go into physical symptoms.

C: A lot of people do manage it that way. They become a drill sergeant in life and they end up projecting this energy out as a way to get it out of their system.



M: Right, so that's one way people get it out. But another way is to take the victim role and get sick, and our culture then parasites off of this.

C: That's the black hole version of this energy and its sucks you to death. The other positive pole of this, anger, creates death for others, and the negative victim side of this creates death for yourself. And of course they flip flop. I explained this in the book. Aggression at others actually destroys you because it blocks you from accessing your heart chakra. You victimize yourself in the process.

M: Right. You can just look at how sick Americans are now and how many disorders people have created for themselves at this point. We just have an epidemic of culturally created disorders.

C: That's actually what John Sarno's last book *The Divided Mind* is sub titled. *The Epidemic of Mind-Body Disorders*.

M: Right, there's an epidemic of this all over. And the culture feeds into this. I mean look at all the drug ads and the pharmaceutical companies and health care system feeding.

C: Right, well the culture has a parasitic profile!

M: Look at how many people are on these anti depressants. I mean we just saw this thing incredible thing in the news. This is a true story of this woman who got her psychologist to pour drain cleaner into her eyes. Or what was it?

C: She had a family virus we would call it, and since she was a child she always wanted to be a handicapped blind person with a cane. She always saw that as her highest purpose.

And she eventually found some other equally disturbed individual to help her achieve it.

M: A psychologist actually! (laughs)

C: Right! A licensed psychologist poured acid into her eyes, blinding this woman who now testifies that she has finally found peace in life!

M: And they actually have a term for this. Body Identity Integrity Disorder! There are people who are now chopping off their legs because they always wanted to be paraplegic. They are calling these actual disorders.

C: So this is an extreme version of how you can become conscious of a viral program which can run in your mind-body and you will actually accept it into your ego state. Most of the time you'll have a viral program and it will cause you to contract, say, Carpel Tunnel Syndrome, or Fibromyalgia, or back pains, but you won't consciously want it. It will even allow you to contract the flu by turning down your immune system. Or any other kind of a chronic symptom or condition, but your ego will believe that it's something coming from outside of you. You'll think something did this to you, or you might say its genetic, but you'll always take a victim role and say, "This it's something that's happening to me." It's the rare person who actually says, "I want this in my life". But anyway, in every case of these psychosomatic conditions, you will find that there is an old wound that has given rise to a parasitic script that is now feeding off of the chemicals that are invoked through your chronic pain or victimhood.

M: Something is getting fed off of you being in pain. You can begin to start to looking at this and asking yourself, “Why do I want to feel this pain?” Because there’s a destructive part of you that wants to feel that pain, or wants to get the flu.

C: If you sit with yourself while you’re feeling the symptoms of a chronic condition and ask yourself, “Why do I want this condition, why do I want this pain”, the first thing that will happen is that your ego will say, “I don’t want this pain, I want it to go away”. But that is only the first reaction that will come up. If you will allow yourself to sit with this and feel the feeling state signature of this, you can get to the source. But it will often not be within a cognitive level of script. It will be in a feeling state level of script. You will find that there is a victim state of a wound in you that is behind that chronic symptom. Sometimes, certain people will develop symptoms, like back pain for example, based on simple common anxieties like the mother-in-law is coming into town or a new job or something like that. That’s very common and not very severe. But even with that you can find the emotional signature behind it, which is fear of a conflict with your mother or something like that. But the more severe chronic disorders will have a much deeper older childhood wound associated with them. And behind that will be a wound that is cultural.

**C: The last thing I wanted to talk to you about is something that we touched on and that we will probably explore more in the future. Shadow Tech is more about shadow work, but ultimately this is about evolution and**

**this is about entering a different way of seeing ourselves and our interconnectivity with the universe that we call *Living In The Movie*. Maybe you could talk about this concept in whatever way you like.**

M: Well, we kind of came into this concept early on. We thought about how life is like a movie and how we were actually living in a movie-like creation. I mean the way things were happening for us back then, this just came out. We were having all these syncs while hanging out together. We started noticing things in our outer world that reflected the work we were doing inside of ourselves. We started noticing this interaction more and more and it became really obvious that we were co-directors in the movies of our own lives. So, now I just live this way. I actually see my whole life like a movie and I watch my outer state and my inner state on equal terms.

C: Exactly.

M: If I notice something going on in my outer world that has meaning to me, I will find a component in my internal state that matches it. Each creates the other in a sense.

C: Right, so if you find meaning in something significant that shows up in your life, you can go look for the internal correlate in your own psychic state. Or you can focus on thoughts or feelings inside your psychic state and watch how what you're working on will be verified for you in your eternal movie.

M: Right, and this becomes really interesting the more you do this practice. Life becomes much more magical. You can

use this in any aspect of your life. You become more mindful of the dance that's going on around you, of the movie that's going on that you're a part of. Instead of seeing it all as random, you look at it as a whole, connected experience. Then you'll find that connection in everything, which you can relate to your own internal state. With the shadow stuff, this can be more difficult for people, but for example, if I see a homeless person or someone in pain or angry, through them I can access that part of myself. Once I am able to access that part of myself I can do something evolutionary. A lot of times you're not able to do something physical for that person, but you can access compassion. Doing that itself clears and heals us. You can have more compassion for the situation and everything that's going on in the world. You're a part of that. You're not separate from that. It's all part of this grand universal movie that's being played out. The more that we can do this, it opens up more space for the heart energy and therefore evolution. If we don't have that overall connectedness naturally, where we feel connected to everything around us as part of a greater dance, it's a separation that causes separation anxiety.

C: Separation anxiety, separation trauma, which is already woven into the civilization, and this exacerbates it. Materialism is a mindset, and like everything, has creative and destructive aspects. On the creative side it's a useful exploration to develop what Antero Alli would call the Third Circuit aspect of our psycho-physiology. That's the logical, cognitive, side of our being. Materialism and a scientific view is great for developing technology and all of that, but it has a property

to it that rejects the older more feminine way of modeling the universe symbolically. It rejects a more interconnected perception of our being. The more materialistic and logical left brain activity that goes on, the less that you're connected to the more feminine way of viewing yourself and your world, which is also an artistic and intuitive way of perceiving. And you know what happens when you're not connected with the mother, with the feminine archetype, the heart. You know what happens. It kills you and it kills everything around you. So basically, *Living in the Movie* as a meditative practice puts you in this state. You don't reject your Third Circuit way of analyzing yourself and your world, but you bring yourself back into balance with this more mythical way of seeing yourself and this becomes an invitation to a feminine archetypal force to rise back up into your body and help you to connect back again with the world.

M: Exactly. Indigenous cultures had that connection because they were very involved with the earth itself and all the animals. They viewed all animals as having spirits, which I also intuit, and everything as having a spirit and as being alive. But because of the Third Circuit development, we as Westerners did not put our attention on that as much and so we became separated from that. That's part of our development, but it's given rise to a virus. We wouldn't be doing what we're doing to the planet if we were fully feeling that connection. But if you start to do this *Living in the Movie* exercise in your own life, you'll start seeing more and more syncs and more magic will start to happen in your life. And

you'll never be bored. You cannot have a boring life when you're in the dance of creation. When you understand that your internal and external state are part of this great cosmic dance, there's no reason ever to be bored.

C: Everything is then informative. I have to give a lot of thanks to my dad who early on gave me some concept of symbolic structures by pointing out elements of Stanley Kubrick or Akira Kurosawa movies and even showing me subliminal implants in advertising and turning me on to symbolism early on.

*--A train passes through, interrupting the conversation*

C: I think this signifies the end of the talk! Because I just lost my train of thought! Oh now I remember what I was going to say. It's been difficult for me, even though I had some of that "train-ing", it's been difficult for me to really trust the movie-like nature of the cosmos and of my life and build a faith that I will be shown everything that's going on.

M: Plus, it will show you where you need to go! Don't forget the fly hitting your face the other day and dropping the peaches and all of that.

C: Oh yes! The more you trust in this symbolic feedback system and you learn to take guidance from it, the more you get from it. It's like building trust with anybody. You have to trust someone to pack your parachute before you jump out of an airplane, or trust a partner when you're spelunking in a cave or climbing a mountain. At first you may not trust them

*SHADOW TECH*

very much but the more you go out with them the more you learn to trust them and to relax into them. Faith opens up. So it takes time to trust that your universe will show you where you're at, where you need to go, and the meaning of what's going on inside you. Then you can truly live in the movie at that point. You can then co-direct your own movie of life.

M: Exactly!

C: Beautiful! Thank you for the talk!



# Recommended Works

As we developed the work shared in Shadow Tech, we looked to the following sources to help us clarify our concepts. Some we had known and some were previously unknown. We wholeheartedly recommend these works and their authors.

Alli, Antero “The Eight Circuit Brain” (2009) and “Angel Tech” (1985-2008)

Allione, Tsultrim “Feeding Your Demons” (2008)

Bateson, Gregory “Mind and Nature” (1979)

Beck, Don and Cowan, Christopher “Spiral Dynamics” (2005)

Bentov, Itzhak “Stalking the Wild Pendulum” (1977) and “A Brief Tour of Higher Consciousness” (2000)

Brown, Michael “The Presence Process” (2010)

Campbell, Joseph “The Power of Myth” (1988)

Campbell, Thomas “My Big Toe” (2007)

Cruttenden, Walter “Lost Star of Myth and Time” (2005)

Desborough, Brian “They Cast No Shadows” (2002)

Eliade, Mircea “The Sacred and The Profane” (1957)

Fehmi, Les “The Open Focus Brain” (2011)

Greco, Thomas “Money” (2001)

- Greenwood, Michael T. "Possession" article (2008)
- Griffin, David Ray "The New Pearl Harbor" (2004)
- Grof, Sanislov "The Cosmic Game" (1998)
- Hall, Manley P. "The Secret Teachings of All Ages" (1928)
- Helfrich, Paul M. "The Five Phases of Ken Wilber" (2007)
- Johnson, Robert A. "Owning Your Own Shadow" (1994)
- Jung, C.G. "The Portable Jung" (1971) and other works
- Kramer, Neil "The Unfoldment" (2012)
- Levy, Paul "Dispelling Wetiko" (2013)
- Lilly, John C. "Programming and Metaprogramming the Human Biocomputer" (1967)
- Lipton, Bruce "The Biology of Belief" (2008)
- Lobaczewski, Andrew "Political Ponerology" (1984-2006)
- Montreal, Bernard de "Beyond the Mind" (1998)
- Moore, Robert L "King, Warrior, Magician, Lover" (1991)
- The Mother "The Mind of the Cells" (1982)
- Mumford, Lewis "The Myth of the Machine" (1967, 1971)
- Pearce, Joseph Chilton "The Heart Mind Matrix" (2012)
- Perkins, John "Confessions of an Economic Hitman" (2004)
- Peterson, Jordan "Maps of Meaning" (1999)
- Ray, Thomas "Mental Organs, and the Origins of the Mind" (2012)
- Ruppert, Michael "Crossing the Rubicon" (2004)
- Ruskan, John "Emotional Clearing" (2003)
- Russell, Robert John "Cosmology" (2008)
- Sarno, John "The Divided Mind" (2007)
- Sahtouris, Elisabet "Earthdance" (2000)
- Tarpley, Webster "9/11 Synthetic Terror" (2006)

## RECOMMENDED WORKS

- The Three Initiates “The Kybalion” (1908)  
Tolle, Eckhart “A New Earth” (2008)  
Watson, Lyall “Dark Nature” (1996)  
Watts, Alan “The Two Hands of God” (1963)  
Wellwood, John “Perfect Love, Perfect Relationships” (2007)  
Whitmont, Edward “Return of the Goddess” (1984)  
Wilber, Ken “The Integral Vision” (2007)  
Wilde, Stuart “The Quickening” (1988)  
Zap, Jonathan “Mind Parasites, Energy Parasites and Vampires” (2008) Article  
Zajicek, Gershom “A New Theory of Biology” (2012) Video

## ABOUT THE AUTHORS



*Colin E. Davis* considers himself to be an artist above else. He has enjoyed a 25-year career as a touring musician and audio engineer. He also has a background in real estate related law and legal strategies. Since 2009 he has counseled hundreds of people in foreclosure, helping them to turn financial destruction into personal evolution. He has held an enduring interest in spiritual principles.

*Melissa Mari* is a lifelong performance artist with a background in theatre, jazz, classical, folk and heavy rock styles. She healed herself of cervical cancer in the mid nineties, when her investigations into the human shadow began. Now, she teaches effective methods for transmuting destructive shadow energies.

Colin and Melissa are the founding directors of the musical multimedia project **The 01 Experience**. They maintain the websites [livinginthemovie.com](http://livinginthemovie.com) and [shadowtechbook.com](http://shadowtechbook.com)