

## Becoming the New Human

### From Ruins to Wisdom

~~In the current era, the rapid transformation of our lives is occurring our lives are being remade -at every possible level. This metamorphosis is taking place not only in our minds and physical health but also in world economics and the ecological state of our planet. ; physically, psychologically, ecologically, and economically.~~

~~The key to ensuring our own well-being is the practice of effective stress management while meticulously attending to all the practicalities of life. And perhaps the most challenging task of our time is the need to time lies is in our ability to digest sudden unexpected changes. As human beings, we tend to prefer slow positive shifts that we choose and plan ourselves. by our own volition, and we want to know the results of change ahead of time.~~

~~Attending to the practicalities of life while managing stresses before they become chronic is essential to wellbeing.~~

~~Perhaps the most challenging task of our time lies is in our ability to digest sudden unexpected changes. We prefer slow positive shifts by our own volition, and we want to know the results of change ahead of time.~~

~~In short, we are creatures of routine, fixed in both thought, and action. We develop a comfortable repertoire of feelings, behaviors, and beliefs meant to safeguard us from the winds of change. But when our world turns upside-down, the old way is no longer enough. our old ways fail to shield us from life. We must change and evolve, not letting fear hold us back. It's time to be heroes in our own lives.~~

### The Call ~~t~~o Change

~~The fear of tackling reality and moving forward can have serious consequences. Environmental disasters and pandemics were predicted decades ago, yet we all seem surprised when they happen. Just as a relationship can sour years before the breakup, the call to change may occur months, years, or even decades before the actual change takes place.~~

~~The call to change may occur months, years, or decades prior to the actual change: A relationship sours years before the breakup. Prized skills become obsolete long before they're pronounced defunct. Long before our present-day dilemmas, environmental disasters and pandemics were predicted decades ago.~~

~~It's not weakness that makes us want to delay change (consciously and unconsciously). It's because we're human. We all delay change, (consciously and unconsciously), not because we are weak but because we are human. Stepping into the unknown often may requires different values, skills, behaviors, and habits than we're accustomed to using. The question, do I have the wherewithal to survive the change, often goes unanswered. We even hold our dreams for a better life at arm's length because of resistance to change. Fear dilutes desire and the unknown is always scary.~~

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: Font: Not Bold, English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Formatted: Level 3

~~We even hold our dreams for a better life at arm's length because of resistance to change. Fear dilutes desire and the unknown is always scary.~~

## The Call

~~In mythical stories, the *Devil* and *Magician* archetypes accept the unknown. The unknown (darkness) is the devil's lair. The Magician manipulates dark forces for good or evil intents.~~

~~The *Innocent* and the *Fool* archetypes stumble into the unknown through ignorance. The sediment of experience has not yet settled into maturity.~~

~~In mythical stories, the archetype of the hero initially resists. Initially, The *Hero* resists the call to the unknown. This is because ~~because~~ he is not yet a hero. The hero archetype most inspires us because it mirrors our dual nature, bringing together the ordinary and extraordinary, the complacent and adventurous. We are restless in the known and yet fearful of the unknown.~~

Formatted: English (United States)

Formatted: English (United States)

~~The *Hero* archetype most inspires us because it mirrors our dual nature; ordinary and extraordinary, complacent, and adventurous, restless in the known and fearful of the unknown.~~

The hero starts out as an ordinary person, living a comfortable, habit-bound life. A dramatic event casts her into the wilderness (or delivers it to her door). She scrambles towards home, wanting nothing but to get there quickly, unscathed. But the story complicates, a battle ensues, and she shows her heroic qualities, so she can become a hero.

As Carl Jung wrote in *Man and His Symbols*, "Life is a battleground. It always has been, and always will be; and if it were not so, existence would come to an end."

Formatted: Font: Italic, English (United States)

Formatted: English (United States)

To enable the battle, home and the known must become unreachable. In other to become a hero, the individual must be pushed forward.

Formatted: English (United States)

## Hurry ~~t~~To Return Home

When the hero realizes there's no going back, the desire for a fast return is replaced with another kind of determination rushing; to come to terms with the new situation, to calm the chaos, cut losses, and make meaning of it all.

I see the desperate wish to return to the comfort of the past in my clients. Even barely out the gate of their journey, they search for quick fixes. The confusion, hardship, and potential losses of the unknown are seen as obstacles to the life they believe they "should be living". Quite often these clients arrive exhausted after trying many ways to rush their recovery (to return home). Sometimes they've tried to do it completely on their own with sheer self-will. Flaky New Age theories are also often involved.

Formatted: English (United States)

These are frequent desires I hear from new clients barely out the gate of their journey. The confusion, hardship, and losses involved in the unknown, are seen as blockages to the life they believe they "should be living". Quite often these clients arrive exhausted after trying

many ways to rush their recovery, (to return home).are quite frequently involved. Sometimes through sheer self will and sometimes because of flaky New Age theories.

~~Imposing positive light and meaning onto loss too early is counterproductive. While the New Age (the study of how thought and intention affect the physical world) has immense merit, many teachers employ methods so questionable or unfounded that they create delusion~~

~~While the New Age (the study of how thought and intention affect the physical world) has immense merit, many teachers employ methods so diluted that they create delusion. Imposing positive light and meaning onto loss too early is counterproductive.~~

Visualization and affirmations are useful at certain junctures of recovery but they're not a panacea. For a start, an exhausted person can barely muster the energy needed to manifest an inspiring image. Worse, they may dull the image of a valid desire, and make it lifeless.

The compulsion to jump out of the pain of loss suppresses authentic feeling. We lose touch with allies most needed to support our journey—the earthly and cosmic energies that accompany every sincere hero.

## Bearing Loss

~~One of the reasons why loss is so painful and the desire to retreat so strong is the fact that we barely recognize ourselves when stranded in the unknown. Our identity seems in question. As we find ourselves stranded in the unknown, we barely recognize ourselves. No longer the successful executive, the happy spouse, or the picture of health, we're not who we were. And yet we're not yet someone else. and not yet someone else. The mirror is misty. Confusion abounds.~~

~~It's essential that we slow down and survey the ruins before rushing on to construct a new identity. Among them will be We must take care not to become obsessed with constructing a new identity, but simply slow down and survey the ruins. Amongst them will be things we still cherish, but also worn-out ways and misguidedwrong ideals. the weight of a past that wants to be transformed.~~

## Surveying the Ruins

In the recent Australian bushfires, (extinguished only a month ago), we could not come to terms with the mass devastation. All we could do was gasp with despair, as we woke every morning to ashen skies tinged with red desert dirt.

The loss of homes, livelihoods, and wildlife sent us reeling-trembling. We knew the bushfires were due to climate change and neglect of adequate bush practices, but the knowledge couldn't alleviate the shock. We could only bear witness.

During that time, a few clients and friends had similar dreams where youth would lead civilization back to wisdom. In my dream, we, the old guard, stood in a massive crater grieving the earth, now embers. Older, but not the *elders*, we had failed to protect the earth. The young leaders vowed to trade hedonism for the path of the heart.

Formatted: English (United States)

Formatted: English (United States)

Formatted: English (United States)

Commented [SL1]: Similar to what?

Formatted: English (United States)

Commented [SL2]: This is a bit disjointed, and I can't really make out what you're communicating here.

Formatted: English (United States)

Bearing witness to the losses incurred through change enables us to see what should be retrieved and what should be grieved. Bypassing these stages on the journey preserves the past and obscures the future—the mist never clears. We ~~remain stuck~~stay in the first stages of the hero's path, trying to get back to the familiar home.

Formatted: English (United States)

~~Tears moisten the preserved past and eventually give way a wiser, more heart-orientated vision for our lives.~~ The heroic journey is ~~at~~ the path of the heart, ~~dwelling; feeling~~ deeper than surface emotions, intuition, and creativity. The call is to extend ourselves beyond fear and ~~the temptation to hide~~ hiding in the false illusory security of the mundane. ~~It's~~ and to discover our purpose in becoming the new human.

Formatted: English (United States)

~~The heroic journey is the path of the heart; feeling deeper than surface emotions, intuition, and creativity. The call is to extend ourselves beyond fear and hiding in the illusory security of the mundane and to~~ discover our purpose in becoming the new human.