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Shrink Rap Radio

**#707 Archetypal Processes of Transformation that Address our World Today with Jungian Monika Wikman**

Dr Dave Interviews Dr Monika Wikman

Dr. Dave - Dr. Monika Wikman welcome back to shrink rap radio

Dr. M.W. – Thank you Dr.Dave it's great to be back with you

Dr. Dave – well it's so good to see you I've lost track of how many times we've had you on the show. I think this was maybe number six or seven or something like that and the last time we spoke was about a year ago... a little more than a year ago with Alex Shester joining in talking about 'Junian Perspectives on Psychedelic Consciousness' and so we had a good time with that and there's a new kind of consciousness that we're having to pay attention to with everything that's going on and I like the title that you suggested of 'Archetypal Processes of Transformation that Address our World Today' and how would you like to get us started? We don't have a lot of structure here...

Dr. M.W. – Sure sure well here we are on a new moon and a chance to have a dialogue about the spirit of the times but more importantly the spirit of the depths and how this is now, I think, a good time we've gotten halfway through the year and through eclipses and I think we're ready to start orienting from the deeper structures of the psyche about what we're looking at and holding. So I thought this would be a great time on the new moon for us to have a dialogue about that. For some of your listeners, this will be a review because archetypal perspectives and processes of the transformation is where they reside. It's the work they do. For some people that's a vocabulary stretch but if we're want to take a depth psychological view at the deep structures of the psyche that can support us through these change

processes and how we might team up with those... rely on them... more trust them more was my hope that would add a little something to the dialogue today

Dr. Dave – I think of when you talk about the archetypal perspective I think of it as pulling way back from the immediacy of our situation, you know, which is kind of all in our face. Instead, kind of pulling back to a broader a broader perspective in terms of time, as well. In other words, if we look at the long timeline there's just a little blip along the longer timeline and there's a lot that's come before and a lot that's going to come after.

Dr. M.W. – Yes I agree that is it... is it's like you're looking at the aperture and instead of getting super fine-tuned on the detail which we've needed to do and it's happening in an important way obviously worldwide and this is a moment step back with the lens and look through swaths of time and cycles of change to get connected to that which will help us address the details of our lives get back in touch with it in a way

Dr. Dave – Yeah. So what comes to mind first for you in terms of the kind of Jungian perspective, Jungian tools to jump into this conversation?

Dr. M.W. – Sure sure sure well your listeners may have seen the David Bomm film that came out just recently it's a wonderful film they can find it online all they have to do is look up David Bonm on YouTube and they'll find this beautiful documentary's been done. I want me to start with that. A lot of your listeners will have seen it

Dr. Dave – I will not have seen it unless

Dr. M.W. - oh okay

Dr. Dave - Unless it actually came out a long time ago

Dr. M. W. – No no. It just came out and you can catch it online today. Tonight you Google it you can find it and you can find it for free all your listeners

Dr. Dave – Yeah so he was a physicist, right? A theoretical physicist yeah and I know that his work's been drawn on to you know to

speculate about consciousness and that was an area that he was interested in

Dr. M.W. – Yes he was a theoretical physicist. He had to tangle with the best of them and you see it in the film how he ends up against that and in his life the fulfillment of his work and his visions really came about later, after he had to immigrate many times to different countries and finally then find people who could hear him and support him, because Oppenheimer had blocked him and the story of that really comes out... the devilishness of Oppenheimer but the point for our viewers today would be the reality that he gets and the language I think everyone can hear which is about the implicate order of the universe that he's looking in and feeling into perceiving and using his deep science to take a look at the larger totality of oneness and wholeness that operates as the backdrop for all creation. He finds it through theoretical physics and he walks right on through that through the work of Krishnamurti... becoming friends with him, looking at consciousness and the co-created nature of consciousness. But the point about the implicate order is that he drives home that the explicate order which of course is everything manifesting in our world today which is plenty of course that this explicit order that we're watching unfold also enfolds itself back into the implicate order to be renewed and then it is re-centered and then recreated anew. I think this, of course, parallels Jung's work and we'll certainly be talking elsewhere but it's nice to start with a physicist and the sense of the implicate order

Dr. Dave – It's nice to have a physicist talking about it because there are a lot of people who are not physicists who have invoked you know they've borrowed some of those ideas and one doesn't know how seriously to take them. But here's somebody that's way out on the far edges of that, who really has the credentials and the experience

Dr. M.W. – Yes the film really brings that to life. I think your viewers will really enjoy this because we really do need to get a felt sense individually and collectively of the implicate order of things, of the innate wholeness behind creation and behind life and inside life and the reason is of course is we're going through so much destruction and even cycles of destruction that are in fact necessary and this is

what I hoped we would take a look at today is the pattern. We could think of it through the archetypal imagination of Astrology. Jung was, of course, Astrology friendly and many of your viewers are by now quite Astrology friendly as a way to imagine into the archetypal dimensions of the psyche. So what we've known is that the our country was headed for a Pluto return and Pluto is the death/rebirth Archetype. And to align with the death rebirth Archetype is a good idea reason being is it comes into our lives. We've all had it come into our lives whether you are Astrology friendly or not. Any viewer listener that won't matter if you've had times where your life's been touched by very deep cycles of the need for transformation and just my life

Dr. Dave – death keeper I want to make sure I understood... okay?  
death keeper

Dr. M.W. – Sorry, death rebirth the death rebirth type of Pluto and yeah that we want to align with these processes of change these deeper structures deeper structures of change in the psyche learn to know them trust them align with them, go with them. I think any of your viewers have done 12-step programs know you know you're not going to make one inch in the right direction without connection to the higher Self in Jungian sense too this is you know the greater Self. Taoism you know we look at you know also the Atman the Dao so this implicate order that many world religions and many people throughout time have known about have known deeply relationally about this implicate order and develop relations to it that can be healing for the world. This is really called for now the amount of chaos like a tidal wave of chaos that's whipping through things now I think it'd be good for us to honor where we're sitting in this process of death and rebirth at the moment so just a little glimpse tiny glimpse into the now of course is that we know that the opposites are working. We can see especially in that States we can see that rich and poor are splitting further right and left, are splitting further. Racism has gotten more intense. Luckily bridges are trying to be made between all of these opposites and that is the point when transformation happens as Jung was getting at in his work on the *Mysterium Coniunctionis*, his very first lines about this huge alchemical work of his on the book of change begins with the lines we know the opposites will war and they

may or they may not marry and may or they may not marry and when they first know what we know is that the opposites are certainly working now on our culture. Our country's torn apart by it and we have had a leader in the office who his Psychology lends itself to the splitting of opposites not much bridging. So our world is having to and every individual is having to pick it up themselves which is not bad> That actually is a very fruitful thing not to look externally to a leader at all but to find in fact more connection to this, to the greater self and the implicate order and so we're thrown back on ourselves as individuals. Everyone is let's see if we think about it. Can you, can we even believe how much we are in every way? Energetically the old patterns that we all were in that were part of the working world all of that has come to an enormous halt, psychologically, spiritually, financially, economically, energetically! A major stop in the way our culture was moving and that's I mean obviously tragic and difficult and so many people suffering as we know we can't deny this of course it's around us it's in us it's in us it's everywhere and also very meaningful for it to be a pattern of stock this is part of the Archetype also of Saturn that's been in the mix here with Saturn. Pluto and Jupiter in a conjunction this year. That's important I think for those who are archetypally minded and who want to access the use of imagination to tune into the fact that astrologers knew for decades that 2020 was going to be a year from hell. Most astrologers like myself thought it would be a world war because the patterns of these archetypes lining up and the pressure of these archetypes lining up. Saturn, Pluto and Jupiter in Capricorn... we knew it would be global. We knew it would be radically destructive. We knew systems would be crumbling and we knew we would know that a new world order would try to come in behind this wave of very difficult times now. I didn't see any astrologer who knew it would be a pandemic that would bring it in globally and it's actually better that it's this way than human beings instigating a world war. We can really look how much we have in common as we're dealing with the pandemic. I mean boundaries between countries release boundaries between rich and poor release the commonality of human fragility suffering and our connection to the planet and nature this is a huge silver lining coming out of this time isn't it Dr.Dave? A huge silver lining because we now realize that we cannot

proceed with a culture that's this out of alignment. It can't happen as we know and these things will be addressed one by one they will have to be for the future of human life. So this has gotten our full attention and isn't needed to get our full attention

Dr. Dave – Sure yeah it's I've been enheartening to see the ways that people have come together, ways that people have rallied drawing on their creativity and reaching out trying to reach beyond personal boundaries and to gather together in communities

Dr. M.W. – Yes yes isn't it true! It's now fun individual to respond and people finding unique ways to respond to where they're called and everybody's called so differently and that's the beauty of watching the world now, isn't it? Everybody's called so differently

Dr. Dave – Right! One of my guests, John Robinson. who's been very active in the men's movement and in he's trained as a minister and looking at drawing on the mystical tradition and looking at the role of elders and so we were discussing that. He's very much saying that elders have a role to play and that we all have a role to play and that we should figure out a way to get active. So as I looked at that and you know for me I felt, well, this podcast is the thing that I can do so

Dr. M.W. – It's definitely an active way to hold the dialectic about these times and that piece from him is beautiful about elders finding a way with wherever their medicine is to step forward and hold that medicine more seriously more concentratedly for real in the world

Dr. Dave - Something that's come into my life that you won't be aware of is that somehow in the midst of this I've become a poet and I was not identified with poetry or being a poet or anything like that but that's sort of what's come upon me and very

Dr. M.W. – very good very good

Dr. Dave – yeah, and I'm looking at issues of like the opposites black and white something you may not be aware of is that I grew up in a racially mixed family and so, I have a sister who is half black I was raised by an African-American stepfather etc. I've been leaking this out in various podcasts so I won't go into it again right now.

Dr. M.W. - wonderful

Dr. Dave – won't go into great detail about it here yeah but the poetry has been a way for me to dialogue with myself about this and also put it out and share it with others and also create kind of a dialogue between my sister and me that feels therapeutic for both of us. So that's an example of something good that's coming out of all of this.

Dr. M.W. – You know it's something to hear that right away actually in the conversation today, Dr. Dave because the offering you're naturally drawn to look how naturally inside yourself. I mean the muse of poetry feeling perception putting it on paper watching it form giving it the care seeing the value in it feeling the value of something new that's growing in the poetry sharing it the healing that's going on in you your sister those of us hearing this is it! You may remember a couple times ago we you and I had a conversation and I mentioned a dream. It was ummm post-election I mentioned a dream that I think it's good to bring back in here because I can see you doing it. Yeah in the tree, in the dream, it was the night after the election and when Trump took office it was the night of it and I dreamt that night that and I do think this is a dream that has collective value for sure because I think the dream even says it so in the dream I'm being shown that the body of the world has a giant infection an illness going on in it this is the dream at the election so the body of the world is laid out and there's a large infection that's migrating through this body of the world and the dream teacher shows that each person that's called this way is and myself and many other people would be meant to find where they stand in relation to the body of the world you know but of your own innate individual nature feel where you're called to stand in relation to the infection going on the body of the world then take your offering bowl and empty it empty it and then hold it upright find where your star is your own personal star finder that is realigning your bowl with your star and between the star and the bowl a new medicinal energy will get going and that will be a person's offering to the body of the world that would help it heal so.

Dr. Dave – yeah, I don't know if I may have shared this dream with you but what you are saying is reminiscent of a dream that I had. I don't remember all the circumstances of it but there was a woman,

somebody who I would identify as a healer-type woman. She had a bowl in her hand and there was this sort of rainbow coming out of the bowl, going up into the sky and there was something about manipulating that bowl and shooting that beam to just the right place

Dr. M.W. – well

Dr. Dave – Im a little choked up just remembering that right now because there's such a intersection between those two visions

Dr. M.W. – It's very difficult when did you have that dream?

Dr. Dave – I have no idea time these days. I have lost a lot of my sense of time.

Dr. M.W. – yeah

Dr. Dave - I can't tell what happened a week ago and what happened

Dr. M.W. – I understand yeah It's so poignant that my question just comes from really in the sense it's so poignant to write

Dr. Dave - probably you know at least 30 years ago

Dr. M.W. – Oh, wow! Well, listen, it's perfect that it comes in now and the resonance of that comes in now is extraordinary. The bowl, the rainbow, the rainbow light. Now in Alchemy this is the subtle body the rainbow light is the light that's born between spirit and matter between our physicality and pure spirit, and it gets symbolized very often in rainbow colors of light so your bowl illuminating that rainbow light and moving the bowl so that it could be where it needed to be... well if we could imagine that this Archetype is behind the healing in the world soul for sure, that you had so long ago and it's also present in an anima soul place... I think, Dr. Dave, with you with the poetry because your bowl of feeling compassion for your history and the opposites within it and things that have been agonizing or difficult holding that and being present with it in the poetry that's coming out that's getting shared is a new offering.

Dr. Dave – I hadn't linked that dream and I think it was unclear I had the feeling that there was this healing woman in there somewhere but it was also me manipulating



Dr. M.W. – Ok very good the imagery of the bowl, the vessel, everything, everything depends on us having a vessel to hold our awareness, a vessel to hold the opposites, a vessel for meditation, the vessel for dropping layers of awareness that are not essential getting down to pure awareness.

Dr. Dave - and at that time it was, in fact, related to healing of a kind of crick in my neck as I recall and I was looking for a way to work with that

Dr. M.W. – oh my! Well these intersect incredibly well because here you have the light that comes emanating and, in my dream, it's empty and have no light and then find one star and realign with it take one's emptiness and realign with the star now the star is the symbol of the imagination. It's a symbol of the field of the opening to the imaginal, like your minister you just were talking with and the mystical reality of the life of the psyche. The star is one's individual relationship to that and everyone has a star everyone has a capacity to make contact with the imaginal field and have it reimagine our world, re-dream our world and this is where we are now getting bogged down in the struggle and eaten up in the inflammatory reality of the world right now is a danger and everybody knows this we have to pay attention and we have to be present but we also have to deal with rescuing the somatic unconscious and not getting caught in the trauma body because caught in the trauma body we cannot access a connection to the imaginal. We're just getting eaten up by trauma or by the war of the opposites or inflammatory emotions that are getting pulled up out of nowhere. People are you know getting touched from a purge from the underworld here as we've gotten our collective culture now. I do believe purging underworld has had to happen and is purging and we see it everywhere and it has had to come we're known this shadow is out. We can see it now however getting devoured and eaten up by it running the energy of the world politics through the body and psyche at the expense of connection to the greater Self is not advisable. This is of course you know rewarding though on the path because the only way we're of use in the world is if we empty our bowl and get connected to our spiritual source psychological source over again

Dr. Dave – I recall the dream in which your bowl had saffron in

Dr. M.W. – Oh very good okay thank you... you Dr. Dave yeah the bowl this is so that that dream came from a while ago that came from at the time the election but as soon as the as soon as the virus began the dream I had so this was in February this was late February when we could see it just beginning in early March of course it really started to spread hugely but that time I had a dream that I was given vessels of saffron big big vessels of golden saffron and there were a number of them and I was mixing human tears and saffron in the dream with my hands I was taking human tears my tears mixing it with saffron and then as an offering using that mixture of saffron and tears to reach into the psychic structures of the world and social political structures of the world and witness everything with love that was changing and just literally with my hands in the dream it was reaching up into all the structures that we world see in our world so sociopolitical environmental interpersonal and then also reaching into my own psyche body and life personal life all the way down to my feet with the saffron and tears and that

Dr. Dave – What does saffron symbolize?

Dr. M.W. – Yes very good well saffron is a flower essence and the gold of it very important it comes from the crocus which is related to one of the gods of the underworld and the gold is thought to be when Persephone blossoms back into the world and returns life. So the crocus celebrates the down going and the upcoming because it's the first flower in the spring very often this is common crocus but also the saffron crocus is said to be the gift of when spring happens again and the psyche brings its renewing spirit back in and it will bring it back in. By dealing with the underworld in our own ways. We need to deal with the underworld. Everyone has their calling, in their way. but this is what blossoms is the fruit of what comes out of that journey, the descent journey. Now from a Jungian point of view the descent is very important because descent and ascent go together. The rainbow light and the starlight that you know comes in this is transcendent energy. Of course, we can tell this is transcendent and Jung's work with the unconscious is really working with the somatic unconscious and I'm loving how we're going to get into this today because in my mind it's really key for what's happening in the world now. The somatic

unconscious is the world of the implicate world too where everything we can feel is taking on form and to access the imaginal and breathe into beyond the mental body, breathe into and circulate healing energy into anything that's constellated in the explicit world is often what our work is about now as all this change is happening. So to witness the change in the world but not witness it in terms of witnessing it by the ego alone and getting paralyzed or transfixed then we're just possessed by the trauma of the world and all of us have tastes of it we all know it you can't know it it's just that we can't stay there we have to administer to the trauma body help the animal body out of the trauma body and get it to work and get back into alignment with higher energies that can actually help heal us and the world and the whole world all around us every everyone every animal plant balance to everything

Dr. Dave – What do you recommend to people for getting out of that trauma

Dr. M.W – Trauma yeah well interestingly I think work with the somatic unconscious has become paramount to all of us really in these times because we all work with something of the trauma body but you put a collective culture you know just cooking in it has amped, the amplitude of this has obviously gone up. So meditation breath body literally the good mother the calming the capacity to calm and to relate to literally the animal body you know it's so easy to think about activism these days because it's called for everywhere we look everywhere we look as we know activism is against us but one of the places we all can miss is the embodied world of ourselves each other literally the embodied world the animal body. This pertains to also our own human bodies as animal bodies. So to learn the capacity through meditative reality to calm and soothe the trauma body and learn to energetically step out of the mind mental body and out of the trauma body and back into the body that knows wholeness and peace and then help that emanate into the field where any place trauma is coming up this has become of heightened importance

Dr.Dave – yeah

Dr. M.W – I would like to tell your viewers it they're interested more

in this I would highly recommend a Nathan Schwartz- Salant's book that has a section in it starts on page 113 and the book is called '*The Black Nightgown*' and in that book on page actually in his narcissism but Nathan Schwartz's book on '*Narcissism and Character Structure*' his green book on page 113 there's a beautiful section in there on working with the somatic unconscious and learning to see in a new way and I'd like to see if it's okay with you, Dr. Dave, to take us into that just a little bit today piece of hopeful substance that viewers might take away with here because to work with the transcendent psyche and to work with the somatic the explicit the implicit and explicit worlds we're called to this right now. We have to learn to circulate energy between these realms and if we do then more healing happens. This is that healing bowl that healing offering so but we have to be in alignment with it to be able to do it. So in Nathan's book he's looking at the reality of the cycloid archetype. Now the cycloid archetype lives beyond time space and it also informs everything in time space so that's like where your dream comes from with that rainbow light and working on your own alignment your own healing that was being worked on. You know the cycling archetype comes in with something brand new that will be created between the opposites something completely brand new so you, with the poetry, that's completely brand new. That's something just coming in and this is why if we today to focus on that, if we trust archetypal processes of change, we connect with the implicate order of things, with the presence that's beyond ego consciousness that's the backdrop to all life and we get energetically present to it and it to us, then we can reach in and address our world differently wherever we're asked to pick up a piece of the world darkness in our self and in the world and work with it wherever that may be but being very careful to differentiate where one is really called ends up being very importante. I think this is what the dream instruction was about where in relation to the body the world do you stand find your own alignment where you're really called right and I think you know for example every therapist listening today will be knowing that every person they talk to is saying different ways they're called different places they're called

Dr.Dave – Yeah the word you used, the word trust, and that really leaps out at me because I think it's it takes a leap of faith to have that trust

Dr. M.W. – Yes

Dr.Dave – to be willing to risk putting yourself out talking the stuff that we're talking about today

Dr. M.W. – Yes yes

Dr. Dave – and what I've discovered with the poetry is that it takes trust first of all to let it come in and then to be willing to put it out

Dr. M.W. – Yes yes and trust also to, you know, I can imagine that the vessel of that you have to empty and not know. In order to write a poem, you have to sit and then wait for what image or feeling, play with something to see if something wants to get created and then, to your surprise, something you didn't know was going to happen gets created there you go there's the new creation there's the new creation yeah and it's not done out of trauma or compulsivity or have-to's. Trauma, compulsivity, and have-to means we're off center and then to re-center and find a way like you're doing with the quieting the calming distilling and tuning in and then a new creation gets offered it's very beautiful

Dr. Dave- yeah

Dr. M.W. – So this is subtle and it's also simple work. It's the capacity to quiet and find the inner vessel of self to consult more deeply, to picking up one's own deep counsel, learning self-calming, self-soothing deeply and finding a way to get in sync with the greater Self and they find the new creation from there, what will come in now, work with the opposites and where we're getting tangled where there's distress. This is calling each person in and you know very much, Dr. Dave, that self-regulation right now is key for everyone. Everyone worldwide. How does one self-regulate yeah yeah so in my mind this is key. Many young people I talk to these days are extremely inspiring for their capacity to strip down and see the darkness in the world as it is. I'm stunned by young people today they're not in self-serving fantasies of the great American dream of the 2.2 children and the

house and the picket fence. This is gone. The 50s vision is going gone and it's a good thing. However young people really really have to be careful about how much they're seeing and where they're called to see and where they're called to be able to transmute something and self-care and the centering with the greater self is of deep importance. Otherwise, it's just a flood of the darkness and morass that's going on. So self-regulation for every vessel, every couple. every family, every person and their dog, is everywhere. Self-regulation is deep medicine yeah so maybe what we could do is just bring alive this myth of Sisiutl that's from the Pacific Northwest because we need new creation we need connection to creation that's now

Dr. Dave – yeah would you spell that word I'm not familiar with that and

Dr. M.W. – I know it's a little strange I'm at s-i-s-i-u-t-l and s-i-s-i-u-t-l but this comes from a first nation people in the Pacific Northwest the quak which is k w k, so k-w-a-k-i-u-t-l so in this first nation that there is a terrifying double-headed sea monster that lives in the deeps and it's a very deadly little creature and it can contaminate anybody that it touches and so they have instructions about how to deal with this sea monster and how dealing with this creature ends up creating new vision. It creates something absolutely brand new. In the vision of human beings who can deal with this little creature this is... I think this is important because we're talking about how's the new created like you with your poetry you go into the vessel and then it comes to you.

So if we look at this story what happens in it is that he arouses terror in people that see him but if you can plant your feet in the earth very carefully, you're supposed to plant your feet very deeply according to the myth, you are not supposed to go into your mind if you use the mental body you go into the mind when you see this creature it doesn't work but if you plant yourself firmly in your body in your presence in your physical embodied presence in your breath body you get present with your body root really deeply into the earth then what happens they say is that one head of the snake comes up and if you can bear it and as we're talking about that feet of the mental body and then allow the other head the double-headed sea monster the point is to get the two heads to look at one another and if you can you get the

two heads to actually see each other in your field of consciousness then it grants you the ability to see beyond opposites. It grants you the ability to see through the third eye. It grants ability to feel something transcendent that holds the opposites and it grants new vision. So I want to just read you the little pieces here because they're psychologically important in the myth that essentially says if you encounter this creature you're supposed to stand firmly rather than the earth stay connected to your body you can use any words and power words you know to help yourself not flee into your head because that will lead to a greater danger going into the mind makes a greater danger happen also if you have to hold your tongue so you don't try to avoid your anxiety so hold your speech so you don't try to just deflect your anxiety of seeing the two heads then you watch how the heads come in from your firm point of view and you're overcoming fear that would cause you to flee and you don't dissociate from the experience you don't dissociate then the snake god comes into wholeness and you're granted the third eye vision so our world is full of this right now. Dr. Dave, isn't it because every pair of opposites we're watching if we watch Fox News and then we watch some other form of news back to back we hear different voices we have different realities we hear different things polarizing and to feed polarization during a time like this is not the way to go nor to get inflammatory caught in a murderous embrace of the opposites but to catch them hear them and with compassion in the center of us hold a central space where we can see the self is trying to work out something new with these opposites then the something new has a chance in us to get more.

Dr. Dave – Let me make that concrete by referring to one of the major dynamics that's going on right now. There are those of us who are pretty attached to sheltering in to and mostly younger folk she are busting out and saying you know no I'm not going to listen to that I'm going to go the beach I'm going to live my life I'm going to have a good time and it's easy for me to get very judgmental about that and feel like you know they're doing a bad thing but I do have this other place that rises up in me and has to remember what it was like to be at that stage of life when social contact is so important and you've got all this

energy in your body and you're looking for things to be passionate about and so on

Dr. M.W – Yes

Dr. Dave – So it sounds like you're talking about that kind of a thing

Dr. M.W – Yeah you're right we run into it right there, don't we? Around all these different needs on board of the sense of social distancing would make people safer at one level yet when we run into it and we're running into it everywhere and especially with the youth. You're so right what's happening to young people who don't have that as an outlet they're not in later midlife and working in meditative ways with all of this you're right they're running into it in another way I have two stepsons who are just about 16 just about 18 and they're very much running into this I know just what you're talking about

Dr. Dave- yeah that must be something that you wrestle with within yourself

Dr. M.W – yeah absolutely absolutely

Dr. Dave – try to hold the compassion

Dr. M.W – yeah absolutely definitely both sides of it it's so true so I think everywhere how the youth will be addressed in this is going to be a very big deal and hopefully hopefully new ways that something is getting created for them as well so many people staying home with their children and sometimes forced to without income is very difficult of course so yeah the deepening of these issues is very extraordinary I think it's I think where we're called around any polarity and where we can feel it coming in and we take Black Lives Matter and people hitting the streets over this and finding where they're called and then they're navigating also oh my gosh the virus and how do we deal with social distancing at the same time as this other need to step forward/ There we are right there with it

Dr. Dave – Well that's real difficult tension there

Dr. M.W. – Yes yes it has been it sure has been every human heart having to find a new way. I think this is the point isn't it that individually daily everyone has to find some way to make a choice based on



something hopefully for the sense of the best wisdom inside. I'm afraid we get tossed in the breeze here making choices without that and that makes it much harder but yeah work with the somatic unconscious. I think is I think everyone's tuning into this it's like if you have a dog who you know knows beforehand that an earthquake is coming and his body shakes you know people feel collectively in the body so people feel what's happening in everyone every walk of life can be addressing this and helping calm it having the understanding that the opposites are inflammatory and what we need is a calming agent where we look can you think of Joseph Campbell speaking about that the grail cup really is the vessel of compassion among the opposites so every single place where people are tempted into something inflammatory to reach for compassion of self and other instead is so key and understanding the differences like you're saying people that need to are going to socialize and those who are going to not. You know it's a hard call

Dr. Dave – It is a hard call. One of the things that I've been talking about, thinking about, is I believe that our brains are to some probably fairly great extent socially constructed. We bounce off of each other you know and that helps to shape how we think and how we see things and so on and missing that, it feels to me like we've hit for those of us who are sheltering in who have been sheltering in or locked in for about six months now I think there's a kind of wall that comes up of feeling innervated, tired, and worn out

Dr. M.W. – Yes yes well I think this is why wanting to really try to address these archetypal patterns for transformation because renewal is key. Renewal and regeneration at the beginning of the cycle of death and rebirth. It's psychological dismemberment it's what was once put together in a certain way is dismembered. Boy, we know this. Everything's gotten dismembered and a lot of it very necessarily. All sorts of systems will need to be rebuilt on the other side as we eventually integrate but it's going to be a long journey of the dismemberment tolerating that our systems you know that do not work, healthcare and all sorts of systems as we know in this culture now and also as we know sustainability with food sources connection to the land the environment spirit of place you know there's actually a

celebration in saffron because saffron is gold it means that we're coming into awareness, golden awareness of all that has been seeking to be seen and seeking to change so we've know forever many things and it won't be until we end up with crisis that we actually get it's just how human beings are. It's just how we are. There's something about lovingly accepting that you know this is probably the beginning of a series of numerous transmutations that our world will be doing. But if we hold it with loving hands, now we'll have the prototype that will be with us for the ones to follow for generations to follow we know how to hold these deep patterns of change with compassion and wisdom and know the changes need to come and the amount of shadow that's coming in must come. I mean overpopulation alone we have known about for decades and decades and we've been able to do nothing. This drives most everything that's problematic in our world and these sorts of things are going to get more visible to humankind. They will get more visible and look at the next hundred years it will get more visible and it will get addressed it'll get more of a chance to do it between the nature

Dr. Dave – Part of what we need to do is to take a longer vision of realizing that we're probably not going to be around to see

Dr. M.W. – No yes

Dr. Dave – this play out

Dr. M.W. – true true

Dr. Dave – But to find some kind of faith that in the larger scheme of things it's good and

Dr. M.W. – Yes there's comfort in that in swaths of time, like you mentioned at the beginning, and seeing time much larger than just our individual lives how many cultures have been born and been taken back into the implicate order and that a new explicit order is born. I mean many many many civilizations through time have gone through these cycles and we're in one. My friend Nancy Furlatti has some beautiful work on the Quechua Maya tradition and when she looks at that she talks about one of the things that the culture tells the world for generations to come that if you work on domesticating the

demons from the underworld, then you have a better chance at the new culture and a new integration. So we are totally in that moment in time imaginably. It's time for the demonic of the underworld you know just demonic shapes and forces to things that have been purging themselves. We can see it better and see the shadow nature better of humanity of history, of humanity that's been expressed through time. We can see it better should we choke on it and die of it no that's part of the problem people are so bombarded by the shadow but to see it through swaths of time and know that something between the opposites is seeking a new marriage this is the baseline behind Jung's Red Book, of course, because well the central lines in that book is exquisitely said in very passing comedy makes to his guide he's Jung says to his inner guide Philemon he said above all Philemon you you are a lover. You unite above and below, you marry above and below, so you see there is a place in the higher self that is a lover of the opposites and it wants to unite them in a new way it's purging the underworld we've got dark forces we've had to see and deal with and also something greater forces greater also seek to let this stuff marry in and integrate into our worldview, change the worldview, change systems in the way we operate. I mean the possibilities ahead only are going to come because we've been able to go through the destruction cycles so this is this is that sense of the wasteland, holy land that when we see what's breaking down like the saffron offering. We see it, we feel it, we can love it and it's changes, love the world and its changes. This is a line from Guru Maharaj, Dr. Dave. You may know where she says the world isn't ours to change, it's ours to love and in so doing it may or may not change but it's ours to love and she's talking about that level of reality to witness the world through compassion and love and then watch it of its own accord able to change. We're in for deep cycles of this. We all need to get places of renewal in our core and stamina and endurance for the ride. It will be generations to come that will be working on creating a new world order and we've just gotten a big blast in 2020 of that and getting acquainted with these forces and not so afraid of them and learning how to modulate and carry on human life while it's going down being part of that process to amaze the gold and blessing the change too that comes out of that tree.

Dr. Dave – and of course part of that is valuing what we have now that there's still beauty to be found in some places of life and people and so on and a friend who sends out poetry just kind of coincidentally as if we believe in coincidence synchronistically perfect timing sends me this poem just this morning and I just realized you know I should share this because

Dr.M.W. – great

Dr. Dave – This is good for us to hear and it's not by me but by William Stafford and

Dr.M.W. – I love his work

Dr. Dave – It's it says

You Reading This Be Ready by William Stafford

Starting here what do you want to remember?

How sunlight creeps along the shining floor?

What scent of old wood hoves what softened sound from outside fills the air?

Will you ever have a will you ever bring a better gift for the world than the breathing respect taht you carry wherever you go right now?

Are you waiting for time to show you some better thoughts?

When you turn around starting here lift this new glimpse that you found carry it into carry it into evening all that you want from this day this interval you spent reading or hearing this keep it for life

What can anyone give you greater than now starting here right in this room when you turn around?

Dr. M.W. – beautiful beautiful beautiful perfect timing

Dr. Dave – yeah isn't that beautiful?

Dr. M.W. – Perfect timing. To me that's part of the archetypal process of also the blessing the beauty of the world like you're saying and anything that we reach our hands into and bringing it into the heart field bringing into the field of the heart where it can grow and the field of the heart growing in that poem is exquisite and and it is asking us to learn this as a practice how to take our daily lives in any piece of daily life including the beauty of the daily life just watching the monarch butterflies return to the milkweed plants in my backyard for example oh my god a monarch there are left I'm witnessing one in this moment yes the beauty of the world and celebrating that as well as we work this field it helps the heart feel blossom in love for the world

Dr. Dave – Right

Dr.M.W. – Yeah that anything exists at all is the great miracle that anything holds together as long as it holds together is another great miracle and then to be present with love while everything's changing is another great miracle but be present with spirit of love behind it with everything that's changing not caught in the trauma body

Dr. Dave – You know what you've just said right there actually makes great closing for this interview, unless there's something else you want to say

Dr.M.W. – No that's just fine thank you for the poem we could've got into so many things but at least we got a sprinkling of it in thank you  
Dr. Dave

Dr. Dave – Well thank you so much for the opportunity of sharing special moments with you again

Dr.M.W. – You too you too I'm so glad to hear about the poetry and everyone creating their own new offerings with their empty bowls and their alignment the imagination thank you Dr. Dave

Dr. Dave – Thank you Monika Wickman and we'll talk more

Dr.M.W. – Okay sounds good

Dr. Dave – Okay I had turned the recorders off and we'd sort of ended and then wanted to chat a little bit afterwards and you said that you hoped maybe I would read one of my own poems

Dr.M.W. – Yeah

Dr. Dave – And so I jumped on that invitation

Dr.M.W. – Good

Dr. Dave – Shared this poem with you and then you said, Boy, I wish that had been in the conversation. That fits well. so I'll read the poem that I shared with you and maybe I'll show the camera too part of this thing that I'm dealing with that the poem is a response to hopefully people can see that my palms are very red compared to my wrists and I have this some kind of a viral thing on the surface of my body for quite a while now that I'm dealing with so the poem's called

'Messages From Within'

My skin itching for weeks now

demanding to be scratched

or maybe just touched

it feels so alive in places and

so dead in others

leathery

massive gobs of moisturizer not getting the job done

the skin is about boundaries

self-protection

keep the bad stuff out

keep important stuff in

we are so vulnerable

so fragile

keeping out the virus on my skin that wants in

keeping out the hurt, anger, and need

that's not safe to express

the physical isolation imposed by this plague

no hugs given or received

from spouse

from kids

from grandkids

energy trapped at the surface

nothing in

nothing out

the dead zone

I will accept what I am given

7/16/20

So that's the poem

Dr. M.W. – It's such a beautiful witnessing. It's such a beautiful witnessing of exactly how it feels and not dissociating from it... just what we were talking about with that myth, you know, to drop in and let yourself feel and see and name and let it flow into the poem and let it flow into the world, what you witness to the ache in humanity... your own humanity, the vulnerability of us humans the many pieces in this. I feel like a perfect example of what your vessel is creating that's healing medicine and isn't it potent because the healing medicine is just witnessing it like he did not attempting to change it just being present to it I think this is a beautiful example of

Dr. Dave – The final line I will accept what I am given

Dr. M.W. – Yeah

Dr. Dave – Yeah that's just somehow what came up you know

Dr. M.W. – Yeah yeah

Dr. Dave – Not with a whole lot of cogitation

Dr. M.W. – Yeah no but accepting these times except accepting also the dead zones seeing them witnessing them not dissociating and holding that is full of soul to me that's that's the ball also with the potencial rainbow light too because to witness things as they are and to feel them and not dissociate is healing it helps us all do that we all can experience pieces of that with you and every this is where we have way more in common now everyone than we knew before everyone's vulnerability we hear this we all can relate to pieces

Dr. Dave - Right

Dr. M.W. – Yes thank you

Dr. Dave – Well thank you for inviting me to share that. Thank you for accepting it and encouraging me to go on.

Dr. M.W. – Absolutely

Dr. Dave – That means a lot

“Quando expomos a realidade obscura do inconsciente ficamos maravilhosamente iluminadas!”