Aspectics

The psyche doesn't know the difference between a goal realized in imagination and a goal realized in the manifest world.

Uses of Aspectics

- Eliminate problems
- Integrate personality parts
- Resolve pain & somatic experiences
- Positively impact depression
- De-potentiate money worries
- Dramatically accelerate spiritual development
- Mitigate anxiety and panic
- Relieve feeling of inferiority, shyness and other issues
- Reveal higher states of consciousness.

The Basis of Aspectics

The knowledge that everything in the universe is oriented towards a *Highest Goal* frames the foundation of Aspectics.

The Highest Goal

- Emptiness
- Mystic Union with God
- Tao
- Sunyata
- Satori
- Oneness

Eight Dynamics & Hierarchy of Goals
(motives, urges, drives)

Urge towards existence as :

1. One's-self, self-preservation

2. Sexual activity and survival through family including the raising of children

3. Part of groups of individuals (school, club, society, religious groups, etc)

4. Humankind

5. Part of the kingdom of all living beings, vegetable, animal and similar

6. The physical universe which is comprised of matter, energy, space and time

7. A spiritual being, soul, consciousness, etc

8. All goals ultimately subordinate to the goal of the eighth dynamic, the urge towards existence as infinity or Supreme Being, Sunyata, Oneness Awareness. It is also called the God dynamic.

Moving up the Goal Chain

The goals of each dynamic are subordinated to the goals of the higher dynamic.

We must clear lower dynamics and goals before moving to realization of higher goals.

The goals of all dynamics are ultimately subordinated to the goal of the eighth dynamic – which is Absolute Emptiness, Oneness, Sunyata, Tao, etc.

Dynamics & the Hierarchy of Goals

When a goal is realized, the structure falls apart, there is no longer a reason for it and the tension disappears, revealing a higher goal until the highest goal is reached and the whole aspect falls apart, integrating into consciousness.

We move into the highest goal – Emptiness – I AM and this I AM is the same as emptiness, there is no difference.

We must neutralize the unintegrated energy of **lower** dynamics before we can **transfer** our **attention** to **higher dynamics** and their **goals**.

With Aspectics, we go through all dynamics at once.

The Highest Goal of the Aspect

Emptiness is Fullness.

Experience its true nature as pure and total consciousness.

Understand Creation emanates from Emptiness.

Emptiness is the essence and source of all that is.

The Highest Goal

Before realized, emptiness is experienced as separated from creation – Duality

After goal is realized, emptiness experienced as inseparable from creation – Oneness.

Aspects in Past

Shamanism

Exorcism

Oriental and Western Magic

Aspects in Contemporary Approaches

Gestalt

Transactional Analysis

Shapiro's Ego State Therapy

Internal Family Systems

Somatic Experiencing

Psychosynthesis

Neuro-linquistic Programming (NLP)

Inner Child Work

Schema Therapy

Types of Aspects

Personality

Sub-personality

Ego states

Traits of character, habits, complexes, feelings

Individual experiences, thoughts and more

Aspects can present as problems

Aspectics

1. We work with aspects if a person.
2. We take a positive orientation of unwanted aspects.
3. We use the awareness of goal structure and hierarchy of urges. We go from very specific to more abstract goals until we arrive to Emptiness which is the highest and most abstract goal of all.
4. We move along the chain of higher and higher goals.
5. With the realization of goals in consciousness, the psyche doesn't recognize the difference.
6. Dynamic Emptiness as an operative factor

Aspectics Preparatory Exercises

Sunflower

Quick body scan

Aspects Door
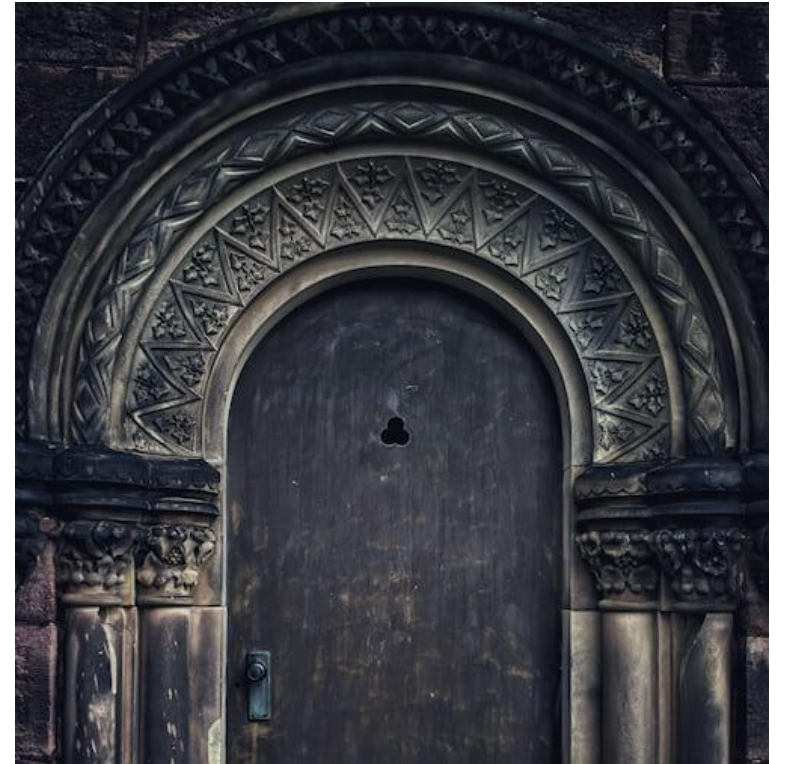
Aspectics Step by Step

Feel problem here and now

Collapse the wave - Isolate the aspect with qualities of MEST

Identify first goal

Create the experience of the goal in imagination. Imagine goal realized

Follow chain of higher goals, last goal

Pleroma / spiritual in some way

Move into Emptiness

Expansion

Observe each goal on chain

Observe initial state / problem

Light

Verify and stabilize

Troubleshooting

Do not shorten the process or use different wording without significantly more experience.

Experience the goal achievement as fully as possible.

Emphasize the word "higher."

Client asks himself about the goal, doesn't ask the aspect about the aspect's goal.

I feel it everywhere --- all over my body.

Troubleshooting

Client states two or more goals – ask again for highest goal.

Tolerate a negative goal on the first or second, but not after that. Insist on higher goal

Deviating from protocol with stories or images. Look for the feeling represented by the story or image.

Fear and discomfort with emptiness – stabilizing questions

Spiritual Evolution ~ Shifting Identification

I am my conditioned self – ego

I am I

I am Emptiness

I am Presence

I am Pure Awareness – True Self