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Merger With Another Phenomenal Eco-Systems

Merger and Back Again

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InnerRESOURCES 8 Ideas

A MAP, EXERCISES AND A PROMISE TO POINT YOU IN THE RIGHT
DIRECTION

THE COMPULSION TO REPEAT THE PAST

IS THERE A RIGHT PERSON?

ISOLATION: IN A RELATIONSHIP BUT STILL ALONE?

BREAKING DESTRUCTIVE PATTERNS

WHAT IS ME AND WHAT IS NOT ME

ALCOHOLISM AND THE ADDICTIONS VS. OUR TRUE NEEDS

WHEN TO STAY - WHEN TO GET OUT

HIGHER ORDER NEEDS

EAT OR BE EATEN. IS THAT ALL THERE IS?

Footnotes

Merger With Another Phenomenal Eco-Systems¹² Jeff Landau and Holly Antiuk³

Merger and Back Again⁴ The Dialectic Between Merger And Identity⁵

“Out of body experiences”,
“Romantic love”,
the love of a mother and father for their infant,
“Frankenstein Unbound”,
“tripping”,
“getting high”,
the world of dreams,
sex,
beautiful music,
regression to ‘pre-ego states,
creating art.

From the most acceptable and highly regarded cultural forms,
widely acknowledged spiritual experiences,
fundamental ways of knowing reality,
to what are considered psychic aberrations,
the attempt to lose ourselves,
to break the boundaries,
to get out of our own way

break out of our narrow, repetitive, constraining state of mind,
to see things in a new way,
to know it,
to be like it
to be free,
to have feelings,
to stop watching, comparing, competing,
to get off it
to “retire”, to rest,
is a constant, relentless force and desire within us.

From form and structure and walls
to
“No-Form”,
no name,
no-thing.
Back and forth we go.
Losing it.
Losing ourselves.
And back again.

All ways to know reality
Who you are
Who I am

There are countless side trips

some more productive than others
and some it would seem, in retrospect
may have been “death trips”,⁶
all ways to avoid the inexorable demand
that we be “in reality”
that we “get out of our own head”
and relate to others as they really are.

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New Mothers and Their Babies

DIALECTIC BETWEEN MERGER AND IDENTITY

CLINICAL EXCERPT-THE STORY OF MARSHA AND ANDREW

I was reminded of the dialectic between “merger” and “identity” most recently when I had the opportunity of experiencing “Andrew”, the newborn baby boy of Marsha and David.

In the days and months after his birth, and even now as his first year approaches, I felt the boundaries of my mood, my state of mind, actually I found myself almost “blubbing” and “gooing”, and had to catch myself. I thought I should not go back to work. Maybe take the day off. Play with Andrew. And that was only after a few minutes. Imagine how “caught up” I might get if we spent more time together.

THE POWER OF THE NEWBORN, OF BIRTH

The effects are quite powerful, especially to the unwary and coming from one so tiny and innocent. I remember watching an Asian gangster film, “Hardboiled” which seems to borrow on all that had preceded it, from the Bond films, through the self righteous Bronson and Eastwood series, right up through Stallone and Snipes, and their own two gun shooting “Hit-Man”. There was a scene where in the midst of almost humorous amounts of violence, babies had to be evacuated from a hospital ward. Well, the top cop practically begins to “coo” ever so gently as he puts cotton in the ears of one the babies he is carrying, so he won't be upset by the noise as he continues to blow away the opposition.

And, then there's the Damien and Firestarter series. Let's just say I was reminded of the power of the newborn. Of birth. So no need to document this further with references to the spiritual, or to carefully conducted psychological studies.

OEDIPAL WINNER?

Marsha tells me that in her own life, the struggle to say no continues in the face of Andrew's enticing invitations to join him in blissful "pre-ego" states. Recently, Andrew had managed to get in to his parents bed in the middle of the night, for late night feedings. A delicious delight, and parents too tired, Andrew remained. It was real progress to move him back into his own crib. But Marsha got past it and Andrew is fortunately not the "Oedipal winner" he might have become.

Anyway, Andrew himself is quite a bit more formed. I noticed recently as he walks upright (and correspondingly checks out his location in space relative to his mother as opposed to when he crawls), he started pushing me out of the way when he had his eye on an object he wanted to get to.

INNERRESOURCES 8 IDEAS ARE EASY TO USE

The InnerResources 8 Ideas can be easily applied to many real life situations. I've applied them in the past to singles groups and to middle class couples and their children. And Holly had found the 8 ideas useful when she was teaching, (see footnote 3).

THE NEW MOTHER "LET'S TALK" GROUP

What follows here are portions of a near verbatim transcript of Holly's group meeting so that you can get the flavor of how these 8 generalized concepts can be applied to new mothers and their children.

7th meeting----Holly introduces topic. One girl called to see if we were still meeting....even though I think she knows we meet every week. Another girl- J - who usually stays late called to say that her baby has a temperature....she's not going to be coming. And so far that's it. I figured I'd try and talk about the topic of merger and separation because that's what's going on with me

THE MEETING BEGINS

One of the women begins talking about how overwhelmed she is. "He wouldn't go to sleep, so I never had a chance to clean really.... and I had to walk the dogs in the middle of the day....[had to rush somewhere]... and its just like a mess.[babies crying in the background....someone else arrives.....playing with babies... o.k.- o.k. what do you want me to do for you....can't get him off of me.....can't get him off of me for a second....]

MERGER AND SEPARATION - I FEEL LIKE ONE PERSON

Holly-There was a topic I thought I'd try and talk about today. Merger and separation.... I feel it sometimes when I go through the day... I feel like one person.....constantly, constantly [exactly- exactly].....he's just so much a part of you, part of that is good and part of it is a fine line where you have to make a separation [loud baby cry drowning out speaker].....

THE PLAYGROUND HELPS SEPARATING

Yeah but you may not have to worry about that.... if you go to the playground, he doesn't want to know from me..... It takes its course.....I don't think you have to worry about it.... it works itself out....

DRUNK ON ANDREW -I NEED TO START GETTING MYSELF BACK

Holly- Yes--- when I put him in the crib and he starts crying that bothers me. He needs to be in his own crib. Someone said to me that the way I was acting looked like I was "drunk on Andrew". That I was not thinking straight. That I was starting to have some trouble at work, that a lot was going on....almost like a drunk person, drunk on Andrew....It's gone a little far... I need to get back in check...you know what I mean, I love him so much, I'd do anything and I want to be with him all the time, and I am with him all the time. But I need to start getting myself back a little bit too.

YOU NEED SOMETHING ELSE IN YOUR LIFE

[woman in group]- ...you need something else in your life. important and interesting to you..... I mean you've got your work[right]....your sort of annoyed with your husband right now

[right].....all of your focus is on Andrew [right] [another woman in group].....Did you ever feel days when you're mad at your husband or you don't like him, that you put more of your focus[general discussion- one husband very helpful.

DOORMAN -RESISTANCE TO THE NEW MOTHERS MEETING

Another woman arrives. Doorman said Holly's out- but then when he heard the buzzer he said she's back. He looked at me, "like where are you going".

Look at the little fella.... oh my god, I feel like having another baby.....don't you - loud laughter.... he'll be 3 months. next week..

J----is coming but she must be late.... I spoke to her last night....went to visit my folks....How was it?.....I'm glad you came . I haven't seen you for awhile. I know I stayed an extra week in --- It rained and rained and rained.....I tried to nurse him.....

HOLLY GETS THE GROUP BACK TO THE TOPIC

Holly-We just started talking about being separated from your baby. It's like the baby is an extension of your arm [yes] how hard it is to separate.....Do you feel like that sometimes too.....Yeah, like they're always attached to your breast or arm.....He's gotten pretty good about.....so it frees me up for a couple of hours. I needed to get something out in the mail that day so I wanted to run over to the post office... He's asleep, but I don't want to leave him here, but I don't want to take him... but you do realize that there is a little person there. You wouldn't be talking to your arm....

I DON'T WANT TO SEPARATE FROM HIM

Holly- What about separating from him? I find myself not wanting to call a babysitter...I don't want to go out with my husband.

I don't want to have dinner with my husband [another woman in group]. You want to have dinner with your son- Holly- Exactly, I feel like I'm not doing the right thing. [Agreement-laughter] One woman gives a practical explanation-By the time she would get a babysitter and get out....

RESISTANCES

Resistance- To group -no shows

Resistance To topic - dynamics

External Resistance -doorman

InnerRESOURCES 8 Ideas

A MAP, EXERCISES AND A PROMISE TO POINT YOU IN THE RIGHT DIRECTION

INNERRESOURCES 8 IDEAS

Is part of an ecosystem

ENTRY POINTS ON A MAP

to exercise the mind

THE COMPULSION TO REPEAT THE PAST

or How Did I get Here Again?

IS THERE A RIGHT PERSON?

Is It Me or The People I'm Choosing?

ISOLATION: IN A RELATIONSHIP BUT STILL ALONE?

BREAKING DESTRUCTIVE PATTERNS

Forgiving And Self-Acceptance

Walking Around It

WHAT IS ME AND WHAT IS NOT ME

What Is Mine and Not Mine

ALCOHOLISM AND THE ADDICTIONS VS. OUR TRUE NEEDS

WHEN TO STAY - WHEN TO GET OUT

HIGHER ORDER NEEDS

EAT OR BE EATEN. IS THAT ALL THERE IS?

Helping Others, Truth, Justice, Love

What Will I Become?

Footnotes

¹ This is one aspect of the discussion of *InnerRESOURCES* Idea #5 *What Is Me And What Is Not Me*. This paper is a reformat of an article that was originally published in *Let's Talk: The Relationship Newsletter*, Feb. 1995, Vol. #8, #2, by Jeff Landau, and which was also posted on my homepage at the time.

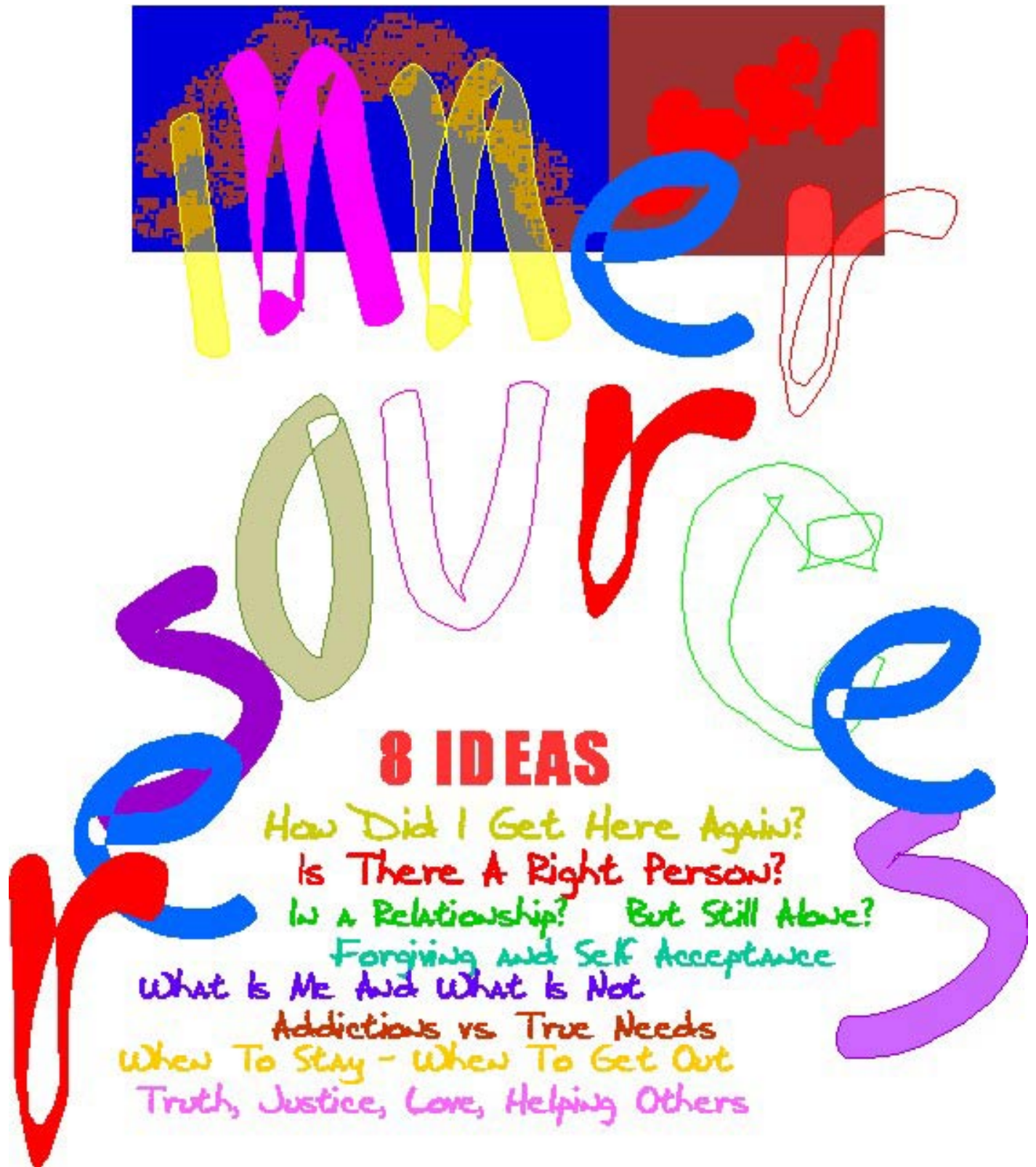
² Merger with another and the dialectic between merger and back again is being viewed as the beginning of ego or self development (*InnerRESOURCES* Idea # 5, *What Is Me And What Is Not Me*) and a dynamic that operates as “a way of knowing” at all stages of human development.

³ Holly Antiuk was the research associate at *Let's Talk: The Relationship Newsletter* for several years. She headed up *Urban Moms*, <http://www.innerresources.org>, tested the usefulness of the 8 ideas in the schools <http://www.innerresources.org/urbanmomsresearch.html>, and reported her results on our cable show “*Let's Talk. InnerRESOURCES. AurasGalleria*” on Manhattan Neighborhood Network. She was the front line person piloting some of our initial inquiries and is responsible for convincing a group of *new mothers* to meet, talk and allow the meeting to be taped. Portions of that meeting are reported below, *The New Mother “Let's Talk” Group*. Last I heard, she's that totally available person at human resources solving problems and overseeing the smooth employee functioning at *Parenting* magazine, and she is listed as the Human Resources contact at *Real Simple*. In addition, She is conducting a women's group with Terry Luken as part of Time Inc. work life initiatives.

⁴ This is an update of the poem I wrote which appeared as part of the articles cited above and which has been posted on *Author's Den*; <http://www.authorsden.com>. This poem also appears in *Poems from InnerRESOURCES 8 Ideas*.

⁵ Idea#5 *What Is Me And What Is Not me?*

⁶ See, Landau, J.S., *Let's Talk Interviews Dr. Spotnitz, Schizophrenia, Alcoholism and Addiction*, www.innerresources.org/Let'sTalk-InterviewsDrSpotnitz.pdf <http://www.innerresources.org/LandauReprintsAcademic/Landau,AHistoryOfAggressionInFreud.html>



8 IDEAS

How Did I Get Here Again?

Is There A Right Person?

In A Relationship? But Still Alone?

Forgiving and Self Acceptance

What Is Me And What Is Not

Addictions vs True Needs

When To Stay - When To Get Out

Truth, Justice, Love, Helping Others

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