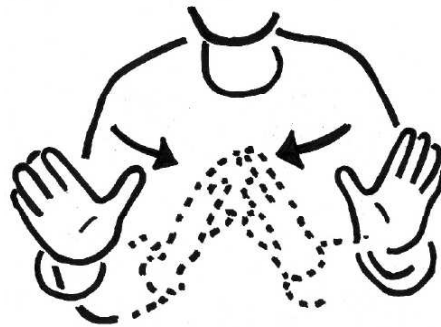


contradict \*



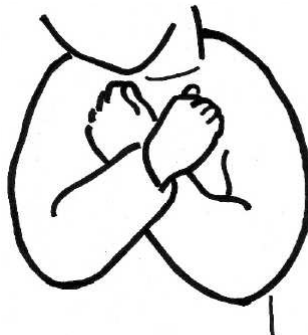
summarize \*



validate



attention shift \*



hug \*

### a Dutch supplement on 'dealing with emotions'

Autumn 2001, a little booklet (64 pages A5 size) about 'dealing with emotions' is issued in Dutch, describing the CCI co-counselling approach (ISBN 90-72370-05-8). Summer 2007 a supplement on that publication follows, describing recent views since 2000.

This supplement restates that the basic assumptions within CCI have not changed; the wording may. The existence of 40.000 languages in our world proves the human need to share their happy and unhappy experiences. This need connects seamless with the range of needs mentioned in the earlier CCI approach: to love and to be loved, to understand and to be understood and to be self directing, while also being part of a bigger whole. niek sickenga

### the silent witnesses

The supplement states, among other items, how close sharing, healing and discharge of emotions are connected with each other. And how searching for expressing our feelings is an ongoing process and exercise in trying to get what we need. For these expressions language is a sophisticated carrier. Though not perfect. Even talking the same language, words does only reflect within us, whatever we have experienced ourselves in our past. Communicating is, if not all, to an high extend - a matter of mirroring what we observe with our own experiences. This is within us and within others, a highly personal and reflexive and continuous process based on what we observe in every way. And still that is all our own interpretation and does not mean that we do understand each other. Besides, not knowing in what direction this personal process continues, especially within others, roots the need to honour and respect absolute confidentiality of the content of the work we witnessed. We certainly need to keep that in mind too in practising empathy.

The supplement describes also the importance of discharge and its healing process. Realising that reliving the past makes us the

\* with thanks to the Dutch Sign Language Centre

more aware, that the past is not any more the present of to day. It is like awakening of the reality of the here and now on different levels: **internal** and **external**.

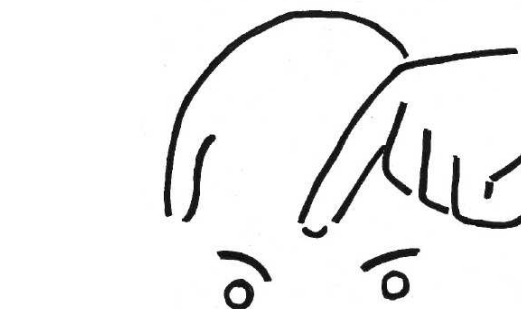
**Internal** with the existential question who we are, where we come from and what we are doing here. Discharge on this personal level can take us to the brink of spiritual awakening and is in fact a transformation of the personal being, states John Heron. He is, without any doubt or hierarchy, the theorist 'par excellence' of CCI, without harming at all any other CCI theorist or those who practice this approach. Like the here expressed views.

On the **external** level he distinguishes a **physical** and a **social** section. Physical like nature disasters, illnesses or accidents etc. though they may also be affected by human interventions. Like the exhaust gases of cars (CO2). And our contribution in heating up our earth. On the social external level it is 'people hurting people', and doing so aware or unaware. This also is the field where the first experiences and encounters with CCI co-counselling expresses itself. Essential in this CCI approach is the awakening in a transformational way by discharge. The distinguishing of different levels in this process, into internal (spiritual) and external (physical and social) departments is not new. It is a clarifying framework and has to be seen like that.

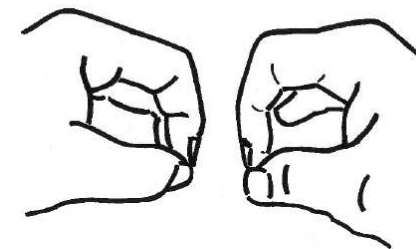
### awakening

This process of awakening deserves to be escorted by special care. Like first and for all: giving caring, aware and loving free attention. And simultaneously accepting by the partner, who is doing all the work, really to admit this free attention, as far as it is perceptible. This special care escorted also the equal time each is working; to honour and maintain confidentiality in every way, and in general, according to the peer CCI culture and its techniques: the worker is in charge!

This implies also the earlier mentioned awareness that your story is in every way only your own story. Whatever I understand, that always is my reflection of my own experiences in my past on your just spoken words. In my personal experiences this means why

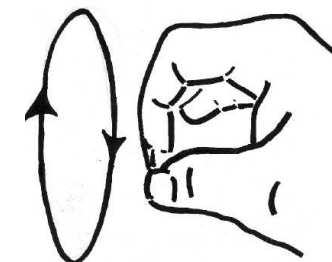


thought



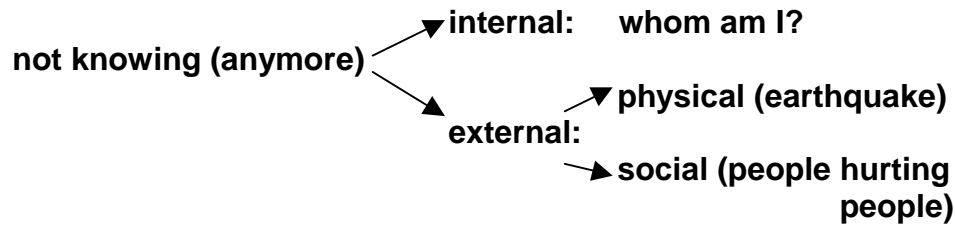
literal description \*

feeling

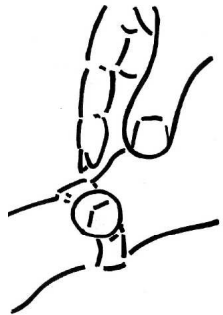


repeat \*

**2) awaking of:**



**3) CCI sign language**



contract / time



what is on top



free association \*

hugging is for me an healing sharing, without words. And that hopefully is healing for both of us. These pre-conditions, to honour and to realise in respect to the other ones, are essential for the process of awakening itself.

**in history...**

Already in history many scientists, especially philosophers and theologians, have been searching for answers about who we really are as human beings, where our roots are, and how to understand this all within the phenomena of our life. The conceptions of many of their views conflicted many times severely with their religious authorities.

Talking about people hurting people... . To a certain extent, also Galileo Galilee (1564 - 1642) and Charles Darwin (1809 - 1882) experienced this, as Pierre Teilhard de Chardin (1881 - 1955) did and Sir Julian Huxley (1887 - 1975), who stated that 'evolutionary the human being became aware of being.'

**paradigm shift**

In some way, they are the forerunner of professor Thomas Kuhn (1922-1996). In 1962 this philosopher and professor of the Berkley University (USA) writes 'the structure of scientific revolution'. In this book he describes how the general framework suddenly permanently can be transformed. This transformation is comparable with the personal transmutation after discharge and reaching awareness of awakening and new insights.

It is the French Roman Catholic theologian, scientist, philosopher and palaeontologist Pierre Teilhard de Chardin who is quoted by Google as the original creator of the thesis that a human being is 'a spiritual entity with some human experiences'. While the existing theory at that time orders, that human beings are material entities with (some) spiritual experiences.

Kuhn's 1962 vision on 'the structure of scientific revolutions' is also known as 'the 'paradigm shift'. At a CCI teachers meeting on the CCI Europe gathering in 1995, John Heron is invited to talk about 'the original theory of co-counselling & the paradigm shift'.

The text of his views is published and available on internet and is basic for this supplement. The admission that suddenly basic insights or theories may change and turn out into new views, changing our world, also in the scientific sense, have a tremendous influence. Also related to the insight of the process of 'awakening' from frozen emotions, because there was at that special moment of experiencing no possibility to handle them in another or a proper way.

It even admits to realize that we own more communication skills than hearing, smelling, tasting, seeing and feeling alone, in which range language plays such a dominating role. Interesting in this respect is the introduction - and experiences - with a CCI sign language this spring and summer at the CCI USA and the CCI Europe 2007 gathering. It seems that just a sign has another impact than proposals, interventions or suggestions by words. Nevertheless it doesn't look like that these new insights affects our view on the process of awakening itself and the diagram of this, based on different publications. Like those of Joseph leDoux (1996), Daniel Goleman (1995/2002), Candace B. Pert (1997), John Heron (1998) and Elisabeth Kübler Ross (1996)

The acknowledgement of the disturbance of a certain balance on different levels or 'sections' - with mutual affects - enriches also the horizon of how it may work. In case of 'not knowing anymore' because of blocking emotional experiences in the section 'people hurting people', discharge offers liberation of the blockade and restoration (awaking) of the balance. In that way, in the external field (social and physical), our rational thinking is more actual than in the internal, spiritual, field. In that field there is all room for intuition, creativity in drawing, music, singing, postures, dancing, silent and or active meditation etc. It is infinitive, it is open for new experiences, it is an unlimited discovery adventure and, above all, it is an open link to 'not knowing anymore' par excellence. To experience that is entirely up to you!

Donkerbroek, summer 2007, reversed autumn 2008 in English

summarizing diagrams:

- 1) **the emotional process:** emotions are generated out of basic human needs like: to love + to be loved; to understand + to be understood; to be self responsible + to belong to a greater whole (John Heron).

