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The Journey Back to Wholeness that Already is

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Abstract: If we are born into this world with in an already heightened state of consciousness, at what point in human development do we begin to disconnect? Is the human experience innately traumatic? Through the exploration of Piaget’s stages of development, and in coherence with the concept of transgenerational trauma, I explore moments and modes of intervention, with the intention of building on what is already whole instead of waiting until it is broken. Rather than spending another generation spending our lives trying to heal, reaching for enlightenment and soul connection, what if our end point was actually our beginning one?

Key Words: trauma, transgenerational trauma, consciousness, human development, child development, stages of development, Piaget, somatic awareness, illness, energetic healing

Sunrise’s father had had lost his own, rather impactfully at the tender age of seven, just as he was transitioning into what Piaget called the *Concrete Operations Period*. “With this change, he (began) to behave in many ways much like an adult and, indeed, in terms of lines for the self and moral reasoning, many adults never grow past this stage” (Combs, 2009). And so would be the case for Sunrise’s father. Having never been given the tools or guidance to heal from such trauma, he resorted to substances that subdued what it was he could not face. Sunrise saw this projection in her own reflection, and knew, even as an infant, that she was here to break the cycle of unconscious delivery, flippantly, and unmindfully being recycled through the generations.

I work with children ages 1-4. In their first two years, and much like Gebser’s *Sensorimotor Period* explains, they are just learning how to navigate these bodies they find themselves in. For instance, I have literally seen a child look down and notice their hand as if realizing it for the very first

time. Their feeling of safety in this foreign world seems to rely heavily on the energy their parents project. Thus, so much of my work is then to encourage *parents* to not only trust in their child’s capabilities, but to learn from them. For example, if a child of this age is walking or crawling up stairs, they will inevitably look back toward their parent, as if for approval. If the parent is hovering over them, anticipating a fall, the child will absorb the consciousness that this world is unsafe and could internalize being incapable. If, however, the child looks back to see their parent watching from a distance, cheering them on in both stature and energy, the child is more likely to believe that they are both safe and capable, setting the foundational frame for the rest of their earthly development. In disagreement with William James’ perspective that the experiential world of the newborn is, in William James’ words, “a big blooming buzzing confusion.” I believe that while physically limited, the natural state of a child’s consciousness is inherently without cracks. One of my favorite pastimes is to ask children of this age esoteric

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questions, that seem to reveal this heightened state of knowing: “*Who were you before you were Simon?*” “*How did you leave Simon’s body?*” “*What was it like inside your Mom’s body?*” “*How did it feel to be born?*” The mere fact that I have never *not* gotten a straight answer, as told definitively and without inhibition, makes me wonder what we might be missing out on by not asking. In fact, one of the very reasons I came back to school was because of something psychically insightful a young child said to me.

And then, around 3 years old, everything changes.

There was a moment around Sunrise’s third birthday, that her higher consciousness would remember as a turning point when looking back at the reflection of her life. Like the jolting you and I sometimes experience that wakes us up out of slumber, there was a jolt that can only be described as Sunrise’s Soul “landing” in her body. It was at this very moment, she started to forget, and her integral connectedness seemed to travel upwards to the mind itself. Such a landing felt traumatic, as it is for most bodies, begging the question, do any of us develop unscathed? And if so, what interventions can be taken to protect our energetic bodies from the inevitable shock of the developing physical body? Before beginning to remember then, Sunrise would suffer the physical consequences her body was trying to reveal as energetic blockages to her psyche. Before beginning to remember then, Sunrise would start down the similar path to that of her parents’ before noticing the opportunity to drastically wake up before it was too late. While their genetic make-up had been the same, Sunrise was born into an evolving paradigm, different to that of her parents’. The new reality that surrounded, and unfolded within her gave her a new perspective into the lens of the cyclical

generational patterns she had been born into, and lived many times before. And that, would make all the difference. Just as in Plato’s *Parable of the Cave*, the individual interpretations of shadow perspectives differed drastically, even if all involved were chained together facing the same wall of the same cave.

When Sunrise’s father got sick at the same age that he had lost his, she internalized the experience differently to him. While only in her preoperational stage, Sunrise would face the same questions with a chosen awareness opposite to the avoidant coping mechanism her father had unknowingly adopted. It was in this search for higher Truth, her family’s healing, and the greater picture itself, that Sunrise would not get stuck in the same stage her father had, already beginning to break the karmic loop that had been haunting her family for generations.

In embodying this change, she would also come to radiate out the same energetic capacity for the world around her.

Even from a young age, Sunrise noticed a duality within her parents; a duality that was highlighted through their relationship, and further supported by society’s efforts towards illusionary separation. This separation continues to be revealed, not only between our physical and true selves, or within the particles we are made up of, but between the very masculine and feminine divide within and around us.

When Sunrise was just a child, her mother would escape to art Museums and bring Sunrise along. Emotionally aware beyond her physical years, Sunrise loved watching how art evolved with the changing of times. But more than that, she loved watching people watch art that awakened something within themselves. Her favorite pieces to look for

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were those from the Mythical age for that very reason. This time period seemed to be the awakening of so many, where people came into the world, but saw it as more than just that too. But mostly, she appreciated how the female essence was celebrated, and images of Goddesses were denoted centrally, often wondering why things no longer seemed to be the same. It was in this witnessing that she convinced herself that the purpose of the human story must be to balance the masculine and feminine energies back into Union; not as the ultimate goal, but as the starting point.

Sunrise noticed that her mother seemed to grapple with this divide internally too. Her art always had a sense of contrast; both dark and light, of the physical and the ethereal, but especially the duality between masculine and feminine. As a child, Sunrise's mother had been silenced like so many; socially confined to live out the "female human story" the world had created for her. Such limitation caused an imbalance in herself that she would later attempt unconsciously to pass on to her daughter. In the same way, Sunrise's father unknowingly dominated energetically over their lives without question. "Does Spirit manifest as male and female? Is there God and Goddess? Do men and women therefore have different, if complementary types of spirituality? At what point, if any, do we cease to be male and female and start being human? Has feminism outlived its usefulness? Or does it simply need a more integral approach? Men translate with an emphasis on agency (action), women with an emphasis on communion. And men transform with an emphasis on Eros, women with an emphasis on Agape...Eros tends to reach up, as it were, and assault the heavens, whereas Agape tends to reach down and embrace the earth. Eros is more transcendental, and Agape is more immanent" (Eye of the Spirit, 1997).

Later, when Sunrise reached adulthood, she would see this dichotomy play out in her own romantic relationships. And then one day, seemingly out of nowhere, even if an accumulation of lifetimes, Sunrise would have an ovarian cancer scare. It was at this precise moment that she *felt* the imbalance in her body and in her life. It was at this precise moment that she decided to change everything. She became stronger in both her femininity and masculinity, actively and energetically healing stories of separation she had not wanted to look at, and in doing so, inspired her parents, and what would come to be her future daughter, to do the same. Remembering now, she would let her daughter be her Teacher, as she encouraged her from the very moment of birth not to forget. "In Plato's Phaedrus, Socrates tells us that prior to birth the soul inhabits an ethereal realm where it possesses wings and is privy to true beauty and knowledge. Before being born into this world it sinks down, losing its wings and surrendering to amnesia. If later in life we are to recapture our true wisdom we must do so by recalling some glimpse of our original pristine state, a process of remembering (anamnesis) rather than acquiring" (Coombs, 2009).

"The idea that the Kosmos began while the primal void split to create the first distinction, thus breaking symmetry, is quite ancient and found in one form or another in almost every mystical tradition. Similarly, modern cosmology holds that the breaking of symmetry in the vast energy field that existed shortly after the Big Bang was a necessary precondition for the evolution of our universe" (Combs, 2009).

The lessons I have learned from Sri Aurobindo, as dictated through my spiritual Teacher Savitri, have me asking, *what if we were energetically whole until the moment of*

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the Big Bang? If then, the shock of the Big Bang split particles once whole into separateness, then these particles, in us, around us and in everything, carry a trauma from which all that has since existed has been birthed; a trauma innately carried in our cells, causing divide between our ethereal pristineness and physical limitations. And yet, the inherent knowing that this is not our true essence is the voice inside each of us

yearning to remember who we are; yearning to come home, and to feel at home in our physical bodies. Since, we cannot go back to the Big Bang and heal this on a macro level, we, as the Universe inside each of ourselves, must reclaim this divide individually, and teach our children to do the same.

And maybe *that* is the true evolution.

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