The Development of the Self

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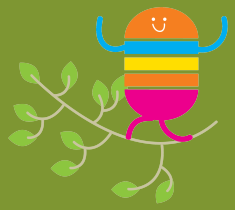
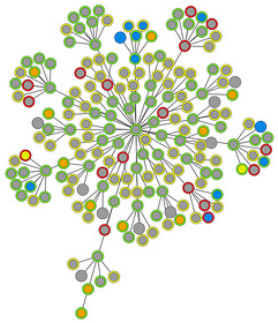
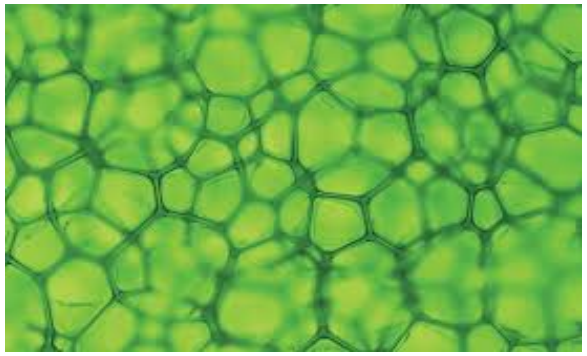
Exploring the Development of the Self



We are currently seeing the emergence of a new field-based science that acknowledges the natural self-organizing power inherent in all forms of life

It brings human awareness in tune with the generative creative impulses that are engaged in constantly transforming the field of knowledge/intelligence into the field of matter, with every element materializing the form that best suits its nature, together with the circumstances that enable it to grow and perfect itself.





It suggests that there is a central essence which is the root criterion of all life - whether this is then expressed as a bacterial cell, a plant, an animal or a human being

No matter where it is occurs, this essence is based upon precise mathematical principles and an unfolding order

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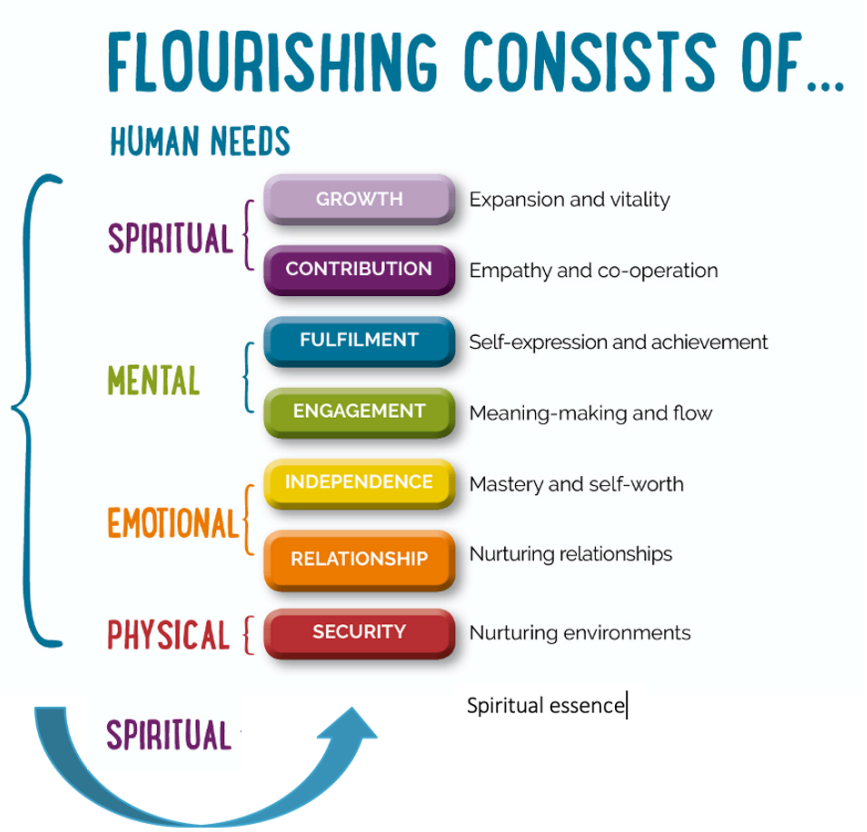
From the human perspective it manifests as generative creativity and the need to achieve a balance between the expression of the parts and that of the whole

This underlying need for natural order is experienced as beauty and harmony and expressed as flow and fulfillment

It can be understood as the **'spiritual essence'** that underpins human existence

"The psyche is the human self-regulating soul essence that seeks to maintain a balance between intrinsic and extrinsic forces while constantly striving for wholeness and growth."

Carl Jung



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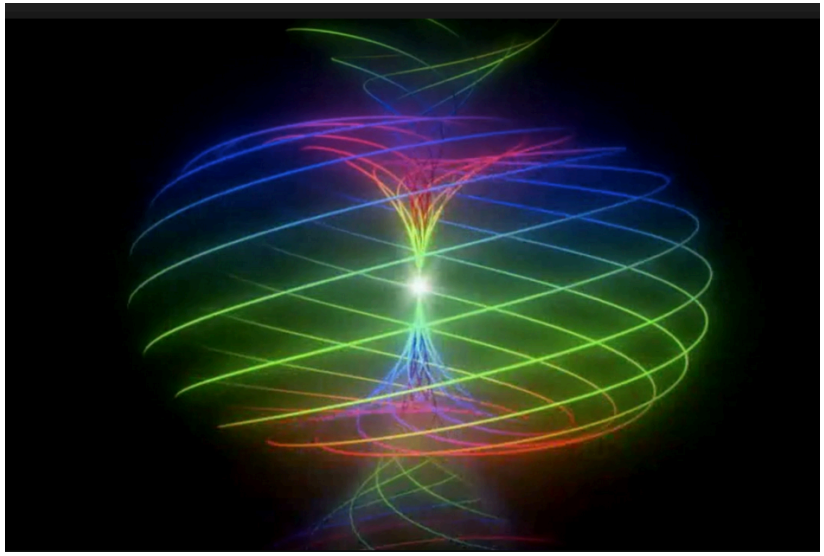
We can think of the process of becoming human as a toroidal movement that both emerges from, and returns to, an essential unity



The spiritual essence of each human being emerges from oneness at conception, experiences an embodied human life of learning and relational experience, and subsequently returns to oneness

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Bringing consciousness into human form

- Parents are energetically attracted to each other
- Conception as a life-creating force uniting the male and female aspects (balance, synthesis and integration of opposing energies)
- Genetics - the genes within each persons DNA that control how the body looks and works
- Epigenetics - parental/ancestral heritable dispositions derived from their individual life stories (that create ‘tags on each child’s DNA that are turned on and off by the child’s environmental experiences)

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At conception the developing embryo carries forward inherited tendencies/pre-dispositions. Whether these potentially positive or limiting tendencies are reinforced or dissipated (though the turning on or off of DNA tags) depends entirely on the subsequent pre and postnatal experiences of the individual.

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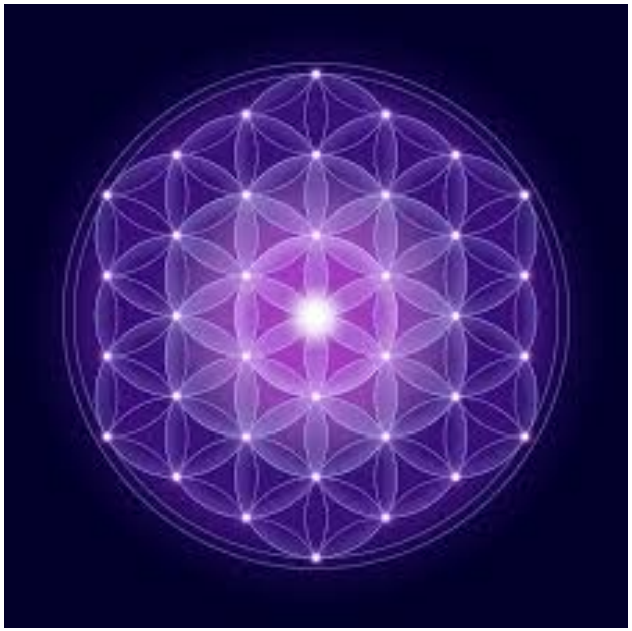
Over time, and through the steady development of the personality and protective ego, the human being increasingly experiences his or herself as a ’self-contained’ centre that is separate from the whole and all other centres



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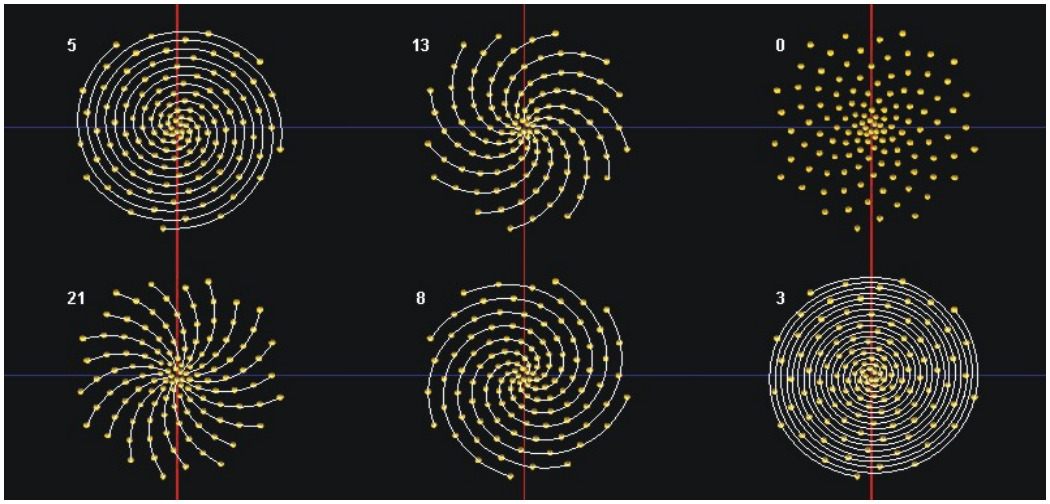
With good mothering and strong early attachment the new baby initially has no significant sense of separation. Over time however, and through his or her unique environmental experiences, the developing child starts to experience his or herself as separate to others and to adopt the emotional limits and boundaries necessary to maintain love and acceptance within the family/community.

If consistently repressed these energetic boundaries then build up further nodes of condensed experience that become linked to others of a similar resonance.



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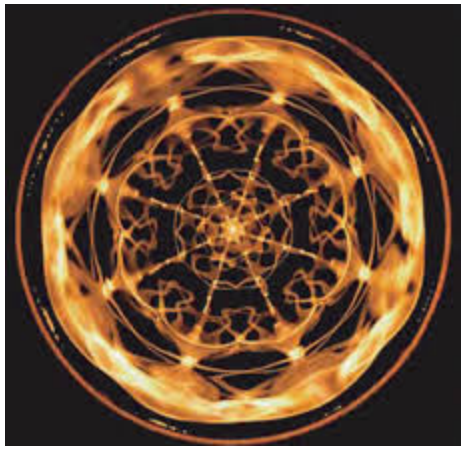
Through the function of cellular memory, these chains of emotionally charged experience are therefore either built up and reinforced – or broken down and released.



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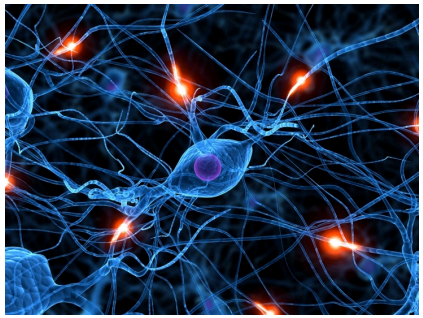
All early memories are based upon sensory experience within the environment - which means that babies and young children effectively 'absorb' the environment into their physical body and sense of self.

The natural developmental processes within each child seek to maintain a balance between intrinsic and extrinsic forces while constantly striving for wholeness and growth.

In other words, all human beings strive to return to the sense of harmony and oneness that we experienced before we each developed our individual personalities.



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As primarily social beings, relationship is crucial to human development

The innate need to experience love and belonging means that with children will seek to adopt the values and worldviews that they experience in their connection with others

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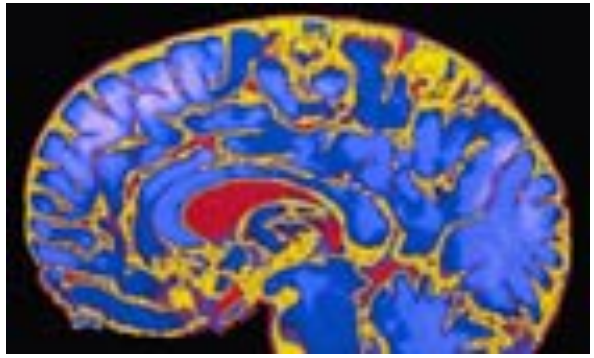
The experiences that children have in early life literally shape their brain architecture

their developing neurological structures influence how safe they feel, how confidently they seek to interact with the world and the ways in which they feel about themselves and relate to others



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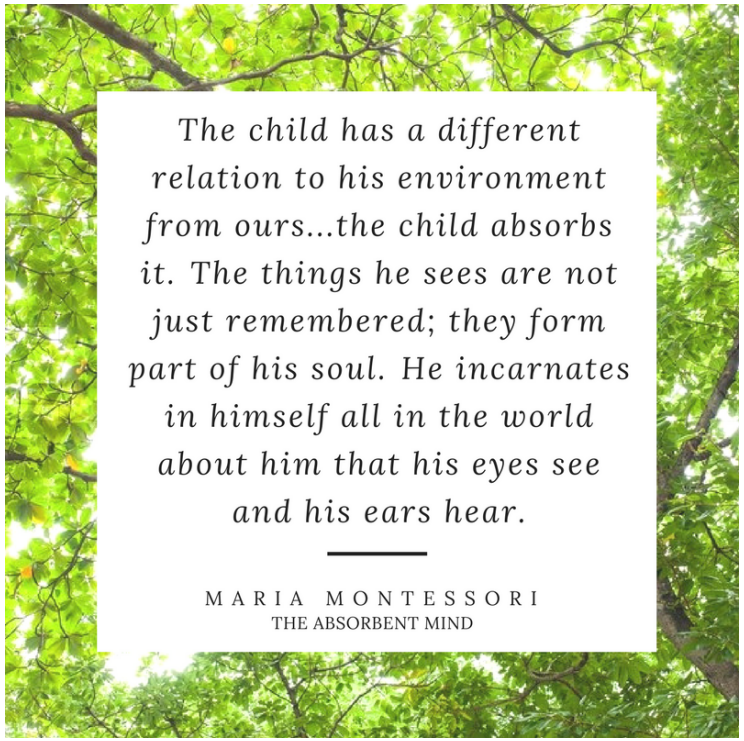
Their mindsets and inner maps of the world are therefore steadily created over time through their unique environmental experiences

that include the people in their world



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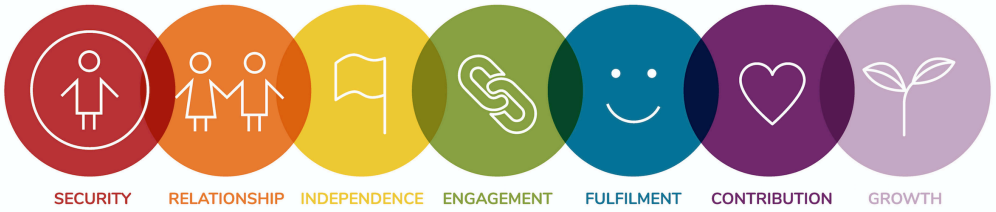
Every human being shares the same human needs for **safety, relationship, independence, engagement, fulfilment, contribution and growth**

but each person will seek to fulfil these in different ways depending upon his or her genetic predispositions and subsequent life experiences



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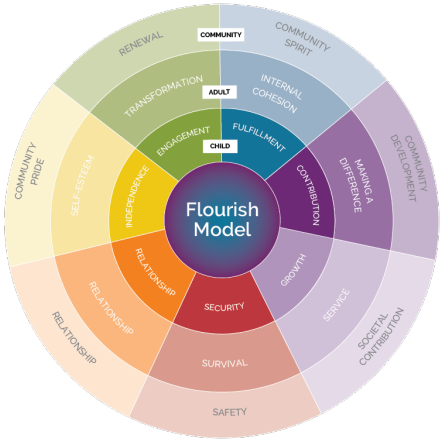
As they move from childhood to adulthood each person's values and motivations will be a reflection of their evolving needs

they will develop unique life stories and behaviours based upon their subsequent experiences

but underneath this diversity is an essential unity and wholeness



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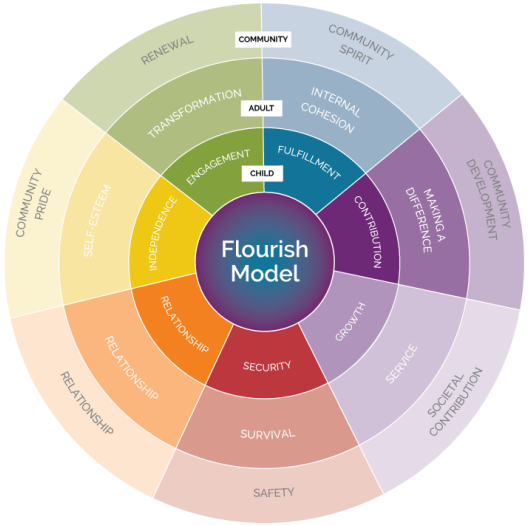
This unity and wholeness can be reflected as a Sacred Circle of Life

The child lies at the centre of the circle – both as a manifestation of spirit and as representing all the future generations yet to come.

On the path to adulthood the child then passes through levels of successive learning and development within the containing and interpenetrating worlds of family, community, culture and planet.



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As adults we have the free will to revisit our original patterns and to choose whether or not these are aligned with who we feel at heart we really are, and how we can enhance our own sense of connection to the whole.

That means that we are the only people who can change the patterns of the past into the ones that we want to see in the future.

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The Human Journey

From the point of conception, to the moment of death, each lifepath journey therefore allows the individual to experience and shape their own unique aspect of generative creativity

within a unified field of other unique human centres that are doing the same

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