

# ***Hearkening Together-in-One Spirit***

## **Synopsis**

Worth emphasizing is that this presentation concentrates on the AEDP therapist's ultimate and transpersonal use of the self. As such, the presentation title could be revised as:

***Hearkening Together-in-One Spirit: I-and-Dao in the Here-and-now as AEDP therapist's transpersonal use of self.***

So...

### **What's with the *What*?**

Never been focused on before, *Hearkening Together-in-One Spirit* zooms in on the Spirit of AEDP as *I-and-Dao in the here-and-now as AEDP therapist's transpersonal use of self.*

The conference clinical video debut, titled *The Life-Force Awakens: The Woman Who Senses Total Unity*, shows *the dyadic unconcealing of transpersonal and spiritual phenomenology* arising during core state and more.

The fullness of the formulation of Spirit of AEDP appears in the June 2024 monograph, especially the unpacking of the concept of Dao as "Sacred Feminine in the Daoist East and Great Spirit Mother archetype in the Jungian West." Building on core state's "experience of emotional truth, a moment of touching O" (Fosha, 2005). A fresh comparison will be made *between the Spirit of AEDP and Wilfred Bion's "O"* (Grotstein, 2004, 2007)

Emphasizing on the *dyadic* nature, of the process of unconcealing I-and-Dao in the here-and-now is explored. Focusing on the transpersonal use of self, the AEDP therapist hearkens responsively moment-to-moment for *intuitive signs* of Spirit (or "Dao") in the *therapist/client's intra-psychic*, and *therapist-client's intersubjective field*. *Ultimately, the therapist-client dyad becomes together as One-in-Dao.*

### **What's with the *Why*?**

Never been shown before, I will emphasize the spiritual turn towards transcendent experience clinically and culturally.

In a recent report Faith and Wellness: A worldwide connection between spirituality and wellbeing, Gallup (2023) underscores, based on medical and psychological research, the *meaningful link between greater spirituality and positive mental health.*

Going beyond the scope of what is presented this "AEDP Short":

In a systematic review of quantitative research published in peer reviewed journals between 1872 and 2010, Koenig (2012) observes in the majority of the hundreds of studies in religion/spirituality (R/S), *more R/S have better mental health and adapt more quickly to health problems compared to those who are less R/S.*

Anticipating the crises of caused by the anthropocene, Roger Sperry, the Nobel Prize winning neuroscientist, prescribes (1974): “A new *transcendent* frame of reference is needed that cuts across all cultures, faiths, and national interests for the *welfare of the biosphere* as a whole”.

And in deep resonance with Sperry’s transcendent vision, Iain McGilchrist (2021), a neuroscience researcher, psychiatrist and a self-identified Daoist, calls for a return to the sense of the Sacred.

### **What’s with the *How*?**

Never been articulated before, I will structure the art or the “how to” facilitate the deep transformative transpersonal/spiritual experience of *Hearkening Together-in-One Spirit* with three practices: 1) dyadic recollection of being, 2) dyadic receptiveness of transpersonal sensibility, and 3) dyadic rebirthing through the Dao / Great Spirit Mother

Hearkening, understood first as attentive listening in a reverential state of mind, goes beyond mere sonic detection and ultimately cultivates in the AEDP therapist, a *hearkening self* that responsively and attentively embraces the transpersonal and spiritual. The dyadic nature of this process refers to the therapist’s implicit practice with a simultaneous explicit guidance of client’s practice in the clinical context.

### ***Practice 1: Dyadic Recollection of Being***

Recollection is the felt sensible ingathering (Marcel, 1998, 2000; Yeung, 2024) or the experiential re-centering of attention towards the somatic core of the body i.e. the physical heart and the solar plexus. Recollection activates the insula (Tsakiris & De Preester, 2018, Yeung, 2024). and “dials up” the functions of awareness of the self, empathy towards the other and our intuitive capacities (Yeung, 2020, 2021). Ultimately, recollection is our experiential connection to “being” (Kleingberg-Levin, 1985; Marcel, 1998, 2000; May, 1983, Yeung, 2024).

### ***Practice 2: Dyadic Receptiveness of Transpersonal Sensibility***

Receptiveness, openness, and presencing at the personal dimension, is richly explored within the AEDP’s oeuvre (Lipton, 2021; Yeung & Zhang, 2020; Yeung et al. 2019). Dyadic receptiveness or presencing at the transpersonal dimension is a novel proposition (Yeung, 2024). How? Inspired by William James’ behave-as-if-principle (Austin, 2014), suggesting that our behaviour evokes “ceaseless inpouring currents of sensation” resulting in “from moment to moment what our inner states shall be”, I propose any synchronicities or our inner intuitive “whispers” or “visions” could be hearkened “as if” originating from a transpersonal source.

### ***Practice 3: Dyadic Rebirthing through Dao / Great Spirit Mother***

As *use of the self par excellence*, therapist ultimately becomes the transpersonal One-in-Dao / Great Spirit Mother (Yeung, 2024), in deep convergence with Bion's "becoming' O" (Bion, 2008) or "With O in place, we realize that the [therapist's] tongue is the listening to an [O's] ineffable voice." (Grotstein, 2007) Following Washburn's (1990, 1995, 1999, 2023) spiral process of transpersonal regressive-transcendence and regeneration, the therapist's becoming One-in-Dao / Great Spirit Mother (Yeung, 2024) fosters the spiritual rebirth of the client. While "The True Other is the midwife to the True Self" (Fosha, 2005) at the personal level, *the True Other is the Womb of the True Self at the transpersonal level*.

The aforementioned prattles are illustrated and integrated in the following clinical video presentation.

#### **What's with the Video?**

Never been presented before in any AEDP trainings, the clinical video titled *The Life-Force Awakens: The Woman Who Senses Total Unity* shows a White woman who's father was raised in an indigenous background, cis-gender, age 60, with a history of *in-utero trauma* i.e. when she was still a baby in mother's womb. She had a powerful transformative experience in one session processing her *in utero trauma* through all 4 AEDP states, associated with another follow up session presenting with features of mystical phenomenology (State 4). Allow me to highlight what's unique in each of the three vignettes.

#### ***Vignette 1: Mystical experience / "Sensation of total unity"***

Starting the first 2 minutes of the follow up session, with the client's declarative disclosure of her experience of "click" [of recognition] twice (State 3), "getting it in my body" and "sensation of total unity" (State 4 mystical phenomenology).

[As a preview of the "coming attractions", I will show this vignette at the beginning of the presentation to evoke the audience's curiosity: What happened before? ]

#### ***Vignette 2: Transpersonal rescue portrayal / "You are love and you are loved...Sacred. Eternal essence...God's essence"***

Through the presence of two True Other's a) the AEDP therapist's (Danny) awareness of self as if being-in-Dao / Great Spirit Spirit Mother (Yeung, 2024) as a "vessel" (womb symbolism) and b) client laying down in the "center" of her new house and her awareness as if being-in-Mother Earth (Concrete embodiment of Dao / Great Spirit Mother. Womb symbolism), the client's trauma in utero is transformed through a rescue portrayal. Following an embodied (lower belly) realization of client's in utero baby self as "You are love and you are loved", a deep transformative "rebirth" (Eigen, 2004) ensued with State 4 mystical experiences of sensing "Sacred", "Eternal essence" and "God essence".

***Vignette 3: The life-force awakens / 4 Synchronicities: “Life-force...recollection...ingathering...Jung’s scarab synchronicity as rebirth archetype” (~10’00”)***

Picking up from what comes after Vignette 1, client deepens her metaprocessing experience, showing a combination of State 3 and 4 phenomenologies with distinct emphasis on her embodied experience of “Life Force” i.e. Dao / Great Spirit Mother energy. Furthermore, I aim to propose 4 synchronistic phenomena as signs of therapist’s hearkening or self-awareness of being together-in-One Spirit or Bion’s O.

The video presentation is finished with my client’s newly composed poem titled *Sprite*

*The Sprite that Life Force is // eternal youth wise // that rejoices in its embodiment  
with all that that brings // and sorrows, too, // at its aging // and its inevitable  
return // to the all // for a time*

Indeed, the Life Force *is* Dao (Yeung, 2024)

**What’s with the Conclusion**

Floating back to 2003, when I met Diana for the first time in Washington School of Psychiatry, before the inception of the Institute, in the Q&A section of her presentation, I asked her a question:

Danny: Why does core state looks so much like a mystical experience?

Diana: It is in core state that I understand that why people would *believe* in the Divine!

Today, 22 years later, I asked the same question: Why does core state looks so much like a mystical experience? I propose a different answer:

Dear Diana and my esteemed worldwide AEDP colleagues, it is because...

We, as AEDP therapists, with the transpersonal use of our selves, in *Hearkening Together-in-One Spirit*, could ultimately foster a dyadic transpersonal rebirth clinically and beyond..

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