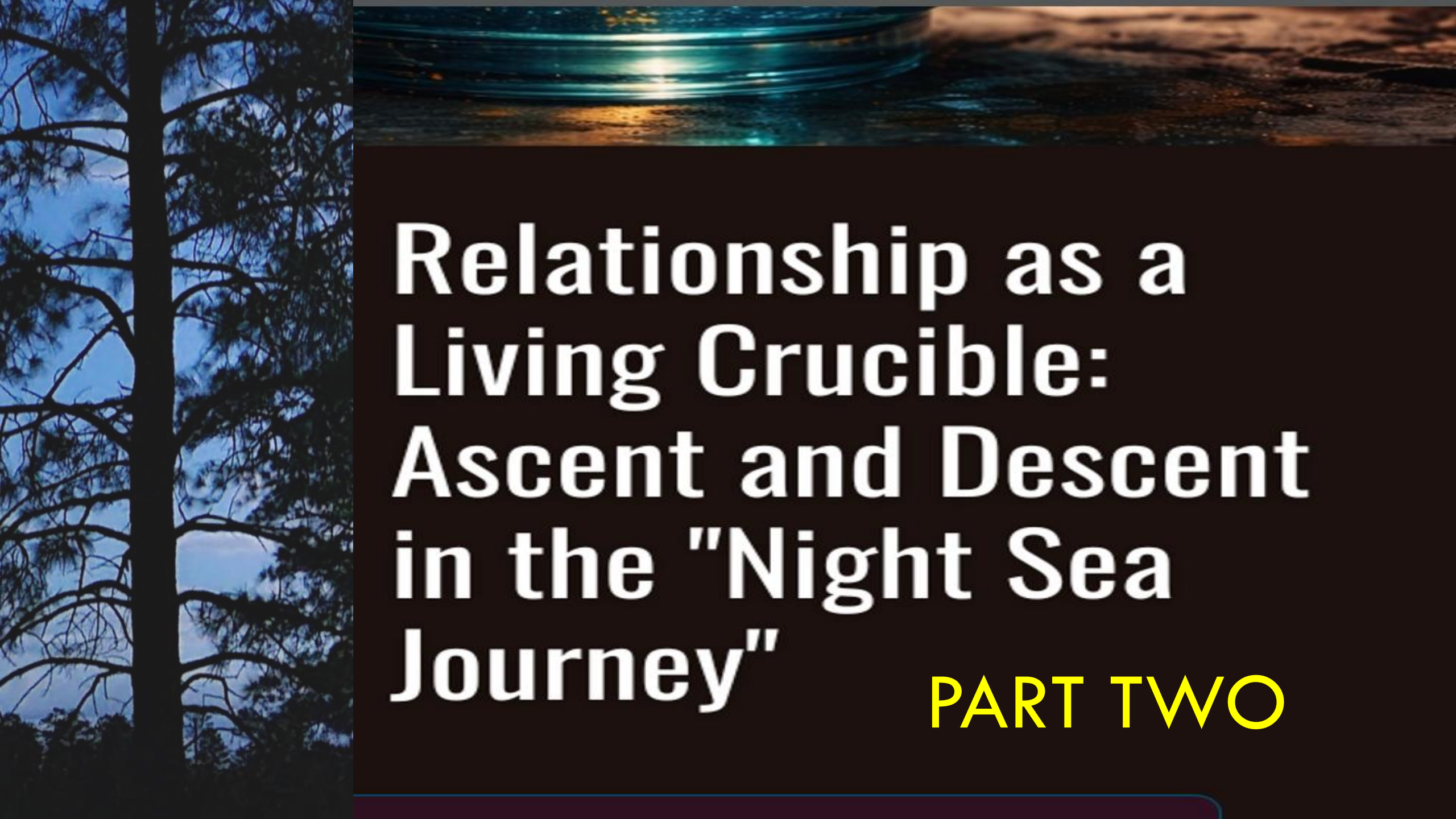
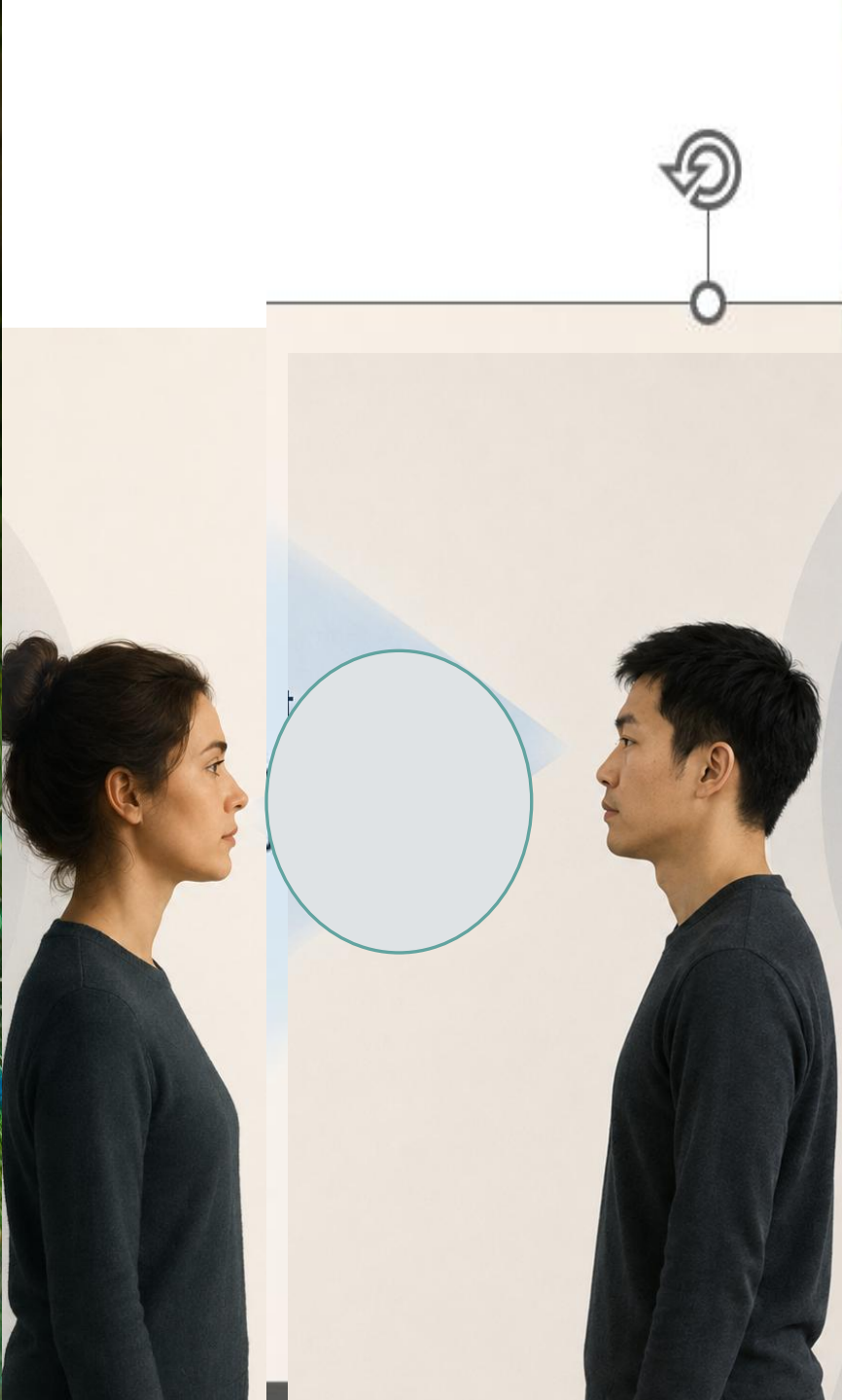




# Relationship as a Living Crucible: Ascent and Descent in the "Night Sea Journey"

**PART TWO**



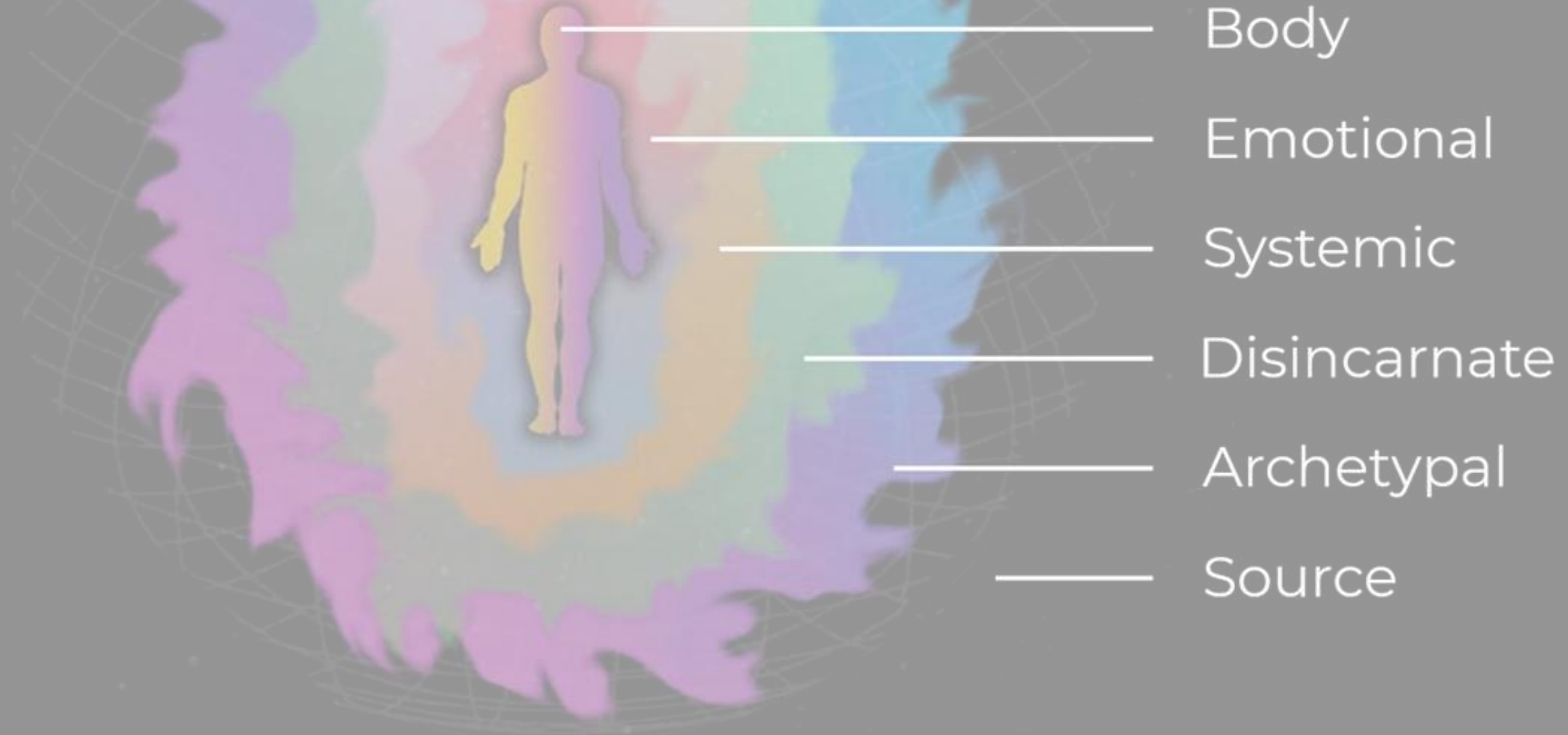
# What's in our field?

Unconscious fields shape more than you realize.



DO NOT INDUCE CHILDREN. TEACH THEM FOR THEMSELVES, FOR EVIDENCE, AGREE WITH...  
POLITICIANS & DIAPERS MUST BE CHANGED OFTEN & FOR THE SAME REASON...  
FREDERICK DOUGLASS  
- MARCUS GARVEY  
DETERMINED & LIKE-MINDED PEOPLE CAN CHANGE THE COURSE OF HISTORY.  
A DESPERATION TO SEE WHAT WE ARE IN THE ENVIRONMENT, THE ENVIRONMENT WE ARE IN THIS WORLD. THERE IS A FUNDAMENTAL DIFFERENCE BETWEEN ANIMALS IN THE ABILITY TO FEEL PLEASURE & MISERY. - CHARLES DARWIN  
QUESTION IS WHETHER CIVILIZATION CAN WA...  
WITHOUT DESTROYING...  
RIGHT TO BE CIVILIZED. - RACHEL CARSON  
BE TIMES  
REPROGRAM ENOUGH SYSTEMS TO ACCELERATE INTELLIGENCE BEHIND OUR PLANET - TIMOTHY AM...

**People come together with their projections, cultural myths, shadow, ancestral material, and archetypal influences.**



# Support For Alchemical Relational Process

The Patterned Future

**Intention** — what do you want from the relationship?

**Container** — strong enough commitments/agreements

**Stance** — Working together rather than against each other

**Caring Restraint** (not harming, not 'dumping')

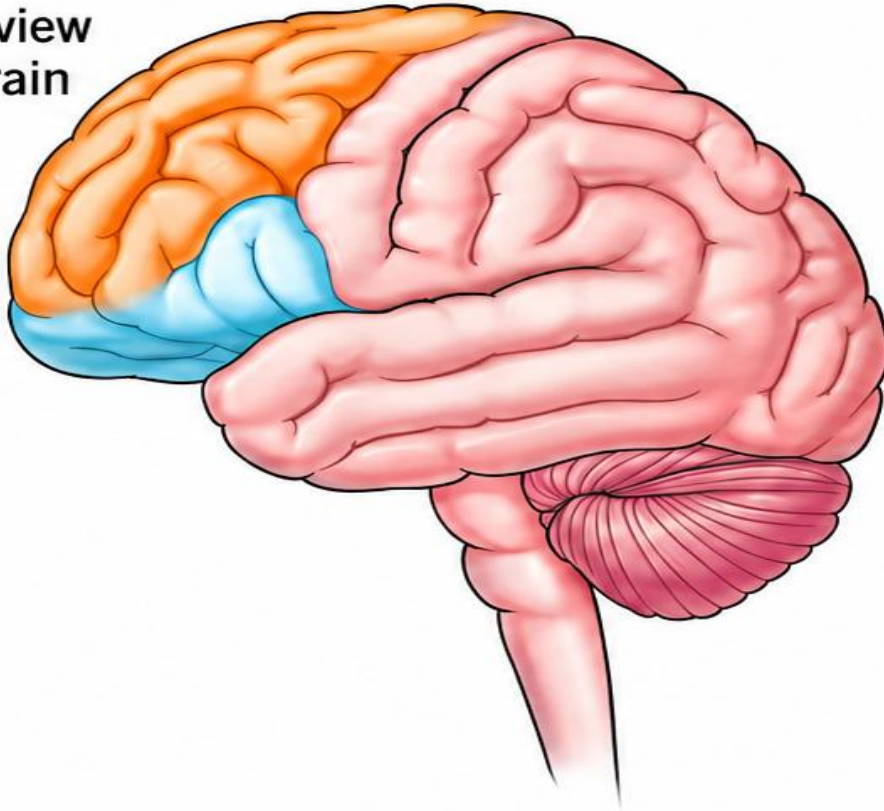
**Caring Expressions** (supporting, expressing, growing love)



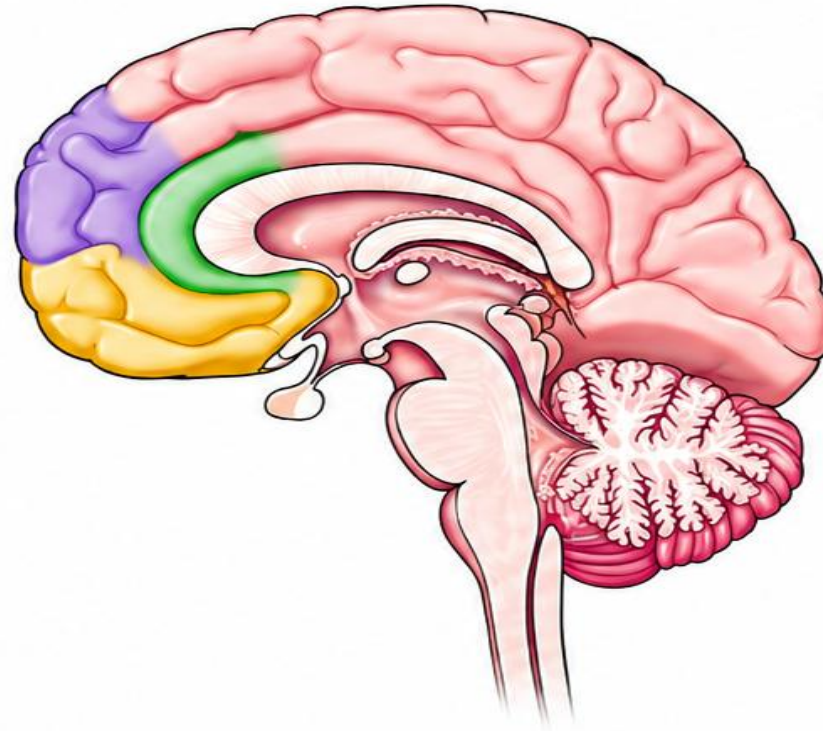
# Prefrontal cortex

*The front part of your brain behind your forehead*

Outside view  
of the brain



Inside view  
of the brain



Prefrontal cortex parts:

-  Dorsolateral
-  Orbitofrontal
-  Anterior cingulate
-  Medial
-  Ventromedial

# Leading from Our Best Self

**Medial Prefrontal Cortex is important in**  
decision-making,  
social cognition,  
emotional regulation,  
processing social information

<https://www.jimfazioib.com/wp-content/uploads/2020/09/9-Functions-of-PFC.pdf>

# Leading from our best self

## Functions of MPFC

Attuned Communication

Emotional Balance

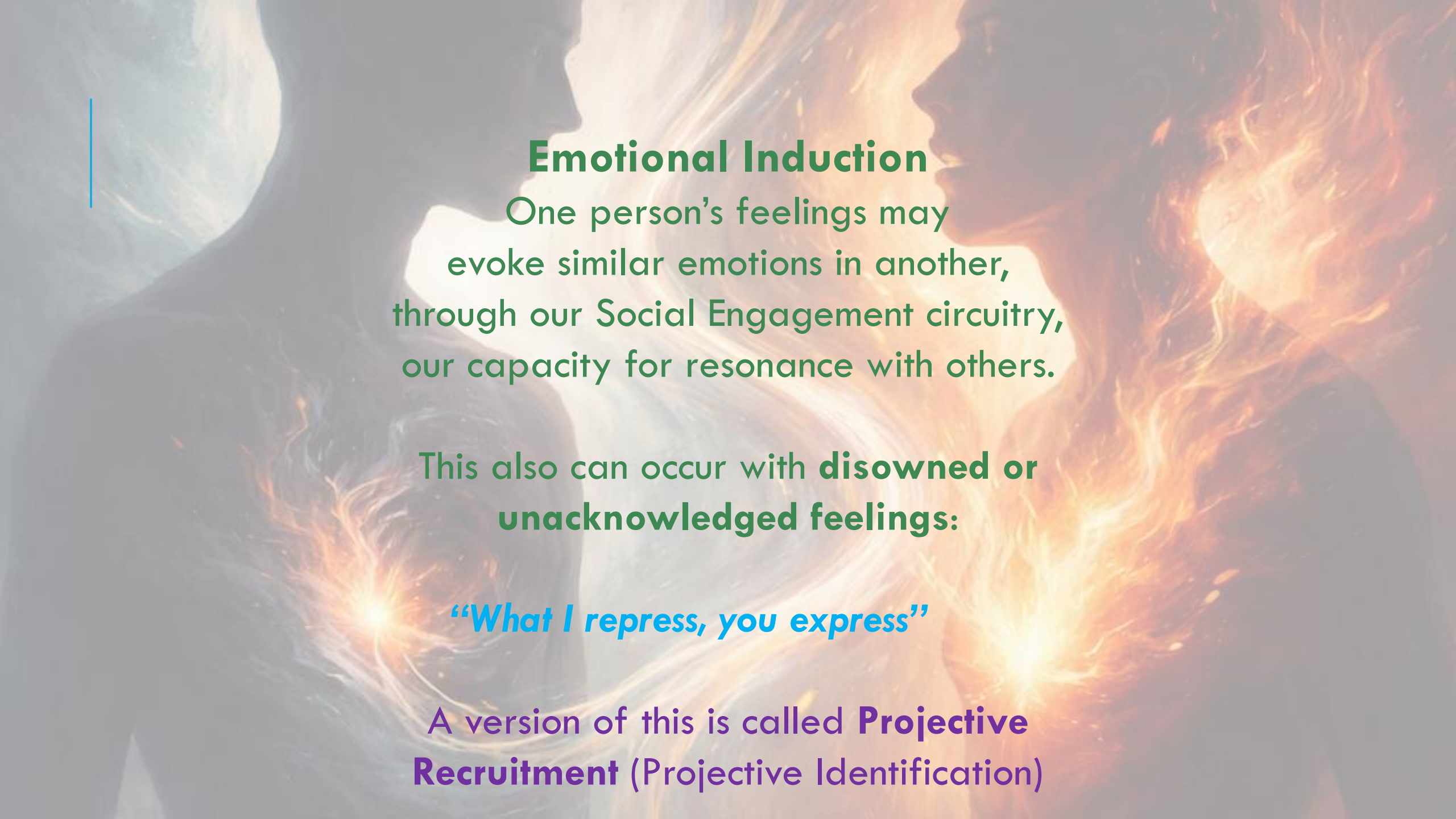
Response Flexibility

Fear Modulation

Empathy

Intuition

Morality

The background of the slide features a soft-focus image of two people's profiles facing each other. Between them, there are vibrant, glowing energy fields in shades of orange, yellow, and white, suggesting a connection or emotional resonance. A thin blue vertical line is visible on the left side of the image.

## Emotional Induction

One person's feelings may evoke similar emotions in another, through our Social Engagement circuitry, our capacity for resonance with others.

This also can occur with **disowned or unacknowledged feelings**:

***“What I repress, you express”***

A version of this is called **Projective Recruitment** (Projective Identification)

# VARIOUS APPROACHES TO COUPLES' WORK

|                      | Gestalt                                  | EFT                                      | Gottman                                    | IFS                                  | Perel                                  |
|----------------------|------------------------------------------|------------------------------------------|--------------------------------------------|--------------------------------------|----------------------------------------|
| <b>Core question</b> | What is happening here and now?          | How do we rebuild secure attachment?     | What behaviours predict success?           | How do we heal wounded parts?        | How do we keep desire alive?           |
| <b>Change theory</b> | Paradoxical: acceptance catalyses change | Structured: 9-step corrective experience | Skills-based: replace destructive patterns | Unburdening: release exiles' burdens | Narrative: reframe the story of desire |
| <b>Therapist</b>     | Field participant                        | Empathic choreographer                   | Expert coach                               | Guide to internal landscape          | Cultural provocateur                   |
| <b>Difference</b>    | Connective tissue                        | Attachment injury                        | 69% perpetual problems                     | Parts triggering parts               | Fuel for desire                        |
| <b>Shame</b>         | Pathos of the field                      | Secondary emotion                        | Reduced via less contempt                  | Burden on exiles                     | Cultural constraint                    |
| <b>Trauma</b>        | Present-moment phenomenon                | Attachment injury protocol               | Aftermath processing                       | Accessing exiles                     | Narrative integration                  |
| <b>Evidence</b>      | Case studies                             | 35+ years RCTs                           | 40+ years research                         | NREPP-listed; growing                | Clinical case studies                  |
| <b>Culture</b>       | Inherently emic                          | Developing cross-cultural                | Primarily etic                             | Primarily Western                    | Strong multicultural lens              |

# VARIOUS APPROACHES TO COUPLES' WORK

| Approach               | Starting Question                                         |
|------------------------|-----------------------------------------------------------|
| EFT (Sue Johnson)      | How do we rebuild a secure attachment bond?               |
| Gottman Method         | What behaviours predict relationship success or failure?  |
| IFS (Richard Schwartz) | How do we heal wounded parts and restore Self-leadership? |
| Esther Perel           | How do we keep desire alive within the security of love?  |
| Gestalt (Chew-Helbig)  | What is happening between these two people, here and now? |

<https://nicolechewhelbig.com/>

# Support For Alchemical Relational Process

**Intention** — what do you want from the relationship?

**Container** — strong enough commitments/agreements

**Emerging Future**

Creativity · Possibility · Growth

The Patterned Future

Habit

Comfort · Repetition  
· Routine

Trauma

Wounds · Fear  
· Stuckness

# 4 Types Of Relationships

[HTTPS://WWW.ALISONARMSTRONG.COM/](https://www.alisonarmstrong.com/)

## Legacy Model

**Goals:** This model emphasizes the importance of **family and intergenerational success**. Couples often focus on building a stable environment for their children, leaving a lasting impression or legacy.

**Focus:** The primary concern in this model is the **well-being and success of children or future generations**. Couples prioritize their offspring's development and achievements.

**Traits:** This model often entails discussions about family values and long-term goals related to children or collective legacy.

**Strengths:** Strong commitment to family values; generates deep sense of purpose.

**Challenges:** Can become overly focused on children, leading to neglect of personal needs or relationship dynamics.

# Companionship Model

**Goals:** The main objective is **enjoying life together, sharing experiences, and fostering emotional connections**. Couples often engage in **social activities and shared hobbies**.

**Focus:** Couples in this model **prioritize being together and enjoying shared experiences**. It's about companionship and mutual support in daily life.

**Traits:** These couples often value common interests and a harmonious lifestyle, seeking to maintain **an emotional connection through shared activities**.

**Strengths:** Creates a strong sense of emotional intimacy; helps in sustaining long-term friendships and interactions.

**Challenges:** May struggle during periods of conflict or change if the relationship's foundation is primarily fun or harmony-oriented.

# Support Model

**Goals:** This model prioritizes **personal growth and the pursuit of individual dreams** within the framework of the partnership. Partners are seen as allies in each other's journeys.

**Focus:** Here, the primary aim is to support each other's personal growth and aspirations. Individual goals are significant, and the relationship is seen as a support system.

**Traits:** Partners **empower each other to pursue their passions or career goals**, often leading to mutual respect for each other's autonomy.

**Strengths:** Fosters independence and empowers partners to strive for personal goals, often leading to mutual respect.

**Challenges:** Risk of drifting apart if personal goals dominate and partners neglect relationship maintenance and shared experiences.

# Karma Model

**Goals:** Focuses on **self-discovery and personal transformation through challenges** faced in partnerships. It encourages partners to develop resilience and adaptability.

**Focus:** This newer model emphasizes **personal growth through challenges that partners present to each other**. Relationships are seen as opportunities for evolution.

**Traits:** Partners in this model are attracted to each other because they **challenge one another**, pushing for personal and emotional development.

**Strengths:** Can lead to profound personal growth and a deeper appreciation of each other; challenges are viewed as opportunities.

**Challenges:** May lead to stress and conflict if one partner feels overwhelmed by continuous challenges without sufficient emotional support.

# Support For Alchemical Relational Process

## The Patterned Future

Intention – what do you want from the relationship?

Container – strong enough commitments/agreements

Stance – Working together rather than against each other

Caring Restraint (not harming, not 'dumping')

Caring Expressions (supporting, expressing, growing love)

A man and a woman are sitting outdoors in a natural setting, possibly a forest or park. They are both smiling and looking at a map that the man is holding. The man is wearing a plaid shirt and the woman is wearing a light-colored jacket. The background shows trees and a clear sky.

# Shift To Constructive Framing Pausing and Noticing

**Stepping out of the field of conflict, looking TOGETHER at what is happening, rather than looking at the other as the problem:**

**At the pattern**

**At the 'dance'**

**At the fields affecting the couple**

**This is an Aikido move- blending with rather than opposing.**

# SHIFT TO CONSTRUCTIVE FRAMING

## Sue Johnson's "Identifying The Demon Dialogues"

**Looking at the PATTERN, rather than each other**

**Three major patterns:**

- 1. "Find the bad guy" – Attack - Attack**
- 2. "The Protest Polka" - Attack - Withdraw**
- 3. Freeze and Flee - Withdraw – Withdraw**

**Seeing the pattern as the problem, not each other**



**Many relationships get organized around tensions between:**

- **Attachment ↔ Freedom**
- **Eros ↔ Safety**
- **Fusion ↔ Differentiation**
- **Healing ↔ Repetition**
- **Creation ↔ Destruction**
- **Habit ↔ Emergence**
- **Trauma ↔ Vitality**
- **Control ↔ Surrender**
- **Power ↔ Vulnerability**
- **Personal history ↔ Future possibility**

If viewed symbolically, many relationships become a crucible where these forces interact—less “two people with problems” and more **an alchemical vessel containing competing archetypal energies.**

# Some Polarities

Care for Self

Active/Intentional

Seek Stability/Structure

Seek Differentiation

Wanting things decided/settled

Focus on what is present and tangible

Deciding based on logic, principles

*Right Mode*

Upholding Tradition

Valuing Clarity

Care for Others

Allowing/Receptive

Seek Change/Flexibility

Seek Fusion/Deeper Connection

Wanting to keep possibilities open

Focus on deeper patterns and possibilities

Deciding based on feelings, values

*Left Mode*

Seeking Innovation/Novelty

Valuing Openness/not-knowing

NAVIGATING

POLARITIES

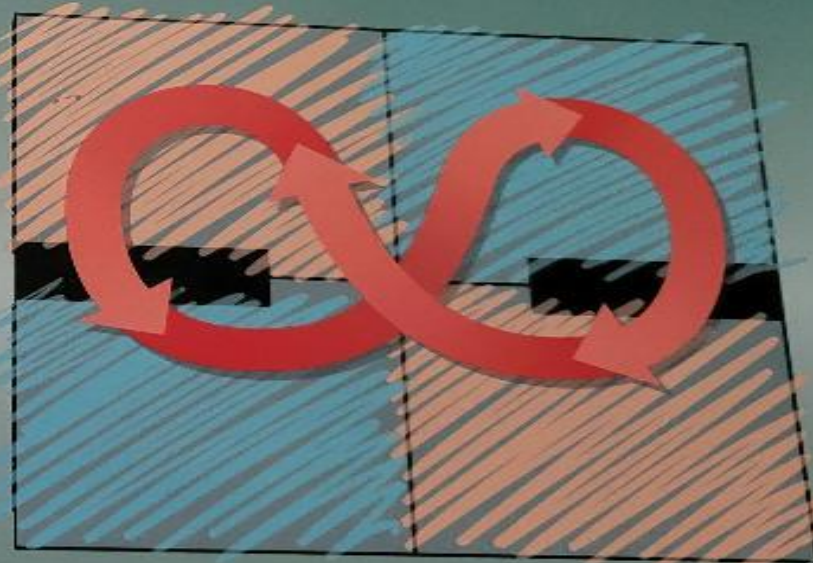
Using Both/And Thinking  
to Lead Transformation

The first book in the Navigating Polarities Series

Brian Emerson & Kelly Lewis

POLARITY  
MANAGEMENT™

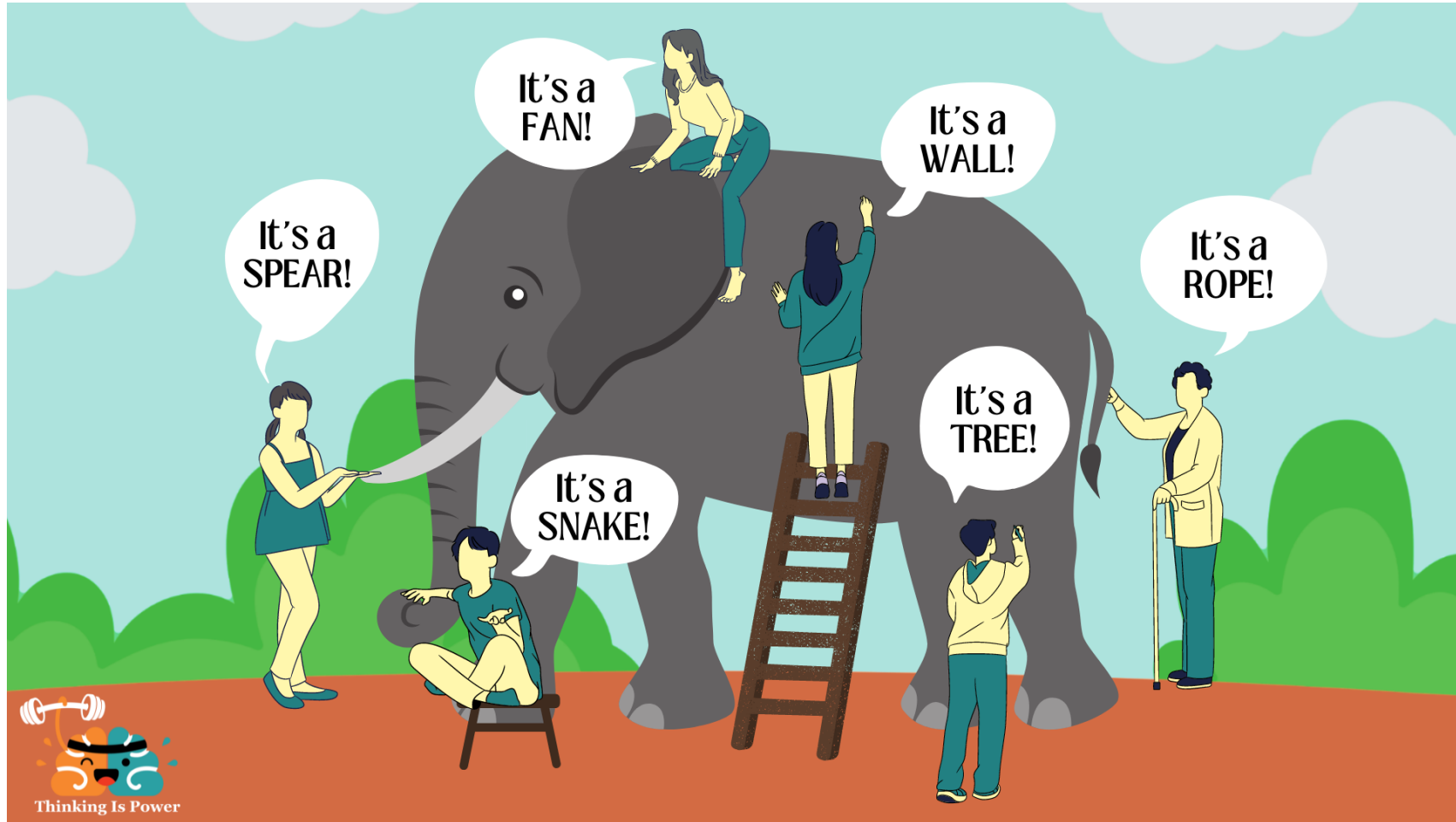
*Identifying and Managing  
Unsolvable Problems*



BARRY JOHNSON PH.D.

# *“Being ‘right’ is the easy step”*

Barry Johnson – Polarity Management



**Our own perspective is often accurate, and incomplete!**

# Navigating Polarities

## By Brian Emerson

A very skillful way to work with polarities and find ways forward

### POLARITY NAVIGATOR®

#### Strategies

Identify actions to stand in the Third Way or step into the Vulnerability

- What actions will you take to achieve the things outlined in the Third Way?
- How could you get more of the benefits of Y *without* losing the benefits of X?
- What can you do to stay with the vulnerability that arises when pursuing the Third Way?
- How can the tension creatively occupy your heart?
- Movement requires Courage and Comfort. What courageous action is needed to stand in the Third Way – *what would Courage do?*
- What can you do to experience and act from a place of integration?
- What support might you need?
- What will you do to Monitor this polarity over time?

#### Transformational Third Way

Identify what it would look like to integrate both poles

- What would it *look like/feel like* to have the benefits of both poles in this situation?
- What is possible by, or the *impact of*, harmonizing both poles?
- How do you *see the world* if you blended X and Y?
- What *mindset* would result from holding both poles simultaneously?
- What would *you be experiencing* if you were holding both poles?
- How would *other people be experiencing you* if you were holding both?

- What benefits occur as a result of focusing on/showing up with this pole?
- What positive impacts does this pole bring to the situation?
- How does this pole contribute to overall success?

Identify the benefits of healthy-use in this situation  
**Benefits ↑**

- What benefits occur as a result of focusing on/showing up with this pole?
- What positive impacts does this pole bring to the situation?
- How does this pole contribute to overall success?

Identify the benefits of healthy-use in this situation  
**Benefits ↑**

**X**

**Y**

#### Overuses ↓

Identify the consequences of overuse in this situation

- When this pole is overused – when there is too much of it – what happens?
- What occurs when this pole is taken too far?
- What happens when this pole is focused on to the neglect/exclusion of the other pole?

- What feels risky about holding both poles together?
- What would you need to "loosen up on" in order to blend both poles?
- What needs to be held, or remembered, to integrate the poles?
- What would be the most uncomfortable part of standing in the Third Way?
- What do you have to be OK with in order to blend both poles?
- What part of who you are, or what you value, needs to shift/expand?
- What's at stake for you if you step into the Third Way?

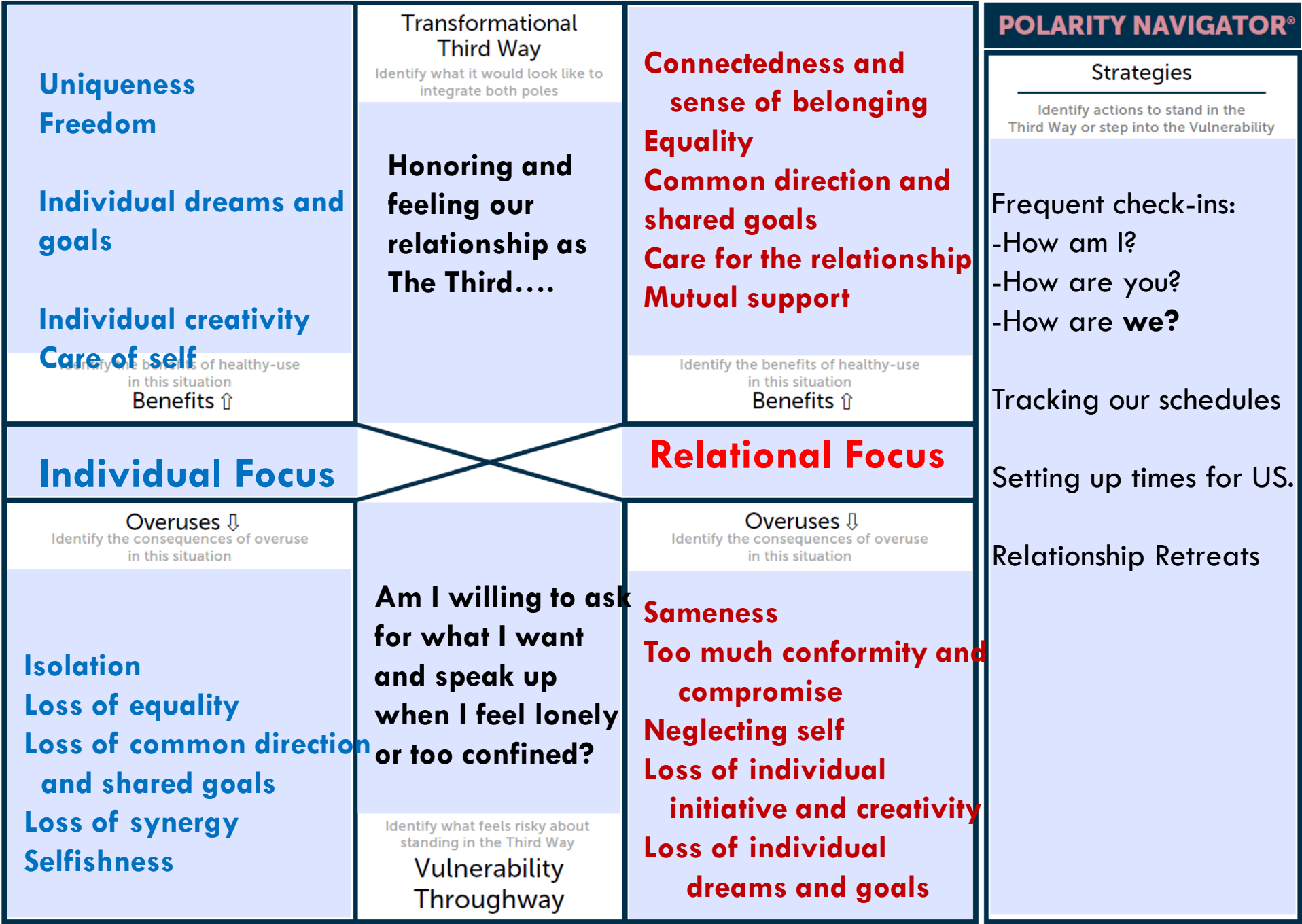
Identify what feels risky about standing in the Third Way

**Vulnerability Throughway**

#### Overuses ↓

Identify the consequences of overuse in this situation

- When this pole is overused – when there is too much of it – what happens?
- What occurs when this pole is taken too far?
- What happens when this pole is focused on to the neglect/exclusion of the other pole?



# Navigating Polarities

By Brian Emerson

*A very skillful way to work with polarities and find ways forward*





# SHIFT TO CONSTRUCTIVE FRAMING

## Recognizing Protest Behavior

**Often, protests and complaints are bids for affection and attention.**

**How these are responded to is very important.**

# SHIFT TO CONSTRUCTIVE FRAMING

## Sue Johnson's A.R.E

**Accessibility** – “Can I reach you?”

**Responsiveness** – “Can I rely on you to respond to me emotionally?”

**Engagement** – “Do I know that you will value me and stay close?”

# *Non Violent* **COMMUNICATION**

**“All judgments are tragic expressions of unmet needs”**

**Clear observations, expressions of feelings, underlying needs, and doable requests**

**Listening to others in this way**

**Offering empathy**

Navigating  
Difficult  
Conversations

# Support For Alchemical Relational Process

Intention – what do you want from the relationship?

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**Caring Restraint (not harming, not ‘dumping’)**

Caring Expressions (supporting, expressing, growing love)

## Emerging Future

Creativity · Possibility · Growth

The Patterned Future

Habit

Comfort · Repetition

Trauma

Wounds · Fear

# Six Things That Predict Divorce

<https://www.gottman.com/blog/the-6-things-that-predict-divorce/>

**Harsh Startup** to the discussion

**The “Four Horsemen”**

**Flooding** – partner’s negativity so sudden, overwhelming

**Body Language**

**Failed Repair Attempts** –happy couples argue, too

**Bad Memories of Relationship History**

***“The first step to improving a marriage is understanding why relationships fail.”*** John Gottman

# Caring Constraints

## Minimizing Destructive Elements

Gottmans' – “4 horsemen of the relational apocalypse”  
**Predicted divorce rates after 15 minute observation period!**

**Contempt**

**Criticism** 5 positive : 1 negative 😊 vs 0.8 positive to 1 😞

**Stonewalling**

**Defensiveness**

# Meltdown Prevention

## Check Your “Gauges” to stay in your best self

Excessive somatic activation is associated with lower brain centers taking charge, more reactivity, and less access to mature and loving ways of relating.

**-Internal Checking:** Pause and sense into this for you both

*“How are our nervous systems right now?”*

**-External Checking:** The Gottmans monitor pulse rates with couples, pausing therapy when either partner’s pulse reaches 100 to encourage some kind of self-soothing.

# Meltdown Prevention

Prevent **“Attaining Critical Mass”** by cooling down the system

**Agree to a Time Out.**

It helps to set a time when to check back in, so that one partner does not get anxious or feel shut out.

**Use a “Flash Card” or pre-arranged signal:**

*“This feels awful. Can we start again and really listen to each other?”*

*“I’m sorry”*

# Support For Alchemical Relational Process

Intention – what do you want from the relationship?

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Trauma

Wounds · Fear  
· Stuckness



# The 5 Love Languages®



The 5 love languages describe the different ways people give and receive love.



## 1. WORDS OF AFFIRMATION

Expressing love through spoken words, written words, and genuine compliments.

### EXAMPLES:

- I appreciate you.
- You mean a lot to me.
- You did a great job!
- I'm so lucky to have you.



## 2. QUALITY TIME

Giving someone your undivided attention and valuing the time spent together.

### EXAMPLES:

- Going on a date together
- Having a meaningful conversation
- Being present—no distractions
- Enjoying activities together



## 3. RECEIVING GIFTS

Receiving thoughtful gifts that symbolize love, care, and consideration.

### EXAMPLES:

- Thoughtful surprises
- Remembering special occasions
- Giving meaningful gifts
- Small tokens of appreciation



## 4. ACTS OF SERVICE

Doing helpful things for your partner to ease their burden and show you care.

### EXAMPLES:

- Helping with chores
- Running errands
- Making their favorite meal
- Taking something off their plate



## 5. PHYSICAL TOUCH

Expressing and receiving love through physical touch and closeness.

### EXAMPLES:

- Hugs
- Holding hands
- Kisses
- Cuddling



We all give and receive love languages, but we usually have one or two that mean the most to us. Understanding them helps us build stronger, more loving relationships.





The resonance of love is  
a vibration that harmonizes  
heart-to-heart.

-Harold W. Becker/[www.thelovefoundation.com](http://www.thelovefoundation.com)



## Caring Expressions – Positivity Resonance

The micro-movements of connection, of feeling felt –  
“**Positivity Resonance**” registers in many people as love,  
and may activate bonding and attachment circuits.

*Love 2.0 - Barbara Fredrickson*

# Resonant Language

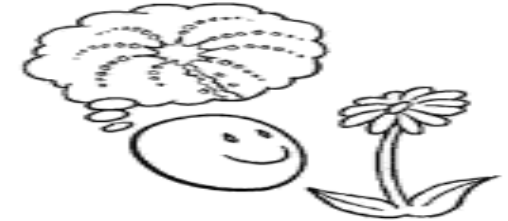
## A LIST OF RESONANT (RIGHT HEMISPHERE) LANGUAGE



Feelings and Needs



Body Sensations



Fresh Metaphor

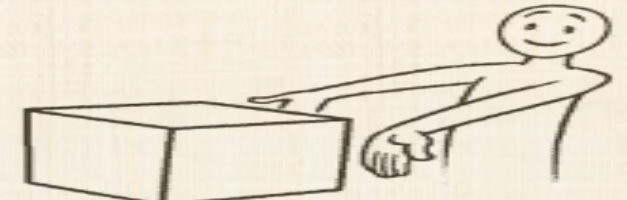


Impossible  
Dream Guesses

## Offering empathy



Poetry and the  
Poetic Visual

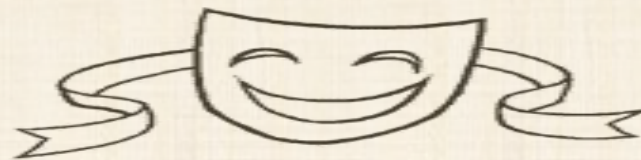


Acknowledging  
What Is

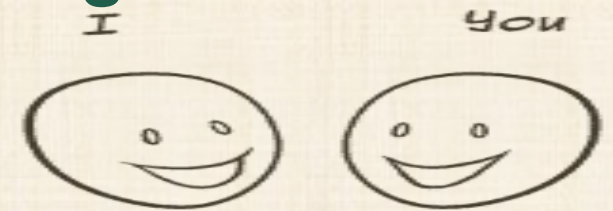
## Offering Resonant Listening



Swearing



Some Humor



Relational Language

## NOT ALWAYS SIMPLE.....

*“Empathy is very healing and helpful when the problem is shame.*

*However, empathy is not very effective when dealing with grandiosity.*

*Working with grandiosity requires finding leverage.”*

Terry Real

# Hold Me *Tight*



SEVEN CONVERSATIONS  
for a LIFETIME of LOVE

.....  
Dr. Sue Johnson

Developer of Emotionally Focused Couple Therapy,  
the most successful approach to building loving relationships

## Useful Resources On The Journey

**An entire program for identifying challenges and deepening love.**

**Based on a VERY successful program that includes an understanding of attachment, bonding, and patterns that interfere with and can support loving relating.**

# **7 Stages Of Emotionally Focused Therapy**

**Recognizing the Demon Dialogues**

**Finding a Raw Spot**

**Revisiting a Rocky Moment**

**“Hold Me Tight” – Engaging and Connecting**

**Forgiving Injuries**

**Bonding through Sex and Touch**

**Keeping Your Love Alive**

# TALK TO ME

Like I'm Someone You Love



## RELATIONSHIP REPAIR IN A FLASH

"Just about any couple using this material could humanize their relationship."

—Harville Hendrix, Ph.D., *New York Times* bestselling author of *Getting the Love You Want*

Nancy Dreyfus, Psy.D.

Expanded & Updated  
with 25 new  
Flash Cards for  
Real Life

## Useful Resources

**“Flash Cards” for communication and navigating challenging spots in relationships that can go off-track.**

**Also contains great insights and words of wisdom in each section about why communication goes wrong, and ways to make it more effective and less reactive.**

# THE SPLENDOR SOLIS – ALL 22 PLATES IN SEQUENCE

*From Prima Materia to the Red Sun – The Alchemical Journey*



1. ARMS  
OF THE ART  
*The beginning*



2. THE  
PHILOSOPHER  
*The solution*



3. THE KNIGHT  
*The purification*



4. THE KING  
& QUEEN  
*The union*



5. MINING  
THE ORE  
*The separation*



6. THE  
ALCHEMICAL  
TREE  
*The growth*



7. THE  
DROWNING  
KING  
*The dissolution*



8. THE ANGEL  
& THE DARK MAN  
*The resurrection*



9. THE  
HERMAPPRODITE  
*The rebis*



10. THE  
DISMEMBERED  
BODY  
*Putrefaction*



11. THE  
BOILING BATH  
*Calcination*



12. FEEDING  
THE DRAGON  
*The fixation*



13. THE  
THREE BIRDS  
*The volatilization*



14. THE  
TRIPLE-HEADED  
EAGLE  
*The sublimation*



15. THE  
THREE-HEADED  
DRAGON  
*The circulation*



16. THE  
PEACOCK STAGE  
*The rainbow*



17. THE  
LUNAR QUEEN  
*The whitening*



18. THE  
RED KING  
*The reddenning*



19. THE  
BLACK SUN  
*The putrefaction*



20. CHILD'S  
PLAY  
*The innocence*



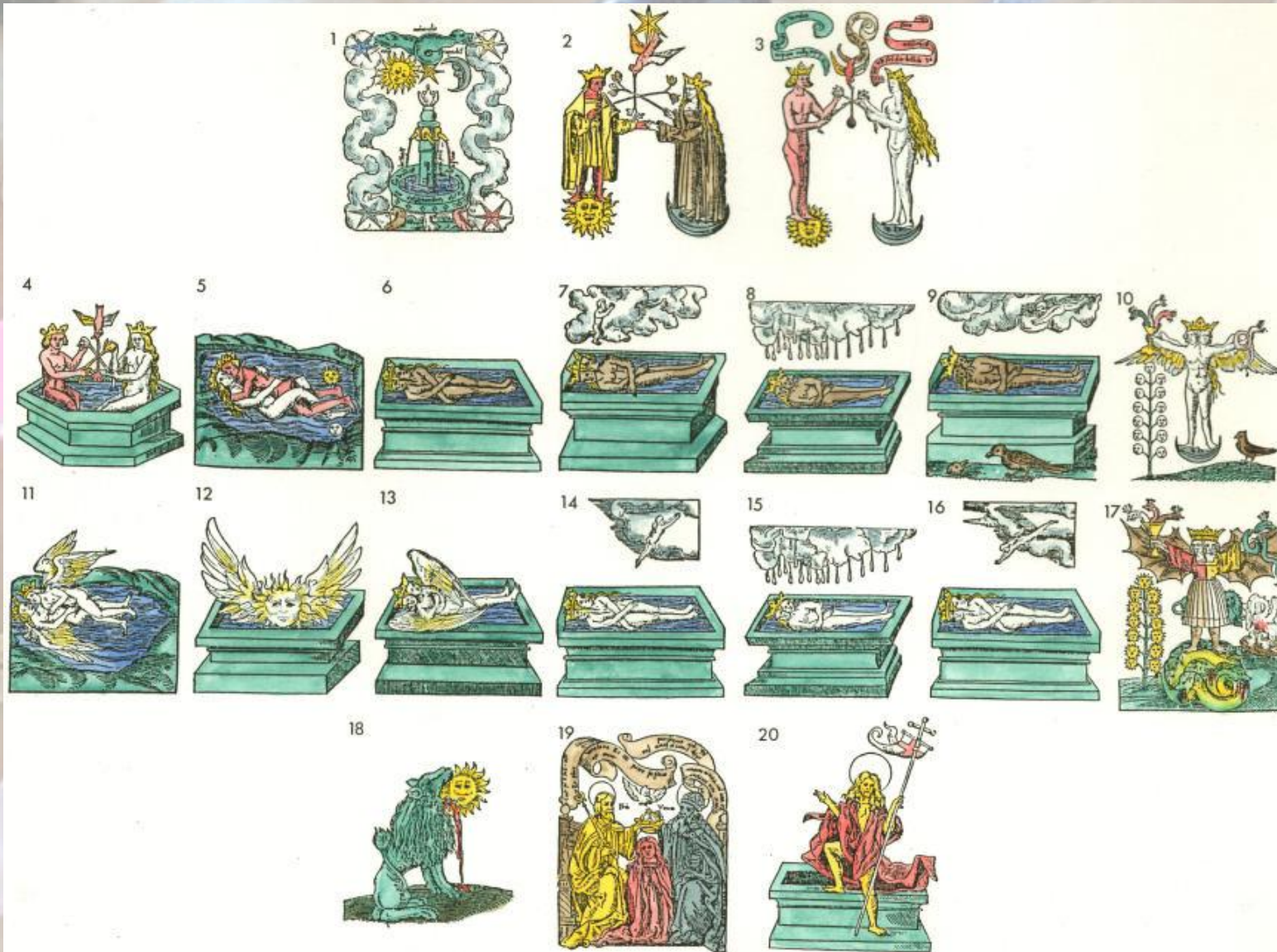
21. WOMAN'S  
WORK  
*The integration*



22. THE  
RED SUN  
*The completion*

# ROSARIUM PHILOSOPHORUM - 16<sup>TH</sup> CENTURY

[HTTPS://WWW.ALCHEMYWEBSITE.COM/VIRTUAL\\_MUSEUM/ROSARIUM\\_PHILOSOPHORUM\\_ROOM.HTML](https://www.alchemywebsite.com/virtual_museum/rosarium_philosophorum_room.html)



The background of the slide is a close-up, slightly blurred image of a peacock's tail feathers. The feathers are primarily green and blue, with many 'eyes' visible, each having a blue center and a green ring. The text is overlaid on this background.

# Thank you!

**Camille** ([camille@camilleadair.com](mailto:camille@camilleadair.com))

<https://camilleadair.com> )

**Bruce** ([bnayowith@yahoo.com](mailto:bnayowith@yahoo.com))

<https://serviceoflife.info/> )