

MODULE 5

Psychodynamics
VIDEO SUMMARY



Video 4:

Psychodynamics

▶ The exercise you are being given to do is going to be very important for the month of December.

▶ Basic assumption in psychodynamics is that all our behaviours and feelings are powerfully affected by the motives that we have no clue about, that we're not aware of in the subconscious.

▶ Subconscious mind comprises the mental processes that are inaccessible to consciousness the moment they occur. Influences our judgments, feelings and behaviour which then influences our experience of reality and our ability to move beyond our limitations.

▶ Subconscious mind is the primary source of all human behaviour according to Sigmund Freud and Carl Yung.

▶ We don't want the subconscious mind to be the source. We want to create something in the 5th dimension. We want to be co-creators and skip over the subconscious so that it's not telling us where we're headed when it's going to be a repeat of the past.

▶ The most important part of the mind is the part you can't see.

▶ Our feelings, motives and decisions are powerfully influenced by our past experiences stored in the subconscious.

▶ We gain a clear vision of how we're influence by the patterns that began in childhood through working with the Oracles from the position of Observer.

▶ When conditions are similar to the wounds of childhood we enter a choice point where we have an opportunity to move beyond that.

▶ Going beyond 'what is' and stored in our bodies with the thoughts, feelings and beliefs into 'I'm going to choose something else' through using Oracles as a methodology which takes us out of the literal mind into the symbolic mind by doing art. That's why Oracle Cards have art on them.

▶ We want to support our becoming not sabotage it.

▶ We walk around the story, hovering above it.

▶ When we talk too much about the story it anchors it and we can enter a world of symbolism to language or experience in new, intimate and creative ways.

▶ We move into the symbolism of the story.

▶ The art on the Oracle Cards was created to symbolically describe the thing that gets triggered in us to see, and eventually becomes iconic for us because when we see a card it immediately takes us to 'I know what that means' and it matches our energy.

▶ Oracle Cards connect to dominant energy and we begin to recognize the conditions that are represented in them.

▶ We channel Spirit when we get out of our own way and allow our story in motion to be represented in some form of a piece of art that then becomes our personal icon, and an icon for others.

▶ 3 components to the chosen artistic medium – 1) significant event in the past that impacted you 2) your current vision of your story in motion since being in Oracle School and 3) the vision of your future.

▶ You are creating 3 different artistic forms that represent the 3 components and these need to be completed by the end of module 6.

▶ Choose as many cards as you feel called to choose to help you tell your story in motion and accompany them with creative expressions such as visual art of any kind (preferably your own), drawings, photos, music, dance, poetry and videos.

▶ Explain why you chose the form you did and its symbolism.

▶ In your journal consider how your creation became an Oracle for someone else. If you were to see the symbolic representation of an aspect of your story in motion as an independent Oracle, what would you call it?

▶ Load the image and the name that came to you for the Oracle to the Main Page for a special exercise next month. Information is in the PDF.

▶ You are being taught how to tune into your life as a symbolic representation of our lives and where our common language comes in.

▶ Stop identifying with the details of our story that the small self recognizes and enter the language of the soul.

▶ Exercise has the purpose of turning the entire Shared Wisdom course into a big Oracle.

▶ Enjoy the Spirit Animals meditation and accompanying PDF document.