

# *Empty Your Cup*

*By*

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At a recent meeting with a recovery group, I presented the concept of the empty cup. To receive the gifts of healing and recovery from the Spirit, our first step is to empty the cup of our consciousness and ego to make room for the Soul to fill our cup of consciousness with new images, energies and potentials. A cluttered life and a muddled mind do not make room for the new and adaptive psychic structures to emerge in our life.

I invited the participants in the group to offer one intervention they could make in their life to empty the cup of their life to make room for the new, sober paradigm to emerge in their life. Everyone came up with a very thoughtful intervention they would make. Some of these interventions included ridding their homes of the old junk, letting go of the self criticism, of the perfectionism, of their dishonesty, of their drug addiction, work addiction, dependency on a relationship, and enmeshment with their families.

One individual in a recent therapy session reported that he feels extremely tired and unable to participate in many activities. His internist checked him out and declared him in excellent health. He did not feel clinically depressed. There was no apparent explanation for his fatigue. I invited him to explore what he would do once he was rid of his fatigue. His response surprised me. He listed numerous things. These included joining a certain presidential candidate's campaign, traveling to several countries in next few months, finishing up his books he is writing, and numerous other activities. He did not sound joyful about any of these. It emerged that many of these activities were compulsive and automatic. He wanted to join the presidential campaign out of narcissistic gratification more than altruistic conviction. He would travel the world to please his wife whom he loves dearly rather than live a local, peaceful life that his soul desires. His fatigue was a whisper of his soul protecting him from his own driven ness, people pleasing and narcissism. His choice was to capitulate to the old ways or empty the vessel of his life of the old compulsions to let the soulful life emerge. He chose the later.

The psychological term for this phenomenon is Kenosis. *Kenosis* is the concept of the 'self-emptying' of one's own will and becoming entirely receptive to God and his perfect will. The Buddhist tradition talks of the need to empty one's cup of life to receive the gifts of the universe. In Christianity it denotes the relinquishment of the form of God by Jesus in becoming man. When we relinquish the old dysfunctional ways of doing and being, we make room for the grace of the divine consciousness to incarnate in our life.



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