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The INNER Redeemer

By

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Who is a Redeemer?

It is an individual who recovers the soul on an individual or the collective, one who repays its Karmic debts, one who fulfills the promise and the potential of our soul, one who frees and rescues us from darkness. The Redeemer salvages the spiritual value of our enterprise and restores the honor, worth and credibility on an individual, family, tribe, nation and the collective.

In recent times, the West in general and America in particular has been thrust in an economic and cultural darkness and malaise. Our boundaries have been breached by terrorism, our economy shattered, our health care system is on life support, our education system in shambles, our spirit depressed and our hopes shattered.

In matters of the psyche, it is said that when we are in our darkest hour, we are closest to light. Psychoanalytically, this is coined as a process of *Enatiodromia* or “A **Return to the Opposite**”. So when the pendulum has swung to the extreme of despair, the process of *Enatiodromia* sets up the swing back to Hope and Change.

In America, every 2 to 4 years, we as a nation get an opportunity to vote in our Elections to implement these Enatiotropic moments of transition and change. Our recent elections on November 4, 2008 were dramatic manifestations of this Enatiotropia and Change. We as a nation elected our first Black President in a nation that condoned Slavery in its recent past! Many of our minority citizens saw their parents and grandparents treated as slaves and did not think this possible. It is a widely held belief that President Elect Barack Obama will redeem not only our health care, education, economy and energy crisis but redeem the very Soul of America and the West and send a profound message to the emerging and maturing democracies of the East.

So what does our choice of our new leader of this Diverse Tribe called America say about the alchemic change process of our young nation. As a psychoanalyst, it is my experience that we choose leaders that can carry the unconscious projection of our higher selves, what the Hindus call – our Soul. The nation and its leader become a dyad with an unconscious dynamic of mutual projection. They are like a couple that carry the unconscious potential of the other in the dyad. President Elect Barack Obama hails from the marginalized, disenfranchised sector of our social matrix. He has the courage and the vision to project his belief in the inherent fairness of the other to make the choice of their leader out of an integrity and discernment rather than prejudice and distortions about the other. America on the other hand had the courage to stake its future on its unproven, shadow potential on its untested young leader.

As we examine this soulful dance between the tribe and its charismatic, untested leader, we see the timeless archetypal forces at work. This archetypal dance is the dance of individuation or wholeness, claiming the energy and the potential of all the un-lived aspects of our individual and national psyche. The national or collective psyche and the individual psyche are mirror images of each other. The microcosm and the macrocosm are in homeostatic balance. So what does this national drama teach us about our individual process?

When our life is in chaos, what redeems us are the shadowy, marginalized, inferior, neglected aspects of our psyche. In the

lingo of psychotherapy, I call this redeeming our shadow, our inferior function and our redundant complexes or hang ups that seem to interfere in the smooth functioning of our daily life. Our choice is to repress and neglect them further or engage them head on. When the neglected aspects of our psyche are repressed further they return with a greater force and vengeance. The Repressed always Returns. On the other hand, if we go against our nature and embrace and harvest these potentials consciously, they bear handsome dividends in terms of health, wholeness and personal growth.

In some of my publications¹, I have explored at length, the process of engaging these neglected aspects of our psyche. They usually manifest in our projections on individuals we struggle with as adversaries or competitors. At other times, they emerge as turbulence in our intimate relationships. Often they incarnate in our dreams and fantasies, in our complexes, hang ups and personality quirks, as the blind spots in our functioning, as medical or psychiatric symptoms, as accidents or synchronicities, as our creative and artistic output, in our movies and music.

As a nation, we have taken one giant step in projecting our inner Redeemer on our new leader. But for this alchemic soul work to blossom, each one of us must also establish a connection with our inner Redeemer and build a bridge to the neglected aspects of our own potentials. For example, if you have an enemy or adversary, examine what aspect of your own shadow you project onto this individual. If you hate environmentalists, examine your own neglected connection with mother Earth. If you tend to ignore reading computer manuals and keep struggling with mastering a program just by trail and error, have the courage to engage your inferior sensate function and read the darn manual! If you are uncomfortable expressing your feelings but rather stay in your head all the

¹Path to the Soul, Ashok Bedi, M.D., Samuel Hayes Inc., 2000

¹ Retire Your Family Karma, Ashok Bedi, M.D., Boris Matthews, Ph.D., Nicholas Hayes Publishers, Inc., 2003

¹ Awaken the Slumber Goddess, The Latent Code of the Hindu Goddess Archetypes, Ashok Bedi, M.D., Booksurge Publishers, 2007

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time, take a risk of sending flowers to someone you love along with a clumsy note. It will manifest your love for the other more elegantly than a thousand poets! Take a Chance on YOU. The maximum personal growth comes from a contra Habit enterprise. We grow the most when we STEP OUTSIDE OF OUR BOX OF COMFORT ZONE. Take a chance on life and its mystery rather than staying stuck in the comfort of your habitual nature. As a Nation we have taken this bold step in choosing a leader Outside of Our Box. I invite all of my readers to do the same in their individual life.

MAY THE SOUL BE WITH YOU.

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Trained in India, Great Britain and the US, he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. He is author of the book, Path to the Soul, Weiser Books, 2000, Awaken the Slumbering Goddess: The Latent Code of the Hindu Goddess Archetypes, Booksurge Publishers, 2007 and the coauthor of Retire Your Family Karma, Nicholas-Hays, Inc. 2003, These and his other upcoming presentations can be previewed at his website www.pathtothesoul.com

Ashok Bedi has been in practice in Milwaukee for over twenty- five years and specializes in Adult Psychotherapy and Jungian Psychoanalysis. He regularly presents lectures and seminars in India, Great Britain, Ireland and USA on the topic of the Spiritual and analytic dimensions of treatment, healing and personal growth. Over the last

several years, he has been the International Association of Analytical Psychologists liaison person for developing Jungian training programs in India and travels annually to India to teach, train the consult with the Jungian Developing groups at several centers in India including Ahmedabad &, Bangalore. He leads the annual “In the Footsteps of Carl Jung in India” study group to several centers in India under the auspices of the New York Jung Foundation.

