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The Individual Consciousness and World Peace

By

Ashok Bedi, M.D.

www.pathtothesoul.com

An individual soul is a fractal of the World consciousness; a microcosm and macrocosm in homeostatic balance. While it is well accepted that the world impacts the individual, it is less apparent that the changes in the individual consciousness also have a profound impact on the world consciousness. The individual consciousness is in constant equilibrium with the collective consciousness. The whole impacts the fractal, but with intensity, psychological valence and time, the fractal can transform the whole, as far as they are in connunctio or union. This gives the individual soul work considerable leverage in transforming the world consciousness. If a few individuals do their work with considerable intensity, they have the potential to transform world consciousness in a short time. Of course the same impact can be had by lots of individuals doing their soul work at the same time. In either

case, it is very hopeful that each one of us has the potential to impact the world for better or for worse. A single drop can transform the ocean. You have a choice to make: will you leave this world better or worse than you found it? If you leave the footprints of a toxic life behind you, you will figuratively generate negative Karma, which you will have to retire in your subsequent incarnations. Tragically, if you leave a legacy of negative Karma in this lifetime, your children, grandchildren and their grandchildren will have to retire it for the proverbial seven or more generations¹. On the other hand, if you lead a spiritually purposeful or Dharmic life, you will achieve Moksha or Nirvana (freedom) from the Karmic tangles of rebirth and your individual soul will be worthy of union with the primal spirit, or Atman. Such a Dharmic soul is worthy of merger with the universal consciousness or the Brahmana. You will then leave this world a little bit better than you found it.

The optimal method for an individual to impact the world consciousness toward peace and welfare is to undertake one's own individual soul work. This creates a powerful, high-intensity power fractal that transforms the collective. This brief article will explore a framework within which to do your

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

soul work in ways that maximize your impact on world peace and collective consciousness – the Unus Mundus.

What are the manifestations of our Soul as it reaches out to dance with the Spirit? Ancient wisdom and modern psychoanalytic understanding stand as our guides to inform and instruct us to the rhythm to which we must dance in order to synchronize our Soul's step to the music of the Spirit.

Each one of us is born with our own program with which we must communicate with the Spirit. This is called the archetype of our Soul. The task of our lifetime is to recognize and unfold our soul's own unique program under the auspices of the archetype of the soul. Our soul continuously sends out parts or fractals of itself towards the Spirit. The Spirit is the great Attractor which beckons the soul to its bosom. A fractal is a mini but complete replica of the whole. The goal of these fractals is to send out mini soul pieces towards the Spirit for gradual manifestation and maturation. This process is called the de-integration of the Soul. These de-integrates then get informed and transformed by the encounter with the Spirit

under archetypal guidance and return back to the Soul informed by our spiritual purpose or Dharma. This process is called re-integration of the soul. This process continues all through our life as circumstances permit and present themselves. In such a manner, our soul gradually encounters the Spirit and returns to its origins, more conscious of its Spiritual calling and purpose. This return to itself is the Uroboric phenomenon in the image of the sacred serpent that is chasing and swallowing its own tail, thus completing the cosmic cycle of creation of consciousness. The soul gradually becomes conscious of its spiritual purpose.

There are many and specific ways in which our soul de-integrates and re-integrates in this lifetime. For instance, each relationship in this life, whether with a friend or foe, family or others, at work or in love, carries a fractal of our soul. If we manage these relationships in accordance with the intentions of the Spirit and guided by the archetypes, we gradually live a life “in the Spirit.” Hindus call this a Dharmic or spiritually informed life. If we miss this opportunity in this lifetime, we must return to this world for numerous lifetimes till we retire our karma and get into our Dharmic groove.

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When we live our life in accord with the intentions of the Spirit, it is a “lived life.” If we survive this life divorced from our Spirit, it is a missed opportunity to reach our highest potential to honor our soul, to better our world and align ourselves with the Spirit’s purpose for us. Such a divorced life is riddled with disease, distress and dysfunction. These sufferings are whispers of our soul attempting to realign us with the Spirit. If we heed these whispers and religate ourselves with the Spirit, we get centered, balanced with the higher purpose, and complete this Uroboric circle of the mandala of our life. This is the purpose of this life. We then become a small wave that dances in harmony with the great ocean and become part of the whole. This is a unique feeling of Unus Mundus or “Oneness with the Cosmos.” This can only be experienced in a lived life, not described in words or books. It is experienced as “Shanti” or peace and “Bliss” or harmony with the Spirit. Once we achieve this state of oneness with the Spirit, we are free from dis-ease and superficial attachments and this is a state of “Moksha” or “Caring detachment” -the state of freedom of our soul.

All human disease and distress is in part a manifestation of our disconnection from the Spirit. When we reconnect with

the Spirit consciously, we heal, become whole and live in harmony with the inner and outer world. The wisdom of the Spirit informs and facilitates our path. Our mundane life is perfused with the sacred mystery of the Spirit. A life without connection with the Spirit is like a driver driving his car aimlessly. A life lived in Spirit is like a driver navigating with the help of the latest global positioning satellite system.

One of my patients reported the following dream;

He was flying a small plane and the plane was in distress. He was trying to make an emergency landing in a field. However, to his dismay, each time he tried hard to control and maneuvers his plane, it got more out of control and starting bobbing on treetops. He was a trained pilot and was making all the right moves under the circumstances. Something was terribly wrong with the situation. Then he took a deep breath and scanned his horizon once again. To his utter surprise he found that he was not in a plane at all but a small glider and his glider was tethered to a bigger plane ahead of him. Immediately, he understood what was wrong with his attempts. Now the strategy was clear. He relaxed, and let the big plane direct him safely out of trouble. He let the big plane take the

lead and he gently caught a nice, smooth wind current and rose above the trees and in a few minutes he was over a clear patch of land, the big plane cut him loose and he made an easy, safe landing near the Milwaukee river.

This dream is a paradigm for the relationship between the individual soul and the primal Spirit. Each one of us is the pilot of our small glider-our soul. However, most of us live in the illusion that we can independently navigate our soul. This leads to numerous difficulties, since we struggle with our Spirit rather than dance with it. When we relinquish control and let the big plane we are tethered to lead us- when we let the Spirit guide us, we ride the gentle waves of the contours of our destiny. When the small plane aligns itself with big plane, when our individual life is lived by the program and intentions of the Spirit, we eventually land safely near the great river of life, near the water, the source of renewal by the unconscious. Water is the symbol of the unconscious where the Spirit resides. In this dream, the pilot is the Ego or the center of our conscious life, the small glider is our Soul or the deeper center of our total personality and the big plane is the Spirit. When these three are aligned, we live a spiritually purposeful life.

Whispers of Our Soul

The manner in which the soul whispers to our ego for engagement and maturation is crucial to attending to our Dharma or spiritual purpose. As a psychiatrist and a psychoanalyst, it has been my clinical experience that the soul speaks to our ego via our dreams, day dreams, fantasies, accidents, synchronicities, complexes or hang-ups, relationship tangles, medical and psychiatric symptoms among others. When we attend to these manifestations of our soul, we get into our Soul or Dharmic groove. Such a spiritually informed individual attains a pristine consciousness – a purified drop of water that we offer to the collective and contribute to the welfare of the world and promote peace and harmony. How to attend to these whispers of our soul has been explored in some detail in my other publications²⁻³⁻⁴. In this brief article, I will focus on the dynamics of the shadow relationships as crucial to peace and the survival of human civilization and as one crucial intervention that we must urgently make to deal with the

² Path to the Soul, Ashok Bedi, M.D., Samuel Hayes Inc., 2000

³ Retire Your Family Karma, Ashok Bedi, M.D., Boris Matthews, Ph.D., Nicholas Hayes Publishers, Inc., 2003

⁴ Awaken the Slumber Goddess, The Latent Code of the Hindu Goddess Archetypes, Ashok Bedi, M.D., Booksurge Publishers, 2007

impending apocalyptic crisis in our collective. The Hindu scriptures postulate presently we are at the end of the dark age or Kali Yuga. This is the last of the four stages of development that the world goes through as part of the cycle of eras. At the end of this dark age or Kali Yuga, a Golden Age will ensue. This ends the 5,000 years cycle since the beginning of the Kali Yuga, and will last for 10,000 years starting on 21 Dec 2012. This is the same year that the Mayans predict the rebirth of our planet. The predictions about major shift of consciousness in the Collective around December 21, 2012 are predicted in many major spiritual systems including Mayan, Hindu and Buddhist traditions. I am scheduled to present my findings about 2012 in a conference in Ireland in early 2012, but for now, I wish to emphasize that from our observations of the events in the world, it is apparent that we are at an inflection point in our history. We need to urgently engage, assimilate and transmute the shadow dynamics in our individual and international relationships or we might make the transition to a new golden era a disastrous rather than a spiritual transition. Change it will. Our only choice is how we wish to change.

Engaging the Shadow

In India, we have a saying that if you have good friends you are fortunate, but if you have worthy adversaries, you are blessed. Mahatma Gandhi was blessed that he had the British rather than the Nazis as his adversaries. Our friends and adversaries are the mirrors of our soul. They reflect back to us our unconscious and unlived personalities and potentials, whether demonic or numinous. Carl Jung called this our shadow. We tend to project our shadow onto others, friends and foes alike. When we become conscious of these projections, we have the opportunity to reclaim these projections and assimilate these into our consciousness. This expands the scope of our personality. What was unconscious now becomes a conscious and available dimension of our personality. If we stay in the projection mode and remain unconscious of our shadow, it becomes the toxicity of the world consciousness. It coalesces into terrorism, prejudice and bigotry.

So the question remains: why do we project it onto the other in the first place? Why not become conscious and live it out, rather than go through this loop of the other? The answer to this riddle lies in the dynamic of "Transmutation". When we eat pork, we do not become a pig. Our body takes the pig protein, extracts the essential amino acids from it necessary

for our metabolic needs and excretes the rest. It keeps the best and gets rid of the rest. This same process occurs when we project onto the other. Since we do not have the psychological attributes or structures or certain aspects of our personality – our shadow, we project onto a friend or a foe to transmute it, to transform it into its core essence, and than hopefully reflect back the essence of our shadow’s soul. This is the unconscious purpose of projection. For this process to work, two elements need to be in play for it to fulfill its goals of transformation of the shadow into its soul essence. Firstly, we must have some consciousness that we are projecting our shadow onto the other. Simultaneously, the receiver of these projections must not get so caught in these projections that they are not able to transmute it and return it back to us in a crystallized form. This alchemic process is crucial for the transmutation dynamic to work. While I have numerous case examples of this process of transmutation of the shadow, for the purpose of this essay, I will restrict myself to two examples to illustrate this dynamic from a microcosm and macrocosmic perspective.

Jennifer was a thirty something, attractive young executive who consulted me for analysis with problems of intimacy block. In spite of good looks and a successful career,

she was unable to establish and sustain a successful relationship. I will telescope our work to one particular session in therapy, when she came in extremely agitated. I inquired as to the context of her agitation. She reported that she had a stressful encounter with this “slut” at her parent’s home at a family gathering. In further exploration, she clarified that the slut was her sister who showed up wearing provocative attire with her boyfriend. The provocative attire was fashionably tattered jeans and a tank top. I reflected that there wasn’t anything blatantly sluttish about this attire. On closer reflection, it became apparent that her sister was just a spontaneous, playful soul and carried Jennifer’s shadow. Jennifer was caught in the “Virgin/Whore” split in her psyche. She lived out of a virginal, virtuous frame and projected her playful, erotic parts onto her sister and then misperceived them as sluttish. The sister was a loving soul who remained authentic and tolerant of her critical sibling. Over time, Jennifer was able to reclaim her playful, erotic potentials and integrate them into her consciousness. She reconciled this Virgin/Whore split in her psyche and eventually established a loving relationship with a man and lives happily with him.

Mahatma Gandhi and his British adversaries had a

wonderful light/dance shadow to their mutual benefit. The British projected their colonial, racist shadow onto the Indians. Gandhi took their penchant for justice and order and transmuted the British shadow into the soul of their spiritual essence. Gandhi insisted on fair and just treatment and risked his well being, freedom and life itself in the equation. He insisted that the British had it in them to rise to the threshold of their higher potential. His insistence on this truth – Satyagraha, coupled with Ahimsa, or non-violence, transmuted the British shadow into its highest potential for fairness. Both parties were transformed. The Indians rediscovered their soulful and courageous insistence on truth and fairness through non-violence and civil protest, while the British rediscovered their sense of justice and fair play. The world was left a better place by this dance of shadow into light.

To promote world peace, we are in urgent need of this transmutation in dealing with our personal and collective relationships. We need to see in the various terrorist and extremist movements a shadow of the Western psyche and its tendency to be exploitive of the old cultures of the world. When the West will recognize that the terrorist and the extremist factions of our global community are mirroring the

violence and the exploitive dynamics of the powerful Western nations and embodied in such movements, it will claim its potential to transform this exploitation into enterprise and innovation to benefit all citizens of this small planet. The subtle violence of the Western psyche may be transformed into power to tame the scourge of disease, deprivation, poverty, global warming and numerous other challenges that confront us today. We need all the power of the East and the West to collaborate to deal with this collective shadow. If we don't these shadow may manifest as an archaic energy which will ensure our mutual destruction. As John Kennedy aptly declared, "United, there is little we cannot do". When we confront our shadow, we have the potential to transmute it into our spiritual potential and live a meaningful and purposeful life and contribute to world peace. The time is now, and the stakes are high. I am personally hopeful that a good number of us will undertake this Magnum Opus of our soul work of confronting the Inner Terrorist in each one of us. When each one of us recognizes our *Inner Terrorist*, our shadow and transmute it rather than project it onto the *Outer Terrorists*, we have the potential to transform this turbulent world into a peaceful one. Peace, prosperity and plenty will prevail for the next ten thousand years. I hope you all join in this enterprise. Om,

Shanti.

About the Author

Ashok Bedi, M.D.

1220 Dewey Avenue,

Wauwatosa, WI 53213

Phone (414) 454-6610

Email: ashokbedi@sbcglobal.net

Web: www.pathtothesoul.com

Dr Bedi is a Diplomat Jungian psychoanalyst and a board certified psychiatrist. He is a member of the Royal College of psychiatrists of Great Britain, a diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Distinguished Fellow of the American Psychiatric Association. He is a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a Training Analyst and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is Honorary Psychiatrist at the Aurora Psychiatric Hospital and the Aurora Health Care Network. He has been a psychiatric consultant to several agencies in Metro Milwaukee. Presently he is the consultant for the Sexual Assault treatment center at the Aurora Sinai Samaritan Hospital, Dewey Center at the Aurora

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Psychiatric Hospital for treatment of Addictions and the Pastoral Counseling Service of Greater Milwaukee.

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. He leads

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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.

