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# Shadow Tech

*Cracking the Codes of Personal and  
Collective Darkness*

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# Book Sample Contents

V is for Virus .....	3
The Zero and the One .....	22
Interview with Melissa Mari .....	38

# V is for Virus

*Inside every human being, existing amongst the infinite electro-chemical structures of the mind is an ecosystem of parasitic patterning that lives as our highest purpose dies. There is a viral network within us all, inherited at birth, having mutated through every generation that has ever been, challenging our every move and every living being we come into contact with. We are all hosts for the Virus. The predicament we find ourselves in is truly archetypal in nature. Its proportions are mythical, and the Opponent is eternal.*

In the first chapter we discussed the metaphysically subjective nature of evil and the prevalence of the destructive force in the universe. For these reasons, we will never escape the dark side of creation. As living organisms, we will always have to contend with this force, but our history as beings is marked by success after success in thwarting this opponent and forcing it to evolve as much as it forces us to.

Because of the nature of subjective destructive agency, the Opponent takes on infinite forms. As we have seen, it may manifest as a predator, a parasite or a pathogen, using previously successful holarchic patterns, while shifting to fit a

particular domain. The human energetic ecosystems we call the mind and culture are rich mediums for viral evolution and transmission. **Within the constructs of the human psyche live any number of viruses and parasites, mutating and adapting to the situation, but always collecting around common weaknesses like any biological pathogen will.**

Before the mid-nineteenth century, western people blamed biological plagues and deaths from communicable diseases on acts of God, or the Devil. The domain of the microbe was totally unknown to us. We could not imagine a reality where the earth is mostly populated by countless trillions of microscopic killers that live to trick and parasite off of every other form of life on the planet. *The devil of this world might be more properly described as a virus.*

Just as we could not have imagined the biological realm of viruses 200 years ago, today most of us would not believe that our minds could harbor viruses. Most would not believe that our culture is a transmission medium for these parasites, which travel through media, through our language, our behavior, our energetic states and probably our DNA as well. Most may not want to believe such a fact, but then again, most would give little thought to such a possibility if it were presented. This leaves the consideration to you and I.

In the previous chapters we have built the foundations for such a reality to be possible. We have not proven anything and will not attempt to prove anything as nothing can be proven to anyone. The real proof is always in one's own experience and we invite you to look into your own psyche, into

your own relationships to see for yourself. Are you harboring one or more psychic parasites? Can you find their emotional food and track and trace their feeding cycles through your thoughts, moods, and unconscious behavior? We have found these signatures within ourselves and we have recently found others who have as well.

Of course ancient cultures have many models for this phenomenon, but we have recently found a few present day westerners who are reaching similar conclusions to our own. We already mentioned authors Paul Levy and Jonathan Zap and I should also mention Eckhart Tolle, Bernard De Montreal, Michael T. Greenwood, Lama Tsultrim Allione, Steve Richards, and surely there are more who have conducted their own studies and mapped this phenomenon in their own ways. In our view, the domain of mental parasitism is as real as the biological realm of infectious diseases and may be equally or even more powerful.

### *Traumatic origins*

We often tend to think that the increasing dysfunction of modern, industrialized society is due to current factors, and to a degree it is, but our history as civilized people is one of institutionalized abuse of ourselves and others. We come from a very long line of torture and abuse by hierarchs. The Europeans who escaped the top down abuse of feudal society passed on their own trauma to the indigenous peoples of the world whom they genocidally murdered or enslaved. Now they are

in the same boat with us. Together, we all share a massive energetic pool of dysfunction and trauma. We are moving into times when that state of being can truly be transcended, but the reason it is still with us today is because the energetic patterning of our minds and bodies is still carrying the viral codes of our past. We are still infected and we have not yet come to terms with this.

*Wounds that give rise*

Although an organism may attract a parasitic agent for many reasons, a common way they are attracted is through a weakness like a wound. A wound is a location where newly available energy exists, where structural foundations are fractured, and physical integrity is diminished. Imagine a cut on the skin or an animal bite. Physical wounds will always become infected by pathogens if not cleaned, aired out and nursed back to health. These same principles apply to psychic or emotional wounds.

Psychological trauma can be even more harmful to us than physical damage because we don't have a clear understanding of our mental states. We can easily locate a physical wound on the body, but an emotional wound is hidden away in an invisible domain. An emotional trauma can fester for years, causing manageable disturbances, until it metastasizes and causes severe effects, including physical and mental disease. When it does, the effects will usually be misdiagnosed because the majority of health practitioners are completely in the

dark regarding such conditions, even though psychological trauma is as common as a cold.

A psychic fracture could be caused by a single traumatizing event like the death of a spouse, parent or sibling, an accident or the like. A wound might be caused when normal disruptive events in early life are not handled properly by the family. Many wounds occur early on in life through repeated, habitual family dysfunction that deprives a child of its innate ability to develop normally. Dysfunctional family “codes” are systemic throughout culture, and shared within the population. In this way traumatizing conditions are set up and fulfilled generation after generation. We all come into this state of reality when we’re born into this world.

When parents are themselves traumatized, their own wounding and dysfunction prevents them from providing healthy nurturing and positive support. In our society, increasing numbers of parents are unable to give their deep presence to their children, as they are often rushing through life, self absorbed, and in a state of internal anxiety. That neglect, although not physical and not intentional is very damaging to children, who will perceive their parents’ emotional absence as abandonment.

Another common way children are wounded in our culture is for parents to cause a child to sidetrack or repress an emotional release. Small children are continually emotionally disturbed in the harsh environment of urban society. Parents often scold children for these releases or sidetrack the release by offering them food, candy, television or some other dis-

traction. These are just a few examples of familial behavior which leads to psychic fracturing that breaks our psycho-physiological structuring. Obviously, physical and sexual abuse, parents' drug and alcohol addictions and similar severe influences damage children's psychic structures even more. Some of our most foundational child raising codes and cultural values are not conducive to balanced psychological development but are ingrained into our culture.

Our shadows are the energetic contents of all repressed or denied patterns, some of them being ancient animal instincts, but our shadows are also the unconscious effects of developmental wounding. Much of our destructive programming originates in these broken systems. We will always require shadow work because we will always have to integrate ancient patterns that are not appropriate for "civilized" life, but we should separate these ancient patterns from the effects of psychic fracturing created by our modern way of life.

*A script is written*

Regardless of how a psychological trauma is formed, if it is not healed, it can give rise to a destructive program in our electro-chemical structures. This can manifest as a neurosis, a tick, an addiction or other habitual destructive thought or feeling pattern. This might be considered a *Complex* in psychological terms, although I am not sure if existing terms for these programs can be used without some redefining.

A complex or destructive program could be seen as a broken psychic script or perhaps a workaround script written as a stop-gap measure when a child was out of options while faced with a dilemma. Children cannot see their way out of bad conditions with higher cognitive processes like adults can. Logical faculties come on slowly, and children cannot conceive of future options to resolve their anxiety.

I see parents trying to rationalize with small children and getting no results, causing them to become abusive to the child. Small children cannot not think their way out of a troubling situation logically. They are truly trapped and victimized by harsh conditions they are unable to cope with. This generates high energy and high information processing which results in the writing of an internal script based on that condition. The program that's written is coded under duress, under limited visibility, and high stress hormone levels. It's objectively inaccurate and not balanced. If the program is not rewritten by subsequent experiences, or if later experiences validate its existence, it remains as a destructive script. We are all carrying these destructive programs to some degree or another.

### *Dark agency*

It is unknown to us exactly how or why a complex may become actively parasitic, but it seems likely that this will occur when a program is closely related to an archetypal energy flow. To visualize this, we can revisit the Jungian

archetypes we discussed in previous chapters, and see them as electro-chemical states in the body. When a program is written in our psyches that gains direct access to these flows of energy, it will redirect the personality towards its own autonomous functioning.

**An addiction or other repeating destructive pattern could be seen as a parasitic program or virus of the psyche. It could also be considered a demon, a djinn, an evil spirit or the like in prior understandings.** Many ancient cultures have understandings of demon possession and practices for healing. These could be studied for they are likely useful and may only need translation. It's also possible that they cannot be translated properly unless one uses a systems level viewpoint. Another point to add here is that modern western people may be possessed by different “demons” or autonomous programs than ancient people were.

A parasitic program may adhere to a cultural pattern that is shared amongst many in the culture, or it may be particular to an individual or their family, but it will always be related to greater cultural predispositions. In other words, entire societies share psychic viruses and suffer from the same types of effects. This is same-similar to communicable biological pathogens. **Parasitic programs are living, just as every psychic system in the mind-body is. They seek like resonance, and are viral in nature. They live within the bounds of polarity as any system does, and they can and do flip poles regularly.** Like passive complexes, most of us harbor these viral autonomous complexes, although many of us who are

healthier are managing the situation well enough. This can change if we suffer a trauma later in life that opens a door for these programs to rise to prominence.

*Real possession*

The clearest example of this is in those who are deemed schizophrenic. In urban America, the numbers of these individuals are rising rapidly. Sometimes they are also addicts, but often they are not. They go in and out of mental hospitals and live on the streets. They talk to themselves openly and are clearly possessed. I see them every day on the streets of Bay Area cities. These individuals are harboring any number of psychic parasites or autonomous complexes which have taken priority in their psyches. They have become so integrated into their mind-bodies that we cannot view the individual as a coherent person anymore. They are a raucous gang of conflicting agents, each vying for possession of the individual's energy and attention. In older models, these individuals would be considered to be possessed by demons.

Schizophrenia is a vague term probably describing multiple related phenomena, but the condition described above proves a point. This is one extreme example of possession by autonomous psychic parasites, but it's an example where the result is chaotic. A more well hidden example is where an individual is possessed by a particular program that is able to live in *relative* harmony with the psyche. Entire nations can become entrained to the vibrations of these individuals. We

sometimes recognize these types of people as being psychopaths who appear to be “taken over” by a powerful force. **When an autonomous parasitic program of the psyche is able to access the personality completely, they become a powerful viral force for self and world destruction.** Although the extreme examples are more obvious, the general population of humanity is managing the very same psychic phenomenon to a more minor degree. This is a widespread phenomenon, and we are all in this together.

We might use Robert Moore’s mapping of the shadow archetypes as a rough model to map these parasitic programs. When a program is fed by a Warrior energy flow, it may manifest as a personality trait with cruel and unusual behavior. Serial killers and sadistic dictators like Caligula are extreme examples. If the King energy is powering a psychic parasite, it may manifest as a control freak tyrant boss. If the Lover energy is the primary fuel source, one may be possessed by an addiction which requires constant invigoration through sex or new relationships. A Magician fueled program might possess the individual to manipulate family members to unfairly inherit an estate.

We may not be possessed strongly enough so that our shadow programming becomes openly obvious to most others. Our psychic parasites may get fed at home, in intimate relationships, or through secret outlets which we hide from others. We may cope with our parasitic conditions through minor addictions, or feed them slowly with long term repeating relationship conflicts with our partners. Most of us can think

of addictive, habitual, destructive behavioral patterns that we continue to suffer from. We may not be totally “taken over” but we are still feeding some kind of demon.

*The victim-victor cycle*

A fractured program becomes autonomous in the psyche once its script is habituated. Once habituated, it has successfully gained access to our consciousness in a manner it can control on its own. If it’s not habituated, it lives through energy being passed to it occasionally, when an old wound is triggered by an experience in life. Once a parasitic program can feed itself through a habitual pattern in the mind, it becomes a master of its own life cycle. A Frankenstein has come alive.

**When a parasitic program feeds on ourselves alone we call that an addiction, and when it feeds in coordination with others in relationship, the authors call this the *victim-victor cycle*.** The *victim* in this model is the feminine or negative pole of a destructive energy program and the *victor* is the masculine or positive pole of its destructive energy. They are intertwined and every individual experiences both polarities.

The cycle will be triggered when a wound or fracture in the psyche is touched upon by an environmental factor or by the actions of another person. Often our emotional triggers are not random but are the veiled acts of autonomous agents in ourselves or others seeking an energetic meal. These triggers can be anything, anywhere. A trigger could come from a

newspaper article or maybe a term in this book that offends. It could be something someone said at the grocery store, or any disturbing situation. In a close relationship, triggering is never random. A cycle can ensue when our partner says or does something that we interpret as an offense. Or we may say or do something to them which will result in our partner becoming triggered, and we begin the victim-victor cycle.

From here, we will openly act out as a result. Once we act out of a trigger, the cycle has begun. We will find ourselves losing objectivity as we take another step towards reliving the cycle. As we act out with increasing emotional energy, we fuel the psychic fire. Each stage of escalation results in less objectivity and more energy added to the conflict. As we destroy ourselves or each other, our parasitic programs get stronger, and our physiological patterning more ingrained. More of our energy is channeled off to our autonomous agents and the original wounds which gave rise to our viral programming become inflamed. We re-wound ourselves every time we turn the cycle, thereby increasing the possibility that we will be activated and wounded again. Sometimes a cycle is unable to escalate because of some external distraction or circumstance. In this case the energy system will freeze and continue later.

If we don't have anyone else around for our parasitic programs to feed on, the cycle may simply use our own minds and bodies. This is called an addiction. Addictions appear to be the victim-victor cycle playing out within the bounds of a single individual mind-body. If we look closely at the feelings

which precede a “binge” we may find the same wounds and the same parasitic programming that play out in relationships. **An old wound becomes a physiological need, which gives rise to a viral program that feeds cyclically on the chemicals it was formed out of.** Dr. Gabor Mate has found that addictions are cycles formed out of physiological chemical needs which arose from psychological trauma. The addictive cycle is an attempt to fulfill a chemical need.

*Trauma --> disharmonic chemical state --> a program is formed --> the environment validates the program --> the program becomes active and parasitic --> the program cyclically activates the wound to re-trigger the original chemical state of need --> the cycle attracts like resonance in the environment --> a parasitic virus is shared.*

**When we find ourselves in a destructive cycle, the party that’s enjoying the circumstance is never the part of us that later has to kiss and make up or make excuses for our bad behavior. The party running the show is a shadow entity, a parasitic program, a viral script running behind the veil of ego consciousness.** In biology, a virus destroys our cells by altering their DNA. Similarly, these psychic programs tie into our physiological infrastructure and trigger us from the location of an old wound, where they originally formed. The triggering of the victim-victor cycle is an electro-chemical phenomenon which floods the body with hormones. Our blood and nervous system are flushed with chemical se-

cretions which take us over, create the destructive effects, and live out the chemical program that the parasite embodies.

Imagine a computer virus, which is an informational script that plugs into the operating system and takes control of the computer. Or the T. Gondii parasite we discussed in a previous chapter. And remember the cultural example of false flag terrorism that we explored. Now think of the ongoing conflicts between nations and races. These are all same-similar representations of the victim-victor viral cycle occurring in different holons. **Our viral cycles manifest at every level of our being, from the individual mind, to the body, to personal relationships to cultural conflicts. They all come from the same wounded sources, originating in our very way of life.**

### *Polarity games*

The life cycle of a viral program, like all organisms or systems operates within the bounds of polarity. There are always two poles between which a cycle will manifest. **Our shadow programs are formed when part of our psychological circuitry is negatively charged by a traumatic circumstance.** This is because children are truly victims of their environments. Our wounds are based on a negative, feminine, victim profile. Wounds have an inward moving, *need* energy to them. Our viral programs are formed out of these needs. The electro-chemical states that they create are feelings of fear, guilt, sadness, worthlessness and the like. These energetic

states attract like-resonance in others passively, but they also flip poles and manifest an active aggressor modality. (*Reminder: The term feminine does not refer to the female gender. It's an energetic polarity association.*)

Some people's shadow programs stay on the negative or victim side predominantly where they attract abusers. Others manifest an abusive, masculine victor profile which causes them to hurt others, but always leaves themselves victimized after a conflict. **All victor-aggressors are victims originally. Acts of abuse towards others are actually acts of self-abuse because they block the host from being able to bond with others. An abuser cannot obtain the healing electro-chemical state which comes from loving and being loved. Abuse of others is an act that blocks the abuser from knowing compassion and love. Victim profiles attract abusers and victor profiles create victims. We all participate in and create the victim-victor cycle no matter which profile we tend to favor.**

*Addicted to conflict*

The electro-chemical states which our shadow programs invoke, possess and addict our entire being. We become dependent on feelings of fear, anxiety, guilt, rage and other destructive states. These states become totally integrated into our physiology and our shadow programs act to summon those states when they are in need of a dose. We are generally not in control of this dynamic which we share with our loved

ones, our culture and our species. Domesticated animals like dogs or cats are also ensnared to participate in the cycle. Abused animals can also become triggerable victims of the victim-victor cycle.

*A body of pain*

Looking deeper at destructive programs of the psyche, we may find that we don't just harbor one viral program but multiples. **As we look at our society, we might see an entire range of viral operation going on. We might view this situation as an ecosystem of viral psychic activity that lives worldwide.** If we were to model this in terms of a holarchy, we might see overlapping and interlocking holons, each representing a type of psychic virus.

In his work, spiritual teacher Eckhart Tolle describes a psychic parasite that he calls the "pain body", which accurately describes this same phenomenon that we are discussing.

*"The pain-body is my term for the accumulation of old emotional pain that almost all people carry in their energy field. I see it as a semi-autonomous psychic entity. It consists of negative emotions that were not faced, accepted, and then let go in the moment they arose. These negative emotions leave a residue of emotional pain, which is stored in the cells of the body. There is also a collective human pain-body containing the pain suffered by countless human beings throughout history. The pain-body has a dormant stage and an active stage. Periodi-*

*cally it becomes activated, and when it does, it seeks more suffering to feed on.” – Eckhart Tolle in “Awakening to your life’s purpose” an interview with Kathy Juline.*

In Tolle’s description of the pain body, which is very similar to our own model, he mentions that entire races or even the female gender may have a pain body. It appears to us that he is describing a shared code, a communal viral script that’s playing out the victim-victor cycle throughout a large segment of the population. Melissa has told me that she does believe that women have a shared pain body, and that it’s formed in the context of patriarchy. Women in general have thousands of years of disrespect, physical and emotional abuse behind them. In my own internal work, I came into touch with a similar profile that I can see as a male pain body, also formed out of patriarchy which I call the *Father Thing*. This is the dark side of Saturn in astrological terms. Both men and women in our society have a gender based pain body and minority races also carry a pain body. African-American and Native-Americans are clear examples, although every racial segment must carry its own culturally destructive codes.

Because of the energetic nature of the universe and the human being, we live within a shared informational domain where we transmit and exchange our programs with each other. We cannot help but do this; it’s the nature things. If we zoom out of our own predicaments and look at the human species as a whole, we might see these destructive dynamics

playing out through all of us. We are each transmitters and receivers collecting, amplifying and directing energy patterns to each other. We do this through our communication and media, through body language, through pheromones and other electro-chemical input-output.

Ultimately the master game players are the Archetypes. They are living energy systems that we are all vehicles for. **It's convenient to look at certain people or groups we deem evil and say that they are hurting us (victim), or that we need to eliminate them (victor), but we are all playing the game equally. The game persists because we are all tuned to the same channel.** We are running the same programs within the same cultural operating system. Some individuals may indeed be more consciously destructive towards others, but they are not in control of their behavior. They have been taken over by the effects of these systems. We are all in the same boat together, playing unconscious popularity games, equally victims of a force we have not yet come to know.

*The heart is toxic to the virus*

There is one vibration, one formula, one antidote that repels and destroys parasitic programs. This is the archetypal, electro-chemical force present in the feelings of compassion, love, faith and acceptance. These words represent energetic flows in the human mind-body, and like all archetypes, go back to the universal source code. **As we currently see it, the**

**base code for these healing vibrations is the 0, the wave, the heart, the all encompassing feminine force. When this vibration enters the location of a wound, if it can get past a viral program, a destructive cycle will end. If this vibration is able to permeate the mind-body regularly, it will inoculate and protect the human being from further infection and transmission.**

**If we can invoke compassion and hold it during a conflict, our own viral flows will be neutralized, thereby ending the cycle, but this is very difficult in the midst of crisis. A more effective way to manage conflict is to clean and clear our own emotional wounds which are the original food sources for our parasitic programming.** When our own destructive energy is transmuted through internal spiritual work, conflict is generally reduced in our lives, and if it does occur, we are capable of directing ourselves much more objectively. When we are so unconsciously energized by destructive energies, we are victims to our viral programming and have no choice but to act as an unwilling host.

In order for us to clear our destructive programs, we must channel down into the wounds where they originated. This is where our psychic parasites have their deepest roots. We must gain access to the location of the original fractures and let them air out. This allows them to naturally heal and reform. There are multiple methods we are familiar with. We will share one of them with you in the chapter on emotional processing and we aspire to find more techniques in the future.

# The Zero and the One

For many years I've wanted to understand what was behind human destructiveness, or what we often call evil. I first began exploring this theme artistically through playing heavy metal guitar beginning in my teens. Through a dark and discordant form of art, I was first able to access and ventilate this force as it manifested in my emotional state. Over time, I became interested in themes that related to cultural evil such as psychopathy, political conspiracies and economic fraud. I spent several years studying false flag terrorism and related cultural darkness, and then I organically moved into a career in mortgage fraud investigations. In this domain I uncovered the same disharmonic vibrations deeply permeating our economic system.

As my interests expanded over the years, behind them all was this grand conundrum of human evil. Every time I thought I had found an answer to my questions, a new fractal layer opened up and I ultimately had to move on to the next possibility. As things progressed, I ended up zooming out of the human equation more and more. The more I could move out of the human perspective and see things from a metaphys-

ical or systems level view, the easier it was to understand what was happening down here on earth.

After Melissa joined me in the effort, things began to click together more. As we got deeper into analyzing and processing our own inner darkness, clarity regarding the entire subject resulted. Digging into our own shadows energized this search and put us in touch with new concepts that helped us frame this ancient conundrum of evil.

Of course we cannot know the full nature of evil or destruction, just as we cannot know the fullness of universal creation. We are limited to a human perspective, but if our individual viewpoints of this universal force can evolve, our culture will evolve as a consequence. We may be limiting our own evolution by holding on to obsolete viewpoints of destruction, and certainly by denying it's nature.

As we eventually came to realize, the source of our destructiveness is so large and so primary to creation itself that human evil fell into place once we were able to see these factors. As we explore in later chapters, we can indeed manage our destructiveness much better, and we must learn to do this, but the dark side is so energetic that we cannot ever fully escape it. The eastern Yin-Yang symbol gives us a clue as to the size of the destructive force. If this symbol can be seen to represent creation and destruction, we can see that destruction encompasses literally half of the structure. The destructive force in the universe has a massive potential.

There has always been disagreement between philosophers and theologians regarding the boundaries of evil. The more

careful observer has noticed that evil is not limited to human interactions. Our mythology is replete with motifs and characters that represent a universal force of destruction with both feminine and masculine attributes. The Hindu deity Kali is a well known personification of the feminine force of dissolution and chaos, and there are masculine destroyers including the Christian Devil and many evil spirits and demons within ancient belief systems. An entire study could be made of locating and cataloging these destructive forms.

Now scientists have joined in and found elemental forces behind these mythological motifs, such as the ever present force of entropy, eroding all order over the course of time. Antimatter particles balance the polarity charges of particles of matter, and recently, ominous forms called dark matter and dark energy have shown up in theoretical models.

It's become obvious that every domain in the universe is constantly dealing with this destructive force. It is ever present, from the subatomic level to natural ecosystems, to human relationships and culture. And we have to ask ourselves why this is. There must be a very good reason why universal darkness is as powerful and as prevalent as it is. Ultimately what we came to find was that **the force behind what we call evil is an effect of creation, and is an integral and necessary partner to the evolutionary force in the universe.** Creation and destruction are actually partners and equals, and are effects of each other in the master game we call the universe, reality or life. The destructive force in the universe happens to be the very mechanism that makes crea-

tion work and creation is the mechanism behind the destructive force. I believe some of our cultural predecessors knew this, but in our present state we have not yet come to understand this dynamic.

*The master game*

In order to arrive at the above conclusion, we had to become familiar with a number of ideas that contributed to this realization. This first concept is that of duality itself. To break this down to basics, if we go back to the eastern Yin-Yang symbol, or to the fundamental math that relates to the creation of the universe, we get a binary equation. 01 We get a fundamental formula that we call duality or the Zero and the One. Anything that we can put our finger on, or put our minds around, manifests within this context of polarity.

All the world's mythologies have an explanation for how this came about. Many explain that there was an original pre-creation state, an ocean, a feminine chaotic entity or 0 that ruptured with a masculine creative energy, or 1. Out of this splitting process came a dual natured god or gods and the birth of the cosmos.

The duality principle is fundamental, and we can't even perceive of anything outside of it with our cognitive minds. We might temporarily leave duality consciousness, perhaps in a meditation or peak experience, but at least in our present state of consciousness, we always return to duality. Duality is a master script that we always come back to.

Because of this, we obviously perceive in terms of positive and negative, masculine and feminine, active and passive. Everything in the universe from the cosmological down to the sub-atomic is dealing with dark and light, left and right, in and out, good guy and bad guy, war and peace, pain and pleasure, success and failure, and so on. These are the poles of duality and the game of life is played between these two poles.

As creation manifests, with increasing diversity, each new manifestation comes through this filter and we end up with all kinds of novel ways of witnessing this binary polarity game. One new way of seeing this dynamic is the way in which physicists look at the wave-particle problem. Matter can be seen as a wave (negative-passive-feminine), or a particle (positive-active-masculine), depending on the method used for interpretation.

Many are already familiar with the active and passive attributes of creation through the eastern Yin-Yang symbol. The active or Yang side of creation is associated with light, with masculine energies, with the ordering process, boundary making, solar images, the sky, seeds, language, and all seeking and explorative functions. The passive or Yin side of creation is associated with dark, with feminine energies, with nurturance, opening boundaries, the ocean, the earth and with inclusiveness and relationship. It's the archetypal feminine force of acceptance sometimes called Faith, associated with the heart. These motifs are everywhere in our mythology.

We also see the feminine form associated with destruction and chaos in many mythological motifs. From the perspective

of order forming creation, feminine boundary dissolution is indeed destructive, but the destructive force is not limited to a passive, feminine attribution. Like everything we perceive, destruction is dual natured.

*Dual natured shadow*

On the passive side of destruction, entropy is the tendency for everything to degrade, to erode, to fall apart. It's chaos. It's every time things just don't fit together anymore. It's the various causes and effects which lead to degradation of any relationship or thing. It's our material possessions and our bodies falling apart. It's our careers or intimate relationships shifting and degrading over time. And entropy is not passive as though it's unmoving. There appears to be an actual inward pulling force to entropy.

Destruction also has an active, masculine, component. There appears to be a seeking, creatively inspired form of destructive agency. Destructive agency is actually what we focus on more commonly when we think of destruction. We focus on the demons, the devils, the Hitlers, the criminals, the viruses and parasites. We focus on the *agents*. This is *Agent Smith* in the movie *The Matrix*. Melissa and I often call this active destroyer force *The Virus*. It's literally an active force of destructive agency. An agent in legal language means one who acts on behalf of a principal. As we will see, that principal is the creative process itself.

## SHADOW TECH

This all works the same on the light side as it does on the dark side. On the light side we could see the active force of creation as *Will*. It manifests through *doing*. Creatures, entities, systems, which *do* creative things are manifesting the active side of creation. Equally, the active side of the destructive force manifests as entities which *do* destructive things. It's *Will* in its destructive form. The dark side of the universe has attributes which look like mirrors of the creative side.



*Creation*



*Destruction*

### *Dark creator*

We stated earlier that there must be a very good reason why the destructive force is as prevalent as it is. The answer we came to is that destruction, often known as evil, is here to make creation evolve. The destructive force is a creative, evolutionary force at its core. **The destructive force is not an**

**unfortunate accident that the creative universe has to deal with. It's a fundamental aspect of creation itself.** Without it there would be no creation. It is literally what is behind creation. There is a reason why no mythological god of light has ever destroyed its dark nemesis. They have always been partners, although some traditions have obscured this fact.

So how does it work? Well, **this destructive shadow force takes down every system that cannot maintain high efficiency within its relationships. The destructive force is a tester of every relationship.** Every organization in this universe is eternally challenged by this force of darkness. It doesn't matter whether it's within an atomic element, a natural ecosystem, a human body, a family, corporation or political cause. Whatever it is, every single relationship is challenged by this dual natured destructive force.

**The effect of this challenge is that life and creative activity must change, evolve and efficiently manage itself and its relationships in order to mitigate these destructive effects. *Deep integrity and creative novelty are the universal results.* The stability and creative evolution of the entire universe depends on the abilities of its entities to maintain maximum efficiency and integrity. A universal destructive opponent insures this through eternal challenges.**

At some point in this challenging process, the destructive force can become so pernicious to an entity that only an evolutionary shift to a new form of organization will relieve the pressure. **Ultimately, what transpires in this evolutionary process is that a quantum, exponential shift in the way sys-**

**tems work together transcends the dual natured destructive force.** It leaves the Opponent in the dust - at least until it catches back up, and the game begins again!

*Integrity insurance*

For example, human beings are the collected manifestations of creative processes from 13.7 billion years of this kind of activity, and every one of the universe's evolutionary successes is included inside of our minds and bodies. We are stacked organic technology, layer upon layer, upon layer, and the reason why we are here today is because of the incredible integrity in the organization of these systems that cooperate. The only reason why these systems have succeeded to the degree that they have is because of this challenge eternally being presented by the destructive force in the universe.

Within duality, darkness can swing all the way to one side or the other and it can almost completely overtake things for a time. It can get really, really dark and then the sun just pops up and the day begins again. This is all in creation myths, which are metaphoric ways of seeing physical principles and human experience. This dual natured 01 creation-destruction process is the base code of the entire energetic universe.

*Subjective darkness*

The trickiest aspect of this creation-destruction game is the subjective nature of the entire operation. This is truly an archetypal trickster formulation in our universe. There is a

fundamentally subjective nature to all perception. This is because the universe manifests through independent entities or holons. Our universe manifests as atoms, molecules, cells, animals, humans, planets, galaxies and all kinds of particular entities. Each entity has a perspective that is subjective from its own point of view. No matter how a system or an organism interacts with its environment, every entity can only view its reality from its own internal point of view.

This subjective state of reality for all entities means that they ultimately create disorder, chaos or destruction for other entities. As each of us lives and creates benefit for ourselves, the result is chaos for other systems. Through our limited, subjective viewpoint, which is a natural state of perception for all entities, we each act on behalf of the dark side, unknowingly feeding it through our own creative acts. The universe gets us all to do its dirty work.

**Destruction or evil appears subjectively to all entities in the universe who act as its viral agents, even us.** Every entity in the universe is potentially a virus, a parasite, a predator to some other organism, and a creator and contributor to itself and to those it cooperates with. All perception of destruction is subjective by nature. One man's evil is another man's righteousness. The members of a culture may agree on what is evil, and this belief may even be very old and standardized, but from the point of view of another culture, or from the point of view of the entire evolutionary progress of the species, that evil is purely subjective to the perceiver.

In physics and other sciences, there is a concept called *displacement of entropy*. Every entity discards its own refuse into its environment. At a molecular level this might be very fine electro-magnetic energy, and at the level of a city, this will be millions of tons of garbage, sewage, and air pollution. Every entity pushes its internal chaos out, and it does this as the result of itself seeking what is good for its own benefit.

A gazelle definitely sees a lion's predatory behavior as evil, but the lion does not see its destruction of the gazelle as evil. It sees this as a necessary factor in the continuance of its own life. **In every single case, if we could see things through the eyes of a destructive agent, even an infectious virus, we would see that it's just trying to get along within the master game.** It has worked out a manner of getting along that may be destructive to us, but which gives itself life and purpose.

This also takes into consideration that organisms, including humans, generally do not consciously decide what they create or destroy. We are generally enslaved to the creation-destruction process outside of our awareness. As we become more aware of this dynamic, we can become more consciously involved in the evolutionary process, but we will always remain "in the dark" to a greater degree.

Every entity purposefully, accidentally, or otherwise destroys something or someone else as a consequence of its own creative acts. Atoms do this, cells do this, plants do this, animals do this, we all do this. In this way we are all agents of the dark side. This is a very important thing to realize. This

locks creation and destruction together in a seemingly paradoxical embrace.

Eating a meal is an obvious example of ubiquitous evil. Even vegans are destroying living entities of great beauty and value when they consume their food. As we acquire a new job, the last employee is fired. A tree or plant dies and falls into the soil, while its body parts degrade to become the life-giving elements for a new tree to grow out of. The destructive force comes as a consequence of the creative force, and the creative force comes as a consequence of the destructive force. So this is the over reaching context through which we can frame human destructiveness. Our destructiveness is sourced in a much bigger framework than what we generally realize.

### *Human realities*

This understanding will make sense to many, but when we are faced with the powerful effects of evil, such as random acts of violence, the carnage created by war, or the destruction of a town by a hurricane, this theoretical understanding flies out the window. This is because the power of universal creation-destruction is so immense that we have little defense against it. This force is literally everywhere and it can overtake and overwhelm our capacities to respond and to understand its greater creative implications.

Our age-old dilemma about evil, is very much rooted in the overwhelming influence destruction has on our lives and emo-

tional states. The New Testament story of Job illustrates this confusion and the despair that comes from evil's influence on us. Every mythology contains many stories like this. There is ultimately no remedy to this conundrum for us or for any other entity. We are all subject to universal evil and we will always suffer as a consequence.

I can imagine academic responses to these views. Our view might be interpreted as Moral Relativism, but this would be inaccurate. We are simply perceiving from a systems level viewpoint so as to frame destruction outside of human values to source its universal nature. Individuals and cultures will always apply their own judgments of good and evil as they are capable of doing so. It is not our place to dictate what belief systems are valid, and we are certainly not solipsistic! This will become clear.

Humans are not the only ones who suffer from evil. Animals do, plants do and even so-called non-living entities. Humans may have a very dynamic and rich internal experience of destruction, but we all suffer. To eliminate suffering is to stop the creation-destruction process. Some philosophers have recognized this. Carl Jung did when he stated that "The foundation of all mental illness is the avoidance of legitimate suffering". The acceptance and inner processing of our suffering is one of the major aspects of the present work. Rather than continually avoiding evil and the suffering it causes, we can instead allow it to become a transformative force for us. When we do, we discover new paths in life for ourselves and we better serve the greater evolutionary process.

Because we in the West do not have adequate cultural mechanisms for accepting and processing suffering, we only increase our suffering by holding on to it, or by displacing it through unconscious destructive acts. Much of our current, senseless cultural destruction is the effect of millions of people who do not know how to process their own wounds and emotional suffering. As we will explore in later chapters, when we repress our emotional pain, this energy gives rise to autonomous destructive systems which come alive, and live through our own mind-bodies. Destruction may be a natural consequence of life, but we create even more needless destruction when we allow our internal states to become hosts for hidden agents that have their own creative-destructive cycles. There are many layers of human destructiveness, and some of them are far below the veil of ego consciousness.

### *Choosing life*

A universal mechanism for evil or destruction is indeed in place, but this does not leave us without any choices. From our own personal perspectives, whomever or whatever destructive agents may arise, they must be overcome, mitigated or ultimately transcended. From our own individual points of view, in order to survive, thrive and evolve, we must constantly thwart the effects of entropy and destructive agency. *We must.* Just because a destructive agent sees what it's doing as good doesn't mean that we should not do what we can to deal with the effects. We don't throw in the towel and say, "Oh

well evil is just a part of the way the universe works, there's nothing I can do." Not at all! *Universal evolution requires our evolution.* Life energy flows to systems that evolve. If we are not evolving, thriving, maintaining order in our own being and continually meeting these eternal challenges, life flows away from us and death takes over. We don't just resign and say, "This is the way it works, give in". This is the way it works, but this informs us so that we can act consciously and in a balanced way.

As Aristotle intuited over two thousand years ago, good is synonymous with balance and evil is created through imbalance. Evil is always present, as creation is always present, but when there is equilibrium, both are closer to equals. **Between the boundaries of the pendulum of duality, good lies towards the center, embracing both polarities, managing the energetic state towards balance.** As we grow and evolve, and as evil eventually appears more visibly, this is an indicator of imbalance.

**This is always subjective, but from one's own perspective, destruction in one's self and one's relationships is a clear indicator of an imbalanced state and a message to the perceiver to "find balance now".** As we explore more later, that balance is achievable by focusing on the relationship between one's internal and external states. All acts to reduce destruction benefit from a balanced perspective. The Buddhist *middle way* is this philosophy.

*As-King a Quest-I-on*

As I return to my original enquiries about evil, I can now see that when we look at human destructiveness, we are looking at a completely natural process. This said, if we are seeing a ramping up of destruction within our own context, this is an indicator of imbalance and simultaneously, an evolutionary challenge being presented. When the pendulum of duality swings, the larger creative purpose behind its effects is to cause a reaction that pressures the relationships involved. **When the destructive force reaches a certain point, those who suffer must enhance their integrity within themselves and their relationships, or make a quantum shift in the way they perceive self and other.**

Destruction is a sign of a potential new order forming within the field of one's experience. By opening our perspective wider, and by looking honestly into our own internal state, we may learn the nature of the potential creation taking place and use the challenge as an opportunity to evolve and to thrive. This is what evolution is all about. Understanding the dark brings us into the light.

# Interview with Melissa Mari

*An interview and dialogue between Melissa Mari and Colin E. Davis. Recorded Friday October 2nd, 2015 at Mount Wanda, Martinez, California*

Colin E. Davis: **Out of the many practices that are available to those who want to transform themselves through spiritual work, shadow work may be the least understood and practiced. Why do you think this is?**

Melissa Mari: Well there are probably a few reasons for that. Number one could be that we naturally want to grow towards the light. You know, plants grow up into the sun. We naturally have a tendency in the evolutionary process of consciousness to progress towards the light. So that's natural. To actually look at the shadow you have to be willing to go into unknown territory and into places that you fear. You have to be willing to face blockages, and so that can be uncomfortable. Shadow work can be difficult. That would be one thing.

In every type of the Great Work of Alchemy, there's always shadow work in there. It's some of the first layers that

you have to get through in order to purify yourself to get to the next levels. But in our culture, western culture, a lot of that information was hidden. I think it's possible that it was hidden partially as a way to control people, but also as a protective mechanism. It takes a certain kind of responsibility to be able to venture into the darkness, into the shadow side.

C: Why is that?

M: Because underlying the shadow or the Tree of Death side of things, lies a lot of power actually. And that power can be used to help us evolve, but it can also be turned into itself to create more chaos and destruction.

C: Yeah, it seems like it takes quite a fine spirit and quite a genuine, good faith intention to go into darkness and not be taken over by it, and not be tempted by it.

M: Exactly, and you can look at different humans over history who have gone into the realm of the shadow and see how it did take them over.

C: Yes, and we've actually been warned against this. That going into the shadow could cause us to harm ourselves.

M: Exactly, so that's probably another reason why there's so little information about the shadow, because of the fact that there is that warning and danger.

C: With that said, and those reasons do make sense to me, it's been our experience with the way we've been going about doing shadow work, is that it has not in any way tempted us towards the energy of evil. It has actually lessened that energy in us, and as you said, shadow work is the first stage of the alchemical process. It's been being addressed by spiritual

seekers as long as we know and it would not be the first stage of the alchemical process if it was so intrinsically dangerous. It would be part of the later stages of the process if that were the case, but we find it at the beginning of the alchemical process.

M: Actually it's ongoing in the alchemical process. There are different layers. You purify yourself, and then there's another layer, and it goes on.

C: Right, ok. But we have not found it to be that dangerous. Difficult, but not exactly dangerous.

M: Maybe it's the times we've been living in. The Kali Yuga, the last two thousand years of being in the dark ages.

C: Right. Maybe we lost the right perspective that we would have needed to do this work.

M: Yes. It just seems like it's very timely, with the kind of chaos that's been building in our culture, in the world, that this information would come online again as being very integral to the evolution of our species.

C: Yeah, I believe you're right about that. This alchemical shadow work is actually starting to come out of mystery schools and be shared more publically because it needs to be at this time.

M: Yes, it seems like we're seeing it a lot more than we were, even since a few years ago when we began this. I'm seeing more and more shadow information out there. So I think it's an actual meme that coming online.

**C: In your experience, what has shadow work done for you so far?**

M: Well, it's been absolutely amazing because as I've been cleaning out this repressed shadow energy in myself it's opened this amazing space of creation in every aspect of my life. I'm still working on it. It's an ongoing journey. I'm not saying that I have received everything that I'm going to receive out of this. This is a life long journey. This alchemical process never ends. The Virus will always show up where I'm weak and I understand that, but doing this work has freed up so much space in my consciousness on every level. I feel so much healthier and happier. My relationship with you keeps getting better. My relationship with my art is getting better and it's manifesting more. So everything that we've talked about in the book is actually happening in my own life. Actually, doing this work and passing it to others has become a big part of my Life Art.

C: So you're saying that developing the work, and using it on yourself changes you and then what you learn out of the process you share with others, and this is all part of your own personal Life Art?

M: It's all part of my personal Life Art. Also it gives me a freedom that I didn't have before. Once I understood how this operation of the shadow worked in myself, in culture and in the cosmos, it became a natural part of being here. So there's nothing to be afraid of anymore.

C: Right, so you're saying that once you understand the fundamental properties of the shadow of the cosmos, and once you get the courage to look at it in yourself and your culture, you end up learning how this shadow energy works, and how to navigate more successfully in life. Then you can let go of that fear.

M: It's funny to say, but I don't feel afraid of anything, because I know that anything that comes my way is just a part of the great dance of co-creation, between my inner state and my external reality. Whatever destruction comes into my life, it's something that I am supposed to learn from. It's there for me to learn to how manage my inner state in order to move myself back into balance.

C: So when something destructive comes into your life, or into your thoughts or feelings, rather than being something to fear and reject, it now serves as a message, and if you can decode it, a formula for how to bring yourself into balance. The shadow, the entropic or destructive agency force in the universe is a destroyer to those individuals or systems that cannot see their way out of their paradigm, but it's an evolutionary formula for those who can.

M: Right. And I'm sure that if you zoom out enough, then you can probably calculate how it works in math, in physics.

C: Oh yeah, there's going to be more physics that shows us exactly how entropy and destructive agency are at their core evolutionary forces that push evolution. It's probably out there now, but we're just not involved in the domain of physics so much.

M: We feel it's so important to have this conversation, be doing this shadow work on ourselves individually, and then understanding it on a greater level to begin what you might call a science of the dark side. And we want to invite physicists, biologists and psychologists to join the conversation. We will all learn together how this operates. All kinds of energy and resources have gone into the light side, trying to understand the God Particle. Our spiritual movements are all about the light, the light, the light and yet so little resources have been spent on the other half of the pie! We feel that this should be given half of the resources! (laughs)

C: (laughs) We think that there should be a maxim in every healthy society that says "Your darkness is a continual resource for your evolution, that you deny at your own peril". In every healthy society, this domain needs to be honored and looked at because it's showing us where we need to go to survive, to thrive, to evolve. Ignoring or fearing darkness is not actually a smart way of going about things, it's actually a formula for creating more destruction.

M: See, now indigenous cultures had their ways of understanding this, and they still do. They don't just say, "No I'm not going to look at this". They honor and look at this side of reality through their mythology and ritual, and they actually integrate it into their day-to-day lives.

C: Well, I would say that we're not totally qualified to give too many examples of this, but our general impression is that indigenous cultures were much more in touch with this domain than our culture is.

M: Right, so it only makes sense that since western civilization has pretty much taken over the whole world, if we don't find ways of understanding and managing this whole realm, that we're going to destroy ourselves.

C: Obviously. **Ok, so if we can, let's go back into your past a bit. This alchemical shadow work that we're doing, this investigation that we're on is something that has roots deep into both of our pasts. What is it that's been coming up in you, intuitively over the years, telling you to look into your darkness, or to not be afraid of that which ailed you, to not be afraid of the shadow in whatever way? Why did you intuit that you needed to focus on this domain in your life?**

M: Well for me, it just seems that it was part of my life path. I don't even feel like I had a choice. It was kind of given to me by my circumstances, though I always did have a very strong connection to a greater realm than just our five senses. I was always very sensitive and connected to the earth. I grew up in Mill Valley, so I was on the mountain, and I had a lot of free time. My mother was actually mentally ill and just not present, and my father was working all the time. This gave me my virus, and yet it also gave me the freedom to have a very grand imagination and to start to look at a lot of things like the occult at a young age. Going into the library and going to the metaphysical section for example.

So that was just there, but as far as my circumstances, like I said, my family virus is very deep on my mother's side. My mother's mother was abandoned into an orphanage, and then she repeated that and abandoned my mother. My mother's father abused her, which caused a great repressed trauma that was severe enough to make her actually become mentally ill. It wasn't diagnosed early on and so I grew up with someone who wasn't even in this world. My father wasn't available and he had his own virus coming from a Jewish immigrant family. I don't believe he felt fully appreciated and acknowledged for his unique talents. He was forced to go into a certain direction that was unnatural, so he was always unhappy and angry and then he married a mentally ill woman who felt abandoned!

So that whole combination from the get go was the beginning of a particular psychic virus I inherited. That virus got stronger over the years and created a whole set of experiences for me that led me to the path that I'm on. Being an artist also gave me a certain imagination and type of focus that kept part of me healthy and open minded while this "trauma drama" was going on in my life.

C: You mean destructive relationships?

M: Yes, beginning early on after I left home. My mother actually started to drug me after a bout with pneumonia, continuing to feed me codeine so I wouldn't leave the house. My girlfriend called the house and realized something bad was going on and yelled at me to "Leave now!". I actually had to run away from home. I never went back. That was when I was 15. Then my father died of cancer when I was about 16, and

so I was on my own. Other than my first relationship with an older man, who was an amazingly deep artist, and that was a real blessing, my relationships with men got progressively worse. I've gone pretty far into what people would call the dark side. I felt so bad about myself that I couldn't function. There were times that I just couldn't operate, where I didn't feel I was worth anything. I also had a certain kind of strong sexual energy that led to me to doing some light prostitution, and putting myself into really destructive circumstances. That was just one phase of it.

C: This trend eventually lead to physical disease, right?

M: Yeah, that first phase didn't last very long, but then through a series of events I ended up getting cervical cancer. That really started me on the whole healing path. I cured myself of the physical disease of cancer, but when I had it, something came to me where I realized that I would actually have to go into the cells themselves, into my DNA to heal myself. That's why I have my arm tattoo. It's actually pretty abstract, but it's DNA. I did that because something told me that I would have to go into the code itself in order to heal.

That was about 20 years ago. Little did I know that it would end up being this alchemical domain that I was going into, but that started it. I learned all about the cultural shadow there. I learned about the cancer industry and what a fraud it was. And I learned about all these alternative cancer healing methods and I did all kinds of cleanses and fasts. I actually cleaned my body out of physical parasites! I found a worm! I ate nothing but cabbage, garlic, and pumpkin seeds for a

whole week, and I actually released a tapeworm from my body!

C: Right! So, the work we're doing now deals with how the informational domains of mind and culture are mediums for parasitic activity, but this type of dynamic that we talk about in our book is a standard for many domains. Back then you were seeing the biological level of how an unhealthy mind and body manifests physical parasites, but now we're talking about how an unhealthy mind and body manifests informational energetic parasites.

M: Right! So in a way I can really look at all that stuff as my own alchemical process. As Above, So Below.

C: That was the first stage of all of this. We now believe that the very first stages of any spiritual work really has to start with the cleansing of the body. Bringing health to the body.

M: Yes, that is number one. Your body has to be operating in a healthy way, and that can be really basic, just real food, enough exercise, and stay from sugar and you know, artificial stuff. It's pretty basic if you just start with that. You have to have that together before you're healthy enough to go into these other realms, because it takes a lot of energy. It takes a lot of physical, mental and emotional psychic energy to go into this repressed material, into this repressed trauma that has been sitting there for your whole life or for much of your life. John Ruskan says that he doesn't even know how far this repressed energy goes. Like Eckhart Tolle's idea of the pain body, there's cultural trauma in the DNA. I feel that clearing

this trauma from myself, this family virus, is helping my whole family line.

C: Yeah that's an interesting sort of multi-dimensional possibility.

M: I can't prove this but soon after we did a virus ritual up here on Mount Wanda and began doing this cleansing work, it seems that my mother was affected. She had been in a mental facility for a long time, and didn't acknowledge me or my sister as her daughters since we were teen agers, but when we went to see her the last time, there was a shift. At the times I had seen her prior to this, I always noticed a certain darkness in her. In all of my interactions with her over the years after I left home I would feel this darkness. Almost like an evil kind of something that had had taken her over.

C: Like a shadow entity.

M: Right, like a shadow entity that had taken her over. And when I saw her the last time, after she was diagnosed with cancer, that energy was gone. That energy wasn't there.

C: Yes. After we started doing these cleansing rituals and inner work, and really focusing on our family viruses, you went back to the convalescent home, I was with you actually, and we both felt that her energy was totally clear and she passed away quickly afterwards.

M: I didn't think she would have passed away so soon afterwards. They said she had at least six months to live, and she was fine when we saw her, but she was like a little child. There was none of that darkness that I had felt before. It wasn't there. So that gives me the sense that when we do this

clearing work on ourselves, it clears much more. We're all connected energetically.

C: There is only One Organism. That's all there is.

M: Right, so as we individually do this cleansing work and start to open space in our psyches and our lives it has an impact on everything around us. We actually have many more examples of this.

C: Well I wanted to talk about this actually, because this is going into other concepts that we have like *Living in the Movie* and how you can watch the effects of this inner work show themselves in your everyday life. You can see this clearing work mirror itself back to you and it puts you much more on the path of life and evolution. You can watch your outer world speaking to you, and we'll get into this, but before we do, lets talk about some techniques.

**Can you describe some of the techniques that you use for accessing shadow material?**

M: Right. So number one, I would say what you always say, and that is to take inventory of your thoughts. After you start taking care of yourself on a physical level, then you have to start watching your thoughts. In eastern practices they would call this mindfulness. You just want to start watching your thoughts and taking note of them. Also besides your thoughts you want to watch your feelings of how you get charged by certain things. Like asking why it is that you get charged by that person cutting you off on the highway and

how does that make you feel, and you begin to ask yourself why.

C: In other words, look for the roots.

M: Right, you first have to be able to somehow separate yourself from your thoughts.

C: You mean from the dialogue, from the stories that are always running in your head?

M: Well, for the most part, we live our lives in the movie, or in the story, and we become unconscious actors in the story. I guess I'm getting into *Living in the Movie* here, but you take yourself out of being in the story itself and you step out of that into being more of a watcher of your own movie. You can start by watching your thoughts and your reactions to everything. You start taking an inventory and looking at how your own thoughts work. You begin noticing which thoughts are positive towards your evolution, and which thoughts are destructive.

Then as you start noticing your destructive thoughts, a lot of times there may be a feeling component related to that. You can then start looking at that and actually feeling what that is. Then you can actually go right into the feeling content and sit with it and see what comes up as far as an emotion that needs to be processed or aired out.

C: Ok, maybe I can sum that up before we go further. We said that the body level of cleansing and health is first, and then it becomes a continual mindfulness or awareness of your own movie. Watching your own stories, your own thought processes. It becomes a higher awareness, especially of the

destructive thoughts, and of the cycles that contain those destructive thoughts. We can look at how these thoughts repeat themselves in common situations. So we start to notice those common cycles of destructive thinking and destructive judgments. Then we start to move into the feeling component and we trace those thoughts into their feeling state roots and then that's where we can start to do a specific emotional clearing process that we learned from John Ruskan, correct?

M: Right. Once you are able to watch your mental and emotional state and see these things that are charging you, then you can actually go into that charged energy to clear it. This is where it can get challenging because that repressed energy is something that you've been distracting away from or displacing for a very long time. We call it displacement of entropy. We often project our destructive energy out.

C: Right. You might get angry or you might be displacing your entropy through sports, or more destructively getting into fights and arguments or addictions. We're usually denying, repressing, projecting or physically displacing our negative energy, but we're generally not transmuting it. That's the one thing that everyone has in common. We're not transmuting our destructive energy. Correct? Whereas with this emotional clearing process, it's a transmutation process.

M: Exactly. I was thinking that I might describe some of own experiences to lead into this.

C: Go ahead.

M: So, I started watching the things that I was charged about. The number one thing for me was my family virus of

feeling abandoned and unloved, and even deeper than that, a disconnection from that feminine goddess energy, because my mother didn't have that worked out.

C: She didn't know how to activate a proper feminine container in you right?

M: Right, and so there was a virus in there around that issue. When I grew up, I felt very unloved and ugly. Not beautiful. And it became a code that actually grew into an energetic system which kind of took over my life and created these situations like I talked about before. I felt so ugly that I would do anything to try to feel ok, which would mean getting into destructive situations. That shadow energy is always going to show itself. It's saying, "Look at me. Look at me". Its saying, "I'm going to keep making things a lot worse for you until you look and me and feel how you really feel".

C: You mean, "I'm going to take you apart until you find my source."?

M: Right exactly. So, once I started to understand the actual code, with your help, I was able to get into the deeper script and I was able to get to a base script of "I don't feel beautiful".

C: Oh yeah. This was important. As I recall, we were in an episode where you were feeling very venerable and angry and I put it straight to you and I said, "Ok, right now, tell me! What is the code of this feeling state?"

M: And I was kind of taken over by this shadow energy.

C: Right. You were having a viral cycle as we call it. I said, "What is this code, what is the script, what is its name?"

M: And I said, “I don’t feel beautiful”.

C: You said, “I don’t feel beautiful and I don’t feel loved”. Those two sentences came out of your mouth. And I said, “I got you!” And then you recognized that we had gotten the demon’s name.

M: Right you have to know its name. You have to know your demon’s name.

C: This is something we learned from Lama Allione’s work, *Feeding your Demons*.

M: Right, and I’ve done that process and that’s helpful for this work too.

C: This is sort of a side track to the emotional clearing process but its good that you brought this up because this is actually an artistic process, and once you actually say “I’m going to go into my own garbage, and I’m going to root around in it and I’m going to find these destructive codes and trace them back to their source”, then you’re on the path to healing. It all begins once you say, “I’m going to get the name of this demon, and I’m going to transmute this energy, and that’s my intention with everything that I have within me”. Once you get to that level, you pull the switch and now, the whole grand connected universe knows that you are a being in evolution. You are a being who is taking one ladder step up in her own personal evolutionary process, and this ultimately has an effect on the entire universe. You become a lightning rod for metaphysical action to happen around you and within you and you start to walk into the artistic flow of the universe, and it starts to show you where you need to go.

And so us finding Lama Allione's book or finding John Ruskan's work, or finding these ancient maxims, or finding alchemy and all of these things that were plopped right into our lap, they happened once we said "I'm going to pull the switch and I'm going to do this sacred work". It's not just a 1,2,3 step process that we call shadow work. Our book is what came to us and what works for us, and it's probably a good starting point for many people, but each and every person will walk into their own alchemical process that will show them exactly what they need.

Like that guy in the gym. I was asking him what he's done to be so healthy and muscular and age 60 and what he eats. His main maxim was, "Your body will tell you". Your body will tell you. That's the same thing with this alchemy work, this shadow work, you will be shown!

M: You will be shown, but you have to be very prudent and proactive about it, and really look at your life as a metaphor showing you the way to go. But then another thing I just wanted to add is that this code, this beauty code or feeling unloved code, I'm still working on it. I mean I still have this code and it's an ongoing piece of artwork that's still evolving. Although I really have transformed a great deal, I don't feel 100 percent free of that virus yet. I feel that I'm on the path and that that I will, but I have to be perfectly honest about it. Depending on your own virus, it can be a life long journey. But it's a beautiful journey. You don't have to think of it as a burden. It's not a victim thing at all.

C: It's not like this terrible burden of carrying around a concrete block on your back in order to "evolve" yourself. Alchemical work is something that although it can be difficult at times and will probably be going on for the rest of your life, it gives you fantastic rewards. We do feel so much better and more empowered, so much more on our path and we have so many more tools now for dealing with the destructive force than we ever had before. I could never say that what we've done was not worth what we've got back. So far we've received so much gold in return. So it's not like that kind of a burden.

**M: Ok, I'm going to go into the emotional clearing process now.**

Instead of distracting yourself out of that bad feeling, instead of trying to get out of it, you go into that pain.

C: Ok, so to clarify here, we're talking about the emotional clearing process as John Ruskan calls it. And so, the way it works is that when you're triggered or when you find yourself charged, whether its angry, guilty, sad, depressed, or in any way negative, and it's a feeling you cant shake, then that trigger is what you use as an open doorway to clear an old wound.

M: Right, and so now, you will *feel* that wound. You'll feel that wound. This is why it can be challenging, because you naturally don't want to feel this horrible, pain, your broken heart. That's how it feels for me with my particular code

of feeling unloved. The worst possible broken heart that you could ever experience. This is what I've been processing.

C: Lets give a real world example of how we might be working on some music together and I would get frustrated with you and say some things that are a little bit destructive. This would evoke that old feeling in you. Then you'd feel angry with me and you wouldn't want to work with me. Then I'd get angry with you and it turns into a charged argument. Then all of a sudden you might say, "I see where this is going, I need to process something, you need to process something. We're not going to get into a cycle." Then we'd go sit and process the energy. And it does take quite some time to get to that level of where you can convert an argument or cycle into an opportunity to clear, but if you cant catch it in the middle of it, you can do it afterwards, when you still feel like crap.

M: Right. It's definitely helpful if you have someone you can do this with. But anyway, when you go into the feeling, you have to be able to really feel it. For some people this is more challenging than others, but you just want to sit into that uncomfortable, bad feeling and let it flow. Let the energy fully flow as you sit. Now, I have found that anger is one of the more challenging ones. Anger is very active. Anger wants to release itself in an active way.

C: It wants you to get up and kick or punch something.

M: But you do not want to project. You want to take that feeling of the anger and actually sit in it without projecting it. Now, I remember John Ruskan in his book talking about how

anger made his whole body get really hot and heated up almost like on fire.

C: That's happened to you actually.

M: It's going to have different effects on your body and you have to allow it to do what it wants to do.

C: If it's the reverse of anger such as sadness or grief, it will cause you to cry but that is good.

M: That is good. You want to allow yourself to cry as much as you need to, just allow it. Like a small child that falls down, you don't tell them to stop crying. You let them cry through the whole cycle. That's what you want to do yourself.

C.: Unfortunately in our culture, we don't always know how to deal with children who are having emotional cycles. But the way we do this with ourselves is the way we should also do this with children. If it's crying, you allow the crying to fully happen and if judgments come into your mind such as, "I shouldn't be crying, I don't have time", or "This is childish and I'm weak for doing this", you just ignore those thoughts and allow your body to cry. You sit and allow it to happen and direct compassion inwards towards yourself.

In my experience it could last anywhere between five minutes or even two or three hours. You just allow yourself to purge. Whether its anger, sadness, or guilt or whatever the feeling is, the very fact that you're sitting with the emotion, not displacing it, not denying it, not projecting it on another person, but allowing it to actually come up through your whole physiological system means that you're retraining your body to correctly process your emotional energy. It's the way

it's naturally supposed to happen. We would naturally deal with emotions properly if our society didn't actually have codes that cause us to repress them so as to reroute the energy for colonization purposes and things like that. So you have to go against your cultural codes to do this work.

M: Right. Now, another aspect is that of acceptance. And this is a good word for this work, *accept*. We clear when we really accept the feeling. It's a deep acceptance. Through the allowance of that energy to go through your body, you create a deep acceptance which actually turns on your heart chakra. I can feel it right now actually. It turns on your heart energy and it turns into a deep compassion. A deep love for your own self and then for your partner and everything around you. It becomes this sad joy, as John Wellwood puts it. It's that type of feeling and it's a deep compassion. I believe that's what the Dalai Lama is talking about when he talks about compassion. It's an actual energy state that comes from your heart chakra. It's a deep acceptance of all, and that includes this shadow energy. It includes the shadow energy.

C: It's an acceptance of your wound. It's an acceptance of where you are in life. It's an acceptance of where others are at, including those who are hurting you. It's a total acceptance. And that acceptance, like you're saying, is a consequence of training yourself not to project and not to fight this emotional energy. There is nothing left to do but accept it. And that physiological process of acceptance is what opens your heart chakra. And then once your heart chakra is opened and opened more often in your life, then what happens?

M: Then you will find that your inner state becomes much more spacious for the natural evolutionary process to happen to you on an internal and external level. You'll start to see it. Those things in life that you always wanted to do, but that were always blocked by something in the way, they begin to manifest. You're going to find the way to do your Life Art because you've opened up that repressed energy that was keeping you from doing it. You're clearing out that area which allows the evolutionary force, that Life Art force to come through you.

C: Absolutely. That's what our experience has been.

M: Totally. This has been our experience. It's pretty remarkable what's happening right now. I'm just blown away actually. I just never thought that I would transform as much as I have. My art and music is so much cleaner now. I don't have as much of the doubting thoughts and feelings. I'm feeling that my actual musicianship is improving and I'm taking up new instruments like the EWI, and it's so easy to flow into it. I mean all these creative energies are just flowing.

C: I'll tell you, I feel the exact same way. This clearing and all of this shadow work has transformed my inner state and feelings of self worth greatly. I am so much more than I was. In some ways it's unexpected, but actually there was always this intuition in me that a real greatness and power was achievable. And although we still have our cycles, they are tiny compared to the past. But this is because of the natural day and night cycle of the universe. You will always have an up down, ebb and flow type of sine wave going through your

life. You'll always have that, but the intensity of that becomes more balanced, and therefore you don't get sucked down into the destructive cycles nearly as long, and of course you end up being able to understand the deeper process behind it all and use the experience to transform even more.

M: And another thing is that you can do this emotional clearing subtly wherever you are. I was doing it yesterday when we were drinking coffee. You said you noticed that there was something wrong with me, but I was going into the old feeling and allowing it to clear. I wasn't pushing it away, I understood where it was coming from, but I was not going to project it on you or push it away. I was actually clearing myself right there.

C: A personal, private, quiet clearing process during the day. As I recall, you had some recording work to do that was making you insecure, so this was a bit of clearing work to prepare you for what you had to do that day.

M: Right, so it's something you can take with you. At first yes, it takes a lot of energy and if you have a deep trauma of any sort, you're probably going to have to sit for longer and cry and feel the anger or uncomfortable feelings, but as time goes on, those cycles get smaller and you get cleaner. Then you can start to do this in a much more subtle way in your everyday life. I do this at work too actually.

So you get to the point to where you're able to have enough mindfulness of your thoughts and your energy state that this whole process becomes something you take into every part of your life and utilize. And after a while it just

becomes a management system. It's more like brushing your teeth or taking a shower, cleaning your body well.

C: In my case it seems to be more like an occasional house cleaning. I had to do a lot of deep cleaning at first, and now it's occasional maintenance. I was once trying to guess how much crying I've done since the beginning of this. I'd say that it was probably about a year and a half of crying on and off, several times a month or so. Perhaps 30 or 40 hours of crying in about a year and a half, and now it's like once a month for a few minutes. But of course I'm always open to whatever emerges.

M: Now you can go into your mental and emotional state and work through it much more easily, right?

C: Well, if I compare to my past, there's a big difference. I told you about that instance where I had that argument with that woman who was renting a room from me four years ago. And how we got into a yelling match because I was kicking her out. It was a horrible situation that I invited into my life to teach me something. We had a loud argument, and while I was yelling at her, the watcher part of me was activated and I watched myself from above my head. I had activated a higher level of awareness. I mean I always have a semi-watcher state going, but I had an even greater level of objective awareness than I'd experienced much before, except perhaps in a psychedelic state. I would call that experience the start of this whole phase, four years ago. Now I have a continual level of awareness of my own emotional cycles and thought processes that I could not compare to what I had back then. That par-

ticular situation was the first time I can really say this awareness was starting to come online, and if I compare my consciousness in general, it's quite elevated from where it was four years ago or before. Absolutely. So this work has been a major catalyst.

Ok. I just have a couple more questions here.

M: All right.

**C: We've used the term Virus to describe the way in which shadow programs are shared throughout humanity. Can you talk about this? We haven't yet gone into this whole way of looking at the shadow in terms of viral codes.**

M: Right. Well, this is an ongoing investigation, but the way that I see these viruses right now is like energy systems. If they are able to grow, they become what some people would call entities. I think there are different viruses for different conditions. Let me give an example. I remember years ago when I had an eating disorder. I would eat and eat and eat, until I stuffed myself and I couldn't move. I didn't purge or throw up. I would become so sick that I couldn't move. This was another way that I would repress and try to get out of facing all of the shadow stuff. So I remember one time in the middle of one of these cycles, I looked in the mirror and I actually saw and felt this entity in me. It had a certain energy. It was like this monster. It was like this hungry eating monster, and I really had this tangible feeling of it taking me over.

C: *In The Realm of Hungry Ghosts* by Gabor Mate.

M: Right. So, I am very sensitive and I can feel people's energy, and when I see obesity, there's a certain kind of a chemical energetic program going on. It's a very specific one. I believe that there are different viral programs. You could say they are archetypal, but there seems to be specific types, and they have a life of their own. Once they're able to take a consciousness over, they actually become a more complete system. Steve Richards deals with this. He kind of sees them as energy systems too.

C: He sort mixes a scientific and ancient view. I'd say we do too, although we speak differently from him. I think we're all talking about the same thing. We write about this in the book where I describe a working model of how I think this works. A virus begins with a psychological wound or fracture, which could be something in your family environment when you're young, or it could be something passed genetically, but a physiological wound becomes a weakness that gives rise to an autonomous script in the mind. Then that script, if it grows to be parasitic, will inject a trigger like any parasite does. It will activate a mental or physiological trigger to cause you to do something to feed that program. And then it will grow. And the source of that program is an old wound that it's rooted in. So that's why we believe that the emotional clearing and other alchemical work is necessary because it basically repairs those old wounds by allowing the proper physiological energy state to flow - and now the parasite is out of business because its roots are not getting fed anymore.

M: I believe that it will actually inject a chemical hormonal component into your physiology that will get you to feed it if you're not in control of it. If you don't have mindfulness, it will actually get you to do destructive things or move into destructive environments.

C: Which makes the program stronger and makes the rest of you weaker. So this is an addiction, but it also can happen between two people in relationship where each person holds a different side of the charge, the polarity. One person holds the positive destructive part of the script and the other person holds the negative destructive part of the script and they play out what we call the *victim-victor cycle* or game. This happens with two people in relationships, but it also happens within racial or cultural clashes or religious conflicts. You can see these victim-victor cycles playing out en masse.

M: And the reason why we figured the victim victor-script out is because we have this in our own relationship together. We saw how our own relationship has a creative side and a destructive side and as we became more aware of our destructive side, we saw these cycles and how they looked parasitic and viral. We isolated this down and then we started to watch the cycles. At first the cycle would happen and then we would talk about it after it occurred and that was how we were first able to understand it more clearly. We noticed that it would actually operate in a specific kind of a timeline. Every couple months there would be a really bad one. I mean, they were pretty bad at first. They were really severe to the point where one time you kicked me out of the house for a minute or two.

C: I locked you out of the house because you were just going batty on me.

M: Right. It's weird because in my other relationships, I was the sane one, and in this relationship, I had to see my own virus through your eyes and you had to see your virus through my eyes. So because we actually worked through it, and isolated the core energies, these fights shrank in intensity over the last couple years. This is why the danger aspect was given to us early on, because of this difficulty.

C: Right. We told a spiritual teacher we respected what we were doing and he was like, "Woah there, be careful with doing this shadow therapy on yourself within your own relationship". I can understand that but we were just not able to back down from this. We had to do this. It was difficult but I feel we were equipped.

But I should also say that if we hadn't known about hierarchy, about As Above So Below, then we would not have been able to map this out. Knowing As Above, So Below, we said, "Hey wait a minute, these energetic features of our own destructive conflicts should be common to other types of relationships", and we intuitively knew this. It was basically thrown on our lap. We also started to find others who were talking along the lines of mental parasitism. Once we started to look at biology and other types of sciences, it became very clear that what we were dealing with was a parasitic cycle. Once we could see how parasitic relationships worked, we saw them in our relationship and then in our community, our economy, in our culture and our politics. We realized, "Wow,

the whole construct of our current civilization includes parasitic relationships as a prominent feature”.

Once I remembered something Elisabet Sahtouris was talking about where she said that we’re moving from a stage one species into a stage two species and it dawned on me that stage one species are predatory or parasitic. As a species goes through the evolutionary process it becomes more and more symbiotic towards mutualism. We become more and more symbiotic as we evolve, but the lower stages of relationship are predatory and parasitic. Like I was talking about the other day, that bumper sticker that says “He who dies with the most toys wins”. That’s basically like the mindset of a parasite, like a caterpillar, whose whole job in life is basically to get as fat as possible. This leads us into the butterfly analogy and imaginal cells, but these realizations about parasitism and holarchic relationships really helped us out. Once we had the ability to frame our own conflicts and destructive personal cycles into a greater holarchic framework, then we had the confidence to know that we were on the right track and that we were looking at something that was much deeper than what we understood before.

M: There are thousands of different kinds of parasites and viruses in biology. I feel like there are probably an equal amount of these that could be isolated in the mental, psychic, and cultural realms.

C: And probably just like how different diseases are common to different species at different times in their development, you’re going to have different cultural viruses

which are going to be common to certain cultures at certain times in their development.

M: And again this is what Eckhart Tolle is talking about when he speaks of the Pain Body. Or different cultures that have a certain pain body. Or how women or racial groups have a shared cultural pain body.

C: It's a domain of common mental, physiological weaknesses that are passed along within a culture that are preyed upon by active destructive programs, which feed on those common cultural weaknesses.

M: Right. And so the first way to clean these out is that you have to first work on your own personal viruses. Some of those are collective. Like my own feminine virus is shared amongst all of us women.

C: Yeah your issues with self worth are part of the female pain body in our civilization.

M: Yes, so I feel that as I clear and transmute that energy, this opens up more space in the collective, and I feel that would be the same for any of these cultural viruses. First you start with yourself and then you begin seeing it more clearly as a shared code. Then you're able to relate to others in a much more balanced and compassionate way. Compassion actually develops naturally as you're able to clear yourself. You increase your ability to have compassion for someone else or another culture or someone whose being victimized. If you're doing this clearing work, you will build more compassion and you will not have the same charges that you had before. It's not possible when your heart opens up like that.

C: Right and this is a major point that we should bring forward. When we find ourselves attracted to another person or attracted to lets say a political cause or attracted to some way of life, it's not only because that thing we're attracted to has an element for our evolution, but is because we are destructively charged towards it as well. So much of the time, those relationships or causes that we become invested in are the partial consequence of destructive viral patterning in ourselves energetically attracting certain people, situations or causes into our lives. We hold one side of the destructive polarity charge and they hold the other side of the charge. And this is why relationships or social causes don't actually satisfy us like we envisioned they would, and they can actually become vehicles for destruction. That's because we haven't isolated how the "other" is actually a co-destructive vehicle. We have co-creative energies, and we have co-destructive energies that we have not isolated in ourselves yet. So we will continue to find ourselves in destructive relationships or giving our energy to causes which pull us down and drain our energy because we don't recognize that we're holding part of a destructive charge that's also in the other.

That's why for example, political activism is often ineffective, because we are attracted to causes and to others who are carrying the same viral scripts that we have. You'll find all sorts of people using political causes to displace their internal entropy together, but they don't have an awareness of how they are part of the problem. Lets say you're an anti war activist and you're really against Bush and the Iraq war because

you see those Iraqis as victims. Well the victims are representing the negative polarity of the destructive force in the activists themselves. The activists also carry this victimhood state within them. When they get active, they are often flipping poles to the destructive aggressor or victor pole. The activists don't realize they are holding on to the same polarity charges of both the Iraqi victims and the aggressors like George Bush and Dick Cheney. And they get out there in the streets and they yell. And if you actually go talk to these activists as they are in the middle of a venting session, some will tell you straight up "I'd like to take that politician and slit his throat and throw him into a pit!" They'll tell you that! I was involved in the Occupy movement and I have seen this. Because they are carrying the same aggressor charge as the Adolph Hitler that they are going up against!

M: And then you actually talk to some of them and their own personal lives are a shambles, in disarray and they're miserable. They have not begun balancing that same energy in themselves yet.

C: This is explained more in the book. **Ok, this leads me to two more questions. One is about how these destructive shadow programs cannot only make your life miserable, but can attract physical and biological diseases, or give you psychosomatic conditions that you will believe to be externally caused, but which will be caused by your own shadow energetic states.**

M: Right, this is what we call TMS, which you wrote about in the book.

C: Tension Myositis Syndrome, coined by John Sarno, also called TMS, was this doctors' initial intuition several decades ago that many instances of chronic pain were psychosomatic or mentally created. His intuition started his own scientific investigation into that domain and we've learned a lot from him, and we have verified this for ourselves.

M: This realization about how disease can be self created was a progression for me. I always had a sense that I had to take responsibility for my life, and that I was the creator of all the circumstances that came into my life. I just had that naturally, but when I got cancer I really got it and I said, "Well the cancer is in my body. There's disordered cells in my body, so whose going to fix this but me?" So I took complete responsibility for that and I was able to heal myself of the cancer. Through that journey, I also saw how what I was told by the medical establishment was a complete a lie.

There was one instance where I was going through all these alternative methods. I used myself as a guinea pig just as we're doing now. I did all these diets and cleanses and was eating nothing but raw food. But I was eating a ton of fruit. At some point, my nails started to get really weird and inflamed and started to come off. So naturally I was a little worried and I went to go see a doctor and he said, "Your nails are never going to come back. You have a fungal infection. I can put you on an anti fungal drug but its bad for your liver." I just walked away from that and picked up the medical encyclope-

dia and looked up my condition. I realized I had Candida, which is an overgrowth of yeast basically. So I did the anti Candida diet and my nails came back.

So I kept having it shown to me that what I was being told by the society was not true. But, I didn't really fully accept the psychosomatic explanation for a while. I intuited that it was all about blocked energy. I did know that because once when I had the flu really bad I asked my body, "what is pain?" and what came back was that it was blocked energy. So I actually went into my body and I allowed that pain to just take me over on a physical level, and it moved the energy. So it's kind of exactly like what we've been doing with emotional clearing. I did on a physical level years ago.

So I kind of understood that already. But when we started taking walks up here on Mount Wanda I remember having back pain and you bringing it up to me again. You said "Don't pay attention, just ignore it, it's TMS. There's something emotional behind it". I eventually realized that the back pain was blocked sexual energy. Since we've been doing this work, I can look back at my own life and I can see how so many symptoms were psychosomatic. I was holding on to all of this repressed energy that originated in my childhood. And where else is it going to go but into your physical system? First thing, it's going to come out there. If you're not projecting it out as anger in your life, it's going to go into physical symptoms.

C: A lot of people do manage it that way. They become a drill sergeant in life and they end up projecting this energy out as a way to get it out of their system.

M: Right, so that's one way people get it out. But another way is to take the victim role and get sick, and our culture then parasites off of this.

C: That's the black hole version of this energy and it sucks you to death. The other positive pole of this, anger, creates death for others, and the negative victim side of this creates death for yourself. And of course they flip flop. I explained this in the book. Aggression at others actually destroys you because it blocks you from accessing your heart chakra. You victimize yourself in the process.

M: Right. You can just look at how sick Americans are now and how many disorders people have created for themselves at this point. We just have an epidemic of culturally created disorders.

C: That's actually what John Sarno's last book *The Divided Mind* is sub titled. *The Epidemic of Mind-Body Disorders*.

M: Right, there's an epidemic of this all over. And the culture feeds into this. I mean look at all the drug ads and the pharmaceutical companies and health care system feeding.

C: Right, well the culture has a parasitic profile!

M: Look at how many people are on these anti depressants. I mean we just saw this thing incredible thing in the news. This is a true story of this woman who got her psychologist to pour drain cleaner into her eyes. Or what was it?

C: She had a family virus we would call it, and since she was a child she always wanted to be a handicapped blind person with a cane. She always saw that as her highest purpose. And she eventually found some other equally disturbed individual to help her achieve it.

M: A psychologist actually! (laughs)

C: Right! A licensed psychologist poured acid into her eyes, blinding this woman who now testifies that she has finally found peace in life!

M: And they actually have a term for this. Body Identity Integrity Disorder! There are people who are now chopping off their legs because they always wanted to be paraplegic. They are calling these actual disorders.

C: So this is an extreme version of how you can become conscious of a viral program which can run in your mind-body and you will actually accept it into your ego state. Most of the time you'll have a viral program and it will cause you to contract, say, Carpel Tunnel Syndrome, or Fibromyalgia, or back pains, but you won't consciously want it. It will even allow you to contract the flu by turning down your immune system. Or any other kind of a chronic symptom or condition, but your ego will believe that it's something coming from outside of you. You'll think something did this to you, or you might say its genetic, but you'll always take a victim role and say, "This it's something that's happening to me." It's the rare person who actually says, "I want this in my life". But anyway, in every case of these psychosomatic conditions, you will find that there is an old wound that has given rise to a

parasitic script that is now feeding off of the chemicals that are invoked through your chronic pain or victimhood.

M: Something is getting fed off of you being in pain. You can begin to start to looking at this and asking yourself, “Why do I want to feel this pain?” Because there’s a destructive part of you that wants to feel that pain, or wants to get the flu.

C: If you sit with yourself while you’re feeling the symptoms of a chronic condition and ask yourself, “Why do I want this condition, why do I want this pain”, the first thing that will happen is that your ego will say, “I don’t want this pain, I want it to go away”. But that is only the first reaction that will come up. If you will allow yourself to sit with this and feel the feeling state signature of this, you can get to the source. But it will often not be within a cognitive level of script. It will be in a feeling state level of script. You will find that there is a victim state of a wound in you that is behind that chronic symptom. Sometimes, certain people will develop symptoms, like back pain for example, based on simple common anxieties like the mother-in-law is coming into town or a new job or something like that. That’s very common and not very severe. But even with that you can find the emotional signature behind it, which is fear of a conflict with your mother or something like that. But the more severe chronic disorders will have a much deeper older childhood wound associated with them. And behind that will be a wound that is cultural.

**C: The last thing I wanted to talk to you about is something that we touched on and that we will probably**

**explore more in the future. Shadow Tech is more about shadow work, but ultimately this is about evolution and this is about entering a different way of seeing ourselves and our interconnectivity with the universe that we call *Living In The Movie*. Maybe you could talk about this concept in whatever way you like.**

M: Well, we kind of came into this concept early on. We thought about how life is like a movie and how we were actually living in a movie-like creation. I mean the way things were happening for us back then, this just came out. We were having all these syncs while hanging out together. We started noticing things in our outer world that reflected the work we were doing inside of ourselves. We started noticing this interaction more and more and it became really obvious that we were co-directors in the movies of our own lives. So, now I just live this way. I actually see my whole life like a movie and I watch my outer state and my inner state on equal terms.

C: Exactly.

M: If I notice something going on in my outer world that has meaning to me, I will find a component in my internal state that matches it. Each creates the other in a sense.

C: Right, so if you find meaning in something significant that shows up in your life, you can go look for the internal correlate in your own psychic state. Or you can focus on thoughts or feelings inside your psychic state and watch how what you're working on will be verified for you in your eternal movie.

M: Right, and this becomes really interesting the more you do this practice. Life becomes much more magical. You can use this in any aspect of your life. You become more mindful of the dance that's going on around you, of the movie that's going on that you're a part of. Instead of seeing it all as random, you look at it as a whole, connected experience. Then you'll find that connection in everything, which you can relate to your own internal state. With the shadow stuff, this can be more difficult for people, but for example, if I see a homeless person or someone in pain or angry, through them I can access that part of myself. Once I am able to access that part of myself I can do something evolutionary. A lot of times you're not able to do something physical for that person, but you can access compassion. Doing that itself clears and heals us. You can have more compassion for the situation and everything that's going on in the world. You're a part of that. You're not separate from that. It's all part of this grand universal movie that's being played out. The more that we can do this, it opens up more space for the heart energy and therefore evolution. If we don't have that overall connectedness naturally, where we feel connected to everything around us as part of a greater dance, it's a separation that causes separation anxiety.

C: Separation anxiety, separation trauma, which is already woven into the civilization, and this exacerbates it. Materialism is a mindset, and like everything, has creative and destructive aspects. On the creative side it's a useful exploration to develop what Antero Alli would call the Third Circuit aspect of our psycho-physiology. That's the logical, cognitive,

side of our being. Materialism and a scientific view is great for developing technology and all of that, but it has a property to it that rejects the older more feminine way of modeling the universe symbolically. It rejects a more interconnected perception of our being. The more materialistic and logical left brain activity that goes on, the less that you're connected to the more feminine way of viewing yourself and your world, which is also an artistic and intuitive way of perceiving. And you know what happens when you're not connected with the mother, with the feminine archetype, the heart. You know what happens. It kills you and it kills everything around you. So basically, *Living in the Movie* as a meditative practice puts you in this state. You don't reject your Third Circuit way of analyzing yourself and your world, but you bring yourself back into balance with this more mythical way of seeing yourself and this becomes an invitation to a feminine archetypal force to rise back up into your body and help you to connect back again with the world.

M: Exactly. Indigenous cultures had that connection because they were very involved with the earth itself and all the animals. They viewed all animals as having spirits, which I also intuit, and everything as having a spirit and as being alive. But because of the Third Circuit development, we as Westerners did not put our attention on that as much and so we became separated from that. That's part of our development, but it's given rise to a virus. We wouldn't be doing what we're doing to the planet if we were fully feeling that connection. But if you start to do this *Living in the Movie* ex-

ercise in your own life, you'll start seeing more and more syncs and more magic will start to happen in your life. And you'll never be bored. You cannot have a boring life when you're in the dance of creation. When you understand that your internal and external state are part of this great cosmic dance, there's no reason ever to be bored.

C: Everything is then informative. I have to give a lot of thanks to my dad who early on gave me some concept of symbolic structures by pointing out elements of Stanley Kubrick or Akira Kurosawa movies and even showing me subliminal implants in advertising and turning me on to symbolism early on.

*--A train passes through, interrupting the conversation*

C: I think this signifies the end of the talk! Because I just lost my train of thought! Oh now I remember what I was going to say. It's been difficult for me, even though I had some of that "train-ing", it's been difficult for me to really trust the movie-like nature of the cosmos and of my life and build a faith that I will be shown everything that's going on.

M: Plus, it will show you where you need to go! Don't forget the fly hitting your face the other day and dropping the peaches and all of that.

C: Oh yes! The more you trust in this symbolic feedback system and you learn to take guidance from it, the more you get from it. It's like building trust with anybody. You have to trust someone to pack your parachute before you jump out of

*SHADOW TECH*

an airplane, or trust a partner when you're spelunking in a cave or climbing a mountain. At first you may not trust them very much but the more you go out with them the more you learn to trust them and to relax into them. Faith opens up. So it takes time to trust that your universe will show you where you're at, where you need to go, and the meaning of what's going on inside you. Then you can truly live in the movie at that point. You can then co-direct your own movie of life.

M: Exactly!

C: Beautiful! Thank you for the talk!

## SHADOW TECH

### ABOUT THE AUTHORS



*Colin E. Davis* considers himself to be an artist above else. He has enjoyed a 25-year career as a touring musician and audio engineer. He also has a background in real estate related law and legal strategies. Since 2009 he has counseled hundreds of people in foreclosure, helping them to turn financial destruction into personal evolution. He has held an enduring interest in spiritual principles.

*Melissa Mari* is a lifelong performance artist with a background in theatre, jazz, classical, folk and heavy rock styles. She healed herself of cervical cancer in the mid nineties, when her investigations into the human shadow began. Now, she teaches effective methods for transmuting destructive shadow energies.

Colin and Melissa are the founding directors of the musical multimedia project **The 01 Experience**. They maintain the websites [livinginthemovie.com](http://livinginthemovie.com) and [shadowtechbook.com](http://shadowtechbook.com)