

HEALING  
BETRAYAL

# FIND A CENTRAL IMAGE

A working metaphor or analogy to return to over and over.



The Wounding of Hermaphroditus

**A WAY  
(AND A SPIRIT IN WHICH)  
TO PROCEED**

"NEVER LAMENT CASUALLY.  
IF ONE IS TO EXPRESS THE GREAT  
INEVITABLE DEFEAT THAT AWAITS US  
ALL, IT MUST BE DONE WITHIN THE  
STRICT CONFINES OF DIGNITY AND  
BEAUTY."

— *Leonard Cohen*

# DEFINING BETRAYAL

- In Latin, Tradere. To hand over. In Greek, Paradidomi. To hand over.
- In Middle English, Betrayen. To mislead. FORM AN IMAGE.
- Intent is implied, forethought, self-interest. Deception is a form of violence. When you encourage someone not to trust their gut or intuition, you disintegrate them.
- Results: Shame, Embarrassment, Center of Attention, Hypervigilance, Low Esteem, Grief, Regret, Confusion, Loneliness, Abandonment
- Opposites: Relative Innocence, Trust, Naivete, Wholeness, Embodied, Oriented, Connected
- What is lost? Trust, Normalcy, Connection.
- Shame and Complexes
- Freud, Nietzsche, and Jung

**WHAT IS THE PATH OF  
LEGITIMATE SUFFERING?**

# SOME GUIDING PRINCIPLES

- An analytic attitude includes building a container that is a No Victim zone.
- Suffering with Meaning and Purpose vs Pure Damn Suffering
- Legitimate Suffering vs Neurosis
- Pain vs Suffering
- Using suffering for individuation
- Overidentification with trauma is a form of idolatry, another "handing over."
- An identity rooted in disempowerment cannot individuate.

# SOME GUIDING PRINCIPLES

- Betrayal is individual and universal, personal and archetypal
- Betrayed or Forsaken? Which best describes your experience?
- Poor boundaries create instability.
- In primary human relationships, two wholes make a whole.
- How are you co-creating your dilemma?
- How can you proceed from a place of dignity?
- What does wholeness require?

**INSPIRATION FOR  
THIS WORK**

THE HALLMARK OF  
A FOLLOWER OF JESUS  
IS THE CAPACITY  
TO SUFFER WELL.

— *Richard Rohr*

NOBODY WHO FINDS HIMSELF  
ON THE ROAD TO WHOLENESS  
CAN ESCAPE THAT CHARACTERISTIC SUSPENSION  
WHICH IS THE MEANING OF CRUCIFIXION.

FOR HE WILL INFALLIBLY RUN INTO THINGS THAT  
THWART AND "CROSS" HIM.

— *Carl Jung*

"GOD IS THE NAME BY WHICH I DESIGNATE ALL THINGS WHICH CROSS MY WILLFUL PATH VIOLENTLY AND RECKLESSLY, ALL THINGS WHICH UPSET MY SUBJECTIVE VIEWS, PLANS, AND INTENTIONS AND CHANGE THE COURSE OF MY LIFE FOR BETTER OR WORSE."

— *C.G. Jung*

**YOU ARE  
YOUR HOME**

"THE SELF IS OUR LIFE'S GOAL, FOR  
IT IS THE COMPLETEST EXPRESSION  
OF THE FATEFUL COMBINATION WE  
CALL INDIVIDUALITY..."

— *C.G. Jung*

“YESTERDAY, I MET A WHOLE PERSON. IT IS A RARE EXPERIENCE BUT ALWAYS AN ILLUMINATING AND ENNOBLING ONE. IT COSTS SO MUCH TO BE A FULL HUMAN BEING THAT THERE ARE VERY FEW WHO HAVE THE ENLIGHTENMENT OR THE COURAGE TO PAY THE PRICE...

ONE HAS TO ABANDON ALTOGETHER THE SEARCH FOR SECURITY AND REACH OUT TO THE RISK OF LIVING WITH BOTH ARMS. ONE HAS TO EMBRACE THE WORLD LIKE A LOVER AND YET DEMAND NO EASY RETURN ON LOVE. ONE HAS TO ACCEPT PAIN AS A CONDITION OF EXISTENCE. ONE HAS TO COURT DOUBT AND DARKNESS AS THE COST OF KNOWING. ONE NEEDS A WILL STUBBORN IN CONFLICT, YET OPEN ALWAYS TO THE TOTAL ACCEPTANCE OF EVERY CONSEQUENCE OF LIVING AND DYING.”

— *Morris West*

"THIS MAGNIFICENT REFUGE IS INSIDE YOU. ENTER.  
SHATTER THE DARKNESS THAT SHROUDS THE  
DOORWAY. BE BOLD. BE HUMBLE. PUT AWAY THE  
INCENSE AND FORGET THE INCARNATIONS THEY  
TAUGHT YOU. ASK NO PERMISSION FROM THE  
AUTHORITIES. CLOSE YOUR EYES AND FOLLOW  
YOUR BREATH TO THE STILL PLACE THAT LEADS TO  
THE INVISIBLE PATH THAT LEADS YOU HOME."

— *Teresa of Avila*

OH MY MAMA TOLD ME 'CAUSE SHE SAY SHE LEARNED THE HARD WAY  
SAY SHE WANT TO SPARE THE CHILDREN SHE SAY DON'T GIVE OR SELL YOUR SOUL AWAY  
'CAUSE ALL THAT YOU HAVE IS YOUR SOUL

I WAS A PRETTY YOUNG GIRL ONCE I HAD DREAMS I HAD HIGH HOPES  
I MARRIED A MAN HE STOLE MY HEART AWAY HE GAVE HIS LOVE BUT WHAT A HIGH PRICE I PAID  
AND ALL THAT YOU HAVE IS YOUR SOUL

WHY WAS I SUCH A YOUNG FOOL THOUGHT I'D MAKE HISTORY  
MAKING BABIES WAS THE BEST I COULD DO  
THOUGHT I'D MADE SOMETHING THAT COULD BE MINE FOREVER  
FOUND OUT THE HARD WAY ONE CAN'T POSSESS ANOTHER  
AND ALL THAT YOU HAVE IS YOUR SOUL

I THOUGHT, THOUGHT THAT I COULD FIND A WAY TO BEAT THE SYSTEM  
TO MAKE A DEAL AND HAVE NO DEBTS TO PAY I'D TAKE IT ALL TAKE IT ALL I'D RUN AWAY  
ME FOR MYSELF FIRST CLASS AND FIRST RATE BUT ALL THAT YOU HAVE IS YOUR SOUL

HERE I AM I'M WAITING FOR A BETTER DAY A SECOND CHANCE  
A LITTLE LUCK TO COME MY WAY A HOPE TO DREAM A HOPE THAT I CAN SLEEP AGAIN  
AND WAKE IN THE WORLD WITH A CLEAR CONSCIENCE AND CLEAN HANDS  
BECAUSE ALL THAT YOU HAVE IS YOUR SOUL

SO DON'T BE TEMPTED BY THE SHINY APPLE  
DON'T YOU EAT OF A BITTER FRUIT  
HUNGER ONLY FOR A TASTE OF JUSTICE  
HUNGER ONLY FOR A WORLD OF TRUTH  
'CAUSE ALL THAT YOU HAVE IS YOUR SOUL

OH MY MAMA TOLD ME  
'CAUSE SHE SAY SHE LEARNED THE HARD WAY  
SAY SHE WANT TO SPARE THE CHILDREN  
SHE SAY DON'T GIVE OR SELL YOUR SOUL AWAY  
'CAUSE ALL THAT YOU HAVE IS YOUR SOUL

— *Tracy Chapman*

# SELF AND OTHER

BALANCE: MAINTENANCE OF EQUILIBRIUM

EQUILIBRIUM: A STATE OF STABILITY WHEN  
OPPOSING FORCES ARE BALANCED

"IF MEN AND WOMEN ARE TO BE EQUAL PARTNERS IN THE OUTER WORLD, THE FOUNDATIONS FOR THAT PARTNERSHIP MUST FIRST BE LAID WITHIN THEMSELVES.

AS WITHIN, SO WITHOUT. NOTHING CAN BE ACHIEVED WITHOUT IF THE FOUNDATIONS ARE NOT FIRMLY ESTABLISHED WITHIN. NEGOTIATIONS BETWEEN THE SEXES ARE BOUND TO COLLAPSE INTO MISUNDERSTANDINGS OR REMAIN SUSPENDED IN COMPROMISES THAT SATISFY NEITHER, SO LONG AS MEN AND WOMEN REMAIN STRANGERS TO THEIR INNER REALITY."

— *Marion Woodman*

“CRUCIAL TO (THE EVOLUTION OF RELATIONSHIP) IS THE REALIZATION THAT THE INNER PARTNER IS NOT THE SAME AS THE OUTER PARTNER, AND SO LONG AS THE INNER DIVINITY (OR IDEAL) IS PROJECTED ONTO THE OUTER HUMAN CREATURE, THERE CAN BE NOTHING BUT ILLUSION, CONFUSION, DISAPPOINTMENT AND DESPAIR, TO MENTION BUT A FEW OF THE HEARTACHES THAT THE FLESH IS HEIR TO.

WHILE OUR RELATIONSHIPS TO THE INNER (BRIDE OR BRIDEGROOM) WILL INFLUENCE OUR OUTER RELATIONSHIPS, HE OR SHE IS THE PRESENCE THAT ACCOMPANIES US IN OUR INNER JOURNEY TO TOTALITY. OUR OUTER PARTNER SHARES THE EARTHLY PATH. DISCRIMINATING BETWEEN THE TWO CAN BE A HUMBLING AND RELEASING EXPERIENCE. I REMEMBER THE FIRST TIME I SAW MY HUSBAND WITHOUT PROJECTION. WE HAD BEEN MARRIED 25 YEARS.”

— *Marion Woodman*

Then Almitra spoke again and said, And what of Marriage, master?

And he answered by saying: You were born together, and together you shall be forevermore. You shall be together when the white wings of death scatter your days. Ay, you shall be together even in the silent memory of God.

But let there be spaces in your togetherness, And let the winds of the heavens dance between you. Love one another, but make not a bond of love: Let it rather be a moving sea between the shores of your souls.

Fill each other's cup but drink not from one cup. Give one another of your bread but eat not from the same loaf. Sing and dance together and be joyous, but let each one of you be alone, Even as the strings of a lute are alone though they quiver with the same music.

Give your hearts, but not into each other's keeping. For only the hand of Life can contain your heart. And stand together yet not too near together: For the pillars of the temple stand apart, And the oak tree and the cypress grow not in each other's shadow.

— *Kahlil Gibran, The Prophet*

**INDIVIDUATION**

"WE'RE IN A FREE FALL INTO FUTURE. WE DON'T KNOW WHERE WE'RE GOING. THINGS ARE CHANGING SO FAST. AND ALWAYS WHEN YOU'RE GOING THROUGH A LONG TUNNEL, ANXIETY COMES ALONG.

BUT ALL YOU HAVE TO DO TO TRANSFORM YOUR HELL INTO A PARADISE IS TO TURN YOUR FALL INTO A VOLUNTARY ACT. IT'S A VERY INTERESTING SHIFT OF PERSPECTIVE . . . JOYFULLY PARTICIPATE IN THE SORROWS OF THE WORLD AND EVERYTHING CHANGES."

— *Joseph Campbell*

“BETRAYAL STINGS US TOWARDS INDIVIDUATION. IF THE BETRAYAL IS OF OUR EXISTENTIAL NAIVETE, WE ARE DRIVEN TOWARDS THE EMBRACE OF A GREATER WISDOM OF THE UNIVERSE WHOSE DIALECTIC SEEMS TO BE ATTACHMENT AND LOSS;

IF THE BETRAYAL IS OUR DEPENDENCY, WE ARE DRIVEN TO FACE WHERE WE LONG TO REMAIN INFANTILE; IF THE BETRAYAL IS ONE OF CONSCIOUS BEING TOWARDS ANOTHER, WE ARE DRIVEN TO SUFFER AND EMBRACE THE POLARITIES WHICH ARE FOUND NOT ONLY IN THE BETRAYER, BUT IN OURSELVES AS WELL.

IN EVERY CASE, IF WE DO NOT REMAIN BEHIND, STUCK IN RECRIMINATIONS, WE ARE ENLARGED, MORE COMPLEX, MORE CONSCIOUS.”

— *James Hollis*

YOU HAVE NO MORAL RIGHT  
TO TAKE AWAY SOMEONE'S  
SUFFERING."

— *Ram Dass*

INDIVIDUATION MOSTLY COMES TO US THROUGH PROCESSES THAT MAKE US FEEL INSECURE, BECAUSE THE EGO IS NO LONGER IN COMMAND. IT IS IN THE SWAMPLANDS OF THE SOUL, WHERE WE LEAST WANT TO SOJOURN, THAT WE DISCOVER DEPTH.

"THE MORE WE ARE ENMESHED WITH OTHERS, THE LESS DIFFERENTIATED, THE LESS INDIVIDUATED WE ARE; THE LESS INDIVIDUATED, THE LESS WE SERVE THE GREATER PURPOSE OF THE COSMOS FOR WHICH WE WERE SO MYSTERIOUSLY GENERATED. TO REGRESS, TO SEEK TOGETHERNESS, TO ABSTAIN FROM THE JOURNEY TOWARDS ONE'S FULLER SELF, IS NOT ONLY SOUL-CRIME, IT IS DENIAL OF THE UNIVERSE ITSELF". (SWAMPLANDS OF THE SOUL, P60) THESE ARE STRONG WORDS! TO NOT ENGAGE IN THE INDIVIDUATION PROCESS IS SOUL-CRIME! AND DENIAL OF THE UNIVERSE ITSELF! PERHAPS WE GET SOME SENSE OF THE NOBILITY AND NECESSITY OF THE JOURNEY. FOR JUNG THE PROCESS OF INDIVIDUATION WAS SOLITARY, AND LONELY. HE SAID: "THE CONSEQUENCE OF MY RESOLVE (TO FOLLOW THE INNER IMAGES) AND MY INVOLVEMENT WITH THINGS WHICH NEITHER I NOR ANYONE ELSE COULD UNDERSTAND, WAS AN EXTREME LONELINESS (C.G.JUNG MEMORIES, DREAMS, REFLECTIONS, PAGE 194)".

— *James Hollis*

**SELF-BETRAYAL  
AND  
SELF-ABANDONMENT**

THE GREATEST LONELINESS  
IS YOU MISSING YOU.

— *Dov Baron*

“THE MOST BITTER PILL IN BETRAYAL, THEN, MAY BE OUR GRUDGING RECOGNITION, OFTEN YEARS LATER, THAT WE OURSELVES WERE PART OF THE COLLUSIVE BALLET WHICH LED IN TIME TO BETRAYAL.

IF WE CAN SWALLOW SUCH A BITTER PILL, WE WILL HAVE A MUCH LARGER SENSE OF OUR SHADOW. WE WILL NOT ALWAYS LIKE WHAT WE ARE SUMMONED TO ACKNOWLEDGE.

AS JUNG SAID, ‘THE EXPERIENCE OF THE SELF IS OFTEN A DEFEAT FOR THE EGO.’ IN DESCRIBING HIS OWN DESCENT INTO HIS UNCONSCIOUS, JUNG TELLS US HOW HE WAS FORCED REPEATEDLY TO SAY, ‘HERE IS ANOTHER THING YOU DID NOT KNOW ABOUT YOURSELF.’

BUT FROM SUCH A BITTER HERB DOES MUCH CONSCIOUSNESS EVOLVE.”

— *James Hollis*

**FORGIVENESS**

# WHAT IS FORGIVENESS?

- The English root word "forgiefan," is a combination of "completely" and "to give."
- To "hand back over," if you will... Return to sender.
- In Greek, "aphiemi," means to loosen.
- Forgiveness is freedom.
- The psychic version of removing barnacles. Burden, weight, earmarks on identity, claims on the soul.
- A new definition of "sin." The lies we tell ourselves.
- Like Joseph, move ahead with purpose. Esau, "I have plenty, keep what is yours."

# THE DANGERS OF CARRYING BETRAYAL

- Howard Thurman considered Fear, Hypocrisy, and Hatred “The Three Hounds Of Hell,” or how a suffering person will most likely be plagued by marginalization. Destructive thoughts, emotions, and actions keep a person stuck in patterns related to their trauma. These states target the vulnerable and arise from a sense of isolation and helplessness.
- “Freedom is free from the need to be free.” - George Clinton
- “I will believe you when...” Somatic considerations.
- Hillman on betrayal. Revenge, denial, cynicism, self-betrayal, paranoia.
- Adaptation: Use this work of healing to address core wounds. Love vs Power.

**THE END**

# HEALING BETRAYAL

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