

## **Talking to Mom & Dad Through YOUR Eyes**

© World Copyleft 2020 ff. by Clinton Callahan. For use by registered Possibility Trainers only.  
(Revised: 30<sup>th</sup> June 2013 by Nicola Neumann-Mangoldt)

### **FORMAT:**

Groups of 3

Duration: 45 Minutes (context + 10 minutes per person)

### **PURPOSE:**

Learn to talk to your parents through your own eyes.

### **SETUP:**

Groups of 3 spread in the room standing.

### **INTRO / BACKGROUND:**

(Based on "Archetypal Psychology" by Else Koster).

When we are born we come in looking for something to stand on with both feet, like two foundation stones. The left foot wants to stand on the stone representing our mother and the lineage of the archetypal feminine, and the right foot wants to stand on the stone representing our father and the lineage of the archetypal masculine. We come in seeking to identify with internal experiences that match role models outside of us. The internal experience and the external role models need to match so that we can survive in the culture and times into which we are born. We seek to find an ideal mother or woman and an ideal father or man.

### **BOYS**

If I am a boy and I define my mother as an ideal woman, then I must suppress any natural sexual attraction I have because she is my mother. Then later on when I am looking for a woman, I try to find someone who matches my ideal, but then when we get in bed together my sexual impulses are automatically suppressed.

When the mother has been an ideal mother, the children, up to the time they are five or six years old she is the ideal person in their life in a feminine way (or an ideal father in a masculine way) then when the child starts naturally tuning away when they are seven years old, their auric body was very connected to the auric body of the mother and starts moving away in the other direction, going into the world, away from the base.

If the mother was an insecure mother, she starts to manipulate the child to her side so the child will look at the father through the eyes and the blockages of the mother. Therefore the child (boy or girl) will never in a neutral way see their father. They only have the projections of the mother towards the father. So a son will never get enough

male identification with the father because the father should be somebody he can identify with to establish a base for how to identify with his own male energy. But when you never have your own personal example, but only an example that has been colored in by other people, it makes your whole four-body life a mess. This is happening so much now with partners who break up and men leave their young children with the mother, then the children never get to see their father and instead take on all the negative projection from the mother towards the father. Therefore many boys have only a feminine identification and become more feminine for that reason, leading the boys to lean towards choosing male partners and being homosexual. The boys could not even get near their father to identify with him because they could never get a clear picture of him. The picture was always colored in by the mother's view.

As a man, if the mother is able to not subject the boy to see the father through her eyes, regardless of what he is, if she knows the boy must see the father through his own eyes, then the boy has more possibility with his own male energy and eventually with his own woman. The boy will have both the masculine and feminine foundation stones to stand on. We want whole people, not people limping on one side. You will see people who are hanging on one side or the other. This tells everything about with whom a person is identified and the other side they are not even using.

#### AVOID USING IDEALS

Parents need to make a decision. Do we want to bring up our children as healthy balanced children? If so, then as a woman I would skip trying to find an ideal father, and skip trying to find an ideal man which my father wasn't, because I realize that no man can be an ideal father or partner. Then in relationship to men, either my father or my partner or boss or colleague, or any other man, I can be neutral and present. They are exactly what they are without any projections on them. And I can ongoingly realize that I encounter no man by accident. It is not coincidence that I am meeting this person. I have something to learn from them, exchange with them, complete with them, or show to them.

When you are conscious as a woman that this child is coming into your life for so many years, you want to give it the best base you can. Not just the feminine base, but both the feminine and masculine base. But many women in their own insecurity think they need to hear from their children, "You are right, Mommy. Daddy is wrong." There is the big short-circuit for many men. Even when the man finds a woman who is similar to his own mother, she is probably has the same insecurity and ends up manipulating his own son. Very seldom do they find a woman who is centered, because in modern society, we are so manipulated by one side or the other.

#### GIRLS

When a girl baby is born, for the first seven years she has an intimate connection with her mother, and if the mother was looking for an ideal man to be the opposite of her father, and if her husband is not an ideal man, and she blames or ridicules her husband in front of her daughter, then she forces her daughter to see the father through the mother's eyes. When the girl grows up she has to try to find an ideal man who would be the opposite of what the father has been. But the daughter is out of balance, standing on her left leg, left hip goes up, spine curves, neck curves, eyes not balanced, etc. When the father has badly treated the mother, without respect, the daughter often starts to defend the mother, or they find a man who is the copy of the

father, who is not loving and respecting them. Then the daughter gets treated the same as their mother was treated, she has no other pattern, so she lets her partner badly treat her and blames him for that in front of her own children just like her mother did. She does not say, "Okay, I don't respect myself and therefore I have arranged this bad situation to repeat what I saw in childhood." No, instead they blame the man for it.

#### LOOKING FOR THE IDEAL WOMAN

When a boy does not have an ideal woman for a mother, since he does not have power over his mother and cannot change his mother, he tries to find a woman who is the opposite of his mother to be his ideal woman. But after the honeymoon period comes to an end and the man realizes that now even his wife is not the ideal woman, he has something to blame her for just as was normal with his own mother, then if they have a daughter, the man ends up looking to his daughter and trying to shape her into his ideal woman.

#### NEGATIVE SELF-IMAGE

Every child wants to have the love and attention of their mother and from their father. The man who does not have an ideal mother will try to find an ideal woman to be his wife, and if that woman turns out not to be the ideal woman, he will try to model his woman in an incredible way and give her all the love and attention as long as she is doing that what he expects her to do.

It is normal for a child to do everything they can to be appreciated, that the parents love you, they pamper you, they say how good you are, and most parent only give attention to their children to punish them. The parents attack the children and say, "You did this wrong!" and "Why did you do that?" All those attacks create a negative picture in the child of themselves, that what they are is not okay. At the same time, the child realizes that they only get attention when they have done something wrong. The child gets such a big out-of-balance, they think they have to do things wrong to get the love and attention.

Then they grow up and look for a partner who will tell them all the time what they do wrong. Then they will blame that partner for it. They are not seeing that they are the creator of having a partner like that, because that is the pattern he had with the parents, this is the way he got his parents' attention.

#### IF YOU ARE A DAUGHTER

If you are a daughter of a man who did not have an ideal mother, and now discovers that he does not have an ideal wife, and you are trying to get the love and attention of this man who is trying to manipulate me into being his ideal woman, then all the time I am growing up trying to fit into his manipulations and his ideal, his image, you do not get to be yourself. The whole time of going to school, for example, you are not learning for yourself, you are not having friends for yourself, you are not living for yourself, because you are not being yourself. You are trying to survive by getting the love and attention of your father by fitting into his ideal woman image.

As a result, you spend your whole childhood not learning to be yourself. Then when you leave home you have to eventually come to realize that your preferences are not your own, your opinions are not your own, your perceptions are not your own, and

you have to start all over from the beginning learning to be yourself. And you might not even realize that you are not yourself until you are 37 years old. You never dared to say, "No!", because if you dared to say, "No!", you would be doing the same as your mother did and your grandmother did, and he would not love you. As long as you fit into the ideal picture that your father has for you, you get his love and attention. He will do everything, he will adore you.

Such daughters often even look like a feminine form of the father, so he recognizes something of himself in her physical form, and in her behaving, because he manipulated his daughter to behave in the ideal picture which his mother was not and what his wife was not.

#### IF YOU ARE A SON

If you are the son of a woman who tried but failed to make her father and her husband into an ideal man for her, and so she tries to manipulate you into being her ideal man, then you go through your entire education and childhood behaving not as yourself, so that what you do and what you learn, and all the relationships you have, your needs, your tastes, your questions, your perceptions, and so on, are not from you, then you are using a life filter that your mother has made for you. You identify with that filter; you look through a telescope, because every other view has been moved away by her comments about your father with that the male energy in you, because you need to be mommy's brave boy. And the brave boy of mommy does not exist because we all have our way of being which has both sides in it. It is not the brave "Hendrick" who only sits on a chair and is looking at the butterflies.

So you live your whole childhood or teenage life and friends, your whole life experience not as you, and then you move away from your parents' house, or your parents die, or you eventually start to recognize that for your entire life you have not been yourself, this is a major breakdown.

This is often happening with people who are in their 30's. They have been the good boy for their parents, they have been the good boy in school, the good boy for their boss at work, for their friends, trying to get love and attention no matter what they have to give up to get it. The most essential things about yourself you give up just trying to be the brave guy everybody loves. Nobody knows what you are thinking because you never dare to come out with it. Then when you get into your 30's and start asking, "God, is that all there is in the world???" then you start provocation to be the opposite, or trying to find out what is actually true for you.

So we do not learn to see our mother or father through our own eyes, not influenced or manipulated.

The following exercise is about talking to your Mom and Dad and seeing them through YOUR eyes. Don't take on any assumptions or expectations you took over from your Mom or Dad about the other parent. See you parents in a neutral way, through your own, adult eyes.

**INSTRUCTIONS / PROCEDURE:**

Please get together in groups of 3 and spread in the room.

One person in each groups put up your hand. You are the Nacktschnecke. You start.

Pick one of the other two to represent your father. Now talk to your father seeing him through your eyes. Have a conversation with him without taking on the “glasses” of your mother. Be authentic. You can talk about whatever you want to talk about with him.

Nacktschnecke talks for about 5 minutes with the father. Then the Nacktschnecke picks the other person of the team to represent the mother and talks 5 minutes to the mother through his own eyes, i. e. not taking on the view his father had about the mother.

Then change roles, i. e. the next person in the team talks to his mother and father.

**DEBRIEF:**