



All Things Blessing

September/October 2009

The Newsletter for the work of Youngman and Rev. Julie Chai, M.Div.

Click on my painting to see who grows these flowers!

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October is Learning Month!

Ok, it might be a little bold of me, but I declare October "Learning Month!" And why not? Fall is a wonderful season to appreciate the natural beauty that arises out of nature's organic transformation process.

For us, it is also a time of transformation when we shed what hinders us from living a joyful, loving and fulfilled life. It is a time to gather our energies and move inward, seeking the understanding that allows for compassion, forgiveness, realization, serenity and growth.

Too often we try to "fix" our lives on the outside (with a new job, new lover, new toy, new gadget, new gym, new diet, new outfit, new home) but forget that the outside is only a mirror for how we are on the inside. If our world seems angry and confused, reactive and cluttered, we may want to ask if that is how we feel beneath the surface, deep inside. Noticing this gives us an opportunity to choose to continue to live in fear and blame others for what we feel, or to grow even more, in love and understanding, aligning our lives with our souls which thrive on love. [If you are like me, and enjoy the process of personal and spiritual growth, please join me around my kitchen table on Sunday mornings in October to study and experience meditation, the chakras, our character structures and dreams.](#)

[See page 6 for details. And don't forget to take the "Character Structure Quiz!" on pages 3-5! Happy Learning!](#) *Julie* 😊



Wedding Update

An August wedding took me to Mackinac Island for a wedding ceremony at [Mission Point Resort](#). It was raining so we were inside but the accommodations and ceremony were lovely! The bride's family was from Russia! I was reintroduced to the unique downtown aroma of corn syrup and horse manure (the latter of which you know I do truly love!) And yes, I did kiss a few horse muzzles.

An early September wedding was held at [Ciccone Vineyard](#) in Suttons Bay where I said "welcome" and "grandfather" in Chinese! I also have two ceremonies in Glen Arbor, including one at the [Homestead Resort](#)

Love blooms in all seasons of life.

Gracious and Loving Mystery We Call God,

Empower me in this season of transformation that I may be the change I want so much for the world.

Release from me angry thoughts, judgments and resentments that keep me trapped in the past and fearful of the future, causing me to miss the transformative moments which come bring my way.

Calm my fears, O God, that I may set them aside long enough to send healing love to the person or system I have condemned, distanced myself from and felt victimized by.

Teach me to live in this present moment, bringing me into unconditional love for myself, others and our world that I may be a vessel of your light and healing love. This is my prayer, this I receive and for this I give thanks.

Feelings vs. Reactions: Do you know the difference?



Sometimes when I suggest to someone that they might need to feel their feelings, they say, "Oh, I'm way too feeling already! That's what causes all my problems!"

But are you really feeling your feelings? Do you know what you are feeling and is it ok to just be with those feelings? Or are you judging them and reacting emotionally to them, sometimes not even knowing what the feelings are, only that you feel awful and are angry or upset with the person or events which triggered them?

If you are feeling your feelings and being loving and compassionate with yourself as you allow your feelings (an art which can be learned) then feelings just are and being with them helps them unfold and pass, just like the weather on the mountain (or in Michigan!).

If you are reacting to your feelings and not really feeling them but perhaps, blaming others for them, it means that you are not comfortable with your feelings (who is at first?!) and you do not feel safe feeling them. This triggers an angry or emotional reaction. You may feel like it comes out of nowhere and you may even feel out of control (which can feel very scary!).

The irony is that those unfelt feelings we so often judge, avoid and repress, are actually in charge of our behavior so, if we want to feel more in control, we have to face the feelings we have been avoiding and do so with compassion and care.

How much better it is to be with all of our feelings, to befriend them and allow them to guide us and teach us about our true needs! And the bonus of this work is that we feel much closer and more loving to ourselves, to others and to the world.

Feeling is a good thing. It is a gift from the Mystery We Call God. It is our link into the Present Moment, our connection to our bodies and the language of our Souls.

All feelings give us clues to our deeper needs and help us to align our life with love.

[Inner Listening Therapy](#) is a method I have developed to help myself and others connect to feelings, allow them to unfold and, in the process, release perceptual and emotional energy that no longer serves us on our life journey. Please contact me if I can be of help on your journey.

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The Character Structure Quiz

Understanding your Character Structure and how it affects your relationship with Self, God and others.

Based upon the work of Barbara Brennan in Light Emerging, Hands of Light and my own observations.

If you're not sure, ask someone who knows you!

1. Is your physical body:

- Elongated with right/left imbalances? (s)
- Thin with a collapsed chest or heavy with flaccid skin? (o)
- Top heavy with an inflated chest? (p)
- Heavy, compact, with head held forward? (m)
- Almost "perfect" with a rigid back
and pelvis tipped back? (r)

2. What type of energy level do you have?

- Hyperactive and ungrounded? (s)
- Hypoactive with love energy levels? (o)
- Hypoactive with internalized energy? (m)
- Hyperactive, high energy? (r)

3. What do you tend to evoke from others?

- Intellectualization? (s)
- Mothering? (o)
- Submission? (p)
- Teasing? (m)
- Competition? (r)

4. What is your energetic defense system?

- Withdrawal, porcupine, beside yourself? (s)
- Oral sucking, verbal denial, hysteria? (o)
- "Hooking" others, mental grasp, hysteria? (p)
- Silent brooding, "tenacles" (m)
- Power/will display, boundary containment? (r)

5. How do you often speak?

- Depersonalized, absolutes? (s)
- Questions, indirect? (o)
- Direct manipulation ("you should") (p)
- Whining, disgust, indirect, polite manipulation? (o)
- Qualifiers, seductive? (r)

6. What is your main issue or fear?

- Existential terror - fear of being here in your body? (s)
- Nurturance - fear of not getting enough? (o)
- Betrayal - trusting others, Self/God? (p)
- Invasion - Loss of control, loss of self, humiliation? (m)
- Authenticity - fear of imperfection, feeling feelings? (r)

7. What is your double bind?

- "To exist means to die" (s)
- "If I ask, it's not love; If I don't ask, I won't get it"(o)
- "I have to be right or I die" (p)
- "If I get angry, I'll be humiliated; if I don't, I'll be humiliated." (m)
- "Either choice is wrong" (r)

8. What best describes your energy?

- Highly sensitive with weak joints. Goes up and away? (s)
- Needy, sucking energy from others. Weak lower body, difficulty metabolizing own energy?(o)
- Strong upper body to attack. Draws betrayal and aggression to self? (p)
- Retreats deep inside. Push/pull. Unconsciously gets others to invade. (m)
- Perfect outer energy but feels empty at core? (r)

9. How do you experience time?

- Unitive, universal time? (s)
- Never have enough? (o)
- Always rushing into the future? (p)
- Stopped? (m)
- Rigid, mechanical movement forward? (r)

10. How does your fear play out?

- You zone out, connect to spirit, become ungrounded and flighty? (s)
- You never have enough money, sex, food or recognition?(o)
- You think, "You can't help me. I have to do it myself"
Life is a constant battle. I'm good you're bad."
Trouble being alone. Feelings of terror. (p)
- You tend to want to control others. Can't differentiate between self and others. Others behavior reflects on you. Lack of self expression.
Demand/resist. (m)
- You act appropriately according to social expectations and not authentically. (r)

11. What is your relationship to your core/Essential Self?

Fearful of Individuated Essence. Prefer experience of the universal. (s)

Individuated Essence is not enough. (o)

Fear that Individuated Essence is bad or evil. (p)

Individuated Essence is not differentiated from others.

Experiences self in others. (m)

Individuated Essence does not exist. (r)

12. Which better reflects your lower self statement?

"I don't exist and you don't exist either." (s)

"Take care of me." (o)

"I will control you." (p)

"I will spite and provoke you." (m)

"I won't love you." (r)

Quiz Evaluation

Count the number of s, o, p, m and r's you have based on your answers to #'s 1-12. One should be more prevalent.

Write it down here: _____ .

Now look at the following descriptions for that letter.

Your Human Need or Desire

(s) To feel safe in the physical world. To individuate and be human, embodied, connect heart chakra to others.

(o) To nurture self. To know Self is enough.

(p) To trust Self and others. To make mistakes and still be ok. Stop rushing. Stop the battle. See that others reflect the Self. Be here now.

(m) To be self sufficient. To express ideas, creativity and feelings.

(r) To experience real Self and put Self into life.

Your Spiritual Need

(s) Be here now. Connect to the earth. Connect to God in embodied Self.

(o) To experience inner fullness and own essence as infinite source within.

(p) To honor core essence and higher will of others. To see the Divine in others.

(m) Recognize own core essence. Claim God within.

(r) Experience unitive consciousness and core essence in Self.

How to help yourself when in fear

(s) Notice that you are not present. Bend your knees and breathe deeply. Bring your aura (energy consciousness) from the top of your head to your feet. Say, "I am safe. I am here." Connect your heart center to others.

(o) Bend your knees and ground into the earth. Focus on your Core Star (at abdomen) and say, "I am (of) God. I am enough."

(p) Stop the attack. Bend knees, deep breathe. Notice your fear and need to defend your goodness. Ground into the earth. Feel the energy in your legs. Go into your core (abdomen) and say, "I'm safe. I am goodness."

(m) Bend Knees and breathe. Receive earth energy into your belly. Let go of controlling others. Connect to your core star and say, "I'm free. I regulate and control my own life."

(r) Focus on your Core Star (abdomen) and say, "I'm real, I am real, I am light."

Possible Past life Experiences

See if this makes sense to you!

(s) Had many past lives in physical pain and usually experienced death by torture for having particular spiritual beliefs. "The way (they) dealt with the torture was to find ways to escape the body. Given such a past, they now believe that living in a physical body is a dangerous and terrifying experience."
- Barbara Brennan, Light Emerging p. 207

(o) They have "had many lifetimes in which there was not enough to go around. They probably lived during a famine and were left to starve to death or had to make terrible choices with regard to who got the little food there was. They have not had the experience of being completely filled and fear they will never get enough." - Barbara Brennan, Light Emerging p. 216

(p) "They have probably experienced many lifetimes as warriors, standing up and fighting for a cause. They sacrificed a lot on the personal level, fought and won their battles. Their good cause made them good and the enemy bad. But in the end, these people were

betrayed, overthrown and probably killed by those they trusted most.... In this life they are still warriors, trying to win a war that no longer exists. As a result, deep inside, they don't trust anyone anymore. Everyone is ultimately their enemy. They see life as a battle ground." - Barbara Brennan, Light Emerging, p. 225

(m) "Such people have probably experienced many lifetimes of being controlled and trapped in situations, not being allowed to express or exert themselves in ways they wanted to. They probably suffered imprisonment, slavery or some strong political or religious control by others. Self-expression and exertion out of the accepted "norm" was dangerous. They had to submit. As a result, deep down inside, they long for freedom but are afraid to claim it." - Barbara Brennan, Light Emerging p. 235

(r) "People with (these) character defenses have had many lifetimes in which they had to keep up the appearance of being perfect, with no faults or weaknesses, in order to survive. (They) were probably in charge of running things, as they probably are now. (They) grow up with a denial of the inner personal world." - Barbara Brennan, Light Emerging p. 245

End of Quiz ☺



To understand things is knowledge; to know yourself is wisdom; to love is divine.

In Harmony with Nature

What does it mean to live in harmony with nature? What can we do, and how do we need to change our assumptions about which plants and critters are good or not good, helpful or not helpful - to what or to whom?

And how do *we* live without causing harm?

Those of you who have worked with me know how much we love this land and the enormous responsibility I feel for the wide range of critters living here or who pass through the property and bless our lives.

In the next few months, Youngman and I will be applying for a natural habitat grant with the help of local naturalists and other habitat professionals. We will keep you posted on our progress!

[Check out the Charter Bird Sanctuary in Omena, Leelanau County, MI](#)



Artcenter Traverse City's
Holiday Arts and Craft Show
Nov 20 & 21
Park Place Hotel, TC, MI
Stop by and say "hi!"



The control/resistance behavioral dynamic in couples

Over years of doing premarital work, I have repeatedly witnessed a fear based communication dynamic which causes couples great unhappiness. I hope that shedding some light on it will lead to understanding and offer options that help each partner feel safe and loved. Call me if you need help to process this.



Outward, aggressive, controlling partner

Fear causes you to direct your energy outward, trying to control people/events.

You give orders, chores, demand and request actions. These seem like reasonable requests but are seldom made with the others honest input (just think about it). When they don't carry out your orders to your expectations, they confirm what you already knew; you have to do it yourself, you resent this and see them as undependable and not trustworthy. You are disappointed and feel like a martyr. Your needs are not being met. You lose respect for your partner and discount them. Your disappointment and their inability to please you trigger your feelings of unsafety and lack of control and keep the cycle of fear going.

Solution: Realize that we can only control our own behavior. Do your inner work to heal the inner pain you are reacting to and the family history that caused it. Speak respectfully to your partner. Do not speak out of fear or anger.

Include your partner in decisions and choices that will affect you both. Never assume that your partner *should* feel the same as you. Ask how they feel and really listen. If they do not share your choice, ask what would help them get in on it. Honor their truth. If they can't get in on it, or find a compromise, the implementation of it is up to you or you can let it go. Learning to allow, let go and grow may be part of your purpose, your healing journey.



Inward, passive aggressive partner

Fear causes you to direct your energy inward, resisting outer controls.

You are not invested in the decision and do not carry out orders well. You have a fear of being controlled and sabotage outcomes. This causes the other to confirm what they fear and unintentionally enable; that you could not be trusted and are unreliable. You hate this and know it is not the real you.

You are not acting authentically because you are basing your behavior on protecting yourself by resisting outer controls. The focus of your behavior is outside yourself.

Solution: Discover your inner truth and authentic self. Compassionately speak your truth to your partner at a time when they are not fearful. Acknowledge their point of view. Ask to be included in on decision making. Acknowledge your differing needs and the pain of the current dynamic for both of you. Do the inner work you need to heal the passive/aggressive pattern and the family history that may have set it in place.

Find motivation from within yourself, empowering you, bringing you joy and an uplifted, positive self image. Compassionate self assertion and the discovery of your authentic self may be part of your purpose, your healing journey.

New Opportunities to Gather and to Grow

Limit 3-4 participants. \$35 each class / all 4 for \$120 paid in advance.

To reserve a seat at the table, please send me an email jchai@charter.net or call: 231-922-9699

Chakra Study

Sunday October 4, 10am - 1pm

Learn the basics and more! Identify the chakras, their purpose, function and how to work with them for greater health and self awareness. Relate your life experiences and areas of needed growth to the corresponding chakra. Learn how to nurture each chakra and receive the gifts they offer our lives.

We will be using information from many sources including Anatomy of the Spirit by Carolyn Myss, PH. D.

Type of class: Packed full of information and practice.

Mindfulness (Embodied) Meditation

Sunday October 11, 10am - 1pm

Experience the ungrasping of your mind in this meditation workshop. We will discuss the dynamics of meditation and having a meditation practice, its impact upon your life and how to go about being with the noticings which arise in your practice. We will have 2 shorter 15 minute meditations and one $\frac{1}{2}$ hour meditation with time to process our new found awarenesses.

Type of class: Quiet and process oriented.

Dreams

Sunday October 18, 10am - 1pm

Want to honor your dreams and discern the messages of your soul? Have you always wondered what your dreams are trying to tell you? Most of us take our dreams much too literally. In doing so, we miss the deeper meaning. If it is true that dreams are messengers of the soul and not just what we ate for dinner, then they are important to our well being and we might be wise to honor them. Participants will be guided in the exploration of their dreams and in exploring the dreams of others using the "if it were my dream" technique.

Come with an open mind and bring your dreams (old or new) and a dream journal. Be ready to "follow your dreams" into a deeper connection with yourself and your life.

Type of class: Deep but fun with sharing and journaling time.

Understanding Your Character Structure

Sunday October 25, 10am - 1pm

If you took the Character Structure Quiz and want to learn more, this class is for you. We will look at the 5 basic character structures from the work of Barbara Brennan in her books on spiritual awareness and healing, Light Emerging and Hands of Light. Be sure to take the Quiz before coming.

Type of class: Heavy duty, packed with info and initiating lots of self awareness!