



SACRED DESIRE: FINDING GOD AND GOOD WITHIN

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SACRED DESIRE

Sacred Desire: the urge to connect and be one with God who is in the universe and in each other



SACRED DESIRE RESONANT ATTUNING

ATTUNING: a special form of social perception and communication whereby we non-verbally know and reflect back the internal subjective state of another; how we biologically, psychologically, and spiritually connect with another

RESONANT ATTUNING: connecting in harmony with the subjectivity of another



SACRED DESIRE





SACRED DESIRE RESONANT ATTUNING

THE PHYSIOLOGY OF LOVE

Oxytocin--a protein that appears in our bloodstream as a hormone and in our brain as a signaling substance (called neurotransmitter)--is the holy nectar of love.



SACRED DESIRE RESONANT ATTUNING

THE PHYSIOLOGY OF LOVE

Unlike most hormones that shutoff their own production, oxytocin does the opposite. The presence of oxytocin triggers the production of more oxytocin. In other words, we are made so that we can't run out of love. The more we have, the more we get. And, as long as our environment support us, the more oxytocin we get, the more we live in the physiology underlying our trust of sacred Desire.



SACRED DESIRE RESONANT ATTUNING

MIRROR NEURONS

- Discovered in macaque monkey brains during the 1990s by Giacomo Rizzolatti and colleagues at the University of Parma, Italy
- Dolphins, dogs, probably apes and possibly elephants have mirror neurons as do human beings
- Mirror neurons fire when watching another perform an action as if we were doing the action



SACRED DESIRE RESONANT ATTUNING

MIRROR NEURONS allow us

- To grasp the intentions of others
- To read another's mind through direct simulation--by feeling, not by thinking
- To be moved automatically by another's behaviors, emotions and attitudes
- To attune



SACRED DESIRE RESONANT ATTUNING

- We are born with the capacity to express our sacred Desire.
- Connecting with another, mediated by mirror neurons, ignites our sacred Desire.
- When we are met with resonant attuning, we awaken to love.
- Love nurtures our sacred Desire.



SACRED DESIRE DISSONANT ATTUNING

DISSONANT ATTUNING: connecting in disharmony with the subjectivity of another



SACRED DESIRE DISSONANT ATTUNING

- When we are met with dissonant attuning, we awaken to fear.
- Fear distorts sacred Desire.



SACRED DESIRE DISSONANT ATTUNING

Dissonant Attuning

- Non-Traumatic
- Traumatic



SACRED DESIRE DISSONANT ATTUNING

- Non-Traumatic Dissonant Attuning: Shock-like reaction with sudden shift of positive emotions to negative but is not permanently overwhelming and is reasonably easy to reverse by resonant attuning.



SACRED DESIRE DISSONANT ATTUNING

- Traumatic Dissonant Attuning:
Overwhelming experience such as occurs with physical, emotional, and sexual abuse. Requires experiences of resonant attuning over time to reestablish non-traumatic state.



SACRED DESIRE

DISSONANT ATTUNING

- Dissonant attuning becomes a valuable tool—a specifically trained gaze—that tells us when we are out of sync with another, within our self, or with God. In this way, it can be a stimulus to growth.
- Our life experiences train our brains to assess safety (situations where resonant attuning prevails) and risk (situations where dissonant attuning prevails), building up the wisdom of the body.



SACRED DESIRE DISSONANT ATTUNING

- The good news is that our attuning keeps us connected in a network of relationships that is mutually constitutive and growth promoting.
- The bad news is that dissonant attuning can be a stumbling block to the growth of our self, our relationships, and our sacred Desire. It becomes a stumbling block when it is left unrepaired or when it is traumatic and unrepaired.



SACRED DESIRE DISSONANT ATTUNING

How do adults repair states of shame (inner split states)?

spiritual direction

psychotherapy

twelve step program

seven steps of HEALING

Harkening

Enumerating

Accepting

Lamenting

Invoking forgiveness

Naming our preference for life

Growing more whole



SACRED DESIRE REDEEMPTIVE ATTUNING

Redemptive Attuning: connecting in harmony with the subjectivity of another but with an increased awareness of how resonant attuning sustains and preserves the goodness in relationship; transforms us to a new being.



SACRED DESIRE REDEMPTIVE ATTUNING

Mikey's story illustrates how

- We starve our sacred Desire when we live in dissonant attuning
- Returning to resonant attuning restores sacred Desire and us



SACRED DESIRE REDEEMPTIVE ATTUNING

Redemptive attuning takes the healing power of Desire that repaired the dissonance in others and us and brings it into our interrelatedness with all of creation.



SACRED DESIRE REDEEMPTIVE ATTUNING

Redemptive attuning differs from the psychological healing in that an element of grace appears.

God in Jesus and in us is the agent of redemption.



SACRED DESIRE REDEEMPTIVE ATTUNING

Mikey's starved Desire had
behavioral consequence: his theft.

His behavior said, "If you won't give
me what I desire, I'll take it."



SACRED DESIRE REDEEMPTIVE ATTUNING

Mikey was losing relationships and didn't know how to handle

- his losses
- his fears
- his sadness



SACRED DESIRE REDEEMPTIVE ATTUNING

Mikey misunderstood Desire.

He thought he wanted the “gold.”

He really wanted the relationships.



SACRED DESIRE REDEEMPTIVE ATTUNING

Mikey

- Verbally expressed his wish to stay in Colorado
- Fought with his mother
- Lost interest in playing out gold robberies
- Stole the “gold” from Marcia’s garden



SACRED DESIRE REDEEMPTIVE ATTUNING

Even in theft, Mikey's sacred Desire expressed itself.

Getting caught stealing signaled to him and to those surrounding him that his Desire was going unmet.



SACRED DESIRE REDEEMPTIVE ATTUNING

How can we come to understand our sacred Desire correctly?

How can we trust that our Desire is good?

How can we surrender to the Divine within us?

How can we love others and our self?



SACRED DESIRE REDEEMPTIVE ATTUNING

All of these questions get at the heart of the same mystery, but with different language.

- Desire is the language of spirituality
- Good is the language of morality
- Divine is the language of theology
- Love is the language of emotions



SACRED DESIRE REDEEMPTIVE ATTUNING

All languages get at the same mystery of our essential nature.

Imbedded in our desire for human relationships lives our Desire for God.



SACRED DESIRE REDEEMPTIVE ATTUNING

Our sacred Desire for God calls us to see how we attune and to take responsibility for how our attuning affects others and us.

Knowing when we've caused hurt, invites us to experience regret, sorrow or grief.



SACRED DESIRE REDEEMPTIVE ATTUNING

Marcia's attuning

- Named Mikey's theft
- Named without blaming
- Invited Mikey and everyone to experience more clearly their pain of separation



SACRED DESIRE REDEEMPTIVE ATTUNING

Marcia's trust in the goodness of Mikey's
Desire to hold onto those he loved,
allowed God's grace to

- Restore Mikey's vitality
- Restore everyone's vitality
- Reshape everyone into being good



SACRED DESIRE REDEEMPTIVE ATTUNING

In relationships of redemptive attuning, the grace of God's love prevails.

Love is an ability to stand with another in his/her pain. It is a grace that

- Changes our minds
- Restructures our brains
- Turns us to God



SACRED DESIRE REDEEMPTIVE ATTUNING

Marcia's redemptive attuning drew everyone into Mikey's suffering so that they could deal with it. Their suffering together opened Mikey to grace that freed him

- To embrace Marcia as valuing him
- To experience himself as good
- To be sorry for his stealing
- To repent



SACRED DESIRE REDEMPTIVE ATTUNING

We are always in need of repentance. In this life we never finally get over the dissonant attuning gaze of our parents and each other. We make the decision not ever again to behave from starved Desire, but we do.



SACRED DESIRE REDEEMPTIVE ATTUNING

Yet, when we do it again, we do it not as the same person we were or in the same way.



SACRED DESIRE REDEEMPTIVE ATTUNING

The fact that we are always in need of repentance is why we have both mothers and fathers, both grandmothers and Marcia's so that when one decreases the vitality of our sacred Desire, the other can be the channel of grace that restores our Desire.



SACRED DESIRE REDEEMPTIVE ATTUNING

With restored vitality, our sacred Desire--
through redemptive attuning--invites us

- To embrace our Goodness
- To live from our God within