

# What is the world trying to do now?

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# SATIR INTERNATIONAL JOURNAL

## *Insights*

### What is the World Trying to Do Now?

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This present time with the American presidential election having just occurred is a perfect time to step back and reflect on what is happening energetically right now in our collective psyches. In this article, I will look at the destructive possibilities and the creative potential, as well as what we can do now to further the energetic change that is upon us, but first I want to describe what is happening now from the points of view of Virginia Satir and Carl Jung. They both strongly commented on an energetic shift that is trying to take place at this time.

In 1987, at the opening of Virginia Satir's organization called the International Human Learning Resources Network (IHLRN), Virginia Satir made the following statement: "I don't want to die with the world thinking that what I did was unique to me! A new energy is alive in the world today and I am a part of that energy. When men and women can meet knowing they are of equal value; when Mr., Mrs., Dr., lawyer, color or nationality does not define our being or our worth, then we can truly meet and enrich one another .... To this end I commit my life, won't you join me!" (Satir, 1987).

Carl Jung recognized too that there was a new energy in the world today. He spoke of it in 1960 in Volume 10 of the *Collected Works*. He further defined what he meant by this "new Energy" and he spoke of the dangers at the crossroads of the transformation from the "hero archetypal energy" to movement toward "wholeness" or the archetype of the feminine and masculine—yin/yang combined. Below his idea is paraphrased:

Despite Jung's concern about the risk to his scientific reputation, he spoke about what he saw as an archetypal shift in the 21<sup>st</sup> century world (Jung, 1960). Jung believed that the Hero archetype was fading in the west and a shift to the feminine archetype related to the masculine archetype was emerging. Jung felt it was urgent that enough people would know this so they could prepare themselves to integrate this God Energy. Jung felt that to stand in the presence of emerging archetypal energy is like standing in the presence of a living God and many dangers could happen if enough people do not stand strong in the face of the new Energy and integrate it into themselves (Jung, 1960).

Now, to even discuss what it is that Carl Jung and Virginia Satir were saying, one needs to look more deeply at the word, "Energy" as the two of them used it. Virginia doesn't go into the theory behind this, but seems to ride on the popular meaning of the word Energy at the time she spoke. I believe that she meant the same thing that Carl Jung meant.

Carl Jung's life (Jung, 2010), in effect, was the exploration of Energy, which is the word he used for God—Energy spelled with a capital "E." Jung divided the concept of God into various aspects which he called archetypes. These archetypes are aspects of "Life Force," or "God Energy." Since to him God is Energy, archetypes are aspects of God energy. The

Energy of these archetypes or aspects of God Energy come upon us externally, from the universe, and enter into the psyche of every person. The new, emerging energy pushes and pulls us around and demands integration into the ego of persons lest it causes chaos and we become essentially victims of this energy.

Why a shift in archetypes now? The USA as a new nation passed through the first stages of individuation or development of the collective self with the Hero archetype. It seemed to be needed to establish the USA. It drove people to come to this new land; we separated from our parent countries, drew up an effective constitution and moved west with the Hero archetype pushing us to “pull ourselves up by the boot straps.” We did the journey of the Hero, and this archetypal energy seemed to culminate with the seeming end of the cold war in 1991. We were blowing the trumpet of being No. 1!

Now we are unavoidably at another stage of development of the collective self. We must respond to the cry from the soul of America which has been calling to us even throughout the last half of the 20<sup>th</sup> century as the women’s movement stretched over our country and over the world.

The Hero archetype has now turned sour and manifests itself in narcissism rather than hero. Donald Trump represents the narcissistic complex of our country—our own pride and narcissisms reflected in our choice of Donald Trump.

We must be number 1—We must “Make America great again.” This campaign slogan to me reflects the feelings of many Americans who saw Obama’s efforts, for example, to work with Iran as weakness. “He doesn’t know who our enemies are.” The feminine principles of becoming one with and having dialogue—listening, gestating, compromising, reflecting, combined with the yang of thrusting, conquering, building where these masculine traits are needed is ever so difficult to gain dominance and respect in our society.

The wound to our narcissism occurred with the bombing of the towers, our feelings of failures in Afghanistan and Iraq, and the power of ISIS. Our narcissistic shell is cracking to reveal our collective wounded, frightened child, our shadow. The all successful daddy will save the unconscious, frightened inner child.

Using Virginia Satir’s (Satir, et.al., 1991) *Iceberg* diagram (see Figure 1 below), we can see our nations above the water Hero, the under the water feeling of failure and shame about that feeling, going on down the iceberg to the deeper wounded child and the possibility below it to the fuller sense of “I AM.”

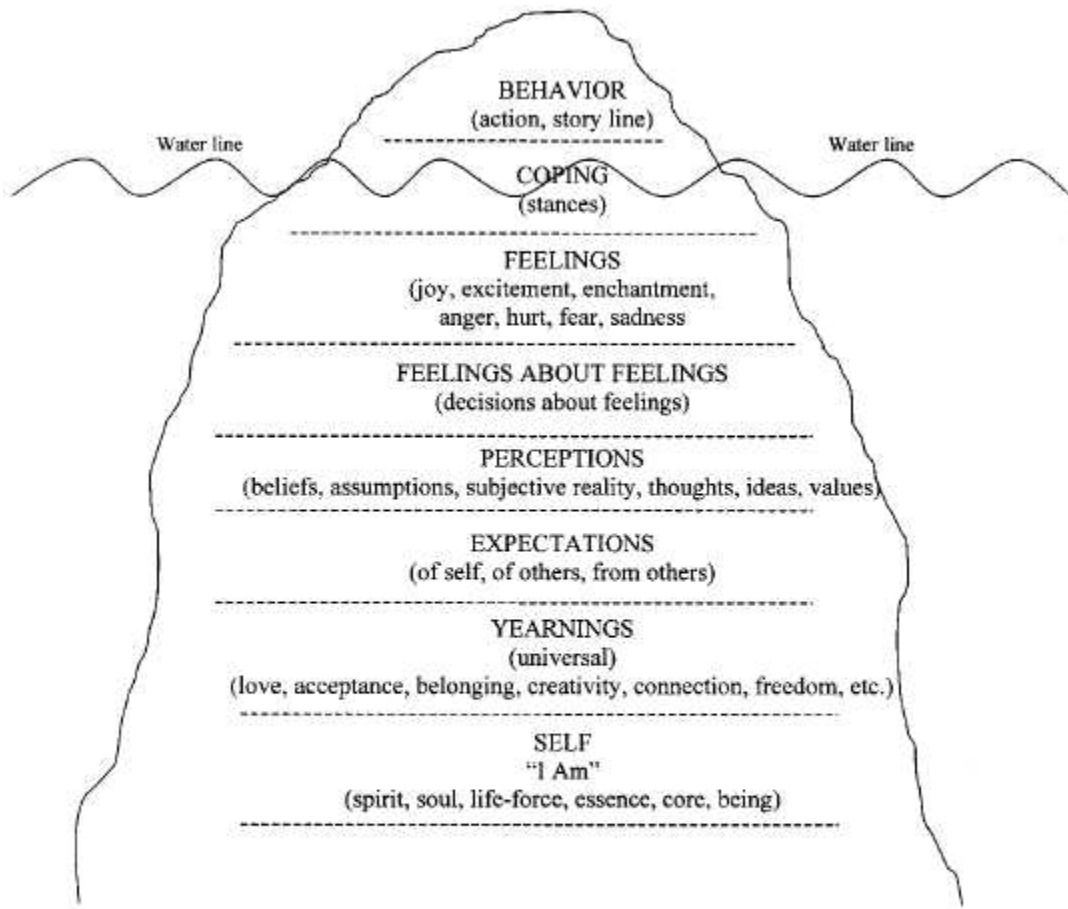
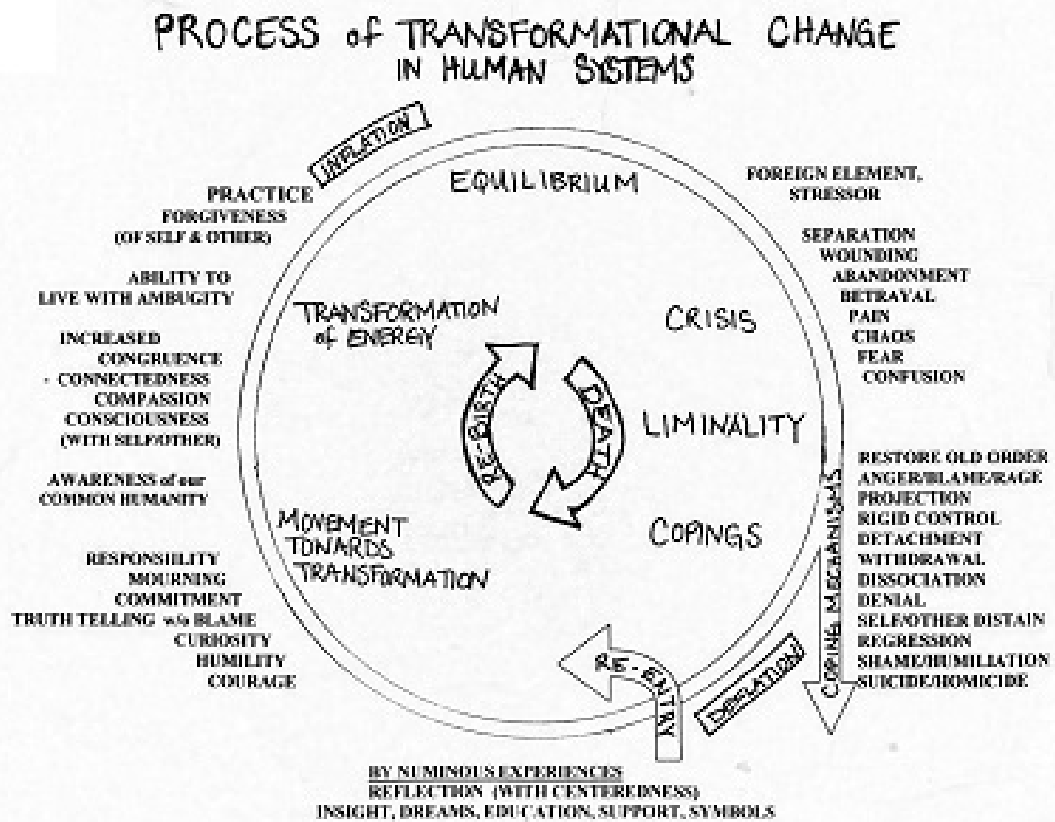


FIGURE 1

### The Personal Iceberg Metaphor

A more complete view of the process of change we are undergoing can be seen in the circle of *The Process of Transformational Change in Human Systems* (Dodson, 1984) below (Figure 2.):



**FIGURE 2** The Process of Transformational Change in Human Systems

Using the chart (Dodson, 1984) to help us recognize our own and others growth and turmoil as transformation energy that is trying to find its way into our world today, we can walk through the chart starting at the top with “sense of well-being” and moved down the right side of the chart and up the left. The peak of our well-being as a nation came with the fall of communism in 1991 in the Soviet Union. Democracy and the USA had won the cold war! The well-being ended as the foreign elements of 9-11, and our failure in Afghanistan and the Iraq. As chaos occurred in the middle-east and immigration began flooding the western world and as ISIS grew, loss of well-being furthered. We moved into the pain and insecurity that chaos brings, the feeling of lack of safety--nothing is the same. Indeed change was upon us. In the state of being betwixt and between the old and the new, “liminality” as it is labeled on the chart, (a term borrowed from sociology to explain this limbo state) came upon us.

Personified in our leadership was “the feminine principal” which Obama had introduced in his leadership that particularly can be seen in his dealings with Iran. He was attempting to lead the USA toward compromise, yet limiting access to the bomb. Some said, “He doesn’t know who our enemies are.” Obama did not aim to be number one or to identify “enemies,” rather to find compromise, to live as “one with” on this earth. Those yearning to maintain the hero identity saw his behavior as weakness.

The Energy transformation that is coming upon us was further personified in Hillary Clinton as a woman leader following Obama's lead to attempt to integrate the feminine principle (holding, compromising, gestating, yielding, reflecting....."). And the old order was personified in Trump (big daddy will protect us, restore the old order and make America great again).

Can we be great and also be "one with?" Moving on around the circle from death to rebirth (see center of the circle) you can see that to move toward healing and away from the defenses against change requires experiences of light. Transformational insight must happen for us as a nation over and over again to move from coping mechanisms that resist change. The more each of us can integrate that transformational energy demonstrated by holding opposites and the more our leaders are powerful yet yielding, gestating not only thrusting, etc., the more possible it becomes for more of us collectively to move back on the circle toward transformation. Light can come by this transformation being shown in movies like Star Wars series, ET, by dreams, by conversations that touch on higher consciousness, by support from others, etc.

Once the experience of light moves enough of us deeply and we catch a glimpse of what is trying to happen in us and in our world, then we, sometimes trembling can gain courage sufficient to begin to move us from the death of the old to birth of the new. It is not an easy path to move forward despite fear, shame, anger and ambivalence and a sense of being the "wounded/healer."

Back to the left of the circle, moving toward transformation, some of what is required in addition to courage is humility as a nation, truth telling without blame, awareness of our common humanity, compassion for ourselves and others, mourning our mistakes, forgiving ourselves and others, and through these steps we come to an increased consciousness of ourselves and others and the Energy transformation that is trying to happen.

Massive change of archetypal Energy will continue to ask us for consciousness of it. We will continue to have this energy coming upon us. The challenge is still there to integrate masculine and feminine—a massive transformation for each of us and the world as a whole. Change does not happen in a smooth line upward. We have made steps toward being strong while at the same time, being yielding, being safe and at the same time honoring difference. Wisdom is a product of the union of yin (feminine) and yang (masculine). And the road is not smooth.

Progress though, with its bumps can be seen in the transition in the woman's movement itself which began with some women becoming the "worst kind of men," belittling others and attempting to have power over, thinking they had to belittle their men to become powerful, and some men becoming the "worst kind of women," leaving their masculinity and often their jobs, becoming "hippies." From this place we have in a half century moved toward more men and more women integrating the masculine and feminine within themselves and we have moved toward Virginia Satir's image of men and women meeting as persons of equal value.

And so we move on with hopefully more and more of us integrating the masculine/feminine principle more and more deeply into ourselves, in our marriages, and aiding our children, families, schools and communities to move toward these values. More of us move toward becoming a part of all humanity, truly loving and communicating with those different from us, and showing up as equals to others, and with forgiveness of ourselves and others for our pitfalls. And as we practice and practice the new integration (see top of left side of chart) progress of integrating the Energy that is upon us can happen—or heaven help, enough people will not have strong enough egos to integrate this new energy and we will destroy ourselves.

Yes, the need for this transformation of Energy is just that critical! Like Virginia said the quote of her at the beginning of this article: “To this (transformation) I commit my life, won’t you join me?” (Satir, 1987).

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