

HOW TO INTEGRATE A DISOWNED SELF

*A Note from Hal & Sidra,
and a Poem from Ellen Sullins*

We've been describing the process of integrating a disowned self as follows: "We think of this process as creating a homeopathic tincture of the disowned self. Take the person who carries this self (let's call her "Hortense"), and put her into a big pot. Boil it down until you have distilled the very essence of Hortense. This is like the old alchemical procedure of distilling gold from dross. Now put this tincture, this essence of Hortense, into a bottle and take a drop (or however much you need) each morning under your tongue so that you have just a bit of Hortense in you all day. If you find you need more, take more – perhaps take some at night. If you feel you need less, take just half of a drop. But be sure to take it as you need it."

We find that many people who do psycho-spiritual work have disowned their inner "monsters", so we wanted to share the recipe for the integration of instinctual energies as described in following poem by Ellen Sullins:

Tincture of Monster

By whatever means necessary
 hunt it down in the darkness

Never mind the tail whipping
 or the flashing fangs
 the eyes glowing red or
 the terrible jaws that crush

Hold it as you would your child
 sing it lullabies and whisper
 soothing charms to set
 the alchemy in motion

Thank it for its ferocity
 praise its scaly armor
 its clever wit and speedy attack

Burn the frankincense and myrrh
 as tribute to its disdain
 of others' desires and needs

Distill the essence of all this and more
 store in a crystalline amphora and
 set to catch the light of sun and moon

Mornings take one drop sublingually
 that the darkness be with you always.

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