

*The Bio Self-Emergence Institute*

## **The Gift Of Free Will**

### **Part 3 of 4: The Morphing Of Free Will; Narcissism**

*By Donna Harber, MSW, CBT*

Our birthright of free will gets distorted and pulled out of alignment with universal expansion by the wound of narcissism. We learned in the article, “The Wolf Effect” (part I), that when we are in a state of hyper stress response, our evolution is affected on all levels. Furthermore, one of the things keeping us in our hyper stress response is fear of injury of our ego.

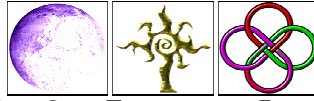
The character disorder of narcissism is baffling, broad, and takes many forms over stages of development. In whatever form narcissism takes, it serves as a barrier to oneness. In some ways, the wound of narcissism locks the soul from its essence. The primal narcissistic wound is that of a parent using the soul-part of their child against the child. A simple (yet traumatic) example is that of a child whose soul essence is very good-hearted and who gives selflessly. When the child asks for much-needed time or assistance, the parent expects the child to still give more. Use of the child’s soul essence by the parent in this way creates a separateness or distrust in the child of who he/she is - because who the child is has been turned against him/her and may have been used to hurt the child.

Returning to our ability to create our sphere of influence and determine our evolution through our control of our bodies. In the primal wound of narcissism, there is no standing in the soul essence because it is distrusted. What has been created to replace reliance on soul essence energy is a pulled-up façade of the self. In the pulled-up stance, we cannot find the ability to settle in the hypothalamus. The façade must be protected at all costs because the soul essence is now the betrayer. All life force energy is put into maintaining the pulled-up stance and into protection from attacks on the ego. Living pulled-up, protecting our ego, keeps the soul essence and the primal settings out of our reach. In this respect, free will is lost to the wound of narcissism.

Beginning the journey to healing the wound of narcissism and reclaiming your free will.

Gather some paper, pens, crayons, and colored pencils. Sit quietly, preferably on the floor, with the supplies all laid out in front of you. Remember that when we have lost access to parts of our soul essence we must travel back to get them.

1. Sit and let your breath slowly come in, and then slowly move out.
2. Have your hands relaxed on your lap.
3. As your breath slowly comes in, slowly bring your hands into relaxed fists.
4. Slowly move your air out while relaxing your hands out.



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5. Continue until, on any level, you experience your oneness with the waves on the shore.
6. Let the waves pick you up like a piece of driftwood and move you into the sea of memory.
7. Continue with the breath and the relaxed pulse of the hands.
8. The water remembers who you are on a soul essence level. Let it be revealed through drawing or writing with the supplies in front of you.
9. Once you have something, anything on paper, simply speak “welcome, I await and know who I am”.

Practically, I would highly recommend attending an ancient stance class (Qi Gong). Dan Hoffman teaches on Tuesdays in Southfield and Wednesdays in Plymouth. He can be contacted at (248) 504-7735.

Join us next month for the final article (part IV), The Experience of Free Will: Skills and Abilities.

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