

We are – and we are not – alone

Martin Buber made clear that real contact, was “I-Thou” contact. This is a spiritual, soul-level or transpersonal, non-egoic, level of relationship, where there is a fuller authentic being level connection with the other.

We can have this level of connection with ourselves too though, when there is a sufficient gap between myself and my experience, so that I can live holding myself in question, and in presence. Then we are never alone, we are aware and connected in the here and now with the spontaneously unfolding creative flowing of life. For this to be the case we need to have largely healed our trauma.

It is our ego driven selves that need to face our existential aloneness, which comes from the alienation that trauma creates. When we have unbearable pain from the deficit of love, be it through neglect, abandonment, dismissal, and or, the surfeit of non-acceptance through, criticism, punishment, abuse or judgement, we are split inside. We can't be ourselves, open and trusting and connected to the here and now with its transpersonal dimensions, because we can't bear the pain, hurt, fear or distress we are holding in the background. This splitting, with its desensitisation and compulsive compensatory defences that create our underlying insecurity, separates us from ourselves and everyone and everything we come into contact with. We are then deeply alone.

It is clearer than ever to me, that there is an existential hump that most of us need to get over on our healing journey. This hump is our attachment and identification to our victim self. When we manage to finally take self-responsibility for, and face, and understand, and find self-compassion for, our trauma conditioning, we get over this “hump”. Then there is a sense that our journey is no longer Sisyphean in nature, the winds of life support us, rather than constantly blow against us. This “hump” however can seem like an un-climbable cliff at times, and then we are truly scarily alone. My heart goes out to everyone caught in that place.