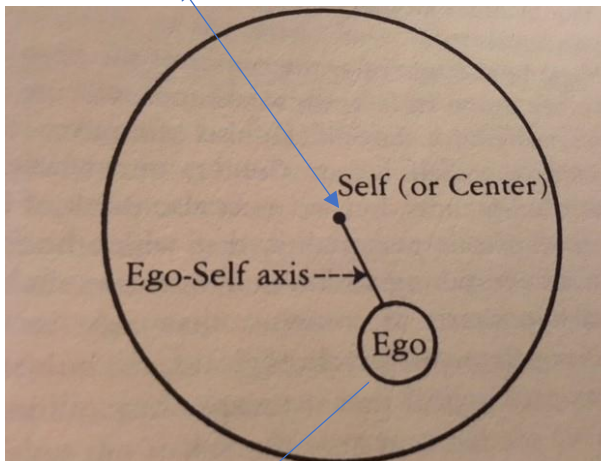


CREATOR GOD



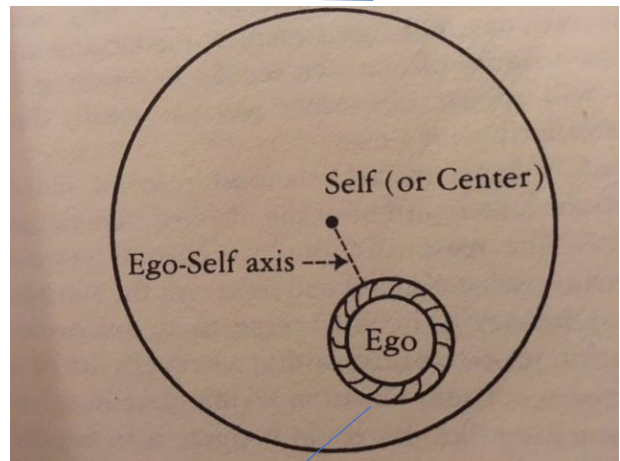
Creative life

This diagram shows the right relationship of the Self and Ego – both are in touch with other, and the Self is in touch with Creator God. Kunkel says the real Self is not 'I' but 'We'. This makes sense to me as God, the source of all life, is 'We' – a Trinity: Father, Son and Holy Spirit.

Connected to the power source of Creative Life, the true Self is expressed into this world through the Ego. The Ego-Self axis is unbroken. One of the ways the axis can be strengthened is by prayer and meditation.

"Anxiety may be defined as the opposite of creativity. It is the power of creation flowing in the opposite direction ...Our creative centre, the Self, is our positive relationship to God. Our Selfhood is the experience of our dependence on and our support by the Creator ...We realise creative power if we live from our real centre. Then we are channels of creation. If we lose our selfhood and our positive relation to the Creator, we are cut off from any new influx of power. And the power which is left as it were, flows back into eternity. This ebb of creative power is what we feel as anxiety."  
 From *In Search of Maturity*

CREATOR GOD



Anxiety

This diagram shows the disrupted relationship between the Self and Ego. Creator God is not able to access the Self and the Self cannot access the Ego. This is because the Ego is defended and the mode of being lived out is what Kunkel calls 'egocentric'. This state starts in childhood, when the child learns the world is unsafe and the original 'We-feeling' is breached.

Kunkel saw Egocentricity as characterised by four types – the Star (who seeks attention), the Turtle (who withdraws), The Clinging Vine (who is full of self-pity) and the Nero (who is a bully).

Creative life is not able to flow, as outside of Wellness, God remains unknown. And so, the Self is not able to be expressed into the world because the Ego has developed an outer shell. The Shadow is defined as the parts of yourself that the Ego has rejected because they do not fit in to the Ego-ideal. These are repressed into unconsciousness and have a life all of their own.

Kunkel understood Anxiety to be the opposite of Creative Life. Anxiety is experienced by the egocentric person to an inordinate degree. Bad habits and addictions may keep the anxiety at bay for a while, but it builds within unless a crisis breaches the Ego defences, or a choice is made to become conscious of that which is repressed in the unconscious.

Kunkel recommends three activities that will aid this often-difficult process known as individuation: Confessional meditation, fasting, and dream analysis.