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The Double



Based on a presentation delivered at the Psychophonetic's IAPP professional development weekend

I have had for a long time a fascination with the notion of the double and that we as human beings have this other 'being' that coexists with us. Almost as interesting for me has been the idea that even though it has an enormous impact on how we feel, think and behave, we mostly don't know it, even recognise it, which is 'its' nature and thus even those of us who are living our lives with awareness and intention are still deluding ourselves to whatever degree that we are, about its existence. I am less deluded now having had certain experiences and exposure to my double and having done some reading about it. My reference book for this journey has been, 'The Rising of the Inner Sun' by Harry Salman ; the raw material , my reactions; and my methodology, mainly the Psychophonetics tools of sensing , gesture and visualisation. I made a commitment to be disciplined and honest with myself and used journaling and drawing to record the journey. I chose to present this because it has been both useful and liberating , as well as supporting my development. As Salman says " a whole area of inner darkness needs to be worked through" [22]

Over the past couple of years I have met aspects of myself/personality that I didn't know before, they were hidden, part of my shadow. I discovered that I have a persona or mask which I thought was me and which covered these aspects .My sense is that I hadn't been ready to meet them; I say this because meeting them has been painful, frightening and sometimes quite shocking. " The confrontation with our double can be very frightening, especially when it appears to us in its full image" [32]

Carl Jung wrote extensively about the shadow, the dark companion of our ego. He "defined this shadow as a psychic phenomenon that stands for the unconscious, natural and instinctive side of the human being" [30] Rudolf Steiner added to this concept " by looking at the spiritual forces that can work into the shadowturning into the 'double' of our ego, in which beings are active that are not recognised by our normal consciousness. These beings live in parts of us where we are not conscious of ourselves.....When we have negative thoughts and emotions, or when we act without moral consciousness, we attract these beings and give them nourishment." [30] Huge incentive to do our work, don't you think!

Salman writes that there are several reasons why we have these dark and well hidden areas inside of ourselves and they are to do with factors that come from, our inner world; genes, constitution, gender, temperament and character, from environmental

factors such as our family, social group, geographical region, country or culture and electromagnetic forces and thirdly from our past; previous lives, in the form of unresolved fears, habits, addictions that work into our present life.

Reading about the environmental factors produced a very loud AHAH for me. I recognised a pattern of victimhood, which I knew from my personal story, and then saw through my family and culture. What became new awareness was that my struggle with what impacts on me when I feel like a victim is not only from my personal circumstances, making it so much harder to transform. I also realised that as a victim, I am a victim of someone and then I blame, am nasty and punish; this was new and not pleasant to see especially when I looked at where it played out in my life. It was very well hidden, victims are not "like that"

"Rudolf Steiner distinguished between different kinds of doubles, with which different kinds of beings are connected. In our physical body.....etheric body.....our soul.....On the level of the ego we have a double that has grown out of the experiences from all our lives. It shows us the totality of our positive and negative qualities. It is also called the 'karmic' double.[31] Seeing a positive quality of mine that I was unaware of has been a most unexpected and happy outcome of this exploration.

"A special, unexpected phenomena is that we project our doubles onto others and see in them negative qualities that belong to ourselves"[32]. This is really how my exploration started. I noticed my reactions to others and projections onto them and was not happy about them. It was quite shocking to see those characteristics in myself, also very liberating to be able to own them and quite humorous finally. I now am much quicker at processing my 'stuff' . I also became aware of the close entanglement of early biographical events and subsequent patterns with my double. With a certain trigger I noticed two inner responses; firstly feeling rejected, my "inner little girl " and a well worn path, secondly and more subtle, feeling indignant that I didn't get the response I wanted and self righteousness, my double. From that moment on it became a choice which one I take on .

As much as it all sounds very dark and like hard work, the good news is our inner sun. " The sun-nature which for long periods man received only from the cosmos, will begin to shine within his soul. He will learn to speak off an 'inner sun'". [Rudolf Steiner in Anthroposophical Leading Thoughts, August 1924]The Rising of the Inner Sun, p13.

"Every human being is born with an inner sun.....This sun is the "I", the shining centre of the human being. There is a way of being with ourselves and others and of learning from life, through which it is possible to make this sun more visible. A whole area of inner darkness needs to be worked through gradually to achieve this."