

## Prosperous Meditation: Understanding Relationships and the Seven Steps

**Introduction** Happy New Year! This being a new year I wish to launch into concepts that may be new and somewhat complicated or maybe not! As someone who works with couples I would like to begin to present information that will help in understanding self and others and thereby be used to improve the relationships one is in.

**Starting with SELF** Everything in terms of learning starts with self. Before we are born we are the budding “self” if you will and mother’s womb is literally the universe. As we grow and mother’s (or father or caregiver who mothers us) ministrations become clearer to us i.e. the good or bad, the safe or unsafe, the approval or nonapproval of things becomes more defined as well. Thus a sense of self and the world develops. How we understand who we are in a relative world, up verses down, hot verses cold and who we are in the world of relationships can be expressed in the following steps or levels.

### The Seven Steps

- 1) What you are
- 2) What you are not
- 3) What others are
- 4) What others are not
- 5) What Self and Others are and how they relate
- 6) What Self and Others are not and how they relate to each other
- 7) How the other six steps combine to form a picture



### Understanding the Seven Steps

The above can be used to understand many different phenomena within the relational world. For example if you notice how you act and feel with a particular friend this is what you and the friend are. Now compare that with how you act and feel with a different friend. Notice the differences, notice that what you are is different with either friend. The differences will also give you a sense of what you are not with that other.

In a couple or a marriage one spouse often has expectations of the other. What happens when other spouse is not what the first expects or wants? “I thought you were strong and now it seems you are not. Your being a “not” is painful or disappointing to me.”

### Learning about the Not

As babies we learn to say “no”. The baby who does not want a certain food spits it out or turns her head. This is a good thing to be able to say “no” or this is not for me. But when the baby cries this is also a not, “I am not happy I am sad”. Dealing with the not can be very difficult. Those who deal with their life being primarily in the not have a difficult road. “I am not athletic, I am not attractive, I am not popular with the others, others are not there for me, my parents were not there for me all reflect the kind of pain we all at sometime face but for still others this condition is not transitory or a phase but their life. They are firmly in that step, “What I am not” or “What Self and Other are Not”. The question arises, why not just understand things in terms of what things are, if one is not happy one is sad and so forth? The answer is that this does not explain adequately the voids or feelings of emptiness that we create from fearing what we lack.

### Understanding Mass Events, National Consciousness etc.

I will attempt to illustrate the importance in understanding the “not” using large groups. Take “Racism” as a concept, one cannot understand racism simply in terms of what is. It is the “you people” are “not me, not my people” that captures the difficulties. See how the Seven Steps and the idea of the “not” can help your understanding of self and other and we will build from here.

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