



What Was THAT All About? Introduction

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This is an examination of what is happening within you when a variety of disruptive, discombobulating, distressing, despair-inducing, depressing, devastating, destructive or even death-dealing things happen to you, to others, or to your environment. These are the “short shots” or “sudden onset” events that shake us up.

In the examination of these instances, the focus is on the inner psychological significance, meanings and processes that underlie the occurrence of the events, effects or phenomena involved.

The general assumption is that these incidents reflect a “perforated line” situation where the potential is there for the occurrence of the instances for psychological or sometimes Cosmic reasons, rather than their being simple “shit happens” out of the “random generator” situations.

There are several varieties of phenomena listed here. One variety is *motives and emotions* that get you in trouble, such as aversions, desires, fears, hates, loves, cravings etc.

Another is *behaviors* that cause problems or untoward outcomes, such as avoiding, forgetting, not hearing, jumping in, not remembering, saying, seeing, sensing, starting, stopping, straying, touching, and so forth.

Then there are *body upheavals* that get your riveted attention, such as aches, dislocations, pain, spasms, throbbing, tics, vomiting and so on -- all the way up to sudden death (such as a heart attack).

Next are *things that happen to us, to others, or to objects that matter to us*, like bashing, bumps, dumping, hits, jamming, spilling, stepping on, tripping, and the like. This, too, can go all the way up to sudden death -- such as lightning strikes.

Then there are *events* that distress us, such as accidents, things appearing or disappearing, being locked in or out, car won't start, getting stuck, getting tickets, misplacing or losing things, etc.

Finally, there are *things that cause damage*, such as breaking, burning, cutting, piercing, ripping, twisting and the like.

All of these will be presented in alphabetic order for simplicity of location purposes. This will perforce lead to some odd adjacencies which will just have to be put up with. In all cases, though, the attempt will be to make some sense out of what is happening to you or to others at present in terms of what is going on for us when things go wrong.

The psychological histories postulated for these events are intended to be heuristic (generic models) or exemplary only. It is not expected that the life history suggested covers the facts in detail for any individual. They are presented as a way of conveying the psychological meaning of the phenomena.

A word of preparation concerns the fact that humans are highly complex beings. As a result, many of the items in this “dictionary” have “multiple characters” associated with them. This means that you will encounter a meaning/character for an item, after which there will be a string of asterisks below it.

Then there will be another meaning/character, and so on. What you do with these is to read the “caption/quote” at the beginning of each one to get a hit as to what and who is involved. And you select the ones(s) that seem to fit for the individual you are reading about to arrive at a liberating understanding of that person.

When working with these items, it will often be necessary to make considerable adjustments to fit the realities of the consulting situation. The situation may not be as intense as described, their expression of it may have unusual qualities, there may be extenuating or exacerbating circumstances, the dynamics may be somewhat different, or the experiential history may not fit in its details. In particular, considerable re-framing will often be required when applying the “dictionary” to children.

Another issue that needs to be dealt with here is that there will be five terms used throughout this book which convey much, and they therefore represent very succinct communication. For purposes of understanding the items in which they appear, they will be defined here. They are:

“HOME OFFICE” Stands for All That Is – the sum and substance of the Cosmos and the Source.

“POISON APPLE PARENTING” Refers to the process whereby love, nurturance and other forms of parental support and training are saturated with hidden destructive and even at times deadly subtle sabotage and/or destiny-derailment.

“URBAN HERMIT” Denotes an individual who was so shame-induced or poison apple parented that they have a deep distrust of themselves and the world, and therefore they are among us but not of us, like a visiting anthropologist.

“TRIPOD-RAGE” Means the irresistible urge to kick anything with three legs, and it refers to the fury that people, women in particular, have towards the various seriously pathological manifestations of the “paranoid patriarchy” and their seeming hell-bent-for-leather intent to destroy us all.

“CAVE-RAGE” Is the irresistible urge to kick any hole, and it describes the virulent hostility that people, men in particular, have towards the various ways in which women in the “paranoid patriarchy” derail the destinies of their off-spring, sons in particular, and in other ways aid and abet the destruction of the human race and of the Earth.

A final comment about the nature of the pattern interpretations has to do with the rather ubiquitous usage of the term “dysfunctional” in the formative process descriptions for the individual characters under the pattern title. Unfortunately, this term has come to be so over-used as to become something of a cliché.

It is, however, far more than that. It is the very crux of the pathology-generation pattern, and it has been throughout history. With this in mind, the pattern associated with this will be inserted here so as to define just what is meant by the term.

“DYSFUNCTIONAL” PARENTING PATTERN

“Macabre three ring circus.” They are dependent, defensive, denial-dominated, disruptive, distorting, disorienting, debilitating, distrust-inducing, deluding, deluging, deteriorating, devastating and even death-dealing in their functioning.

They are systematically reality, responsibility, and accountability-avoidant, as they operate out of an “addictive system,” and they are intensely “gamy,” with the result that “what you sees is *not* what you gets” in an unconscious and with the intensely annihilation-anxiety-generating manner. It is a case of “doing unto others what was done unto them” in their totally dysfunctional family.

Now for the final bit of “how to” information regarding this “dictionary.” When reading the material to yourself or to others, it should be done in a “radio reading” manner, complete with inflections, pauses, emphases, colorfulness, etc.

Just reading in a monotone will not embed the information in your subconscious, where it can do its work. And for maximum effectiveness, the reading to yourself and for others should be done *out loud*. This really takes it to the core of the subconscious.