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*Dharma Circle December 11th 2020 Summary*

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## **Recovering the Memory of Past, Present & Future.**

### **FROM PLATO'S 'LOSS OF KNOWLEDGE' TO THE RECOVERY OF MEMORY**

In Plato's Dialogue, he has this important idea, that ignorance, the loss of knowledge is the source of evil and suffering.

Western liberal education is based on that idea.

The idea that if you are well schooled then that will stand against the experience of evil and suffering.

"Ignorance is the source of suffering."

That idea is true but partial.

Actually, it is the fundamental mistake of Western education.

**It's not the loss of knowledge, but the loss of memory that is the source of evil.**

**We spoke last time of three fundamental sciences.**

- 1. Psychological science,**
- 2. Enlightenment science,**
- 3. Evolutionary science.**

## **Ad 1. Psychological science focusses on the memory of the past.**

Psychological science says that a distortion of a certain kind of memory is the source of evil and suffering.

All ten different psychological sciences agree to focus on the past, but they disagree on how we should transform the past. The shared understanding is that the past has enormous power.

There is unfinished business with the past that we need to resolve.

This is critical but limited. You cannot 'spiritually bypass' the past. It is a liberating process but it won't take you home. In psychological science there are ten different methods of going into the past.

## **Ad. 2 Enlightenment science focusses on the present.**

An exercise would be "Nowing".

The liberation is in the memory of eternity.

PLATO says: you have to engage knowledge.

## **AD 3. EVOLUTIONARY SCIENCE: YOU HAVE TO RECOVER MEMORY.**

To re-narrate stories of the past, we have to recover the memory and retell the story.

How do you re-tell the story?

## **THIS NOT A NICE PSYCHOLOGICAL EXERCISE, IT IS THE NATURE OF REALITY**

- 1. First Practice. Mythologize don't pathologize.**

**Recover the memory of the past:**

We don't just have a cathartic release. The primal scream won't take you home unless you actually move from pathology to mythology.

Collective re-narration of trauma.

## **OUR MYTHOLOGICAL STORIES:**

**THIS IS OUR MYTHOLOGY. IT IS NOT MADE UP, IT IS THE REALIZATION THAT WE ARE ALL LIVING A MYTHIC LIFE.**

Abraham Lincoln was suicidal depressed. Every time walking through the Void again. Suffering turned him into trustworthy vessel.

We have to move beyond victimology. Recover the memory of the past.

**The pain was our faith, we turn faith into destiny is by turning pathology to mythology.**

- Take the story of terrible thing that happened, the pathology, and turn it into a mythology and move in your story from first to third person
- **Recover a memory of eternity.**  
A Memory of Eternity in a moment of sexing, nature, ecstatic dance, where I feel: *I fully belong I am not left out I belong to all of reality.*
- **Recover our memory of our grandest dream of what we can become.**
- **Recover a memory of the future. Hear the call of the future.**  
The best is in yet front of us.  
The future entering the present.
- **WRITE AN OUTRAGEOUS LOVE LETTER FROM YOU TO YOUR FUTURE SELF.**
- **WRITE AN OUTRAGEOUS LOVE LETTER FROM YOUR FUTURE SELF TO YOURSELF.**