

# From Fixation to Freedom

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*“Where Attention Goes, Energy Follows  
We All have the capacity to develop an Inner Observer  
The Inner Observer never becomes automatic”  
David Daniels, M.D.*

## I) Symptom Removal, “Normalizing” Type Structure

- Understanding our Type, seeing the habitual ways in which we think, feel, behave
- Giving more choice around behavior. Taking the Type out of the driver’s seat
- Choosing to not act out our Type in compulsive ways

## II) Dis-Identifying with the False Self (Type)/Shadow Work

- Opening to the denied parts of ourselves, learning to tolerate what seems intolerable (that another point might be just fine with), seeing what we avoid
- Attachment (liking our Type)/Aversion (disliking our Type)- two sides of the same coin
- Bringing to consciousness the lost aspects of our being that we delegated to the basement of the unconscious

## III) Identifying with another Ground on Which to Stand

- Can’t use Ego to get rid of Ego (can’t drive out the ‘devil’ by the prince of ‘devils’)
- Fall into the hands of God, the Higher Self, the Divine, Truth, Total Reality
- God is using all of me to bring me to God, Truth uses all of me to know Truth

## IV) Taking Back the Energy of the False Self and Integrating into Whole

- Effort of non-effort. Relaxing into the present
- Integrating the gifts of the Type – bringing back into our being the gifts of our Type before they became compulsive
- Include and transcend our ego-fixation

*“If you bring forth what is in you, it will save you. If you do not bring forth what is in you, it will destroy you.” Jesus of Nazareth*

*“What can we gain by sailing to the moon if we are not able to cross the abyss that separates us from ourselves?” Thomas Merton*

*“Identification...is a form of escape from the self.” Krishnamurti*

*“In the final analysis, we count for something only because of the essential we embody, and if we do not embody that, life is wasted.” Carl Jung*

*“It is mind-boggling to think that spirituality is dying into yourself. But there is a death in it and people grieve. There is a grief that occurs when who you thought you were starts to disappear.” Ram Dass*

*“Whenever a man awakes, he awakes from the false assumption that he has always been awake and therefore the master of his thoughts, feelings, and actions.” Henri Tracol*

*“The personality is meant to be a transparent jewel through which the Universe shines” Sufi Saying*