

# Living Spring

- Christa -

Lesson IV/ October 2010

Heartfelt greetings!

The subject of this lesson is: **Responsibility**.

Responsibility? An extensive subject. I shall only deal with part of it. For responsibility is not only an extensive subject it is also a burdened one. Even the word feels burdened. There is the responsibility for an action, the responsibility for non-action, the responsibility for a misdeed, responsibility for oneself, responsibility for others, responsibility for health, responsibility for sickness, responsibility to insure oneself and so on and so forth. In Wikipedia I found the following (translated excerpt):

***Responsibility is the opportunity for a person to assume accountability for the consequences of his/her own action and that of others. It rests on the ability and willingness to subsequently provide answers to questions regarding such consequences. One basic prerequisite is the ability to make conscious decisions. Responsibility always leads to accountability.***

The words “opportunity” and “responsibility” ...for the consequences of... the actions of others made me ponder. They appeared to me - together with other remarks in this quotation – elusive, interpretable and remain, therefore, rather manipulable, manipulating, meaningless, and reduce responsibility to mere words, explanations/excuses. Perhaps this is why we struggle so with responsibility in general, or it is symptomatic of the struggle.

Do we acquire responsibility through our education/upbringing or is it innate in us? What do you think? We certainly experience it in us and see it in others, or miss it there (rather there than in ourselves), sometimes in excess, sometimes deficient, and rather associated with judgments, finger-pointing, and guilt-feelings (fear) than with joy and awareness. It is this guilt-ridden perception of responsibility (instead of seeing it with love) that makes life in general *and* for the individual difficult and burdened. Such burdened responsibility is out of place, creates harm, disease, and as such is worthless.

Here in the United States the courts are full of law suits dealing with responsibility claims. People sue because instruction manuals do not mention everything that one could possibly do wrong. (Some time ago, here in Montana, a middle-aged man climbed on a mountain with his cell phone during a heavy thunderstorm because he had no reception below. He was fatally hit by lightning. Should this have been in an instruction manual?) There is the smoker who holds the tobacco industry accountable because he acquired lung cancer. There is the wife suing her husband because he hoped to find with others what so far (and with her) he had not found. There are lawsuits because a person fell down or bounced against something. There are claims because someone felt lied to or betrayed. A man sued a store because he – drunken – did not see the box on the floor, fell over it, and broke his arm.

What confusion! Confusion about one’s own responsibility and that of others. Not meaning to say that such confusion ends only up in court rooms. Oh no. It sits and murmurs in the brains of people (in yours also?), in their families, between spouses, between employees and their bosses, also between nations. And it does not just murmur there – it speaks loudly, demands, and sometimes yells. It leads to wars and to shouts for retaliation; it hinders insight and a clear view. It leads to stomach ulcers and other bodily symptoms, makes so far un-forgiven experiences unforgivable and leads to grudges. How can such confusion be dissolved? Well, each of us can only recognize it in our self and solve it. For possible answers I’d like to give some impulses:

Here is a symbol which may help and which you all certainly know:



The YinYang stands for balance and equality in life and can be applied for every situation in which two forces/persons meet and interact. It may help you to better understand the matter of responsibility. So, it functions here - just to use one of the examples above -, as a symbol for the producer of cigarettes and the smoker, for the woman and her husband, for partners be they private or business, for perpetrator and victim, for a people and its government. However, it does not stagnate, it is in constant motion and touches, it is a catalyst/trigger for fruitfulness and frustration, a unity, but not *one*.

As long as nothing is questioned in our lives by us or others, everything seems to be “in order”, in balance so to speak. However, as soon as something happens that shakes this real or false harmony, there is maneuvering to restore balance. But preferably the old balance which we knew, which was familiar and made us feel secure, rather than a new one. Yet life is a about **newness**, perpetually being new. The struggle for the *old* balance leads to repression, manipulation, and to inappropriate conditions/demands which we impose on ourselves or others. For illustration see this symbol:



Here you can see how some interactions are experienced. The wave motions of backing off and re-appearing, of pressure and counterpressure, the attempt to restore the (old) balance without loss or giving up/giving in. If this process is not successful, a shifting of power will happen – or, should I better say, a seemingly changed power constellation will take place, as here:



I say seemingly because in my opinion it only looks as if. Who – I question – is responsible for this condition? Is it the small field, backing off, or is it the big one, filling up the uninhabited space? Is the pressure from the one side responsible for the disproportion, or is it the backing off or giving way of the other? Would it be good that the “bigger” part retracted or better that the “smaller” stood its ground instead of yielding? Can it be expected that the retracting of the “bigger” part would induce the “smaller” to advance? Does only one part avail itself of power, or what type of power is the other part using? Is there a responsibility which both share equally? Or is the responsibility altogether elsewhere? And what would *that* look like and what would it lead to? I have an idea for a solution!

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And it looks like this:



This stripe in the **middle** – ah, the heart, the One, the space which rests *in* and *between* both. The center with each in their own space. Space for new orientation and new perception. Space for each to discover his/her own.

For a long time I did not see the white dot in the black field and the black dot in the white field. Well, this is not quite true, but it was only much later that I became aware of the full meaning of these dots. This phenomenon appears in many teachings. Carl Jung spoke of the anima (soul) in man and of animus (spirit) in woman, we have long known of the female and male side in us (or so we think). But do *you know them* – instead of knowing of and *about them* – and are they equal? Or are they only “dots” respectively “sides” which you can psychologically explain? Do you prefer to identify with one of the two, at the expense of the other? Or do you live in the center, open to both sides and interested? When you are approaching the latter, then quite a lot comes into motion, as you can see here:



This symbol brings up even more questions: Are you ready to let what is inside through to the outside and to let in what's outside inside? Are you ready to give up control over the one as well as the other?

Back to responsibility. The friction coming with each encounter is able to – CAN – lead to dissolving boundaries and limitations, to freeing the hidden from our projections and integrate it. To awaken, to make conscious choices (not just seemingly conscious ones, that are justified afterwards), and to live free of fear. The responsibility for this is everyone's own affair and cannot be delegated to anyone else. Responsibility remains also our own for our sleep, our illusions, and our pink-cloud-existence which are constantly challenged by life – no matter how difficult we find coming out from down under. The less resistance the easier it gets. I encourage you to give up this resistance. I know from my own experience: Life is good and has only good intentions.

Oh Love! How good It is! Let us sing!

Here I have to find an English song of praise and will look in the hymnbook of friends

*Wir woll'n dem Namen Dein  
in Andacht still und fein  
lobsingen und auch laut vor aller Welt.  
Nie hast Du uns vergessen,  
schenkst Gaben unermessen,  
tagtäglich Deine Hand uns hält.*

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