

19 August 2019

I feel like I've been on a profound emotional journey over the last few weeks.

So whatever I write here, which will hopefully have a coherence about it, misses a lot out. Especially the very difficult emotions and the pain associated with these difficult feelings. I don't want to dwell on them but I also don't want anyone to think that an emotional journey is free of pain.

So the journey has included discovering Michael Tsarion from my brother. I highly recommend that you check this guy out. He has done 30 years of intensive research on ancient history and symbols, the origins of Ireland, philosophy and psychology. It's all fascinating and his podcasts and blogs on psychology has been a refresher crash-course on all the big thinkers that I studied when I was training to be a psychotherapist; some of these being Anna and Sigmund Freud, Melanie Klein, Alice Miller, Karen Horney, Carl Jung, Ayn Rand, Bruno Bettelheim.

The reason why this 'crash course', or 'head frazzling course' has been a welcome addition to my life right now is because I realised a few months ago that it is time for me to resume my love of psychotherapy for my own life and the life of those that also want to understand themselves in the most in-depth way possible.

5 years ago I was delighted to be pregnant with my little boy, and being well versed in attachment theory from my training and from my 9 years of clinical work, there was no question for me of spending as much time as I could offer to my little one. For 2 years we spent every day and night together, having a few hours apart when I would see a couple of clients or dive into the sea for some intense nature healing. It was honestly mostly wonderful, but then I realised the intensity was too much for both of us and little one spent slightly more hours with his father and with a local childminder. Now, nearly 5 years from little ones birth, he will be off to school 5 days a week from September. I don't feel particularly anxious about him going to school, and hope and trust that the first 5 years of his life and the 9 months of him being carried inside of me, as well as our 2 years of our especially intense time spent together has helped little one with a solid secure foundation to be unashamedly himself and to form healthy relationships with others.

So the fact that I will have some more time to myself has led me to renewing my love of psychotherapy. And wow! what a great teacher I have found in Michael Tsarion . I have just bought his book *Dragon Mother* , revised kindle edition 2019. I haven't finished it yet, but have found it wonderfully illuminating about the difference in genders and how our own psychology needs attending to if we want to help change society for the better.

For me I always knew that attachment theory was important for me and it helped me feel secure in myself and has helped me massively with my relationship with my little one. But I was aware that after having a secure foundation of self, something more was needed to understand adult relationships, starting with that relationship with ourselves. This led me to explore creative Jungian therapy as well as systemic constellations which definitely helped me before and during my pregnancy.

The last 5 years have of course been a privilege in so many ways, not least the abundant flow of love little one showers every day and hopefully he feels is showered on him, while still allowing his inner self to shine.

But I do have to acknowledge that the massive amount of energy I have found myself expending on little one has taken its toll on my own inner psychic space. I feel relieved to have noticed this and to be in a profession where I can find ways to feel psychically renewed enough to ensure I'm still available for my little one and the other important relationships in my life.

This is where Michael Tsarion has helped to push my emotional boundaries in an uncensored and truthful way to remind me about the world around me being a mirror to my own internal world. And to help me psychically cleanse myself and to learn how to have authentic balanced feminine and masculine archetypes inside of me.

If this all sounds cozy and obvious, think again and I urge you to read *Dragon Mother* so that you too can be informed about why our society is as it is today, linked to the masculine and feminine archetypes and stereotypes. And it is sure to help your relationship with yourself and others and hence our society by doing your own psychological work.