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In a previous message, I spoke of “Archetypal Energies, The Emergence of Obama As A Practical Idealist, and Global Transformation” (February/March 2009). I suggested that at issue is what I called “psychic politics for global transformation, nurtured by practical idealism and the Archetypal Energies.” To reiterate, I have described Archetypal Energies as Higher Vibrational Energies, operating deep within our individual and collective psyches, which have their own transcendent value, purpose, quality, and “voice” unique to the individual. We experience them as “creative urges” to move us toward our Highest Good or Optimal Realities. I use easily recognized terms to evoke a common sense of these Higher Vibrational Energies (e.g., Love, Trust, Compassion, Courage). I want here to further discuss the nature of “psychic politics” and its transformative potential. In this context, I want to reflect on the Health Care Debate in the United States for illustrative purposes with respect to its connection to these Archetypal Energies.

As we engage in the process of the evolution of Human Consciousness, individually and collectively, I suggest that a general understanding of the nature of “psychic politics” is important. “Psychic politics” involves creative tension that emerges as what I call Higher Vibrational Value Fulfillment Questions arise for our individual and collective psyches to consider. “Psychic politics” engage us in an inner and outer dialogue about what kind and quality of reality we want to create or co-create individually and collectively. In that regard, three of the more important psyche-related questions tend to emerge during transformational periods. They are:

* What is it that we want to value, give attention to, hold, and nurture in our Consciousness individually and collectively;
* Where do we initially want to “point” our evolving Consciousness individually and collectively to create what we value; and
* What “outer form(s)” do we initially want what we value to take.

The Health Care Debate can be viewed, therefore, as an “external mirror,” reflecting an inner dialogue about these important psyche-related questions.

In terms of the nature of “psychic politics,” it should be noted that behind psyche-related questions are Archetypal Energies, creatively urging us to move toward our Optimal Selves and Optimal Realities, individually and collectively. It is in this context that the Health Care Debate in the United States holds or contains enormous transformative potential. It is not my intent to tell anyone what or how to think. Rather, my intent here is to call attention to the transformative potential at play and to suggest that when “psychic politics” is fueled by fear, Energy blocks can emerge to misdirect or distort the
natural flow of the “creative urges” of the Archetypal Energies and their Optimally-oriented, transformative potential.

In terms of the Health Care Debate, there is an interesting irony at play. Each person intuitively knows that the maintenance of one’s own health is essential to the maintenance of one’s current life. Intuitively, each person knows the importance of having a healthy Mind-Body-Spirit. Yet, we also are aware that individually and collectively we may knowingly or unknowingly do “unhealthy,” harmful things every day to ourselves and to others, and may lose sight of our Well Being, individually and collectively. In terms of the psyche and Consciousness, and the “psychic politics” related to the Health Care Debate, each person, therefore, is being called to attend to Well Being as a “conscious focus” as we evolve Human Consciousness, individually and collectively.

In relation to the inner call to consciously attend to Well Being, the external Health Care Debate also mirrors collateral questions for consideration, like:

*What external Health Care support structures will “insure” that we can consciously attend to our Well Being, individually and collectively?*

*Are we willing to consciously create, invest in, and maintain those external Health Care support structures for our Well Being, individually and collectively?*

*Are we willing to authentically and consciously care about our own Well Being, as well as the Well Being of others in our life spaces, individually and collectively?*

I suggest, therefore, that through the Health Care Debate, and its underlying inner and outer dialogue, each person, inwardly, is being called to entertain the transformative potential at play to shift her/his Consciousness, individually and collectively, toward a focus on Well Being in her/his unique life spaces (personal, societal, and global). In this respect, there is a Bigger Picture at play related to the “psychic politics” surrounding the Health Care Debate.

So, what are some “creative tensions” related to the external Health Care Debate and the inner call to consciously attend to Well Being? One “creative tension” is that the external Debate itself may cause some to lose sight of, or have difficulty seeing, the Bigger Picture of an inner call to consciously attend to Well Being. Why and how might this happen? As conscious beings, with free will, we create our own realities, according to the nature of our beliefs (thoughts, reinforced by emotion and imagination), and what I, and others, call the law of attraction (Energy of any form magnetically attracts similar energy, the intensity of emotions, causing a more intense attraction in both speed and quantity). Beliefs, particularly core beliefs, thus structure our realities, and the law of attraction makes more conscious what it is that we believe to be true and value, knowingly and unknowingly. Individually and collectively, our Surface Selves (Ego) use beliefs to create, invite or allow for possibilities or not, to “point” our Consciousness toward particular foci, and to direct or misdirect Energy in our personal, societal and global life spaces. However, fear-based beliefs can be and are Self-limiting. They tend to narrow the focus of Consciousness. With a narrow focus in relation to the external
Health Care Debate, a person may then lose sight of, or have difficulty seeing, the Bigger Picture.

A second “creative tension” related to the external Health Care Debate and the inner call to attend to Well Being relates to how we direct or misdirect Energy, individually and collectively. Our Surface Selves (Ego) like to be in control. In this context, if fear-based beliefs are operative, our Surface Selves (Ego) may misread or misunderstand the “psychic politics” at play and the transformative potential related to the inner call to consciously attend to Well Being. Out of fear—fear of the future, fear of the unknown, fear of loss, fear of the other—Energy can get “jammed” as the “psychic politics,” the inner and outer dialogue, unfolds. As a result, the “jammed” Energy may get expressed, “acted out,” or “projected out” in distorted ways, individually and/or collectively (e.g., we-they thinking and acting; angry or volatile outbursts; stereotyping; threats of violence; scapegoating). We have already witnessed some of these “expressions” during the external Health Care Debate. As this relates to the Archetypal Energies, fear-based, Self-limiting beliefs thus “jam” or block their Authentic Expression. As a result, conscious attention is shifted away from the inner “creative urges” of the Archetypal Energies. And, in turn, the transformative potential of moving us toward our Highest Good and Optimal Realities may then get short-circuited.

In the above context, a third “creative tension” can be discerned. In regard to the external Health Care Debate, those who appear to have different or opposing points of view will tend to perceive the other as “an enemy.” The Ego reasons that the other’s point of view is to be feared. As a result, Energy can get misdirected, framed and expressed as fear-based distortions. For example, in regard to the Health Care Debate, points of view may be labeled as “conservative,” “progressive,” or “liberal” and accordingly, Energy can get misdirected. There is nothing inherently wrong per se with so-called conservative or progressive ideas. By definition, “conservative” means “tending or disposed to maintain existing views, conditions or institutions” and “progressive” means “moving forward, onward, making use of or interested in new ideas, findings or opportunities” (Webster New Collegiate Dictionary). Such ideas can be complementary. Ultimately, however, what really matters is what is being conserved and what is being progressed. Growing up African American in the segregated South, to be “conservative” during that historical period meant holding onto existing racist views, practices, conditions, and institutions, and as I personally experienced and witnessed it, much Energy was indeed misdirected in that regard. There also has been misdirected Energy during the Health Care Debate. It has surfaced, for example, in forms such as derogatory name-calling, disrespectful characterizations about President Obama (e.g., protester sign, with swastika, comparing the President to a Nazi), fear-based projections related to race and sexual orientation (e.g., epithets directed at Representatives John Lewis & Barney Frank), and threatening letters sent to Legislators.

From a Higher Purpose Perspective, however, there is an interesting illusion associated with the Health Care Debate. The illusion is that, at the level of Ego, those who appear to have different or opposing points of view also appear to want different things. If the veil of the illusion is lifted, however, each person will discover the inner call to consciously
attend to Well Being, individually and collectively. That is, Well Being is what each side, so to speak, really wants. In this regard, practical idealism and the Archetypal Energies can be consciously used as helpful tools as the “psychic politics” related to the Health Care Debate unfolds.

What specifically, then, is the transformative potential of the Health Care Debate? If allowed by Ego, the “psychic politics,” mirrored externally through the Health Care Debate, provides an opportunity to get in touch with and outwardly “express” the transformative potential of the Archetypal Energies. Unencumbered, the “creative urges” of the Archetypal Energies naturally support and nurture Well Being. In this sense, the Health Care Debate can serve as a “transformative trigger” for each person to heed and make conscious the inner call to attend to Well Being, individually and collectively.

Using practical idealism, as President Obama has attempted to do, it is possible to find common ground beyond the illusion, even when the illusion itself appears to remain active and operative for some. In my view, the historic signing of the Health Care Reform Bill on March 23, 2010 by President Obama simply represents a “marker in time.”

In another previous message (October/November, 2009), I noted that there are three types of Archetypal Energies. In my study of these Higher Vibrational Energies, I have uncovered at least 25 distinctive and unique Archetypal Energies. Foundational Archetypal Energies (Trust, Enthusiasm, Humor, Beauty, Hope, Flexibility, Courage) help us form or establish a personality structure, a foundation, which has Qualities that allow us to entertain the possibility of choosing to grow, expand, move Higher, and do so by choosing a path of growth with Joy. Transformational Archetypal Energies reposition us to change the foci and preferences of our Consciousness and the nature of various blending, transformations, transcendences, and transmutations of Energies as we make authentic contact with our Higher Self and as Souls make authentic contact (Love, Acceptance, Inclusion, Harmony). Spiritually Integrative Archetypal Energies (Understanding, Truth, Wisdom, Patience, Inspiration, Abundance, Compassion, Peace, Joy, Clarity, Vision, Oneness, Unity, Serenity) help us mirror integration of our Lower (Ego-related) and Higher (Essence-related) Selves, to be our Truer Self, and to be and act out our Soul Qualities. Although operating deep within our individual and collective psyches, each of these Archetypal Energies are seeking “expression” and “form” in relation to the “psychic politics” surrounding the Health Care Debate.

In my view, the challenges related to the “psychic politics” surrounding the Health Care Debate are to find ways to engage the process with a Higher Purpose in mind, to become aware of the Bigger Picture, and to use the process to access and give “authentic expression and form” to the Archetypal Energies and their transformative potential. I want to invite each person, therefore, to tone down the Ego chatter in relation to the Health Care Debate, to use practical idealism, and to find ways to “listen” to the “voices,” the “creative urges,” of the Archetypal Energies. In this way, we will answer the inner call to consciously attend to Well Being, individually and collectively.