

"Self-Love & Self-Realization in the Real World": A Deeper Dive

Russell "Russ" Fox - Presented on October 29, 2025 for the Tao Portland Community

→ Link: <https://youtu.be/VtkLCaPU8hE>

An Outline & Companion Guide

Hello, and thank you for joining the conversation. This outline is designed to help you review and integrate the core concepts from the talk. My goal is to offer a new understanding of who you are and provide practical tools to begin living from that truth.

Part : The Great Misunderstanding (And Why Self-Love Is So Hard)

- **The Central Problem:** Why is "self-love" so difficult? Why does it feel like we're "trying to hug a shadow"?
 - We often hear an **inner critic** ("Really?", "...but...") that lists all the reasons we aren't worthy of love yet (e.g., "I'll love myself *when...*").
 - This creates a sense of **separation**: an "I" who is trying to do the loving, and a "me" who is being judged as worthy or unworthy of that love.
- **The "Wrong Self":** What if we're trying to love the **wrong self**?
 - **The "Ego Illusion":** Philosopher Alan Watts called this the "skin-encapsulated ego". It's the story that we are a lonely, separate consciousness trapped inside a body.
 - **The "Age of the Great Detour!":** For hundreds of years, our dominant paradigm has been "brain-centric." It started with René Descartes ("I *think*, therefore I am") and evolved into a model that says we *are* our brains.
 - **The "Self" as the Thinking Mind:** This model reduces your "self" to the voice in your head—the narrator, the judge, the worrier, the critic.
 - **The Impossible Task:** We are then asked to do the impossible: to have this critical, judging voice somehow "love itself." It's a recipe for frustration.
 - **The Key Question:** If the voice in your head is "you," then **who (or what) is doing the listening?**

Part 2: The Physics of the Soul (A New Definition of Self)

- **The New (and Ancient) Paradigm:** You are **not** a machine. At your core, you are a **conscious vibrational field of energy and information**.
- **The Biofield: A Scientific Concept**
 - In 1992, the U.S. National Institutes of Health (NIH) formally named this 'bioactive' energy field the "**biofield**".
 - They defined it as a "massless field... that surrounds and permeates living bodies and affects the body". This was a quiet revolution, acknowledging that there is more to life than just chemistry.
- **Consilience: The Great Meeting Point of Wisdom**
 - This "new" idea is, in fact, ancient. It's the same reality mystics and sages have always described:
 - **Qi** in Chinese Taoism
 - **Prana** in Hindu/Yogic tradition
 - The Egyptian **Ankh** symbolized Life Force, Immortality & Divine Power
 - **Ruh**, in Sufism - one's Divine Spirit & Soul, a direct emanation from God
 - **The Aramaic Jesus:** When Jesus spoke of the "Kingdom of Heaven," the Aramaic phrase was ***malkuta dashmaya***.
 - ***Malkuta*** (kingdom) means "reigning principle" or "active process" - not a physical place.
 - ***Dashmaya*** (heaven) has the root *shm*, meaning light, sound, and **vibration**.
 - The "Kingdom of Heaven" is the "**reigning principle of the cosmic vibration**," and Jesus said it is "**within you**".
- **Your TRUE Self:**
 - This is the great synthesis: Your Biofield = Your Soul = The Taoist *Shen* = The Tao Science "Spiritual Heart".
 - This is who you **really are**: not the flawed personality or the chattering mind, but a **vibrant, living field of light and information**.

- **You Are a "Fractal of the Tao"**

- Your biofield is not separate from the universe; it is a *part* of it. A fractal is a pattern where even a tiny piece contains the image of the whole.
- You are not a drop *in* the ocean of consciousness; **you are the entire ocean expressing itself as a drop.**
- This is your true nature: perfect, whole, and inseparably connected. It has never been broken and doesn't need to be fixed. **It only needs to be remembered.**

- **A New Definition of Self-Love:**

- True Self-Love is not an *action* you perform (like the judge pardoning itself).
- It is the **state of being** that arises naturally when you stop identifying with the false, separate, ego-self and begin to **realize your true nature** as an Aware & Conscious Vibrational Field of Light.

Part 3: The Source of Suffering & The Path to Self-Realization

- **The Big Question:** "If my true nature is this perfect, whole, and loving field... why do I feel so terrible so much of the time?"
- **The Answer: Static.** Your pure, clear signal is being disrupted.
- **The Source of the Static: "Incomplete Emotional Episodes" (IEEs)**
 - This concept, from physicist Richard Pavek (developer of SHEN Therapy), describes what happens when you have a painful experience (rejection, loss, shame) and are unable or unwilling to fully process and release the emotion.
 - This unresolved emotional energy gets **stuck** in your biofield as a pocket of dissonant, **contractive frequency**.
 - This is the same concept as "Negative Vibrational Information" in Tao Science or "Unfinished Business" in Gestalt psychology.

- **The Trapping Mechanism: The Auto-Contractile Pain Reflex (ACPR)**
 - Pavlek discovered the precise physical mechanism that traps this static in your body.
 - Your body's tissues **cannot tell the difference between physical pain and intense emotional pain.**
 - Your body instinctively **contracts** (or splints) around the painful frequency to protect you.
 - **The Problem:** The painful frequency is *inside* the contraction, creating a feedback loop. The pain keeps the soft tissues contracting, the contraction holds the pain, and the reflex never gets the signal to relax and let go.
 - This is the **physical reality** of "trapped emotions":
 - Grief is trapped in the chest contraction.
 - Fear is trapped in the knot in your stomach/solar plexus.
 - Shame and guilt are trapped in the clenching in your lower belly.
- **A New Definition of Self-Realization:**
 - Self-Realization is **not** about *adding* anything to yourself (becoming "more spiritual" or "more perfect").
 - It is, as the mystic Meister Eckhart said, a "**process of subtraction**".
 - It is the journey of **clearing the static**. It means allowing these IEEs to complete their life cycle and helping the body release the chronic contractions of the ACPR.
 - The Aramaic word for "evil" is *bisha*, which simply means "**unripe**" or "**immature**." Self-Realization is the process of ripening by removing the 'static' of incomplete emotional episodes.

Part 4: The Real World as a Reflection (Manifesting True Abundance)

- **The Foundational Principle:** We must understand the causal hierarchy. The central principle of the biofield paradigm is Field Precedence. Simply put: **Field physics frequency fluctuations precede and dictate all biological, electrochemical, mental and psychological responses, adjustments and/or changes.**

- **Your Field Creates Your Reality:**

- Your inner vibrational state (your biofield) is the **primary causal agent** in your life. The world you experience is a *reflection* of your inner coherence or incoherence.
- If your field is full of contractive static (fear, unworthiness), your brain will sense this threat and generate defensive, judgmental thoughts. You will perceive the world as a threatening place and attract experiences to match.
- If your field is coherent and broadcasting your innate, expansive frequencies (love, joy), your brain will be calm. You will perceive a world of opportunity and attract abundant experiences to match.

- **The Physics of Abundance:**

- Let's re-translate the Aramaic instruction: "Seek ye first the Kingdom of God..."
- **New Translation:** "Seek first a state of inner coherence in your own biofield, and a life of true abundance will naturally organize itself around you".
- **True Abundance** is a 360-degree experience:
 - **Abundant Health:** Your life force (Qi) can flow freely.
 - **Abundant Creativity:** Your unique gifts are not blocked by fear.
 - **Abundant Love:** You can form authentic relationships because you're not projecting your old pain.
 - **Abundant Joy:** This is the *natural state* that arises when your field is clear.

Part 5: The Path Forward (Practical Tools for the Real World)

How do we begin to clear the static? It starts with a simple, powerful act.

- **The Clarity Break:** This is the practice of creating a conscious pause between a feeling (the frequency) and your habitual reaction (the story). It is the practice of **intentional non-reaction**.

- **Tool 1 : Focused Breathing**

- This is the most direct tool for calming the body's alarm system.
- When you feel a contractive emotion, your body tenses and breathing becomes shallow. This is a "danger" signal to your brain.
- You interrupt this cycle by breathing in a way that is "**Calm... Deep... and Wide**".
 - **Calm:** Slow your breath; make it gentle.
 - **Deep:** Allow your breath to drop into your lower belly (as Thich Nhat Hanh taught, bring your attention "down from the storm in your head to the anchor below your navel").
 - **Wide:** Feel your lower back and ribcage expand in all directions.
- This sends a powerful "safe" signal to your nervous system, which quiets the brain's reactive, story-generating machine.

- **Tool 2: Somatic Awareness**

- In the quiet space created by your breath, turn your awareness *into your torso*.
- Ask two questions: "**What am I actually feeling right now?**" and "**Where in my body am I feeling it?**"
- Feel the raw sensation (e.g., "a cold, heavy ache in my chest"), not the story ("I'm angry because...").
- By simply noticing the physical sensation without judgment, you are separating your *awareness* from the *emotion*. You become the "sky that holds the storm".

- **Tool 3: Cultivating Presence**

- This is the wisdom of teachers like Eckhart Tolle. Anchor yourself in the **Now**.
- The brain's reactive stories are *always* about the past or the future. Presence is the antidote.
- Feel your feet on the floor. Hear the sounds in the room. Feel the aliveness in your hands.

- As you rest in this "present-moment awareness," you realize you are not the emotion and you are not the thoughts. You are the **silent, spacious Awareness** in which both are occurring. This dis-identification is the key to freedom.

The Journey is Remembering

- The journey to Self Love and Self Realization is **not** a journey of *becoming* something you are not. It is a journey of *remembering* what you have always been.
- You are not a broken machine. You are a **vibrant, intelligent field of consciousness**, temporarily obscured by the static of unresolved pain.
- **Self-Love** is the natural state that emerges as you clear that static.
- **Self-Realization** is the lived experience of your true, coherent nature.
- **The Gospel of Thomas** says: "If you bring forth that which is within you, it will save you. If you do not bring forth that which is within you, it will destroy you." This means bringing forth not just your gifts, but also the "contractive negativities" you've been holding onto, so they can be fully felt and experienced, and finally released.

Part 6: A Final Thought for the Journey

The journey we've taken together in this talk reveals a beautiful, paradigm-shifting truth: the self you've been struggling to "fix" or "love" is not who you truly are. You are not your chattering, judgmental mind. You are a **vibrant, perfect, and unbreakable field of consciousness**—a "fractal of the Tao," a "child of God"—temporarily obscured by the "static" of unresolved emotional pain trapped in your body's energy field. True **Self-Love** is the *realization* of this innate perfection, and **Self-Realization** is the practical, physical "process of subtraction" that Meister Eckhart spoke of: clearing that static so your true, coherent signal can radiate and manifest a life of genuine abundance.

This is a journey, not a race. Be kind to yourself. The contractive "static" we've discussed—those old, trapped emotions—may have been with you for a very long time. They will not dissolve overnight. This is where **non-judgmental patience** becomes your greatest superpower. Treat the "Clarity Break" as a practice, not a test. Be **confident and consistent**. Every time you consciously choose to pause, breathe (*Calm... Deep... and Wide...*), and feel into your body, you are strengthening your connection to your true Self and gently loosening the grip of the past. Stay curious. This is a grand adventure into the heart of who you are. Continue to ask questions, continue to explore, and most importantly, continue to *listen*—not just to the voice in your head, but to the profound wisdom of your "Feeling Field."

Welcome home.

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What is SHEN Therapy?

<https://shentherapynow.com>