

Dharma Talk at Buddha Center, Second Life: 27 July 2010
What is the Continuum Concept?
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(DoKwang reads "What is the Continuum Concept" chapter from his book "Between Yesterday and Tomorrow").

Comment (C): I came out of an abusive relationship, I was not allowed to hold my son because of psychic jealousy, so I did not have my son attached to me when I was an infant. I felt empty arms, I needed to pull to have him with me from playpen and crib. He is five now, hyperactive and hard to deal with, has been diagnosed with ADHD, I denied recommendations for medication for him. Your talk has enlightened me as to why he is this way. How can I give him an outlet for his energy, so that he can physically and psychologically expend the excess energy.

DoK (D): One thing you can do is to see if you can find an EEG biofeedback practitioner in your area, it is the treatment I used to practice. It actually addresses the imbalanced brainwave patterns in children with ADHD. Another thing is to read my website blog post where I describe a case study of a child with continuum deprivation. The process I use now is EFT, which is a self-administered form of acupuncture, it allows pent up energy and energy blockages to dissolve. There are lots of things to help restore balance and dissolve blockages created because of the lack of continuum treatment in infancy.

Everybody has the sense that there is something more to life than what they are experiencing currently. We need to stop utilizing addictive habits to get what is felt to be missing. Engaging in spiritual practice we find that deep down sense of rightness that is buried under pain of separation. The second Continuum Concept chapter discusses the psychological aspects of continuum deprivation, it discusses attachment theory. Attachment Theory is a good start, it does show you that children need that physical contact. But attachment theorists have studied children in normal population, whose upbringing was not consistent continuum treatment.

If child does not develop a secure connection to the mother, there are problems but even those who do still have a sense of disconnectedness based in the absence of mother or parent, what's called separation anxiety

C: This is whole different thing from the Buddhist meaning of attachment.

D: No, it is the source of the Buddhist meaning. The attachments that we make spiritually and psychologically that we are seeking to release have their origins in this sense of disconnectedness experienced by a continuum-deprived infant. It is the source of the second noble truth-suffering caused by separation which then manifests in desire and attachment. Where is the model for desire and attachment? It is in the

sense of detachment the infant experiences when deprived continuum treatment and feels that it needs to reattach at all costs.

C: I have a lot of separation anxiety.

D: The divorce probably exacerbated that sense.

D: My position is that all religion originated when humankind abandoned Continuum treatment and we as a species needed to find our way back to paradise. This is the garden of eden and original sin in physical form. If you listen to the second and third chapters, it will give you an understanding of why the world has developed as it has and why there are so many problems with ourselves and our children, why people are addicted to so many things and so intensely. It is why those of us who wake up to the idea that addiction is a dead end street need to practice spiritual techniques to get back to that sensibility of rightness and completeness that we know is within us but has been hidden for so long. It is why we need to follow an integrative transformational pathway, to address this deprivation on all levels, physical, electrochemical, biochemical, emotional, mental and spiritual.

I read The Continuum Concept in 1997 and had already been practicing meditation, aikido and psychotherapy for almost 20 years. It was like a light exploding in my head, answering all the questions I had: why do people need spiritual practice, why is this sense of separation and detachment so widespread? When humanity abandoned Continuum principles it was mythologically depicted as the expulsion of Adam and Eve from the Garden of Eden. Continuum treatment is the garden and the fruit of the tree of the knowledge of good evil is the judgmental, rationalistic, dualistic mind. It was the most profound idea that I had encountered in all my years of practice. This concept provides key to to personal enlightenment and planetary transformation

C: I learned about maternal attachments in my AP psychology class in high school, although I have never thought about it being related so close to spirituality

D: I didn't either until I read the Continuum Concept after being a student and practitioner of both psychology and spirituality for many years

C: It's overwhelming because we're talking about most of humanity as of this moment

D: This is how we find our true nature, to live with compassion and radiate that compassion to all of the people still lost. It is still alive within them, it's just hidden. All war, jealousy, greed, and tyranny is based in this sense of separation, trying to force satisfaction from the outside world out of a sense of lack. When all we need to do is to stop and be still, and look. It is within you. Be still and know that I am God. That is your true self talking.

This is why most people don't experience peace in their hearts. This is the essence of buddhism, and Christianity too. This is why the Buddha came, to show us that feeling of connectedness. Being fully awake is who we are

C: The Buddha had a son, his son and wife both became disciples

C: Everything else (other than Continuum rightness) is like a moth circling the candle flame.

D: That's a great analogy

C: If you plant the seed of boddhicitta (from birth), then there is no return (to suffering).

D: It's just a question of waking up to this reality. In the following chapter I describe how the dysfunctional ego develops out of continuum deprivation. Suffice it to say, we are the ones who create the fetters, the chains that keep from realizing who and what we really are. But we do so out of desperation and necessity. Troubled children's behavior looks crazy to an outsider, but it is the product of insanity, of insane (meaning not appropriate and therefore unhealthy) treatment. It is a sane response to an insane situation. That insane situation is continuum deprivation and the desperate sense of separation it entails.