

-Psyche and the Tao of Nature-

There is nothing dis-contiguous* in Nature, If things appear distinct; ideas, events, people – it is because one has not yet understood what connects them – how they are related.
(23/12/13)

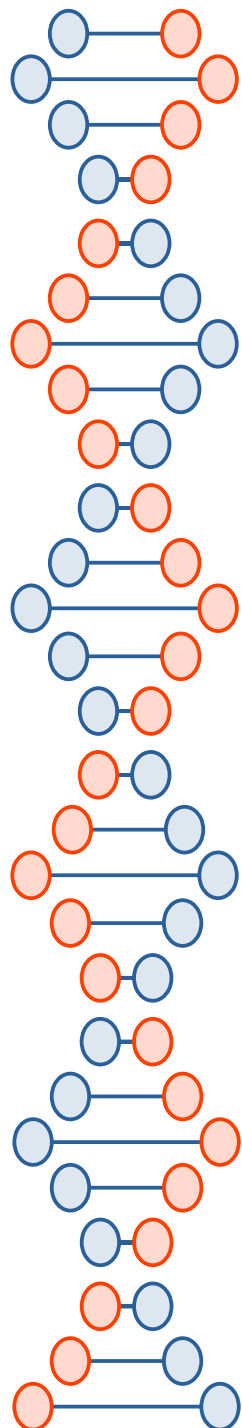
Finish the End Times [my dataset of dreams] in Aristotelian method – the obstacles are part of the place. (4/10/23)

“...the learned and probing mind of Aristotle appears bent on illuminating and enumerating the entire cosmos, its contents, structure and Creator by the methodical brilliance of the human mind alone.” p.213, Zajone A.G, Rediscovering Sacred Science, Floris Books

Midwinter Seminar, Holistic Faculty, British Psychological Society
11th December 2025

Dr Emma Thérèse Lewis, Vale of Pewsey, Wiltshire

*“Not contiguous in space; not touching or adjacent; disconnected, separate. Also: consisting of non-adjacent parts; characterized by spatial discontinuity. In early use esp. of areas of land.” - “Discontiguous, Adj.” Oxford English Dictionary, Oxford UP, July 2023, <https://doi.org/10.1093/OED/9292815869>.



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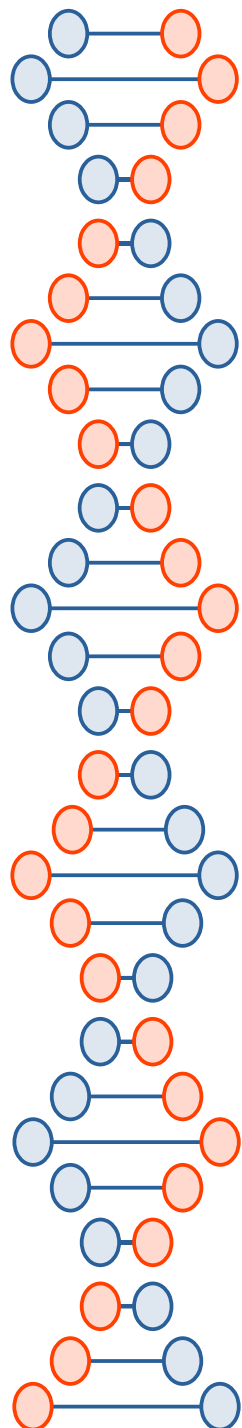
Introduction:

Two initiating dreams form the foundation of my speaking today. They indicate (the) purpose in sharing my perspective:

- 1) *I am attending a meeting of a large group of consultants, therapists, coaches etc. There is a document that was circulated to the people attending beforehand (which I have not seen). This document proposes that I be appointed as one of the leaders of the group..because of the perspective that I have developed - among other factors. There is a list of a few people who have the insight that I have and have made the researches I have made in the front of the document. The others on the list are people I have heard of but most of them are dead. The point of this meeting is for the group to discuss the document and their response to it...The point of the proposal is not so much organizational as philosophical or spiritual. It is my outlook that has put me in this position... I am interested - and frustrated at times - in the organic nature of the process. All the upset has to be aired and concerns addressed – this is the point of the meeting. I observe this process at work. (9/8/15)*
- 2) *...The talk I prepare to give is along the lines that the soul is the vehicle of (one's) humanity and that each person's relationship to their soul and, through it, to God is their own responsibility. This direct relationship should never be handed off to another authority – this [handing off] is the basis of all the corruption we see/experience... I give my talk... There are a few people who want to talk to me as a result – for whom it made a difference...(9/3/20)*

*"For best is he that knows all things himself;
Good that he hearkens when men counsel right;
But he who neither knows, nor lays to heart
Another's wisdom, is a useless wight."* Hesiod reported by
Aristotle in Nicomachean Ethics, 1095b10.

*"...the Stoics allow for prognostication through dreams by virtue
of the interrelation of the human souls with the soul of the
universe." The Dream and Human Societies, p.306,
Grunebaum & Callois, 1966.*



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Background:

- **ETL:** Psychologist and Psychotherapist

20yrs+ of consistent daily inquiry into the **nature and dynamics of self and soul realisation**;

- 2012 – Present: 12+ years of immersive, longitudinal post-doc research anchored in the Dream's instruction and guidance
- 2008-2011: PhD Transpersonal Psychology, Institute of Transpersonal Psychology (USA)
- 2008-2011: Supervised/lectured on CCPE Research MA program (Methods, Theorists etc.)
- 2007-2011: MA (Distinction) Transpersonal Psychotherapy and Counselling, CCPE.
- 2001-2006: Diploma Transpersonal Counselling and Psychotherapy, CCP
- Overtaken by dream instruction in 2010, 12 years in retreat, recently began reporting. 1100 dreams selected for information and guidance over 20 years

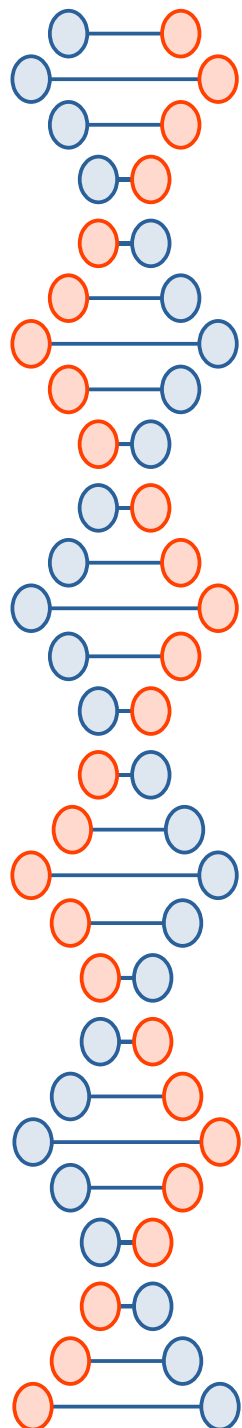
- **Method:** Following the Dream - heuristic, phenomenological, grounded, iterative. I initiate (inquire) – the Dream responds. The Dream initiates – I respond. = First principles approach based on contextualised experience... "Experience is all that matters..." () Contextualised with/by other (experiential) theorists – mostly provided by dreams. ***In Reality everyone has to find their own way - 18/4/18***

- **Terms:**

- Self: id-entity, incarnation in present conditions
- Soul: transpersonal, immutable, irreducible element
- God: (Cosmic) pattern, Life, Nature, originating principle

Etymology of Research: "recherche; back-formation from Old French rechercher; seek out, search closely – 1530's." (Etymonline)
Re-search – not just "search" – i.e. done again, a repeat....

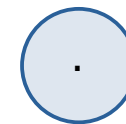
"So it is evident also that that which has become must previously have been becoming, and that which is becoming must previously have become, everything (that is) that is divisible **and** continuous [my emphasis];...for that which becomes and that which perishes must contain an element of infiniteness since they are continuous things: and so a thing cannot be becoming without having become without having been becoming...It is evident, then, that that which has become must previously have been becoming, and that which is becoming must previously have become; for all magnitudes and all periods of time are always divisible.." (Aristotle, Physics, Book V 237a 15-20)



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“...they’d [Pholarchos] fall asleep and have a dream...People were healed like this all the time.” In the Dark Places of Wisdom. p.78. Kingsley, P. 1998



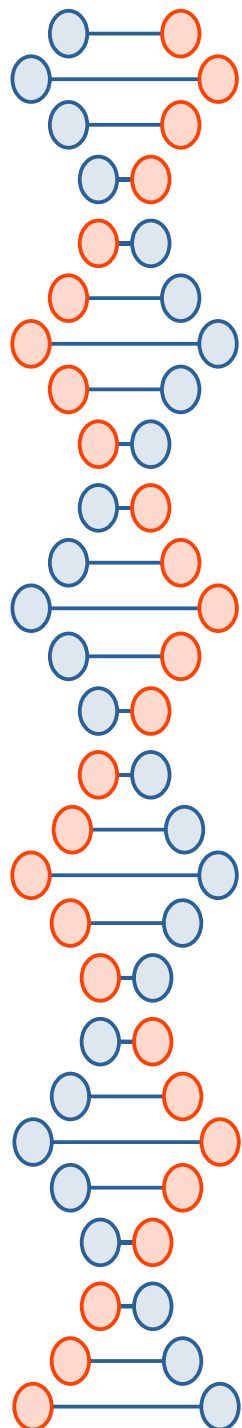
2/12/17

Central Research Findings:

- Psyche *is* Nature – thus we are bound by the same processes
- Our (self-induced) perception of ourselves as separate or isolate induces suffering
- Equally, our remembering of (our) Nature restores and recovers
- All natural forces work in a cycle of extension/unfolding and retraction/decomposition
- Psyche thus moves according to the natural forces of the cosmos (“God”) – once referred to as neters (Egyptian) or gods (Hellenic, Assyrian).
- The Dream is the vehicle by which we are aligned to/restored by that cycle

“In the beginning was the Word, and the Word was with God, and the Word was God.” (St James Bible: John 1:1)

In neoplatonism, Iamblichus attempted to bring the Egyptian cult of divine embodiment to the Hellenic world. “He said that every theurgic observance was a ritualized cosmogony that endowed souls – regardless of their station in life – with the **divine responsibility of creating and preserving the cosmos**. (p.23 Theurgy and the Soul, Gregory Shaw)



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Paradigmatic Shift: The Dream/Pattern as Authority

Initiating Dream 2 (p.2) reflects the **necessity of orienting by one's own Soul** and the consequences of giving over that (natural) responsibility to others = inducing suffering. This raises the question of what is the soul? How do we know it? It illuminates the subversion of the natural process and (self-)subjugation to man-made and authoritarian cults resulting in millennia of trauma.

The **Way of the Dream** is/has always been **the route by which the Soul is returned/restored/realised**. Its contemporary re-presentation has been beautifully made by Anthony and Anna Lunt's account (*Avision: The Way of the Dream*, 2010 and *Poems of the Infinite and the Eternal*, 2012).

Like Nature, the Dream is **relational not authoritarian** – it encourages rather than demands. It moves/speaks in relation to (one's) nature, responses and the time. Reality is observable from any angle – but it requires paying attention. “...**there are three types of people: those who overlook dreams entirely, those who reduce their significance and those who appreciate their superiority.**” 17/8/17

The way of the Dream is the inverse of much of the post-modern way of life. Hence – to really understand and benefit from it – requires an entire paradigm shift in perspective

“Life did not take over the globe by combat, but by networking. Life forms multiplied and complexified by co-opting others, not just by killing them.” (p.29, *Microcosmos: Four billion years of microbial evolution*, Margulis, L. & Sagan, D.)

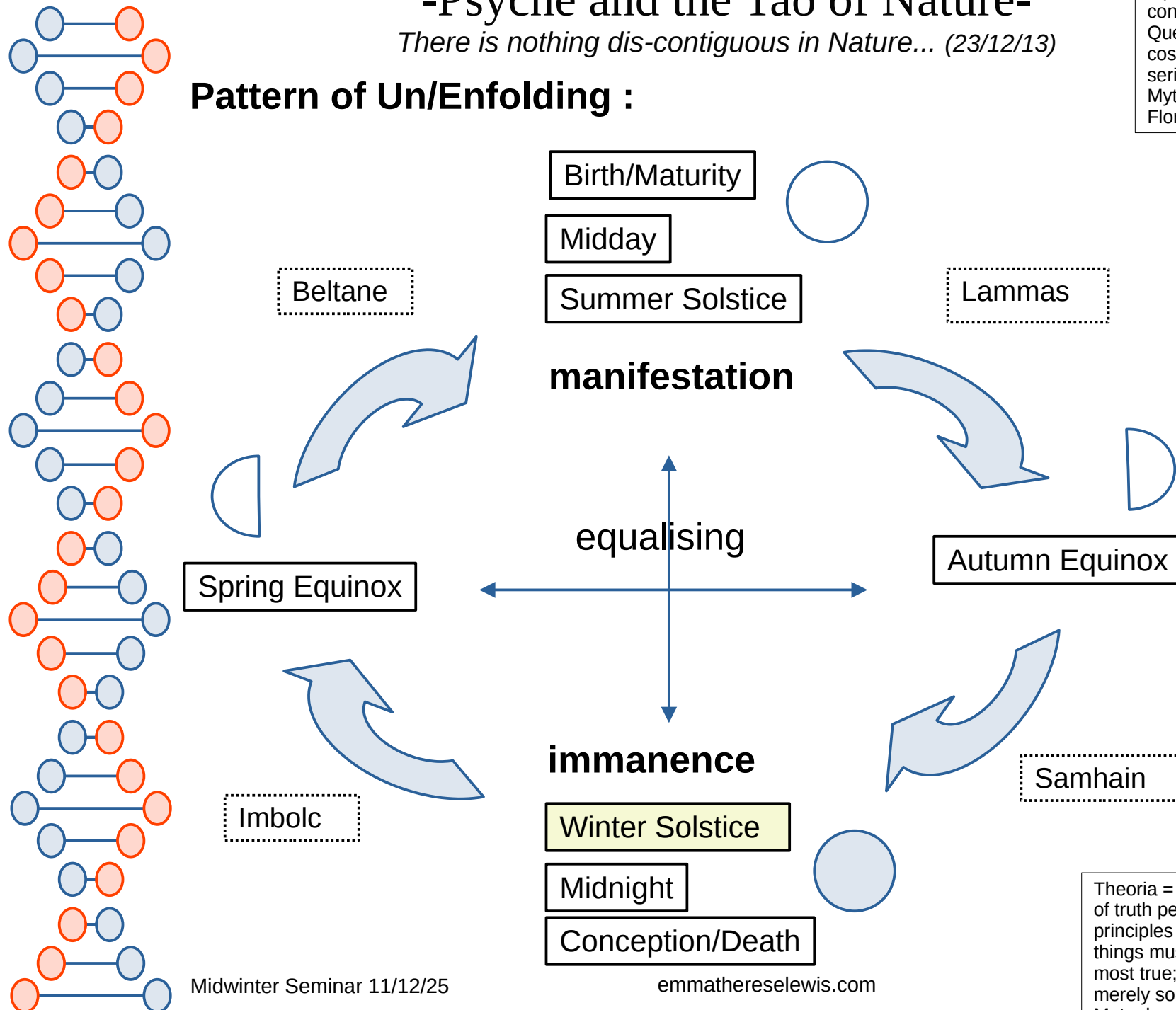
“Led by a new paradigm, scientists adopt new instruments and look in new places. Even more important, during revolutions [in world view] scientists see new and different things when looking with familiar instruments in places they have looked before. It is rather as if the professional community had been suddenly transported to another planet where familiar objects are seen in a different light and are joined by unfamiliar ones as well. Of course, nothing of quite that sort does occur: there is no geographical translation: outside the laboratory everyday affairs continue as before. Nevertheless, paradigm changes do cause scientists to see the world of the research-engagement differently.” (p. 111, Kuhn, T S, *The Structure of Scientific Revolutions*)

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...people of Teotihuacan conceived of their city [Temple of Quetzalcoatl] as the center of the cosmos...[represented] through a series of dual oppositions.. The Myth of Quetzalcoatl p.7, Florescano, E. 1999.

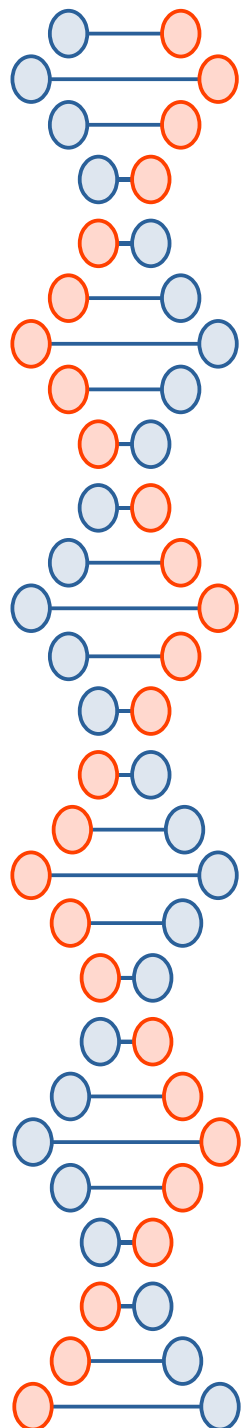
Pattern of Un/Enfolding :



"Millions of years of evolution have tuned our bodies to harmonize automatically with the cycle of day and night...we are like wheels within wheels, hierarchies of living oscillators...(p.71-72, Sync: The emerging science of spontaneous order, Strogatz, S.)

"As one of the oldest and most elementary parts of non-linear science...sync has offered penetrating insights into everything from cardiac arrhythmias to superconductivity, from sleep cycles to the stability of the power grid. It is grounded in rigorous mathematical ideas...it describes and unifies a remarkably wide range of cooperative behaviour in living and non-living matter at every scale of length from the subatomic to the cosmic ...(p.286, Sync: The emerging science of spontaneous order, Strogatz, S.)

Theoria = contemplation of truth per Aristotle "the principles of eternal things must be always most true; for they are not merely sometimes true..." Metaphysics 993b20



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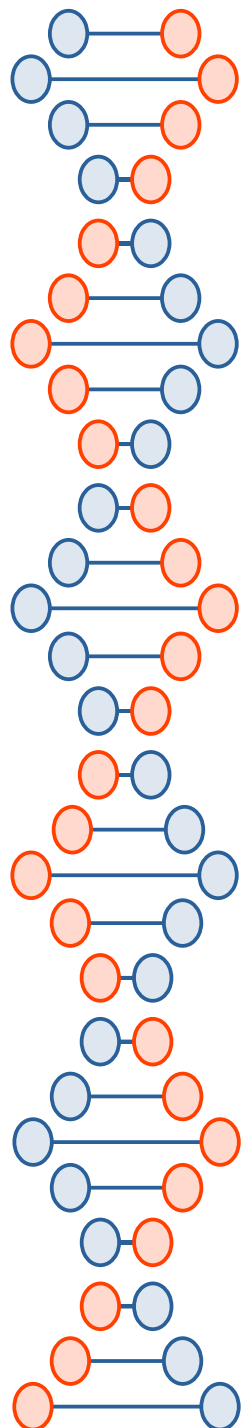
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Defn: Research – “detailed study of a subject, especially in order to discover (new) information or reach a (new) understanding.”
(Cambridge Dictionary)

Psyche and The Winter Solstice :

This is the most intense point of inflection – the still point in the momentum. Dreams at this period speak to one’s essential and specific function or nature and the conditions and the obstacles one encounters in realising. There are observations/information about areas of misalignment and often instructions or guidance given to (re)align the psyche to the pattern for the coming year. Viewed over many years, this information deepens adding richness and dimensionality. As examples, these are extracts/data from my dreams over the Winter Solstice spanning 15 years:

FUNCTION	CONDITIONS	GUIDANCE
23/12/10: shown the value of my place	23/12/10: shown the world of suffering and how it is moved around between people	
21/12/11: master of the waves: Quetzalcoatl – teaching me to surf	21/12/11: the greatest impediment is the idea that I have to save myself – it leads to struggle against the flow	
24/12/12: shown my place in the Dragon Group and my effect on people and places		24/12/12: Eventually the leader of the Group will not be here
20/12/13: whole business is being relaunched – new requirements: My reputation is for intelligence and empathy	20/12/13: There is a whole paradigm shift occurring this Spring.	24/12/13: Pull things together into one document that capture the paradigm. Material to be pulled together by Spring.
25/12/14: reminded of my origin and how I have been in another place similar to this – hence I am equipped to understand	25/12/14: people need help understanding what is happening	25/12/14: people need my time but I also need to continue with my inquiries
20/12/15: Nature will not fundamentally be harmed - no matter the extent of disturbance	20/12/15: there is much disturbance throughout the year as people traipse through carelessly	24/12//15: Distinguish between real response and performance. Performance goes nowhere.
23/12/16: Shown my latent potential to be unfolded. Focus on fitness for function	21/12/16: Unclear what’s expected of me. I missed last year’s briefing 26/12/16: Moving to a standards-based approach.	22/12/16: shown how to play with space/time – making experiences bigger internally. Prioritise felt sense perception above (in)sight. Keep releasing tension.



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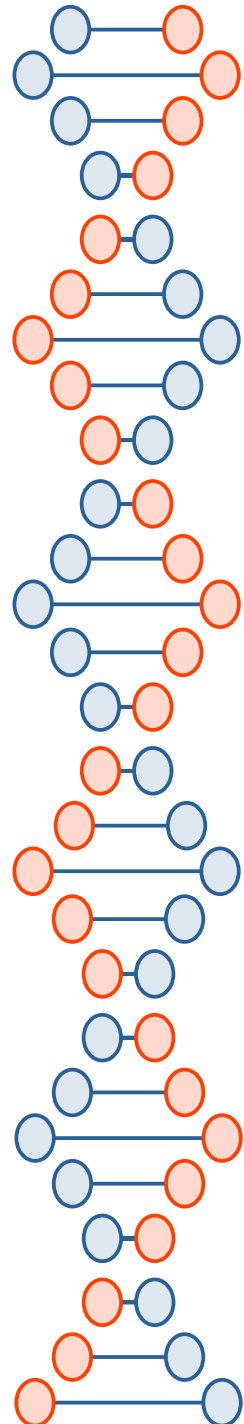
- Essence of the new paradigm: there is a given function – nature - which is fundamental.
- There are conditions which are transient and exert themselves on (the) nature. There are ways of surfing this wave of unfolding.
- This paradigm is situated in the post-industrial, digital world of instant gratification and excess. Suffering is the absence of alignment to the fundamental requirement - favouring performance/image over what is really occurring
- The Dream – and life, unencumbered - works to restore (our) natural functioning and alignment to the pattern
- Over time, as I have attended to them, the dreams have become more specific and in-depth.

FUNCTION	CONDITIONS	GUIDANCE
20/12/17: Shown my embodiment of the lightness of being and the effect of the waves of energy which pass through me 24/12/17: Showing people how to move by felt sense; exploring embodiment of the highest principles – reverence for universal law 20/12/18: My lineage is concerned with the Great Work; experiential not intellectual, followed not enacted 24/12/18: I'm destined to be successful though conditions are hostile – hence fundamentally secure 21/12/19: Only thing that matters is one's state of mind – what is felt, not what is said.	18/12/17: shown the grotesqueness of family patterns – function of shame 19/12/17: shown how (past) hostile experiences are invoked, fixed in the present and thus perpetuated 14/12/18: There are those concerned with sex, status and greed and those concerned with Lazarus, gold and love 23/12/18: Suffering created by person moving away from their place – we are constantly returned, hence evermore constrained 21/12/19: Shown ever-increasingly complex mechanisms being built. People handing over to mechanics in pursuit of luxury/gratification	17/12/17: In a class led by A: demonstrating the way led by feeling 22/12/17: Told I'm doing fine 24/12/17 There is nothing discontiguous in Nature – only that which is not understood. 14/12/18: the Dream reveals the truth of a person's nature 18/12/18: I'm in retreat – go further in 21/12/18: Reviewing A's library and timing 21/12/19: Love can be talked about but, in the End, the only thing that matters is to feel it.

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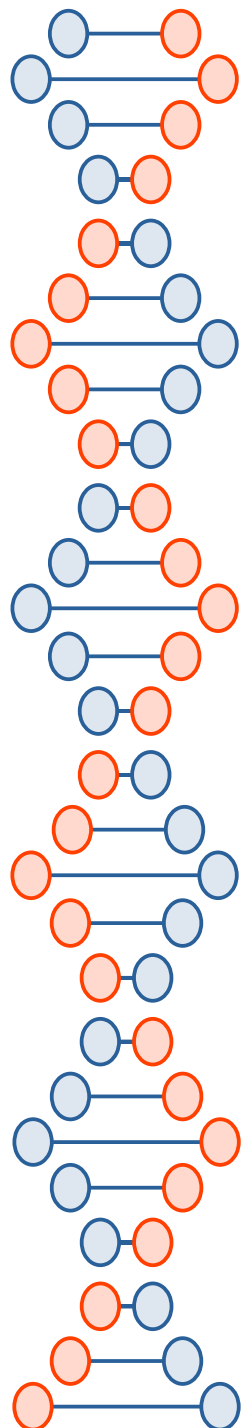


- The way, the tao of nature, is through feeling and felt sense – not rationalised, intellectual
- This return – to love – is not everyone’s concern. In the End – only the state of mind matters.
- To serve the divine – the pattern – requires (self-)sovereignty and involves the most basic of arrangements
- The Dream – and life, unencumbered - works to restore (our) natural functioning and alignment to the pattern

FUNCTION	CONDITIONS	GUIDANCE
17/12/20: I am a servant and a monarch = the pharaonic place. i.e. servant of the divine. Nourished by spirit of Hermes and Hermitage 29/12/20: I visit the festival that takes place twice a year – in winter and summer 23/12/21: I am here to see the signs and patterns in the place – I am not “of it” 23/12/22: I am responsible for making the report; gathering and presenting the information. 22/12/24: “proto-”	17/12/20: People are their attitude/character 23/12/20: Shown the sanctity of, and resonance with, the place on which my house is built. Deeply connected to the Moon. 23/12/22: Raw data isn’t enough. Analysis is required so that information is meaningful 22/12/24: Shown human subjugation to luxury	23/12/20: Take the fabric of the day and embroider the essence of the Dream. Keep to the most basic of arrangements 25/12/21: Space is required for the new office. Titrate oil gradually through the day in small amounts. 23/12/22: Review what is currently underway alongside prior data and intention for the future 23/12/24: We are being conditioned to a larger event

- I am here to report on what is occurring through seeing the signs and the patterns.
- My alignment is to the first principle: proto
- Humanity has elevated luxury and comfort and subjugated spirit – the essence of humanity - in that process.

This is the practical presentation the Winter Solstice – the other festivals/thresholds have other functions/patterns.



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Summary

- The vehicle of relationship to life (as pattern) is the soul = psyche
- The realisation of that relationship is the point of existence = meaning
- The Dream is the vehicle/process by which we are aligned and realise our existence
 - Take dreams and life seriously
- Our incarnation occurs – like everything on earth - through and within the natural pattern
- Over its history humanity's pursuit of sex, status and greed has gone against that pattern, given rise to trauma which is constantly re-enacted, and disturbed perception of Nature as benevolent, as love
- Humanity is destined to further align itself to machines still further in pursuit of comfort or relief from suffering
- The (only) way back is through felt sense and feeling – the antithesis to machine/disembodiment
- Every year we are presented with all the forces and inputs we need to realise.
- **The Winter Solstice is the most still point in (our) momentum at which the essence of the pattern for the year – and even the lifetime - is most perceptible**