

The Attack and The One Who Is Under Attack

Facilitator: Scott Kiloby

Fiona: I'd like to look at the fear of intimacy today, as that seems to show up....it shows up any time I'm in any sort of close proximity. I'm okay with it, but I'm anxious. There's something about that proximity, going back over years. With women, it feels easier to establish the closeness. With men, certain men it does. But often, I find that much more awkward. I've been out of a sexual relationship for quite a long time now, but the thought of somebody close in is a bit... I'm not sure about that. It feels like attack, like I'm under attack.

Scott: Look at the word "attack", the letters spelled out in front of you. Is the word itself the attack?

Fiona: No.

Scott: So I want you to look at a situation recently when that response came up and tell me when you have something.

Fiona: Yesterday, when the guy came around.

Scott: Okay. Any words or feelings that go with the picture?

Fiona: Yes, there are sensations there.

Scott: Looking at the picture directly. Is the picture itself the attack?

Fiona: No, although there's a bodily response to that.

Scott: Letting that feeling be recognised in your experience.

Fiona: What's coming through now is that it's a longing for connection.

Scott: Look at those words, "longing for connection". Are those words themselves the attack?

Fiona: Not those words, no.

Scott: Are those words you, the one who is under attack? Listen to your body.

Fiona: What's coming through is about need, and about how that neediness makes me vulnerable to attack, and I can't stop it. The need is part of the reason why that attack is able to happen.

Scott: Look at those words, "that neediness makes me vulnerable to attack". Looking at them directly. Are those words you, the one who is under attack?

Fiona: No.

Scott: And the second part of what you said: "the need is part of the reason why that attack is able to happen".

Fiona: They're not me. The feeling is still quite strong.

Scott: Is there a picture that goes with the feeling?

Fiona: It's a picture of being about six or seven. In our kitchen, there was a big fireplace thing with some sort of boiler or heater. I was small enough to stand in the gap, with my mum in the kitchen. What I get seeing that image is a real sense of disconnection from her, and a hopeless longing, even then knowing that I wasn't going to get what I wanted.

Scott: First of all, look at those words, "hopeless longing". Are those words you, the one who is under attack?

Fiona: No.

Scott: Okay, so see if you can see the whole picture in the kitchen. Is the picture itself you, the one who is under attack?

Fiona: No.

Scott: So now take a look at your mother in that picture. Is that the attack, that picture?

Fiona: I'll go with yes.

Scott: We'll come back to the picture. Feel this energy. I want you to feel into it, around it, through it; is that energy the attack?

Fiona: No.

Scott: Is that energy you, the one who is under attack?

Fiona: Yes.

Scott: So something else popped up – an image, words, something that makes it feel like you?

Fiona: A couple of memories of being in the family home with my brother and sisters around, but stronger than that is this whole body sense of needing to defend. Slight withdrawal and shutting down.

Scott: Look at the word, “this whole body sense of needing to defend”. Are those words you, the one who is under attack?

Fiona: No.

Scott: This whole body sense – do you see any pictures with that, even something vague or undefined?

Fiona: Very vague shapes, the shape of the body.

Scott: Looking at that vague shape, wherever it is. Is that picture itself you, the one who is under attack?

Fiona: No, not the picture.

Scott: Let the picture fade. Come into that sense that you were talking about, the sense itself. Look all over this energy, feeling it just as it is. Look inside and through it, and see if it's you, the one who is under attack.

Fiona: It feels like a preparedness or a guardedness for attack which I can't switch off. I can't find the “off” setting.

Scott: Okay, so look at the words “a preparedness or a guardedness for attack which I can't switch off”. Are those words the attack?

Fiona: No.

Scott: Are the words you, the one who is under attack?

Fiona: No.

Scott: Look at the words, "I can't find the 'off' setting". Are the words themselves you, the one who is under attack?

Fiona: "Guardedness" seems to be more velcroed to the feeling.

Scott: Can you feel the feeling, the energy, without the word attached to it?

Fiona: Yes.

Scott: Feeling it gently, curiously, quietly. Just letting it be there. Is that the one who is under attack?

Fiona: I don't know.

Scott: If you listen to it quietly, see if it's saying anything.

Fiona: No, it's not saying anything.

Scott: Is this energy this one who is under attack?

Fiona: Yeah, there's something sticking there.

Scott: Is there anything else that you see? Any other words or images, something else coming with it?

Fiona: I'm going to sit with it for a moment... I just get the word "isolation".

Scott: Do you get images with that?

Fiona: I get images of me in the first or second year of senior school, at around twelve or thirteen, being on the edge of things without that many friends.

Scott: Look at that picture, just as you see it. Looking at every part of it. Is the picture you, the one who is under attack?

Fiona: No.

Scott: So look at this word, “isolation”. Looking at the letters of it. Is the word itself, the one here who is under attack?

Fiona: No, but what’s really coming through now is shame.

Scott: What else is coming with it?

Fiona: There’s a memory of a time when I was about nine, and I shared a bedroom with three of my sisters, so I didn’t have any space to myself, but I kept all these precious things in this little case I had, and one time my mum and my sister went through it and I was mortified, so humiliated.

Scott: Stay with this memory, this picture. Is it the external attack?

Fiona: No. The external attack is discovery, being found out, being seen.

Scott: So look at those words “discovery, being found out, being seen”. Are those words the attack?

Fiona: No.

Scott: Are those words you, the one who is under attack.

Fiona: I can see the words aren’t, but I feel the response in my body.

Scott: We’ll come to the feeling. Just come back to the memory a moment. Is that picture the attack?

Fiona: Yes, I think it is.

Scott: Okay, we’ll come back to the picture. Come right into the feeling now, and feel it just as it is. Is that feeling the attack?

Fiona: No.

Scott: Is it you, the one who is under attack?

Fiona: I think so. What's coming through now is a sense of being really unprotected.

Scott: Look at those words, "a sense of being really unprotected". Are those words you, the one who is under attack?

Fiona: No.

Scott: So feel that sense, the actual sense itself. Wherever that's located in the body.

Fiona: Yes, I've got that. It's in the chest.

Scott: Okay. Is the energy itself you, the one who is under attack?

Fiona: No.

Scott: Let that be there for a second.

Fiona: I'm getting images of sex.

Scott: Okay. Have a look at those images. Are they the attack?

Fiona: No.

Scott: Look at all of those pictures, and see if that array of pictures is you, the one who is under attack?

Fiona: No.

Scott: So come back to that memory of your mum and your sister going through your case. Is that picture the attack?

Fiona: Yes, there was a response in my body to that.

Scott: Let the response be, just as it is. Is that energy the attack?

Fiona: No.

Scott: Is that energy itself you, the one who is under attack?

Fiona: Yes.

Scott: Did something come up with it? What words or images are there?

Fiona: I feel it most in my chest and my head, and it feels like that's where I'm located.

Scott: Okay, do you see any images there?

Fiona: Yeah, vaguely.

Scott: Looking quietly at that picture. We're looking for the one who is under attack. Is that picture it?

Fiona: No.

Scott: So search in that head area, in that space. Can you find the one who is under attack in that area?

Fiona: There's sensation. *(Laughs)*. Oh God.

Scott: Is that sensation the one who is under attack?

Fiona: No, it's a sensation.

Scott: Can you find the one who is under attack, or who has even been under attack, or who ever will be under attack?

Fiona: No. I can see the one who thought she was under attack. There's quite a feeling of compassion or love. It's just a picture of someone who thought she was under attack.

Scott: Can you find the attack anywhere? Look at the whole world. Past, present and future – events, people, situations. Where's the attack?

Fiona: I can't see it.

Scott: Open your eyes. Looking around everywhere, can you see the one who is under attack?

Fiona: There's something lingering in here, I'm not sure what.

Scott: Can you see it, or do you feel it?

Fiona: It's a feeling, and the words come, "I don't know how to not be under attack". I don't know how not to be in response to that.

Scott: Okay, see those words. "I don't know how to not be under attack". Are those words the attack?

Fiona: No.

Scott: Are those words you, the one who is under attack?

Fiona: No.

Scott: Look at that word "response". Is that word you, the one who is under attack?

Fiona: No.

Scott: So come down to the feeling itself, letting it be here just as it is. Is that you, the one who is under attack?

Fiona: No.

Scott: With your eyes closed, still. Where's the one who is under attack?

Fiona: I just see an image of being at this boyfriend's house a few years ago. I got fixated on thinking he was going to kill me. He never did anything violent, but I'd lie in bed with that going through my mind.

Scott: Stay with that picture, and see if it's the attack.

Fiona: No.

Scott: How about the words, “he was going to kill me”. Are those words the attack?

Fiona: No. It was just all mind-generated.

Scott: So where’s the attack?

Fiona: I can’t find it.

Scott: Can you find the one who is under attack? Is, was, or will be under attack?

Fiona: There are some strong sensations in the body but I don’t know what they mean, or if they mean anything.

Scott: Are they the one who is under attack?

Fiona: No, they’re sensations.

Scott: Open your eyes gently, now. Can you find an attack? Looking at me, too, as I’m the only person here.

Fiona: Yes, it’s subtle, but there’s something about the eye to eye contact. There’s something with that.

Scott: So look into my eyes and see if you can find the attack?

Fiona: No. *(Laughs)*

Scott: Is there anything in your body that feels like the attack?

Fiona: No. I think just what’s coming up is this powerful sense of shyness *(crying)*.

Scott: As you feel this, see those words, “a powerful sense of shyness”. Are those words you, the one who is under attack?

Fiona: No.

Scott: Stay with the feeling. Letting it be there in the space. Is that the one who is under attack?

Fiona: No, it's just the one who is shy (*laughs*).

Scott: Those words there, "the one who is shy". Are they the one who is under attack?

Fiona: No. It just feels like there's a... the words "essential nature" come up. It's the essential nature of this to be a bit shy.

Scott: Are those words "essential nature" the attack?

Fiona: No.

Scott: So look at me here on the screen, and see if you can find the attack.

Fiona: No. Woah, that's really interesting. When I was a little kid, I was quite naturally shy. I had to force myself not to be, basically, because of what the family was like and being out in the world. So I think I constantly had to push through something. At the end of the session, it felt like there's nothing wrong with that. A lot of the defendedness was to do with this – the discomfort has come from trying to not be this. The sense of shyness has been so compensated for. It feels like there's a wisdom in the shyness. Brilliant.