

What is productivity?

2: Awakening The Mystery of You and I By Viktor Paul

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VIKTOR PAUL



The second literary creation from
Dr. Paul Giangrasso — author of
Opaciphobia
and Other Inner Reflections

AWAKENING THE MYSTERY OF YOU AND I

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Introduction

The words manifested herenow are an expression of my infinite creative heart. They are not being forced outward upon this page. Just like the gradual, spontaneous process of personal, interpersonal, and global healing You will be reading upon the following pages, these words are being written effortlessly, peacefully, and faithfully. My intention is pure, and that is, to be authentic. And because of this single pointedness of heart, I am calm and purposeful. I am the healer, the healing, the healed. As am I, so are You if You choose to ask and believe (New Believers Bible, John 14:12-14). It is as simple and complex as that. I am an empty vessel communicating this Truth of eternal choice emerging from within You and I right now.

This book is an expression of something coming forth from both within and beyond me simultaneously (Giangrasso, 2019:10). It is a process of personal healing. That is the primary intention. I cannot heal or awaken anyone other than myself. I am responsible for the intention to channel this process evolving within and manifesting outward from me. While the process of expression and intention are peaceful, the origin, many times is chaotic. The cauldron I awaken within each morning is the complete antithesis of the expressive bliss I ultimately experience via this communicative exercise.

If anyone else on this earth can benefit from my words, that is a beautiful bonus resulting from my inner process. But please understand that you are reading my words through yourself, and therefore, are reading them in their own way and for your own individual purpose. My mindbody is communicating to me right now what words to write and how to organize them for the self-directed purpose of my personal healing and spiritual awakening. May I assist you on your personal journey of healing/awakening as well? Honestly, there is a persistent childlike desire within me to heal the world. In stark contrast, the adult

within tries to convince me that I am a fool for entertaining such things and it simply cannot be done. I really don't know, and this is not my concern. My intention is to connect more deeply with my nature/The One, the beast/spirit I am. To connect more authentically with you, the reader, and in doing so, to our precious, yet persistently neglected Mother Earth I find myself traveling upon.

If you so choose, read my words to connect more deeply with yourself/The Truth within you, your capacity to heal your personal trauma and your process of awakening to deeper levels of safety, peace, and passion. Do this so you can connect more deeply with The Truth of wherewhen You find yourself so You can create yourself. Why? To nurture and nourish others who truly nurture and nourish You.

To effectively discuss personal healing and awakening, I must first address illness. Human illness is any bodymind imbalance that restricts movement of the individual human animal in their ability to connect with themselves/others/Mother Earth in some individually defined, meaningful, purposeful way. Healing then is, quite simply, an individual process of spiritual awakening to The Truth of who we are. Therefore, the process of illness is one of stagnation that can be perceived as an opportunity to heal and restore greater depths and heights of freedom. Illness need not be a death sentence. If a shift in perspective is actively found/created within, illness becomes a path of liberation.

Healing is the connection (or reconnection) of the individual human animal to their GodNature, The Truth of Love. That is, the return home within via movement through the cyclical process of freedom, oppression, surrender, and liberation. This is the inner, integrative process within the mind of truth and denial and the body of expression and repression. It is the rising and falling of emotional and intellectual waves within the mind upon the shores of the body resulting in a spiritual tension between faith and doubt or God consciousness and ego. It is the integration, wholeness, and oneness of heartintellect, or as it has

been referred to in China for millennia, xin. The simple elegant dance of the organic, holistic freedom of 3.5 billion years of life on earth and the few hundred-million-year complex war of compartmentalization, illusion of control, delusion and trauma compensation grounded conceptual thinking. Denial and repression, illness and stagnation, are parts of the process of a human life. The intention must be the bearing witness to and appropriate expression of Truth. The core of mindbody wellness is The Truth that emerges from within as a balanced and controlled expression of blissful bodymind movement. Mindbody wellness is a dynamic, functional posture grounded in The Truth of love for self, others, and Mother Earth. This love is grounded in a surrender to The Mystery of existence.

We live in a dangerous world and desire safety. Humanity within this world can be summed up in one sentence: All people, regardless of historical time and socioeconomic status, are traumatized to a greater or lesser extent with the infinite potential to awaken to the joy of now. We all deal with trauma. The problem becomes when we don't acknowledge and deal with it effectively, traumatizing others to avoid our own. This is the process I have observed during my 48 years of human life. Blame, denial, projection of guilt/shame and sadly, the threat of violence are a part of everyone's lives. The tendency is to look and point outward because it is simply too painful to experience the trauma in our mindbody. When we are triggered by what someone else says or does, this trauma reminder must be examined as our own at its source within. The stimulus may have come from outside, but the trigger/trauma is within. It is from some unresolved event or series of events from our past. However, instead of looking honestly within with self-compassion and curiosity, we judge, we deny, we fight, we numb. Ultimately, we distract ourselves from the unspoken horror coming from within. Trust me, I'm still personally working on this. It is not an easy awareness to cultivate.

Trauma is truly the most powerfully covert influencer of behavior. Compensation for unresolved trauma is not freedom. The fighting about, numbing and denial of personal trauma is not living in peace with oneself. It is not happiness. Acknowledging trauma, believing in the process of healing eternally present within ourselves and awakening to our true nature is the path of authenticity, true peace, passion, abundance, and genuine intimacy with others. The restoration and maintenance of bodymind balance takes patience and time. It takes awareness and discipline. It is gradual. It takes spontaneity and fun. It is listening to the child within us all. It is a reclaiming of our soul and our birthright. It is a return to the oneness or wholeness of Self or the resolution of tension between God and ego.

Fundamentally, healing is about awakening to our power. What is power? Power is Truth, authenticity, and a profound ability to look inward. It is our willingness to be honest and transparent with ourselves. It is living, breathing, bearing witness to, and speaking Truth. It is interacting with others from this healing and awakening intention found within. It is the process of finding/creating one's voice. Now a voice isn't necessary just verbal expression. This is part of it, but it goes deeper than that. Our voice is all the ways we can express ourselves via full mindbody integration. It is how we move in bodymind. Our thoughts, feelings, and bodily sensations are movements and forms of expression only the individual can experience. Our thoughts, feelings and bodily sensations are communications from within influenced from beyond ourselves. Only we can experience those communications and therefore they are real. In fact, I will be so bold to say that these communications are the most fundamentally real part of our human experience. Without these, there is no human experience! Therefore, a consistent inner inventory is crucial in every human life. It is only via awakening to this reality that we can hope to see ourselves and the world we find ourselves within clearly. Otherwise, we are merely

experiencing life from compensation and reinforcement of past personal trauma. Clarity is a necessary part of the enjoyment of life. Awakening to our clarity is the path. It is our primordial nature. It is the way to a genuine smile.

It is my current assumption that humanity and nature are thought of by many as two distinct entities. It is safe to say that many state, “this is manmade/artificial” and “this is natural”. However, I believe the reality is that humanity is nature.

We are not separate from nature. We are the earth/universe, and the universe/earth is us. Even the extensions of humanity of religion, science, and technology, to name three massive ones, are extensions of and integrated with nature. They are compensations grounded in human fear and fear is a part of nature. Trauma is also a part of nature. However, elaborate compensations for fear and trauma that threaten the sustainability of life on our shared spiritual home of Mother Earth is a characteristic belonging solely to humanity. The issue is ultimately that our capacity to store trauma in our bodymind is too great and we build physical churches/cathedrals, mosques, temples, and skyscrapers to protect ourselves from future traumatization. In doing so, we are nailed to external physical structures instead of integrated by spirit. We relive trauma over and over while other living systems literally shake it off and get back to the business of protection, sustenance, procreation and being. The human animal holds onto trauma and reinforces it by storing it in the mindbody, specifically in the Central Nervous System.

This leads to three fundamental human questions: How does the individual human animal acknowledge, heal, and grow beyond personal trauma in the long term? How can the individual human animal return to a state of safety, peace, and passion with the ultimate purpose of securing one’s ability to deeply love? How can the individual human animal return to themselves and awaken to the fundamental realization

that we are here to reconnect with ourselves, others, and our earth in safe, healing, loving, joyful and blissful ways?

Healing involves balancing within the individual human animal the needs of both the child and adult. It can also be thought of as balancing the needs of the beast and spirit. It can be a war or a dance. This is the difference between being stuck in a perpetual state of sleep and being/becoming the process of awakening. When we are asleep, in a state of stagnant denial, we act out of habit and reflex. Here, personal trauma is in control and drives our behavior. The asleep individual human animal experiences a stimulus and there is an unquestioned response. When we are the process of awakening, we are aware of the powerful timespace between what is experienced as outside of our control and what is experienced as within our control. Freedom is herenow. This has been referred to as mindfulness for millennia. Another more recent author uses the term “bodyfulness” to express that it is indeed our bodies that we must be more fully engaged with in our experience of life (Caldwell, 2018).

Either way it is termed, I see it as mindbody or bodymind awareness that involves owning the reality that we are the choices we make and are empowered to make decisions that align with our healing, awakening process. This is the ever-present choice right now to live the incredible mystery. Where this healing originates and how our awakening happens leads to a multitude of questions. For decades of my life, I would agonize over these. Many times, I would awaken from a restless sleep in the middle of the night seeking some fundamental intellectual truth regarding this. At this point on my journey, I care not to attempt answering these questions nor arrive at intellectual answers. Now, I choose to leave these pursuits to the scientists, philosophers, theologians, and other thinkers of the day who wish to intellectualize them. I care only to ask questions now that spontaneously emerge within me in solitude without further critical exploration to simply

experience the reality of healing and awakening in my personal spiritual life as this miracle unfolds, within me/within you, through spacetime.

Chapter 30:

Reconnecting Children - An Important Message in 2 Parts

Part 1: America's Return 2 Children

The current way in which children are educated in the United States is intellectually driven. The emotional and bodily or somatic aspects of a child are touched upon, but sadly all but neglected in the curriculum until behavior becomes an issue. How can children be educated in a way that incorporates the heart? The answer is a holistic approach to education where one is gently guided from the toxic terrain of purely intellectual study and reconnected back to the individual human heart of self-understanding, compassion, kindness, connection and ultimately service to others.

There are many incredible practitioners today utilizing the knowledge surrounding human emotional regulation and improving somatic awareness. There are also thousands of years of wisdom in the art of cultivating compassion for self and other. Why is there a such a wide chasm between the way children are educated today and these incredibly powerful, integrating sources of bodymindspirit knowledge and wisdom?

Fundamentally, American's have become disconnected from their hearts in favor of concepts. Americans are choosing concepts over love. This is at the heart of the issue.

The fundamental assumption of many Americans is that by having more "stuff", our needs for safety, love and happiness will be met. These are becoming increasingly more dangerous assumptions, particularly for children in the classroom. The tragic and recurrent result of this disconnect due in large part to an imbalanced education of children is the increased occurrences of gun violence in America's schools. The American government, by pointing fingers, are ignoring

this, and are creating what I call “the tragic 4”. I will discuss this in further detail in the second part of this 2-part chapter called, “What is Productivity? The R2E Method”. The pervasiveness of “the tragic 4” is so abundantly clear to me. This disconnect from the disconnect has been an incredible source of frustration and outright rage for me. America is creating “Homo toxicus”.

According to [washingtonpost.com](https://www.washingtonpost.com), there were 42 school shootings in America in 2021. This number has continued to climb since the first major school shooting occurred in the US back in 1999. The headline of an article written on May 27th of 2022 on [Washingtonpost.com](https://www.washingtonpost.com) states, “More than 311,000 students have experienced gun violence at school since Columbine” (Cox, Rich, Chiu, Thacker, Chong, Muyskens, Ulmanu, 2022). Children and teachers are being murdered, their families/communities are being traumatized in increasing numbers and the crisis is getting worse. Since Columbine in 1999, this crisis has gained significant momentum.

School shootings are by no means a new phenomenon. They have happened throughout American history. However, they are on a significant rise since Columbine on April 20th, 1999, and do not show signs of stopping anytime soon.

What is happening in America today that a school, a place where a child should feel safe to learn and grow, is becoming a hot bed for violence and mass murder? Why are individuals committing these acts in apparently increasing numbers? What are the root causes and is there a way out of this terrifying American crisis? There is a fundamental disconnect in government and our elected officials. Children are being murdered in schools while politicians continue to blame the other party for not doing anything. The reality is, no one is doing anything about it because they are consumed by reelection, which means continued power, which means more spending dollars for more “stuff”.

Ultimately, they are consumed by the unquestioned capitalist delusion of greed-based consumption.

America was not originally grounded in the accumulation of “stuff” and the heartless servitude of capitalism. This country was grounded in loving the individual spirit of the human heart. Many use the word “freedom” quite casually these days. However, I question the definition of freedom most are living in America today. Disturbingly, this is the definition I observe; “Freedom is the pursuit of comfort and convenience”.

I say no! Freedom has absolutely nothing to do with comfort and convenience. The individuals responsible for what we are calling freedom today fought and died in the name of something much greater and deeper than comfort and convenience. Most died on battlefields. Many were hung. A select few were assassinated. Today, innocent young boys and girls in schools are dying due to the oppression of another, more covert source.

The source throughout American history was a foreign country or the country at war with itself fundamentally over one race oppressing another. Today, this war is being fought between the head and the heart of every individual in this country, especially government officials. The head is winning. The unquestioned worship of the concept of capitalism and the obsession with greed-based consumption is disconnecting us from the fundamental needs of the individual human heart. It is winning the war in America.

What is the solution? How can we protect American children from violence in schools? What is missing right now in our country is an essential allegiance to freedom within the individual human heart. What does this mean? Americans are becoming busier and busier. We are becoming increasingly disconnected from the needs of the human heart. Freedom from the tyranny of concepts and idolatry of “stuff” is what the human heart requires.

Therefore, the solution is a quite simple one. Use financial resources currently being utilized for projects that are not truly serving American people, specifically children, towards massive, systemic educational reform. Can we utilize capitalism and the political systems currently hijacking the government of the United States to carry out their primary function of truly serving individual American people? Will government officials choose the necessary sacrifices and hard work to reclaim the freedom and safety of the human heart, most specifically for schoolchildren?

What good is thought, the results of which are capitalism and the political parties of our government, if they do not serve individual Americans, namely children? All Americans must ask themselves one simple question, “Can we create educational systems that encourage children to ask themselves, ‘what can I do in my life to truly and purposefully serve others?’”. Put even more eloquently, can we remind children everyday of what President John F. Kennedy Jr. expressed in 1961, “Ask not what your country can do for you. Ask what you can do for your country” (Kennedy, 1961). Can our government officials involved in the future direction of our country wake up to the reality that it is our children that need us. Can we move away from the obsessive and misguided concern with political power and financial gain towards creating an educational environment that encourages children to reconnect with the message of President Kennedy? Again, thought must lead children back to their hearts to ask themselves, “how can I truly and purposely serve?”.

Again, the solution is quite simple. It is an absolute necessity that children experience a holistic approach to education where they are led from the toxic terrain of pure intellect in servitude of concepts and reconnected to the individual human heart of self-understanding, compassion, kindness, connection with others and ultimately service. How can our government integrate The R2E Method, emotional

regulation, self-compassion, and other modalities that facilitate bodymindspirit awareness into the current archaic and intellectually driven education system? The better question is, how can we make the currently neglected bodymindspirit of American children our primary focus and top priority?

Part 2: What is Productivity? The R2E Method

Can You deny that our world is moving faster and faster each day. Our individual lives are following suit leading to ever expanding tragic ends. “Productivity” is thrust upon and demanded of us. But why? Productive for who and for what aim?

The ultimate result of this perpetual American, and perhaps even global desire, for “better, bigger, and faster” is tragic. The chasing of this ideal is having a catastrophic impact on children in America. It is all over the news and the scientific research is staggering. This cannot be ignored any longer!

These are “The Tragic Four” regarding American children in 2022 as science is observing and the media is reporting:

- 1) Obesity continues to be a growing public health problem.
 - “Obesity prevalence among children and adolescents is still too high” (Prevalence of Childhood Obesity in the United States – CDC.gov)
 - “Overall, the rate of childhood obesity has more than tripled over the last four decades-rising from 5 percent in 1978 to 18.5 percent in 2016. Of course, that is an alarming trend!” (Dianne Schazenbach on Stateofchildhoodobesity.org)
- 2) There is a growing mental health crisis among children.
 - “Study finds ‘huge’ increase in children going to emergency room with suicidal thoughts (Christensen, 2022)

- 3) Overall developmental disability rates among children are on the rise from 16.2% in 2009-2011 to 17.8% in 2015-2017 (Increase in Developmental Disabilities Among Children in the United States – CDC.gov)

Specifically speaking of Developmental Coordination Disorder - “Affecting 5-6% of school children ... without intervention, it is estimated that nearly 75% of children with DCD continue to have difficulties as adults (Brown-Lum and Zwicker, 2015).

-“The need to move away from a narrower medical model to a wider bio-social-educational model is essential when considering a longer-term view of the disorder. Children with DCD ... have been reported to have lower self-esteem.

Adolescents with DCD have been shown to have psychiatric symptoms ranging from mood and anxiety disorders to social negativism and withdrawal (Kirby and Sugden, 2007).

- 4) The number of cases of gun violence has continued to climb since 1999.
- “More than 311,000 students have experienced gun violence at school since Columbine” (Cox, Rich, Chiu, Thacker, Chong, Muyskens, Ulmanu, 2022).
 - “Boy, 6, stole mom's gun from home and put it in backpack before shooting his TEACHER” (Mann, 2023)

What is productivity? Perhaps a more important question is, what is human progress? If these facts are being observed and measured by both the media and science, can we deny that we as American’s are not progressing or being truly productive? I can sum up the four above listed American tragedies that are affecting children, their families and communities as well as having a far reaching catastrophic global result in one word, “disconnect”. Children are simply becoming increasingly

disconnected from their bodies and minds. They are becoming disconnected from themselves, their hearts, their human spirit.

The question then is, of course, why? There are 2 fundamental reasons. The first is the root cause grounded in the psychology, and I believe, fundamentally, in the spirituality of our nation. The second is reinforcing this root cause and core spiritual problem in the name of “productivity, growth, and expansion”, the unquestioned advancement of technology as the standard of measuring human progress.

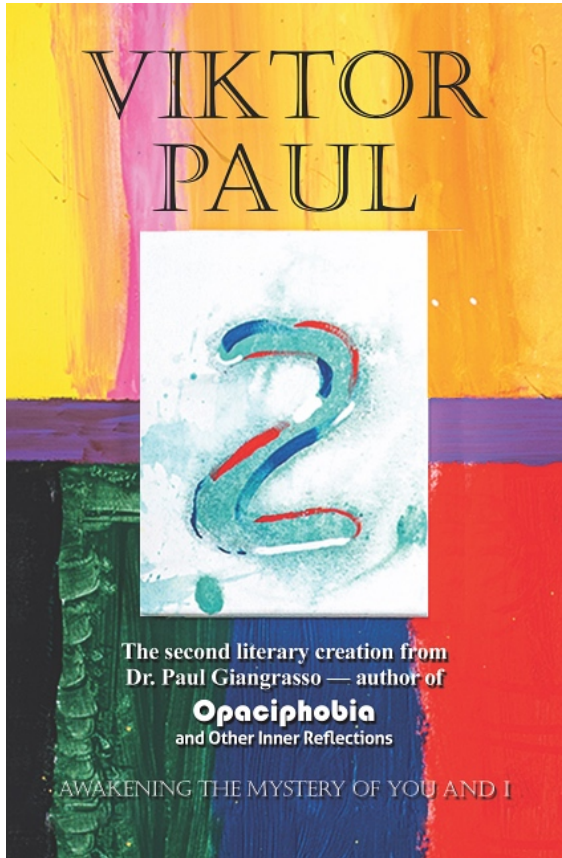
The first reason is the individual denial of personally experienced and trans generationally inherited trauma. The second is the misappropriation of focus, time, financial and ultimately energetic resources going into the development of Artificial Intelligence, or AI. I truly believe that all thought must return to the human heart! “To put the world right in order, we must first put the nation in order; to put to the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right” (Confucius, 2022).

The first reason can be summed up quite simply as follows: When a parent denies the harsh reality of their individual trauma, the child takes on and carries it for them. When a parent refuses to look inside at what they’ve been through, they are disconnected from themselves. The four tragedies listed above are a result of children inheriting this denial of trauma, via subtle behavioral cues and experiential observation within the day-to-day immediate familial environment. The parents disconnect from their trauma, which fundamentally disconnects them from others resulting, sadly, in a bodymindspirit disconnect within the child.

The second reason of a misappropriation of resources into the development of AI, is reinforcing this disconnect in increasingly dangerous ways. The question is, why do we seek technology to “connect” us and to be able to “think, feel, learn and be self-aware”

when children are becoming increasingly disconnected from themselves and each other, and less able to think, feel, learn and be self-aware? This collective desire for the perpetual advancement of technology, while ignoring the fundamental emotional, somatic and spiritual needs of children, specifically in America, is simply trauma compensation grounded in individual human animal denial.

Something must change. And it will. The answer is very simple and can be summed up in three symbols: “R2E”. I’ve stated the four fundamental problems that science and the media have observed and reported on. I’ve processed this in my own way of professional, clinical, educational, personal, and spiritual reflection to identify the root cause of trauma denial and the reinforcement of this root cause via the unquestioned utilization of resources and misguided focus on the proliferation of technology, namely AI, while neglecting the fundamental needs of children in America. These four tragedies effecting children are the measurable and observable problems. A proper, balanced and wholistic approach to education including “The Reconnect 2 Empower Method” is the solution.



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