



The Resonance Model

THE HAVEN RESONANCE MODEL *describes how people commonly relate to one another in families and society, and with friends and partners, through a basic dynamic of caretaking, pleasing, and conforming. It also offers the possibility of relating on a deeper, more satisfying level, through the revelation to one another of our inner selves.*

The model begins with the idea that each one of us is a unique expression of a sea of ‘universal energy’, which might be called God, or Ch’i, or Love. We are born into this world, individuated but still connected to this sea, as unique, pulsating patterns of free-flowing energy. Two such individuals are represented in the diagram, as a circle and a triangle.

As we enter this world, however, we are dependent on others for our survival. Our parents are the first people we encounter in this caretaking role, and we soon learn how best to win their attention, by pleasing them and conforming to their expectations. This first experience is replicated in many different arenas as we grow up and move through life. The square in the diagram therefore represents our parents, and also, more generally, the norms and demands of the society we grow up in, expressed through the authority of family, community, education, religion, and so on.

Our response to the demands of this caretaking square is to surrender much of our individual difference, in order to please, to conform, to fit in – ultimately, to become square ourselves. Even if we ‘rebel’ against the demands of society, we still tie ourselves to it by living in reaction against it. As we continue along this path the free flow of our energy begins to contract and freeze. This is represented in the diagram by the boxes around the circle and the triangle. As these boxes rigidify, we begin to lose our connection with universal energy (shown in the diagram with three small lines below the boxes).

We then set out to recover a sense of connection

through seeking love and relationships. In place of our original connection to one another through universal energy, we learn to ‘take care of’ and ‘look after’ one another (as represented in the diagram by the arrows between the circle and the triangle). This, after all, is society’s paradigm of what ‘love’ is; and it is what we have most experienced in our upbringing. In developing our primary relationships, we look for people we can caretake and who will take care of us. Again we surrender our individuality and strive to please. The cost of this is that we further abandon our authentic selves and often remain with a sense of loneliness, isolation, and meaninglessness. As we experience dissatisfaction in our relationships, we may become locked instead in unproductive conflict or in hopelessness and apathy.

This model offers another way to connect, through a process of self-revelation and sharing. We believe this is the process that so often begins in Come Alive and other courses at The Haven. As people begin to breathe and experience their own feelings and share these with one another, other members of the group experience *their* own feelings in *resonance*. A kind of ‘thawing’ takes place and the rigidified boxes around each of us begin to melt and soften. We then become able to reconnect with the universal energy of which we all are a part and begin to relate to one another through that energy rather than through the roles we had previously constructed.

The two other models described in this document, as well as the breathing exercises, are intended in the service of this kind of connection through self-revelation, sharing and resonance. Breathing, the Communication Model, and the self-compassion cycle are tools we can use to gradually loosen the boxes we have constructed around ourselves and learn to relate to one another in a deeper and more satisfying way. In relationships of this sort we can experience real loving and connection.

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