Overleaves: The Bowl Metaphor

A Message from Michael in Two Parts

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Overleaves: The Bowl Metaphor
Part One

December 19, 2000

You may, if you choose (ha-ha-ha), think of an Overleaf as a bowl with increasingly curved steep sides but with a flat bottom. The flat bottom is of course the median from which all else is balanced. Only when a fragment becomes "locked" in the extreme Positive or the extreme Negative is the bowl able to tilt permanently and "lie on its side". In most instances, however, the equilibrium of the bowl is maintained by resting on the flat bottom, or the median.

Now, of course, a fragment may go "out of kilter" early in life so that the Overleaf "wobbles" rather than lies flat and steady. But this is not often maintainable, and the stress of such imbalance can have dramatic effects on the psychophysiology of the fragment concerned. Few fragments go through life "unrocked", but most will tend to end up back in balance because it is energetically less demanding.

Incidentally, we would also have to say, using the same analogy, that Chief Features have a much narrower bottom and are more easily rocked and wobbled than other Overleaves, which is why they tend to careen amongst the Overleaves and why it is more difficult to maintain their balance. Now, of course, a fragment

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[Each Overleaf is a bowl. Self-intimacy is knowing what you filled the bowls with.]

Part Two

January 3, 2000

In viewing each Overleaf as a bowl, one may consider that the experience of what is called personality gradually fills the bowl with "substance" of the fragment in question, and that substance in turn affects the balance of the bowl itself. When the substance is fairly unstable, of course, Chief Feature has a greater impact on all of the bowls in question, and therefore the stability is lessened through the interference of Chief Feature.

In certain rare cases, of course, the nature of the fragment's experience leans the bowls toward the Positive, and not only does philanthropic karma result but the function of intimacy increases, so it may be said that the bowls "lean" toward other equally leaning bowls. When there is a "spillover", of course, validated intimacy occurs, and you may see from this why sustaining intimacy is generally difficult, and also why such relationships as Essence Twins can be disruptive and disorienting.

Generally speaking, within the compass of a single life, most fragments will tend to "prefer" to maintain the most stable position, which is of course neither Positive nor Negative, but which is open and accessible to all manifestations and interpretations. When Overleaves are "overcharged" either to the Positive or the Negative, sustaining that position becomes

increasingly difficult, due to the tendency of all fragments to seek equilibrium. If the Negative were not difficult to maintain, the Positive would become commonplace and unvalidated. If the Positive were not difficult to maintain, the Negative would gain easy access to the whole function of the Overleaf. By preserving the balance point, choice becomes most accessible, and choice is of course the purpose of life on the physical plane.