



B L U E P R I N T S

THE

F O R L I V I N G W I S E

BEING

A N D M E N D I N G

PROJECT

A B R O K E N W O R L D

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THE BEING PROJECT

Blueprints for Living Wise
and Mending a Broken World

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Coming Home

Gina comes in for a session. Trapped in a vortex of anxiety, she can't sleep, can't eat, can't focus. I listen for awhile and then suggest we stop talking and sit quietly together. She's resistant. The anxiety has her convinced that if she lets herself be drawn out of its grip, something bad will happen. This is partially true. Something "bad" will happen. To the anxiety. It will dissolve.

We've worked together a long time. She trusts me enough to sit back, close her eyes, and begin to feel her breath. It's that simple. I watch the tightness in her face soften. I hear her breath stretch longer. I sense her shift out of the contracted mind space she's been crammed into. Now the whole room fills with stillness and she is home.

The great myth of our time is that we are separate from one another, isolated individuals trapped in a zero sum game based on survival of the fittest. When we step through this veil, we realize we're part of something much greater; that this whole business of individual this and individual that, of domination and accumulation as the goal of human life is absurd.

We have been tricked into believing that we have to be more, do more, strive after that elusive more, that, no matter how close we get, always eludes us. This is a lie. When we slow ourselves down, dialing back the compulsion to do more, be more, strive more, we discover a simple truth: that even in all our wounding and muddle, we are enough. And that rather than seeking outside ourselves for the everything we think is there, what we really need to do is turn within and listen.

This is not to say we should withdraw from the world. On the contrary. The world very much needs us. It needs us awake. It needs us engaged. It needs us understanding that the answers to the great longings of life are not outside of us, have never been outside of us, will never be outside of us. And anyone who says they are is wrong.

Introduction

If you look for truth outside yourself,
it gets farther and farther away...
Tung-Shan

I'm writing at a time when the world has gone bonkers. Crazy, horrifyingly bonkers. The politics of war, of across the board injustice, of so much that causes harm to so many is painful enough. When viewed against the backdrop of our rapidly warming planet, it becomes almost too much to bear.

While we can blame human arrogance and greed for much of the mess in which we find ourselves, I believe the deeper root is found in the operating system that governs how we humans have conducted ourselves from time immemorial. And that system is patriarchy. This book is a deep dive into the invisible ways this diseased paradigm controls us, not only from without, but also from inside of ourselves.

Most people think of patriarchy as a system of male domination. This is certainly true. And yet, while certain groups of assigned-at-birth men have reaped benefit from this male-dominant way of ordering the world, patriarchy is not confined to people of the male gender, nor to the external systems that governs our lives. Patriarchy also hides within the structures of consciousness, corrupting our mind/body balance, corroding our sense of self, and affecting the ways we act, speak, think, and relate to the world.

This particular disease of patriarchy—what I call the "inner patriarch" or "wounding/wounded masculine"—and how we heal it, is the primary focus of this book. We'll look at how it forms, how we can recognize and address it, and how the medicine that heals it is available 24/7, is free of charge, and sits right inside of us.

I have structured the pages that follow in a linear frame. This is not however, a linear journey, nor for that matter, a highly intellectual one. It is part memoir, part polemic, and overall, a free-flowing meditation on coming into our true power as human beings. And by true power, I mean the power that is grounded in wisdom, compassion, and love.

It is my great hope that more than anything, you will take rest here; that the ideas in this book will illuminate and inspire the ways you understand and hold yourself in the world; that as you come to

recognize the inner patriarch as the voice in your mind pretending to be you, that you will release yourself from its tenacious grip and live in the truth of who you actually are.

We travel far and wide in pursuit of a lot of everything that mostly turns out to have been a lot of nothing. Which is not to say there is no joy, or sorrow, and everything in between, within that nothing. Just to say that if I have learned one thing in my now rather long life, it is that when you come right down to it, what we *are* is way more important than what we *do*. Growing our "are-ness" until it sparkles and shines is what this book is about.