



Igniting Inspiration and Creativity in Our Clients

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Definition of Inspiration:

DICTIONARY: the process of being mentally stimulated to do or feel something, especially to do something creative.

ETYMOLOGY DICTIONARY: The sense evolution seems to be from "breathe into" to "infuse animation or influence," thus "affect, rouse, guide or control," especially by divine influence. *Inspire* (v.) in Middle English also was used to mean "breath or put life or spirit into the human body; impart reason to a human soul." Literal sense "act of inhaling" attested in English from 1560s. Meaning "one who inspires others" is attested by 1867.

IN GREEK: Epnefsi, (inspiration): Breath into

7 actions/states which shut down or eliminate inspiration

1. Repetition/routine/responsibility
2. Often but not always, social media - abandonment of your “inner garden”
3. Gossip/Judgment –brings in dark energy
4. Fatigue
5. Predictable conversation
6. Competition
7. Pre occupation with worry, fear, anxiety, self-criticism

7 actions/states which revive or open the door to inspiration

1. Nature
2. Silence/stillness/quietude, open space with no deadlines
3. Any piece of art written during inspirational periods of the writer or poet
4. Being involved in inspiring dialogues: Sharing of Inner Gardens –no teaching, preaching, analyzing, persuading or exchanging
5. New surroundings –place yourself in places you have not been before
6. Making time for it
7. Love

PRIMARY SELVES

1. A human being is born totally vulnerable.
2. Each person has an individual psychic fingerprint.
3. We form selves (subpersonalities) to protect our vulnerability.
4. There are possibly hundreds of these selves within each person.
5. These selves are the normal functions of the psyche, they are not “split personalities”
6. Our identity is formed by our primary selves.

1. The mind is the main primary self of modern civilization.
2. Mind is the opposite of feeling and imagination.
3. Each of a person's primary selves take turns at driving his or her “psychological car”.
4. The inner child selves are often buried by the power selves, which have arisen to protect a person's vulnerability.
5. Inner children have the desire for the adult selves in a person to spend time with them

1. The inner parents are another set of selves that can strongly affect a person's behavior and life.
2. The inner patriarch lives as a male subpersonality within a woman.
3. The Greek archetypes such as Apollo, Dionysus and Ulysses, are real structures in the psyche and influence a person's behavior.
4. We each have all the selves within us. We are microcosms of the macrocosm.
5. Different primary selves are prevalent in different countries.

DISOWNED SELVES

1. For every primary self, there is a disowned self of equal power.
2. We constantly attract people who express that which we have disowned within our selves.
3. Whatever you judge, hate or are irritated by or feel attracted to, or admire, is what you have disowned within yourself.
4. Psychological pain can be a call to integrate your disowned selves. Sometimes, the people who cause you pain, do so because they represent your DS. Recognize these people as your teachers.
5. It is essential to integrate you DS. If you don't they may disrupt your life.

1. A family is a unit. Children take on different selves within the one family, as though they were dividing up a single pie and each taking a piece.
2. People are often totally unaware that they are made up of different selves.
3. The more extreme your identification with your primary self system, the more threatening it feels to embrace your other selves.
4. You cannot escape from your disowned selves. They will claim you, usually in relationship.
5. Everything you disown within yourself, reduces your quality of life.

1. Each subpersonality has a unique psycho-physical make up, and has a specific quality of energy and knowledge.
2. Symptoms of illness can disappear when a person separates from primary selves.
3. A DS is a power, an energy, that is held down within the psyche and this costs the person energy.
4. You can exhaust yourself physically by not allowing subpersonalities to express themselves.
5. People take drugs and alcohol to silence the Primary Selves.

INSPIRING BOOKS

Hoff, Benjamin (1983). *The Tao of Pooh*, Penguin Books

Meher Baba:

(1967), 6th Edition. *Discourses*, Maharashtra, India, currently carried by Sheriar Books, South Carolina

(1989), 4th Edition, *Listen Humanity*, New York, currently carried by Sheriar Books, South Carolina

Kornfield, Jack (2000). *After the Ecstasy, The Laundry*, Bantam

Ruiz, Don Miguel (1997). *The Four Agreements*, Amber-Allen Publishing, Inc.

Watts, Alan (1957). *The Way of Zen*, Pantheon Books Inc.

Welwood, John (1990). *Journey of the Heart*, HarperCollins

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