



CDPT

Contemplative Discovery Pathway Theory

Each person's life is a challenging journey from being a victim of their shame false self based in fear and anger to the discovery of the glorious freedom of their authentic true self based in love and gratitude.

Dr. David Allen

"Discovery is the transition from shame to the authentic self in love."

~Dr. David Allen

1. Natural Self—safety, connection, empowerment (built on trust)

2. Hurt Trail leads to Shame Self—abandonment, rejection, humiliation (SHAME Self Hatred Aimed at ME)

3. Defense against Shame—self-absorption, self-gratification, need for control (fear, anger, anxiety)

4. Shame False Self-- the jerk which sabotages our life in the wilderness of fear and anger. "





5. Evil Violent Destructive Tunnel--Continuous hurt and anger plus shame creates murderous rage which overcomes the defense of the shame false self, pushing us into the Evil Violent Destructive Tunnel .

- a. Cognitive restriction
- b. Physiological arousal and lowering of the IQ
- c. Emotional numbness (loss of fear or inhibition)
- d. Negative energy (evil)
- f. Ethical fragmentation (breakdown of all values)
- g. Repetitive destructive violence against the self
 - masochistic: self wounding or suicide or
 - sadistic: wounding the other or homicide

After the violent outburst, the person calms down and may regret what was done.

"Transitioning to the True Self in love occurs through Deep Suffering and/or Transcendent Love."

~Dr. David Allen



Nassau, The Bahamas-Director Dr. David Allen (left) listens solemnly to grandmother Ms. Barbara McKenzie, as she relates what happened during the fire and how she grieves for her little grandson. (photo. Eric Rose)

Community gathers, supporting each other in prayer with Dr. David Allen.



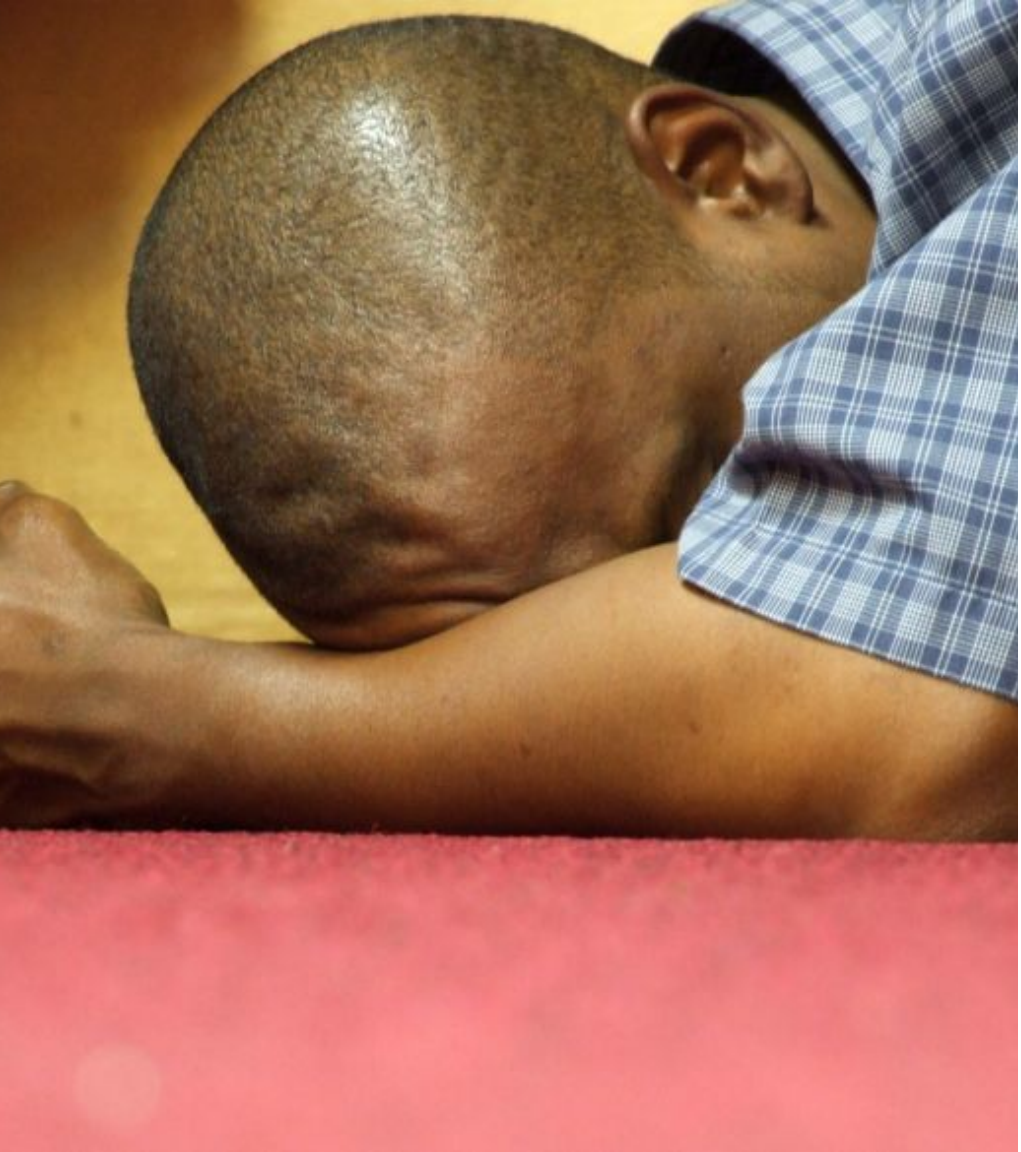
STAGES



1. **Awareness**

2. **Confrontation** of the shame issues or pain (what you don't face you can't conquer)

3. **Quieting** of the self involves deep breathing, experience of silence so one can feel and touch the depth of one's heart.



4. **Prayer** of Surrender
Commitment (Grieving the
loss of what you thought you
had to accept what you do
have)

Forgiveness

Letting go (I need a power
greater than myself: O God,
help me)

5. **Opening** to the stream
of love (someone who loved
you unconditionally as a child)

6. Contemplation: Opening to thin spaces (in memory or in person) eg. Sea, mountains, loving friend. A thin space is where heaven and earth are very close.

7. Gratitude: Write down 3 blessings that you are grateful for

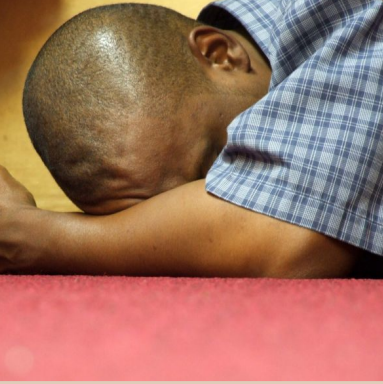
8. Recite the Pledge of The Family over and over

9. Practice, practice, practice showing love to self and others



10. Learn to see with the third eye (opening to beauty, awe and mystery of life, to be grasped by the love of the Creator breaking through what is seen)





Four Virtues of the True Self

LOVE

HUMILITY

FORGIVENESS

GRATITUDE



The Pledge of the Family

In dark and difficult times, I pledge to be loving and kind as God loves me. I pledge to be humble, and I accept myself as I am for that is all I can be.

I pledge to forgive all those who have hurt me and to forgive myself for the mistakes I have made in my life.

But most of all, I pledge to be grateful and thankful for all the blessings I have been given,

So help me God.

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