

The Recovery Process

Dr. Gregory E. Tucker



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Life through the eyes of a child

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'Birth' heralds the child's entry into the on-going dream, usually referred to euphemistically as "reality." As a rule, duality isn't present because the fledgling gets to enjoy a time of blissful oneness. It is what everything is, and as long as food shows up, life in the dream is pretty darn good. The closer mom and dad are to the truth they are dreamers in this dream, the more they know the dream is still 'on', as usual, and it includes 'the new arrival', ready to get on board to play "The Personhood Game", like the rest of the gang.

But for now, there is just timelessness; the extended nap, with zero preoccupation with the task of trying to become a 'significant someone', which is standard fare in this dream. For the time being, it is free to just be what it is. In most families, this hiatus is brief because drama is always on the prowl. Without new material, history is left to fend for itself.

Pretty soon, the infant runs into 'the family's dynamics', or the collection of stories they co-host to bring structure to the clan. Each family is held together by the stories they depend on to make their presence known in this dream. Some stories are so old there is no way to ascertain if they ever had any reliability. Three generations of women can share their hatred for men and not even know how they got swept into this myth. Men try to be manly and pass this little bit of acting on, as if men exist to be anything, including "manly" and 'this' is how they do it.

The newcomers watch the spectacle, wondering what it is all about, and then one day they realize they are witnessing dreamers in a dream using time to prolong the fiction they are 'the real people' they work so hard to portray. A charade is 'going on' and the newcomer scans the drama to see what will work to complement the mix. It's all going to be about love: who got more than their share and who got gyped. The baby can revel in 'babyhood' until senility sets in, or it can feel that it was not planned for; a mistake, a child who is homeless in its own home. Without a story, what will a player use to give the self a job in this dream? Fortunately for the newcomer, there is an abundance of material to pick from.

There is room for 'the middle child's story,' and 'the oldest child's story,' and, of course, disabilities of any kind, like rheumatic fever, will quickly capture center stage and launch a new round of stories that future dreamers will come to despise. Without the reiteration of stories, thanks to memory, how would a dream hang together as "reality"?

Let's face it, the family is a rumor mill, and clearly the adage holds true: "one lies and the other swears to it." The family provides the launching pad for 'grudges' of every kind: dad was mean, mom drank, and grandpa was a bit reckless with his roaming hands. Stories become 'family secrets' that are treated as anchors for the lie 'real people' are having 'real lives'. Without stories, what can the dreamers rely on to float "The Master Lie"; that 'this' is real and we are victims and we have stories to prove it.

Does it surprise you to discover that victimization works to keep the family together as 'real people' enduring 'tragic lives'? Ask any psychotherapist and you will find out just how reluctant we are to part with our stories, suffering and all. Nothing makes this dream more real than pain, and we say we hate it, but what we aren't saying is how much we depend on suffering to keep this dream in place as 'the real deal.' As dreamers posing as people, we may hate our suffering, but not as much as we hate admitting we know we depend on suffering to dismiss the fact we know the dream is the context for the whole show.

This dream features 'the family' as the breeding ground for everything the dreamers will use in the dream to pretend they don't know that is what 'this' is. The self the dreamer assembles can thank the family for providing all the material it will ever need to keep the lie alive that "reality" is all about people. It serves as our own mini reality show, the one we spend most of our days thinking about because nothing works better in this dream than 'the family' to fill up space and time. We must all know this, because we cringe when someone wants us to watch a two hour slide show featuring, you guessed it, 'the family'.

Dr. Gregory Tucker creates a regular series of articles at [The Recovery Process - www.therecoveryprocess.com](http://www.therecoveryprocess.com)

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