



**ASKESIS VII.**  
**ACHILLES' HEEL REVISITED®**  
Find Your 'Blind-Spot' of Self-Sabotage

**Purpose:** To find your 'Blind Spots' in order to eliminate self-sabotaging thoughts and actions, as well as heal the past, give it a new interpretation or simply let it go.

**Background:** In Greek mythology, when the God Achilles was a baby, it was foretold that he would die young. To prevent his death, his mother Thetis, took Achilles to the River Styx, which was known to offer powers of invulnerability. She dipped his body into the water, however, as Thetis held Achilles by the heel, his heel was not washed over by the water of the magical river. Due to the invincible strength given by the water of the river Styx, Achilles grew up to be warrior who survived many great battles. In the Trojan war however, a poisonous arrow shot by Paris was lodged in his heel, the very point the holy water had not touched, leading to his death. 'Achilles' heel' became a metaphor for a fatal weakness in spite of overall strength.

Think about a very limiting belief that you have about yourself. For example: "I am not enough." (ie You feel that you are not worthy of more love, not worthy of more attention, not worthy of more happiness - you feel that you are somehow lacking or 'faulty' especially compared to others).

This is a false belief that many people began believing between the tender ages of two and eight.

**Scientific Note:** Childhood amnesia, also called infantile amnesia, is the inability of adults to retrieve episodic memories (memories of situations or events). Most psychologists agree it can range from two to eight years old.\*

\*Joseph, R (2003). "Emotional Trauma and Childhood Amnesia". *Consciousness & Emotion*. **4** (2): 151–179

\*Bauer, Patricia J.; Larkina, Marina (2014). "Childhood amnesia in the making: Different distributions of autobiographical memories in children and adults". *Journal of Experimental Psychology: General*. **143** (2): 597–611.

This is when we all may have misinterpreted certain events happening in our life. Having a low self-esteem or self-confidence, can almost always be traced back to this time in your distant past, which you have long forgotten - namely your 'Blind Spot'.

Before we begin the main Askesis, here is a warm-up to demonstrate how your optical blind-spot symbolizes your emotional blind-spot. Close your left eye and hold this book at arm's length with your right hand while focusing on the cross (X). Very slowly, move the book toward you and back again. Somewhere between ten and fifteen inches away (12 cm) the circle will seem to disappear.



The reason for this 'gap' in your sight, is that there is an area on your retina, where it attaches to the optic nerve, that does not contain any light sensitive cells.

In the same way, we live everyday with individual blind-spots, but do not take notice of them. We have memory and emotional blind-spots reflecting unconscious factors, that slip our awareness 'receptors'.

Now, we will explore an important blind-spot that is sabotaging us in so many ways. The one that cut us off from fully accepting ourselves and feeling whole.

Name: **ACHILLES' HEEL®**

**Instructions:** Begin by simply relaxing. (Note: This exercises works best after listening to one of the mp3 on Deep Relaxation Page [www.alkistis.net/free\\_mp3.html](http://www.alkistis.net/free_mp3.html) as in this state of inner peace, your memory will be much more clear and focused.)

Please read the entire Askesis through before you begin. There are three stages.

### **The First Stage**

Begin by simply relaxing... Take a deep breath and with your imagination, go to back to the place where you grew up, your childhood home.

You are going back to the home that you lived in between the ages of two and eight. If you lived in more than one home between those ages it doesn't matter, your mind will pick the right one and, now imagine that you are standing on a street, just outside that home.

Imagine that you are walking through the front door. You are now inside that home. Take a moment to allow the memories to flow in...Those familiar things, those familiar smells, those familiar sounds... And imagine that you are drawn like a magnet towards the bedroom where you slept as a child.

Now, imagine that you are just outside that bedroom. Your hand is on the door handle, you are about to go inside... You know that inside that room.... is your own self... as a little child.

As you step in , your eyes immediately meet...You greet your younger self with warmth and affection.... Now prepare to ask your younger self some questions... And as you ask each question the authentic answer will naturally spring forth in your mind.

The first thing you are asking your younger self is, ‘Are you happy or unhappy?’

Ask your younger self another question ‘Who loves you?’ and the answer will come up immediately.

Ask if your younger self feels loved. Then ask, “Who are the people raising you?” (Usually mommy and daddy but that could also include grandparents or relatives).

Now ask, “Is there anything that (the people raising you) do or not do, say or not say, that make you feel not lovable enough?”

Now ask your younger self, very clearly, “Who is rejecting you?” - “What are the people around you doing or not doing that make you feel rejected?” (It could be children at school, siblings or it could be neighbors’ children.)

Now, focus on what kind of things did those people often say to the child.

Try to find the thoughts that made your younger self feel incomplete or cut off from love / acceptance. Try to remember something being said about your younger self, that has led your younger self to fear being rejected, to feel that she/he was not good enough, something to do with feeling that she/he was not smart enough or pretty enough or attractive enough or not doing what she/he was expected to do.

When and where did your younger self first get this perception, of being rejected? Or not worthy, “good enough”, or somehow imperfect. (This is has sometimes been referred to as “The fall from grace/paradise/wholeness”.)

### **The Second Stage**



Write your thoughts and feelings or record yourself speaking about it on video. What revelation did you have, about how this child felt and how it interpreted the events? Have you found the blindspot ?

### **The Third Stage**



Write a letter to your younger Self from yourself, as an adult (ie now). Go ahead and offer that child your warmest feelings of love and support, and also clarifying why that child had misinterpreted the world back then. Offer reasons why the people in its life, may have been critical. Give your scope upon the situation now that you are an adult looking back into this child’s life. Writing this, may be a healing experience as it will free yourself from deeply rooted self sabotaging thoughts.

Here is an example of such a ‘Letter of Love and Reassurance to your Younger Self’ and how it can be structured:

Dear K..... (Use the name you were called as a child.)

(Express your love and admiration to your Younger Self.)

You are so beautiful and amazing! So intelligent and brilliant in your own special way... The way you draw those beautiful drawings of angels, only goes to prove that you are a pure and kind soul... The way you climb those trees and run, shows how strong and powerful you are...

(Show them where exactly they have misunderstood or misinterpreted certain acts or words of the parents or teachers or bully.)

Now that you are so young, you sometimes hear your parents fighting in the middle of the night. They are arguing with each other, as they have some difficulties. This doesn't mean that they don't love you, that there is anything wrong with you in any way. You are worthy of all the love in the Universe. In the whole history of the the Universe, there will never be a person created exactly like you. You are perfect in every way. You are simply here to learn and grow through all things that may happen in your life... etc...

(Reassure them that you will always be present, and that everything's going to work out fine in life.)

I will always be here, in you, beside you to guide you, to hold you in good times and in bad. I am your inner guardian. I will always love you. You have a bright future ahead of you. etc...

**Suggestion:** Put this letter in an envelope and mail it to your present address. You will receive it within a week. You will feel a deep peace.