



# The Phantom of the Psyche: Freeing Ourselves from Inner Passivity

*Peter Michaelson*

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## **The Phantom of the Psyche: Freeing Ourselves from Inner Passivity** Peter Michaelson

The phantom of inner passivity filters our perceptions of reality and distorts our sense of self. It binds us to a second-hand experience of ourselves.

Inner passivity, which affects men and women equally, is much more than just our difficulty in standing up for our rights. It is complex and mysterious, concealed in our psyche beneath feelings of being helpless, overwhelmed, and indecisive.

This unconscious screening system contributes to feelings of being defective or unworthy, and it plays a role in procrastination, failure, and addictive and compulsive behaviors. It is a factor in hundreds of symptoms, including anxiety, fear, anger, and depression.

Free of inner passivity, we connect with our creativity, self-expression, and capacity for intimacy. We clear the way for the fulfillment of our courage, integrity, compassion, and love—and for reunion with ourselves.

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