



# Contact with the Depths

*Michael Eigen*

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## **Contact with the Depths** Michael Eigen

This book explores ways we make contact with the depths in ourselves and each other. We are deeply moved by contact we make with life, yet also puzzled by a need to break or lose contact, and often suffer wounds by failure of contact to be born. Our sense of contact is tenacious and fragile, subject to deformations, plagued with a sense of jeopardy. Chapters focus on ways we make-and-break contact in the wounded aloneness of addiction, the wounded beauty of psychosis, the importance of not knowing and wordlessness, ways we transmit emotions, the need to start over, and harm we cause by trying to get rid of and misuse tendencies that are part of our makeup. Our contact with life, ourselves, each other is challenged. And through it all, we have need for deep contact, contact with the depths, fulfilling and suspenseful. Contact we never stop growing into, part of the mystery, care and love of everyday life. Our mixed capacities can stymie us, cause confusion, a kind of centipede not knowing how to use its legs. But they also are a source of plasticity, ability to survive and survive well - if only we keep learning how to use our evolving makeup, don't give up on it, or it on us.

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