

# CDHR

## Monthly Newsletter



### OPENING LETTER

*Dear "Upside Down",  
At some point life takes us by the ankle and turns us upside down.*

*It usually arrives as an unwelcome disruption. It might arrive as an illness, a heartbreak, an unexpected silence, or an impasse where none of our usual tricks work. The ground drops out from beneath our feet. Our pockets empty.*

*In our panic, we call this failure. We call it an obstacle. We writhe and kick against the rope, trying desperately to pull ourselves upright, back into the comfort of what we knew.*

*When you are suspended upside down, the world you thought was so solid reveals itself as a trick of perspective. And you are forced to look at life from the one angle you spent years avoiding.*

*Let's look at things upside down this month.*

*Only love,*

“

We must be willing to let go of the life we planned so as to have the life that is waiting for us.

- Joseph Campbell

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## ARCHETYPE OF THE MONTH

# THE HANGED MAN

The Hanged Man is the archetype of willing suspension. The seeker learns here that surrender is not defeat, and that some thresholds cannot be crossed by effort.

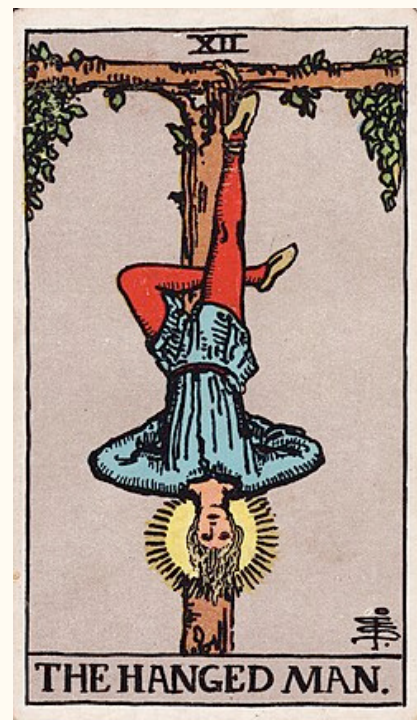
In Kabbalah, The Hanged Man is Mem (נ), the waters. Mem is one of the three mother letters, with Aleph as air and Shin as fire, and it is the maternal element: the sea, the womb, the depth in which a form is dissolved before it can be reborn. Water does not strive. It takes the shape of whatever contains it, and it always seeks the lowest place.

In Kabbalah, The Hanged Man is Mem (נ), the waters.

Mem is one of the three mother letters, and it is the maternal element: the sea, the womb, the depth in which a form is dissolved before it can be reborn. Water doesn't fight the gravity of the world; it surrenders to it. It flows to the lowest place, fills every crack, and waits. In the quiet of Mem, we dissolve. We let go of the rigid shapes we spent so much energy defending, allowing ourselves to be softened and remade.

Mem has two faces: the open letter (נ) and the closed, final one (ן). It is the difference between the water that flows and the water that is contained, secret and still. Much of what is understood while hanging upside down cannot be spoken out loud. It belongs to the silent, closed waters of the soul.

Crossing this threshold is not about martyrdom or romanticizing our pain. The one who crosses here learns to remain in the not-knowing.



## MORE ABOUT THE HANGED MAN

If you want to dive deep into The Hanged Man, explore how you play it out in various aspects of your life, its symbology, power and how you can bring this powerful energy to your life you can check out our mini seminar on The Hanged Man by just clicking the button on the right.

[THE HANGED MAN SEMINAR](#)

“ I change my perspective. I turn myself upside down. The world remains the same, but I am no longer the person who was afraid of it.

- James Allen

”

## SONG OF THE MONTH

# UPSIDE DOWN

by Jack Johnson

This month's song is a great The Hanged Man song. It opens with a question that undermines the mind's verdicts: "Who's to say what's impossible?" And when the world is turned, the old categories fail.

Later in the song he sings:

*"I wanna turn the whole thing upside down  
I'll find the things they say just can't be found"*

How great lyrics! The things they say can't be found are not hidden. They are simply invisible from the position everyone is standing in. This is the Hanged Man's whole proposition: the missing piece was never missing, it was outside the frame of a habitual gaze and the way to it is not to search harder.

We wish you enjoy it as much as us. Here are some of the lyrics from the song:

I wanna turn the whole thing upside down  
I'll find the things they say just can't be found  
I'll share this love I find with everyone  
We'll sing and dance to Mother Nature's songs  
This world keeps spinning



“ The right way to whole-heartedness is through the door of vulnerability, through the willingness to stand in the open, upside down, without armor.

- Carl Jung

”

## MYTH OF THE MONTH

## NARCISSUS AND THE STILL POOL

( GREEK MYTH RE-TOLD )

Narcissus was the son of the river-god Cephissus and the nymph Liriope. At his birth, the seer Tiresias was asked about the boy's future. Tiresias answered that Narcissus would live to old age only if he never came to know himself.

Narcissus grew up extraordinarily beautiful. He rejected every youth and nymph who loved him. Among them was Echo, a nymph whom Juno (Hera), the queen of the gods, had punished so that she could speak only by repeating the last words others said. When Echo tried to come near him, Narcissus drove her away; she pined with grief until only her voice remained. One of his other scorned lovers prayed that Narcissus himself might one day love and be unable to possess the one he loved. The goddess Nemesis heard the prayer.

One day, while hunting, Narcissus came into a shaded valley to a pool of clear, untroubled water. No shepherd, goat, or beast had ever stirred it; no bird or falling leaf had touched it. Thirsty, he lay down on the bank to drink. As he leaned over the water, he saw a beautiful form gazing back at him. Not knowing it was his own reflection, he fell in love with it.

The image seemed to move when he moved and to reach toward him when he reached toward it. But whenever he tried to embrace it, the water broke and the vision vanished. When he was still, the image returned. He could not leave the pool; he forgot food and sleep. At last he understood: "I am that face. I love myself, and I cannot reach myself."

## PONDER ON THIS

- What are the symbols in this story?
- How is this story related to The Hanged Man archetype?

We'd like to hear your perceptions! You can send them us via e-mail:  
[cdhr@thegrandedaringadventure.org](mailto:cdhr@thegrandedaringadventure.org)

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*We do not see things as they are, we see them as  
we are.*

- Anaïs Nin

”

## THE MOVIE OF THE MONTH

# ARRIVAL

In Arrival, humanity faces a first contact scenario with extraterrestrial beings called Heptapods. While the military approaches the crisis through the lens of threat, defense, and linear strategy, linguist Louise Banks does something radical: she suspends her assumptions and enters a state of deep listening.

As Louise immerses herself in the alien language which is a circular script without beginning or end her perception of reality literally turns on its head.



Humans perceive time like an arrow moving relentlessly forward. The Heptapods perceive all time at once. By yielding her conventional, linear frame of mind, Louise's consciousness detaches from the ordinary flow of cause and effect.

A mind caught in the illusion of control would fight this knowledge, attempt to outmaneuver it, or shut down in despair. The film flips the understanding of time, grief, and purpose upside down, demonstrating that true sight only arrives when we surrender the need to command our destiny.

Here's some short dialogue from the movie:

Louise Banks: Let's say that I taught them Chess instead of English. Every conversation would be a game. Every idea expressed through opposition, victory, defeat. You see the problem? If all I ever gave you was a hammer...

Colonel Weber: Everything's a nail.

“ The supreme good is like water, which nourishes all things without trying to. It is content with the low places that people disdain.

- Lao Tzu

”

## BOOK OF THE MONTH

# The Wind-Up Bird Chronicle

by Haruki Murakami

The protagonist, Toru Okada, finds his life falling apart. His wife disappears, his cat vanishes, and his sense of reality begins to fray at the edges.

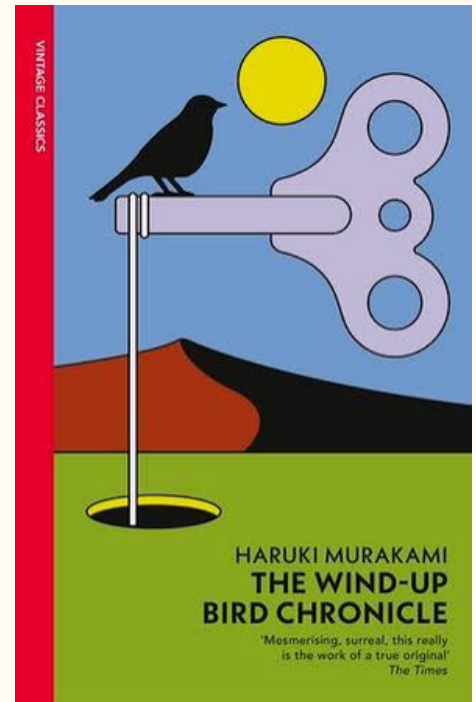
Instead of embarking on a typical, heroic quest to hunt down the answers, Toru does something absurd: he climbs down to the bottom of a deep, dry well in his neighborhood and simply sits there in the pitch black.

In the absolute darkness and stillness of the well, Toru cannot act. He cannot search. He is completely suspended from the normal flow of time and society. Yet, it is precisely at the bottom of this well in the deep, silent water of his own unconscious—that the boundaries of his reality begin to dissolve.

He begins to see things that are invisible in the daylight. He experiences a literal breakthrough, passing through the solid wall of the well into another dimension of consciousness.

Here's a great line from the book:

Hatred is like a long, dark shadow. Not even the person it falls upon knows where it comes from, in most cases. It is like a two-edged sword. When you cut the other person, you cut yourself. The more violently you hack at the other person, the more violently you hack at yourself. It can often be fatal. But it is not easy to dispose of. Please be careful, Mr. Okada. It is very dangerous. Once it has taken root in your heart, hatred is the most difficult thing in the world to shake off.



“ The well is deep, and the water is cold, but it is the only water that will ever quench this specific thirst.

- Haruki Murakami

”

## HEALING ILLUSION OF WHAT WE SEE

We rarely experience reality as it actually is. Instead, we experience the nervous system's hurried translation of reality: an intricate tapestry of inherited wounds, cultural conditioning, defense mechanisms, and old narratives. The mind hates open space. The moment an event occurs, it rushes in to label it: "This is bad. This is a catastrophe. This means I am unworthy. This means they are against me."



We spend decades defending interpretations we mistook for objective facts. We live trapped inside this hall of mirrors, exhausting our life force trying to arrange illusions so that they make us feel safe.

When life pins you to the tree, it strips away your ability to react in your habitual ways. It stops your hands from fixing and your feet from running. If you look at a familiar room upside down, your brain cannot immediately categorize what it sees.

The healing of the Hanged Man lies in this radical recalibration of sight. By allowing ourselves to be suspended, we stop trying to "fix" our lives and instead start questioning the very eyes we are using to look at them.

What if you looked at life upside down?



What if both the things you label as "good" and "bad" are making something possible for you? Chaos & Harmony... Click the button on the right to check out our "Chaos & Harmony" seminar. This was the first course on our The Great Work Series for a reason 😊

[CHAOS &  
HARMONY](#)

“ To wait open-mouthed, under the heavy rain of existence, without trying to catch the drops or name them-this is the beginning of sight.

- Simone Weil

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## CLOSING LETTER

*Dear "Upside Down",  
The hardest part of this threshold is the first five minutes.*

*It is that sheer, breath-stealing terror when the rope pulls tight around your ankle and your footing gives way. The instinct to reach out, to grab the nearest branch, to swing your torso upward and right yourself is violent. Your mind screams that you are falling, that you are losing time, that you are being humiliated in front of the world.*

*When you hang upside down, you can't pretend to be in charge. And strangely, that is where the relief begins.*

*Look at the horizon from here. The sky is holding you from below. The things that seemed enormous like your status, your fears, the story you've repeated about who you are look tiny and inverted against the earth.*

*Do you dare to look upside down?*

*Only love,*

*If you want to share your perceptions or you have questions you can send us an email, see the address below.*

[cdhr@thegrandedaringadventure.org](mailto:cdhr@thegrandedaringadventure.org)

# THE GREAT WORK

STARTING SOON:



## What is the Great Work?

- ✂️ The Great Work is a compilation of some of the best courses offered so far!
- ✂️ Each time it's a different course.
- ✂️ Every week we release a new audio session.
- ✂️ And you go through the sessions on your own time!

## Extra Benefits In Participating The Great Work Series

- ✂️ Besides getting a great course, the month you do the Great Work you get 30% discount on all courses on the Online Store (except the 1 on 1 Foundational Courses) until the end of the month.
- ✂️ You get 30% discount on whatever online live course you do in that month!

Details on the next course on The Great Work Series will be shared soon.

# WHAT'S NEW ON THE STORE?

**P.S.** Please check the online store for language options, for some courses you'll see 2 options; English Only & English with Turkish translation.



## The Hanged Man

Explore The Hanged Man archetype, its symbology, how it plays out in various aspects of your life.

[SEE DETAILS](#)

HAVE YOU CHECKED THE OTHER COURSES ON THE STORE?



## Courses in English

These are the courses offered in English only.

[SEE DETAILS](#)

## Türkçe Tercümeli Kurslar

Bu kurslar İngilizce-Türkçe tercümeli olarak sunulmaktadır.

[DETAYLARI GÖR](#)[SEE ALL COURSES](#)



If you want to prepare yourself to maintain an elegant, graceful resonance for the looming chaos and economic turmoil that appears to be heading our way contact us for more details about our online world program at:

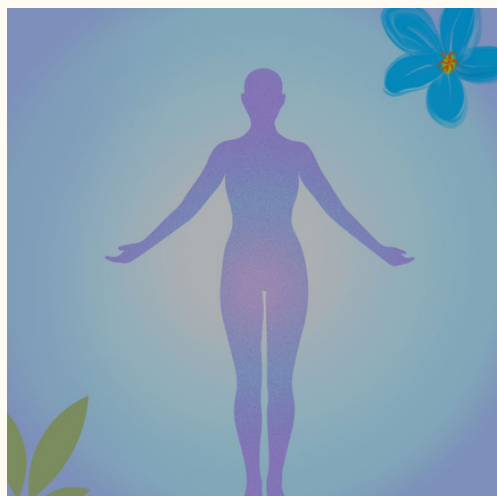
[cdhr@thegrandedaringadventure.org](mailto:cdhr@thegrandedaringadventure.org)

# THE GRANDE DARING ADVENTURE

If you have enjoyed this newsletter, we share much more great stuff on our website.

Below you can see the categories you will see on the website!

**Don't forget to check it out!**



## Healing

Your body constantly tells you what's happening in your life and what's a good point to look at. Can you hear it?



## Stories of Wisdom

Stories tell much more than the story itself for the ones who have the eyes to see and ears to hear.



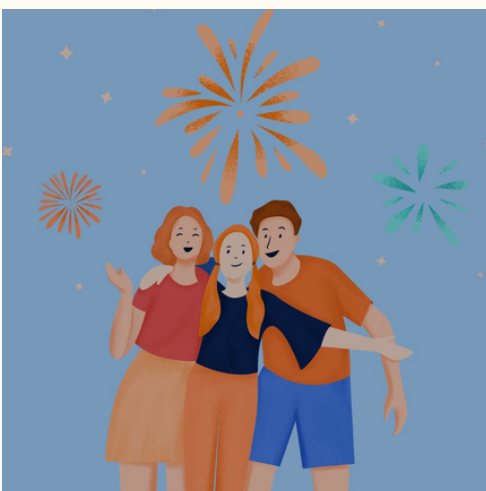
## Free Audios

Here are some free audios from our great seminars! We hope to see you on the next one!



## Monthly Newsletters

From what to read to what to watch to whatever inspires us!



## Community Sharings

Our community shares amazingly wonderful things. You can find them here!



## Blog

Who can guess what's coming next?

[VISIT NOW](#)