

IHOOD: *Our GPS for Living*



DR. JILL LITTLE

Table of Contents

1	OUR PURPOSE.....	1
	<i>We are born. We live. We die.</i>	
2	WHAT IS IHOOD?.....	9
	<i>Travelling Between Ego and Spirit</i>	
3	BE AN INSTRUMENT OF LOVE.....	21
	<i>Teach Life's Lessons</i>	
4	LIVING IN OUR IHOOD.....	31
	<i>Judgment, Choosing Our Battles and the Masks We Wear</i>	
5	OUR DIVINE HUMAN SPIRIT.....	39
	<i>The Free Will Challenge</i>	
6	WHO AM I?.....	49
	<i>A Self-Assessment</i>	
7	HUMAN DEVELOPMENT WITH SPIRITUAL IMPLICATIONS.....	57
	<i>IHood and Maturation</i>	

8	THE SPIRITUAL NEOPHYTE.....	63
	<i>First and Second Years of Life</i>	
9	SPIRITUAL AWARENESS.....	79
	<i>Age Three through Nine</i>	
10	SPIRITUAL INTEGRATION.....	91
	<i>Adolescence and Puberty</i>	
11	SPIRITUAL SYNTHESIS.....	103
	<i>Adulthood through Middle Age</i>	
12	SPIRITUAL EVOLVEMENT.....	111
	<i>Advanced Age: Wisdom and Reflection</i>	
13	HOOD MOTIVATION.....	117
	<i>The Transition from Ego to Spirit Based Motivation</i>	
14	FOLLOWING THE CLOUDS.....	125
	<i>Living in Truth and Peace</i>	

APPENDIX TABLE 1

Note to the Reader

Dear friends:

Thank you for being part of a divine revolution. When I was given the message of *IHood*, I had no idea if He meant “Eyehood,” like the middle eye of Eastern philosophy, or “IHood.” Several writing sessions were needed before I was guided into the wisdom of understanding this brand new concept. I know the message is provocative, urgent, and intended to enlighten those who read and hear it. I am grateful for the educational training and experiences I’ve had, for they have prepared me for the awesome task of writing this book. *IHood: Our GPS for Living* has also made clear my purpose: to teach using God’s words of wisdom and to heal my fellow travelers with those words, to be His instrument of love.

IHood will help you understand your personal journey on earth.

It will give you the opportunity to reflect back upon your youth and social development by taking you through your stages of growing up, your personal maturation. This process will illuminate where you may have encountered difficulties, and help explain why you may have shortcomings in evolving to a higher level of motivation and maturation. It also will shed light on what motivates you and why.

In *I Am*, a documentary by film producer Tom Shadyac (*Ace Ventura*, *Bruce Almighty*, *Liar Liar*), I found a profound message of hope and love for our world; it is a sister message to that which is revealed in this book. After viewing this film, I was positive this

book is meant to be part of a movement that will awaken those who are unconscious in our world. They will recognize that our purpose is to serve others and realize that in doing so, we are infinitely connected to each other in this world. The reward is deep contentment. Stress inhibits our brains, and anger makes us lose rationale. We function better in a state of love, as proven and measured in magnetic field studies. All living things on earth are entwined particles. We are not meant to be separate. We suffer when we see the suffering of others. It is in our DNA. This book encourages us to embrace this DNA and all living things while acknowledging that we are part of the whole earth; we are here, with purpose, to better our world.

You will notice at the end of each chapter, there are intricately designed blank pages for penning thoughts and reflections. This is space to ponder inspirations that come to you throughout each chapter, and to document them for future reference. Books that have helped me most during life's journey are those that inspire and foster deeper reflection of my own circumstance. As such, this space is intended as a place for you to pen thoughts, ideas, or reflections stimulated by *IHood: Our GPS for Living*.

Journaling is a powerful tool for tapping into our IHood. It is mindful and authentic self-reflection documented for later reference. When you write down your thoughts, your transformative process is remembered for its integral role in our maturation.

I encourage you to choose whatever lessons you glean from this book and adapt them to your own circumstances. In sharing my own philosophies and

experiences, I hope you will find yourself filling up with incredible love, and sharing it with the world around you. Please share your ideas on spreading love and honoring those in your life at the website: www.ihoodbook.com.

Lovingly,

Dr. Jill Little

7

Human Development with Spiritual Implications

IHood and Maturation



IT IS ESSENTIAL THAT we attain maturity in our formative years in order to moderate our ego, embrace our spirit, and fully evolve to a productive, peaceful life. Maturation is critical to IHood, and Erik Erikson is instrumental in explaining why it is.

Erik Erikson was a social scientist who took a dramatic step toward researching how we develop as human beings, resulting in his groundbreaking theories as articulated in *Eight Stages of Man*. Dr. Erikson dealt with the social and psychological aspects of our maturity, seeking to discover the mystery of self-identity and personality development.

Erikson studied with Anna Freud and expanded his theories beyond Sigmund Freud's psychosexual stages of development. Erikson's theory has been instrumental in the understanding of children and learning theory, and is invaluable to educators, parents, and those interested in how we grow up within society.

Erikson's research has always been a guidepost for me as I taught young children in my earlier career, and I advanced his theory to the future teachers I taught at the college level from the 1970s until the mid-1990s. It has

become obvious to me that there is a critical dimension of how humans interact and grow up that is missing in Erikson's explanations: it is the spiritual dimension of our existence. Hope, virtue, values, and ethics are not discussed in any weighty manner, other than to explain that a child's moral maturity seems to be explained by the adult pressures in a child's life, which Erikson refers to as the "guilt culture." Erikson, of course, was not the only person who held the belief that morality is an imposed behavioral agreement we have devised to keep order in our society.

Many behavioral scientists have clung to this explanation, perhaps out of necessity, since a spiritual explanation typically has been wrought with complications for the scientific community. However, much evidence indicates that this is changing and, in fact, science is starting to catch up to understanding the incredible dynamic of spirituality.

The spiritual dimension, in my view, absolutely needs to be discussed with regard to maturation, since it significantly impacts behavioral development and the outcome of our life. It accounts for our morality and our search for living a higher purpose as we mature. When this spiritual dimension is included, it helps us to close the gaps in our quest for understanding certain behavior and to answer the question of "Why are we here?" that is addressed through maturity.

There is more than the spiritual veneer to this discussion. Logically, it would seem that if we did not have the divine in our soul, we would never ask the question of why we are here; in fact, we might not even care. We would not see the love emanating from the elderly man when a puppy licks his hand in the nursing home or feel the

solitude and comfort of the wind blowing through the pines. If we were merely of this world and just in an ego dominated body and mind, we would purely be in a self-serving world, living daily to meet the next need, whatever it may be. Some would argue that is, in fact, how we are. We are doing battle in a dog eat dog world, running red lights to beat the other guy to the next one. But we know there is more than the “next immediate fix,” and that spirit rescues us from our egoism. It is always with us. We are hard wired with spirit before we ever enter our body.

Coming into a physical world with a divine spirit is a challenge to us all; our body is of the earth; our spirit is of the divine Creator. So we are constantly being tugged by two different “masters.” We look at a beautiful new baby, with perfect fingers and toes, consider the miracle of creation, and feel the complete joy that new life brings. Yet, two hours later, we lament that this little interloper is crying, exhausting us and interrupting our quiet.

The acknowledged presence of spirit offers a different impact and new view upon maturation theory and upon how we grow up. It actually helps us understand why there is such complexity! As we get further into the discussion of how we grow up, we will see that immaturity is closely aligned with ego and our maturity is identified with the divine. By examining the characteristics of ego and spirit within our behavior, we have a clearer understanding of IHood.

The notion of the divine spirit within us is not my idea, as we all know. It is a concept that is accepted in the belief systems of most major religions in our world: Hinduism, Judaism, Christianity, and Islam. This divine spirit is a permanent player in our moral development. It is the spine

of our integrity and the leader of virtue. It is awakened by the love that the Creator has gifted us and which binds us together in our divine humanity.

While Erikson believed that the child has a moral maturity inflicted by adult pressures in his or her life, I believe our soul takes over as it is awakened during our maturity and becomes our “mature” compass in life; in modern terms, our GPS. We are quite capable, in fact, of taking the reins of our own moral development. Initially, as children, we may resist the moral inspiration of our souls because of our immaturity and ego centeredness, but we have the potential to reach maturity fully and thus awaken to our purpose through divine spirit, as we gain responsibility for ourselves.

Furthermore, to note, spirit is not a stage of maturation. The spirit is present at our conception and departs, intact in our soul, at the end of our mortal life. It is always present, but not always “seen,” recognized, or acknowledged in our humanity. Our soul communicates with us through the mind and awakens in our soul through love; our ego also communicates to us through our mind, but resides in our body.

As I said earlier, it is interesting that social scientists have never included the spiritual dimension in any discussions regarding human development. I believe that its omission is due to at least three factors: first, educators are forbidden to include the concept of divine spirit in our teachings, even though the vast majority of our religions believe spirit to exist. This is especially true in the United States, where church and state are separated as dictated in the Constitution because of our unfortunate history with England in the 1600s.

Secondly, Francis Bacon's method of scientific research, which is central to modern science, expects scientists to steer clear of trying to prove things that are not measurable. Scientists experiment and form hypotheses, using causation between phenomena based on induction. Because spirit is not clearly observable, it is difficult to find clear results.

Now, newer techniques such as magnetic field studies are leading scientists more closely to acknowledging that which they could not measure in the past. Finally, social scientists who propose the existence of a higher being, let alone include such an idea within a social science theory, are at risk of being exposed to ridicule by nonbelievers, which often leads to an apologetic ministry of defending one's faith. Thus, I am exposing myself to such ridicule (gladly) since my belief in IHood is clearly faith driven.

To avoid the mention of God in our discussion because it is seen as a non-intellectual, non-scientific, non-provable view is simply going along with the crowds of even spiritual writers, who may have the same views but fear reprisals or intellectual shunning. They find safety in citing eastern philosophers, using safer synonyms or substitutes like *Light* and *Creator* exclusively, because it is not politically correct to use *God*. Rationally, however, if our belief systems acknowledge His spiritual presence in all human beings, it is folly to exclude the discussion of God and the Holy Spirit's existence.

The development of IHood embraces our spiritual dimension and better explains behaviors that were difficult to explain in the past. This spiritual dimension may very well have been what Freud was referring to in his use of "superego," which is the internalization of all the restrictions to which the ego must bow.

Could it be that his superego is the existence of our divine spirit? The explanations of the intricacies of interplay between ego and spirit may be more easily understood with this correlation, though of course we all have free will to choose between egoic and spiritual behavior.

If we were only intended to live our life as a living organism, to be absorbed into the earth at death, then Freud's explanation would give us sufficient evidence of how our mind (psyche) works. C. G. Jung dared to imply that there was a more religious function to this concept, and was ignored by most in the scientific community. IHood is a plausible concept for those who embrace our purpose, which is to love and serve each other on this earth.



About the Author

“You were born into this world in a spiritual state with truth and peace within. It can be regained by searching ‘inside’, not ‘outside’ of ourselves. If we look outside ourselves, we will never find happiness; our truth and peace. We will only find pain because it is a fruitless search. Our insistence that happiness is elsewhere is futile, it is within each of us.”

– Dr. Jill Little

Jill’s relationship with faith and spirituality began when she was 7, when she was baptized in a small rustic Chapel on Panther Lake in Upstate NY. Following her baptism was a life- long dedication to learning about different faiths and the relationship between ego and spirituality.

Dr. Little was a teacher, philosopher, and student of life focused on serving as an instrument of love and peace wherever she went. She earned a B.S. in Elementary Education from Syracuse University, a M.Ed. from Temple University in Guidance Counseling, and a Ph.D. in School Administration from Syracuse University.

I Hood: Our GPS for Living is Dr. Little's sixth book and her life's work. As we weave ourselves into the fabric of the world Jill believed in, we develop and access the innate abilities to love and serve each other. When our physical time in this world draws to a close, our contribution – a spiritual legacy – continues to integrate. Her belief, as felt throughout *I Hood* is that a divine opportunity to fill one's life with grace and purpose exists for everyone. It may lay dormant amidst worldly distractions, but begs to be awakened, interrupted, and brought to the forefront of living.