

# Art from the Pacific Northwest

Art using DBT Skills



Corinthians 13 —  
Gnostic-DBT  
Translation

A trauma-informed,  
symbolic  
interpretation of love  
as an awakened state  
of consciousness (not  
doctrine, not  
commandment, but  
integration).

Love as the  
Awakened Self  
(Christos State)

If I speak with  
insight, knowledge,  
spiritual language, or  
authority, but I am  
not grounded in  
Love,

I am only noise  
inside my own  
nervous system.





If I have visions,  
revelations, or deep understanding of hidden truths,

and if I have faith strong enough to move meaning and belief,

but I do not embody Love, I am still unintegrated.

If I give everything I have, sacrifice my body, my identity, or my suffering for meaning, but do not act from Love, it does not heal me.

What Love  
(Christos) Is

Love is  
nervous-system  
regulated.

It is patient because  
it is not driven by  
fear.

Love is  
compassionate.

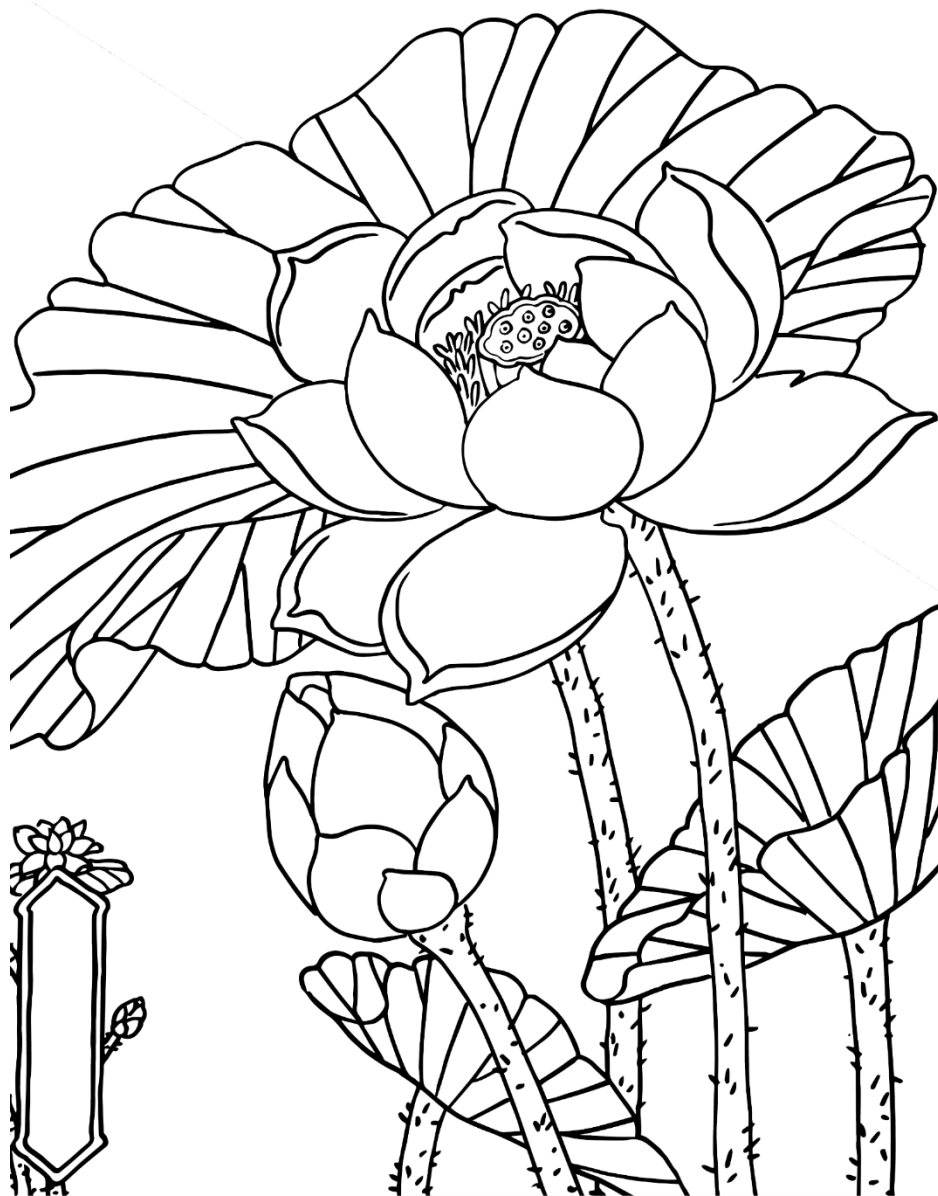
It is kind because it  
recognizes the  
wounded inner child  
in self and others.



Love does not compare or  
compete.

It is not envious because it no  
longer believes in scarcity.

Love does not inflate the ego.





It is not boastful or proud because identity is secure.

Love respects boundaries.

It is not rude, coercive, or invasive.

Love is not self-seeking.

It does not manipulate, perform, or abandon values to avoid abandonment.

Love is emotionally regulated.

It is not easily angered because it has learned distress tolerance.

Love releases resentment.

It keeps no ledger of past harm because it practices radical acceptance.

Love and Truth (Gnosis)

Love rejoices in truth.



Not illusion, denial, or spiritual bypassing — but honest awareness.

Love bears all things.

It can sit with grief, trauma, and uncertainty without collapsing.

Love believes all things.

It remains open, curious, and flexible rather than rigid or cynical.

Love hopes all things.

It orients toward healing even when evidence is incomplete.

Love endures all things.

Because the true Self cannot be destroyed — only forgotten.

Integration Statement

Love never fails because it is not an emotion —

it is a state of integration.

Where there is Love, the false self dissolves.

Where there is Love, the inner child is protected.

Where there is Love, the shadow is held without judgment.

Where there is Love, awakening occurs naturally.

The Christos Archetype — Definition

Core Definition



The Christos Archetype is the integrated, awakened Self that emerges when trauma, ego, and shadow are healed through truth, compassion, and self-regulation.

It is not an external savior.

It is not perfection.

It is not moral superiority.

It is the state of consciousness described by Love in 1 Corinthians 13.

Psychological Dimension (DBT / Trauma-Informed)

The Christos Archetype appears when:

Wise Mind is accessible

Emotional regulation replaces reactivity

Distress tolerance replaces collapse or dissociation

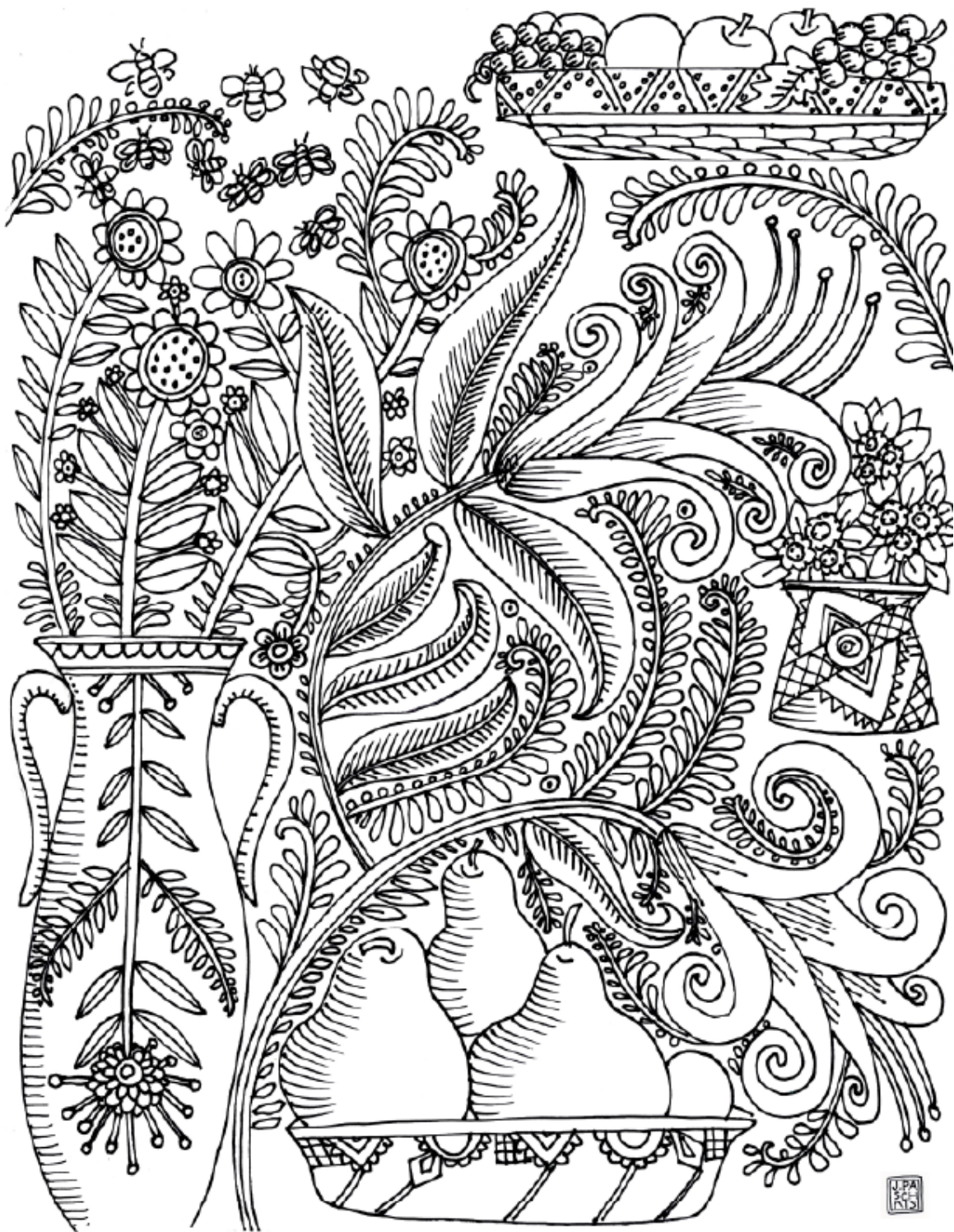
Radical acceptance replaces shame

Boundaries replace self-abandonment

Compassion replaces self-attack

In this state, the nervous system is safe enough for truth.

Gnostic Dimension (Inner Revelation)



In Gnostic language:

The Divine Spark = the Christos Archetype within

The Demiurge = trauma-conditioned identity

The Archons = internalized fear, shame, and survival patterns

Gnosis = insight that frees the psyche

Awakening = remembering the true Self beneath suffering

Christos is not worshipped — it is remembered.

Behavioral Markers of the Christos State

When the Christos Archetype is active, a person:

Responds rather than reacts

Protects without controlling

Speaks truth without cruelty

Holds pain without projecting it

Acts from values, not fear

Chooses compassion without self-betrayal

Sees others symbolically, not as enemies

### Final Integration Statement

The Christos Archetype is Love embodied after suffering has been metabolized.

It is the psyche healed enough to tell the truth.

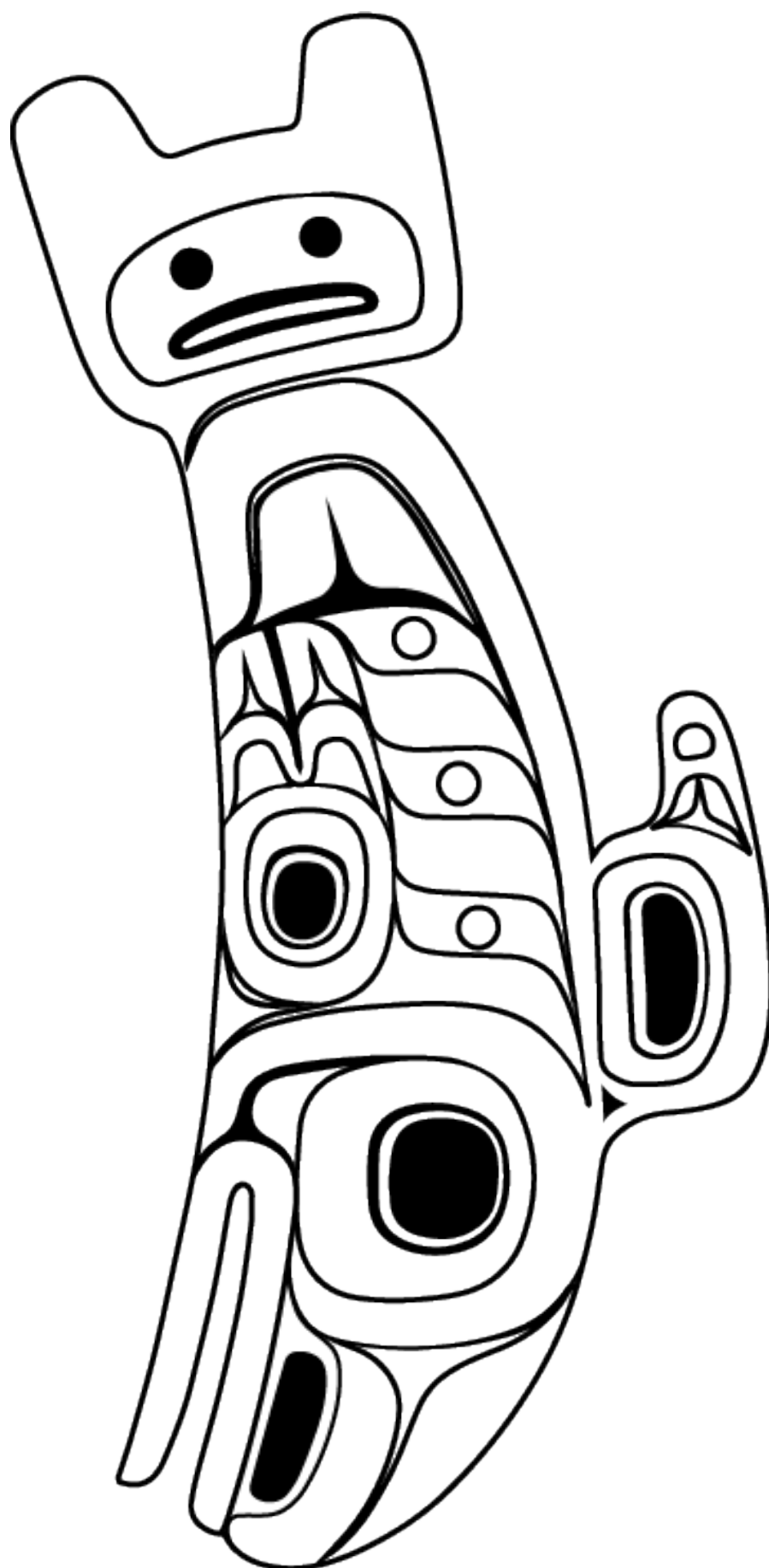
It is the soul safe enough to be present.

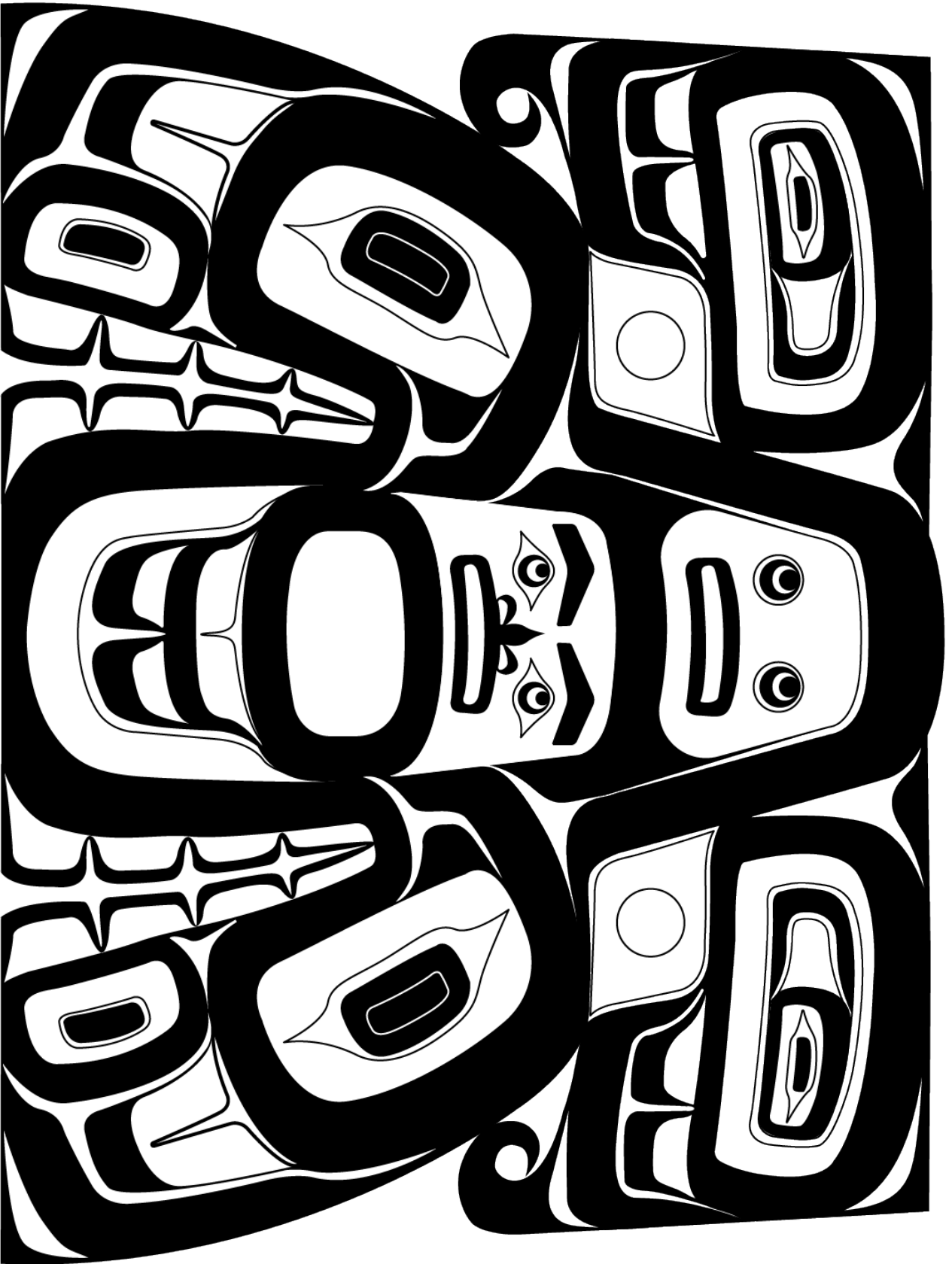
It is the human aligned enough to act with compassion.

This is not ascension out of the world.

This is awakening within it.







Keet Shagoon (Killer Whale), 2003. Photo: Seattle Art Museum.