Children of the Stars: Once a Common Wisdom, Now an Uncommon Sense

Healing from Ritual abuse

A PSYCHOLOGY OF HYPOCRISY SEEN THROUGH THE EYES OF CONSCIOUSNESS

This book is dedicated to the children of the Earth

My wish is that the symbol they represent can encourage people how to become individuals and healthy intelligent human beings connected with other people and their whole environment in health

This book is further dedicated to those people who have been oppressed, brutalized and mute-lated. Those who commit or become accessories to these acts covertly and thereby hypocritically are to be pitied far more than those who do not try to hide their actions

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Much of what follows is to review ground I have already covered

Introduction

The following quotes I place here because of their importance in the context of human liberation, especially as it relates to the dignity, psyche and soul of all human beings

"If everyone keeps taking an eye for an eye pretty soon the whole world will be blind"

Mahatma Gandhi

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny."

Dr. M. L. King Jr.

'Each spiritual tradition looked at in the context of the particular perspective it is supposed to represent, makes each one of them as valid as the next. They all spring from the same source, therefore each one of them express a reality of that source of creation; but only one aspect of the whole truth. The solution is to include of them those which people find healthy and beneficial. No one individual is able to practice (in practice) all religions. If, however, one is able to perceive the universal truths and themes expressed in all of the traditions, the segregating effect of labels can be dropped. Then we can develop intolerance against intolerance. We can have freedom to express from the heart, to individuate. Then, it becomes clear we were all saying the same thing in the first place; just in different ways.'

Paul F. Mitchell Calgary, 2001

'I spoke with a woman one time who worked for a law firm while studying towards becoming a paralegal practitioner. During our conversation about justice, she said that the outcome of justice, sometimes, might be a result of who was in power politically and who was not. This pertained to an innocent person being found guilty or a guilty person or people being found innocent'

'I was in such a panic, thinking about everything lately and especially not hearing anything from Human Rights for almost a month. I had so much fear and frustration to release that I was amazed at how much I cried.' Based on over 100 pages of documentation, Human Rights tentatively said there was one incident where they might be able to help. If I had of pursued this with Human Rights I would have been opposing someone who had very powerful friends in organized crime. In all of the documentation that I had provided this was also a part of the documentation that might have indicated a possible infringement against the rights of a member of a group that is protected by the Canadian Human Rights Commission. Separate from the small segment of documentation mentioned above, in respect to 99% of what I documented,

because I was not a member of a protected group –"Human Rights protects the rights of disadvantaged people and groups" – my human rights were not protected. I point out that I am a member of a group of people that Human Rights usually targets, while my oppressors were sometimes members of groups that Human Rights protects. The message I was being given was that I was not worthy of human rights. '

Paul F. Mitchell

This book describes a personal process of searching and growth to the same extent it contains a social and psychological analysis. Initially the main purpose of this writing was one of catharsis. During the earlier stages of its development (2005-8) it was relatively unintelligible (except to me) because of the trauma I had been trying to shake off. Having eventually released the shackles of earlier experiences without losing touch with their memories (and learning their meaning), after traveling and working in Germany and Asia for a few years I developed a more realistic, practical and certainly concerned perspective for the world around me. In 2014 as we look at the what is happening in the Middle East, in Eastern Europe, within the borders of North America and other places it becomes quite evident the destructive forces of hypocrisy, greed and aggression that adversely effected me in the past are in fact threatening the world itself – and to a much greater extent compared to how they effected me! Therefore, I can now say as I healed this written commentary became much than what I had originally planned. I will use some footnotes to indicate where the seeds of some of my thoughts originated and other substantiation, however the purpose of what I say is to provide food for thought rather than a "proof" supported work of scholarship.

Reading what is written here only once might not give an individual the ability to entirely understand what is being described. As with most written pieces of work that deal with in-depth topics, rereading them will usually give the reader a better insight into the nature of what is being put across. Although it is not usually good literary style or practice to repeat something that has already been said, I will do this for the above reason, usually with more information to work with each time. Most of our actual thinking takes place on an unconscious level; rereading the material, going back to it at a later date after the psyche has had time to "digest" what it has taken in, different and deeper layers of understanding will usually transpire. In addition, as you read the following material, as I repeat several times throughout to be very conscious of feelings and emotions and thoughts you experience while reading the material presented here. Being

aware of these physiological and psychological reactions and thoughts will tell you far more about the accuracy of what I am saying here than the intellect alone. Try to empathically place your self in many of the dynamic scenarios I'll be describing.

Rather than spreading fear and creating separation by expressing what this work covers, my wish is that it promotes the exact opposite. In this material I present a way of closing separating gaps between people – and I do realize this might be an arrogant assumption on my part. Although I am not saying anything that thousands of people before me have not tried to say, now I'm trying to create an over-all context that brings together apparently different dynamics and perspectives. With conscious or intuitive appreciation this could naturally develop into people's love for other human beings, extending outward to include the whole environment.

The purpose of this work is to expose sources of hypocrisy and social violence throughout world society. My main thesis is that most of this bigotry develops on unconscious levels of the human psyche, both individually and collectively. In today's world and throughout most societies and cultures people operate from and hold worldviews that stem primarily from competitive ego perspectives, primarily unconsciously and collectively motivated. These worldviews lag far behind today's technological capabilities and our ability to do violence to each other.

I'm referring to majority worldviews that have become unconsciously fragmented and dichotomized, affecting in a parallel fashion what it means to be and how to live as naturally oriented, peace loving human beings. This is demonstrated and explained throughout the book, with certain sections going into more detail than others. I'll discuss dynamics that produce a worldview that has resulted in a materialism that is an expression of a fragmented human psyche. This dynamic is two-way and self-replicating or cyclical. It is a narrow ego perspective that only respects and honors what can be quantified and categorized, then turned into a profit or used for political purpose. Hypocrisy and greed necessarily flow from this worldview that represses people's true natures and refuses to acknowledge what it means to be a whole human being.

People misusing power express one example of this disempowerment of the human being. Misuse of poweris a way that fragmented and disempowered people try to compensate for a loss of ability – both actual and potential; for loss of their health. It is usually expressed through a need to control and manipulate others, including an insatiable greed for money, profits in an attempt to obtain energetic psychic and apparently physical requirements. These are energetic needs that could easily be achieved by people in conscious and aware interaction with the whole of their psycho-physiological and environmental reality. Human beings can achieve and under natural circumstances do interact with other people and their environment in an interdependent manner. The result, as homeopathy, traditional Asian medicine, American First Nations traditions and other natural medical perspectives have been saying for a long time, is greater health.

The relative sleep that we have fallen into has usually expressed itself through increased violence to ourselves and to others. In reality this separation does not exist and what we do to others we do to ourselves; what we do to ourselves we do to others. Although this violence (including the very act of separation) originates unconsciously, it eventually manifests itself egotistically and physically. Materialism and it's narrowly constricting scientific perspective and correspondingly greedy manifestations does not adequately acknowledge an individual shares a collective psychic and physical reality with all other human beings, indeed all life forms on earth. We share a collective world environment that is alive and grounded in a natural desire to evolve into higher levels of integration, complexity and reality.

The astounding advances humankind has made in the development and use of technology is being misused and, primarily unconsciously sabotaging human potential. It would be nice if humankind could avoid the historical tendency demonstrated in individual and collective historical development that quantum jumps in developmental growth are usually initiated by some sort of shock or crisis if that development has been interrupted in some way. I'll qualify this last statement by saying there's a possibility this frustration in growth is nature's way. Although I won't develop or search these possibilities in great depth, there is scientific and historical suggestibility, further demonstrated by some of the world's wisdom traditions that when it comes to quantum jumps in development, so to speak, this is indeed the way nature provides the impetus to propel evolution forward. In this respect I am not talking about the concept of survival of the fittest. When it comes to humanity in today's world this is simply an outmoded mindset inviting collective suicide. Because of what has happened worldwide psychically, socially and environmentally in a whole Earth sense, we now find ourselves on the brink of worldwide catastrophe. Consciousness-raising can change this – beginning with the individual.

As more people become aware of these dynamics can we overcome the destructive use of technology and its desensitized technological mindset? Can we somehow induce the large corporations and governments, indeed the people of the world to instead use our abilities for evolutionary purposes? Because at the moment this technology is quite often being used to maintain and exacerbate war-like cycles of bigotry and hatred - fragmentation – between people. This hypocrisy causes humankind to go against nature, in all of its manifestation, lower and higher, Earthly as well as Heavenly – the horizontal Earth plane and the vertical Heavenly plane.

The Heavenly plane is not some sort of imaginary place in the starry night sky but a higher place within the universal and archetypal human psyche. It refers to the higher levels and potentials of the human mind. First and foremost this higher potential can only be found within individuals, as individuals. It can only be initiated in individuals who are able to compassionately connect with the whole of the human family and in extension, the greater environment. The development of empathy (not egocentric sympathy and identification) is only possible in independent people, not by those who lead a sheep-like, dependent existence.

Introduction

Most of the decisions, thoughts, emotions and actions of human beings originate far below the usual levels of conscious awareness. Similar to technology developed under controlled laboratory conditions and then let loose in the environment, the manifestations of unconscious collective and individual human dynamics can have unforeseen consequences. When people operate only from an egocentric level of existence they maintain this relative state of unconsciousness.

The word occult refers to virtually any hidden aspects of human mental activity and thought. Compared to times in the past we have become unconscious of what was at one time not included in the occult. We have become desensitized by the mass media; Instead of using our bodily senses and mind's full potential we have developed an over-reliance on technology.

We're all responsible for becoming aware of our selves, especially when ignorance results in violence and harm, to ourselves, to others and to the larger environment. We're all responsible for maintaining this destructive cycle so we're all responsible for stopping it. To say "I was just following orders" does not cut the cake. Humanity is at a crossroads. It's our responsibility for making these unconscious dynamics conscious and to once again enliven ourselves within an environment we're all an integral part of.

In respect of the occult the idea of consciousness-raising is important for a very good reason. We'll see that many of the unconscious dynamics within the psyche, for most people, are manipulated and directed by a few elite at the top of the world power structure, primarily through the use of propaganda, marketing, advertising, entertainment and other forms of conditioning. This is made very easy today because of the high and saturated level of technology in use.

More and more people are becoming less conscious in a whole brain sense, primarily because of technocratic centralization and management (picture a giant corporation the size of the Earth with virtually all of the Earth's resources – human or otherwise – all very scientifically controlled, measured and managed along with and the other trappings of a well run business at the …CEO's fingertips); a technocratic management of education, economics, politics and technology, with people acting as malleable consumers and workers; one large grid that ordinary people will be plugged into – or removed as the need arises.

On the other hand today there are also greater and greater numbers of people, some more consciously than others, involving themselves in areas traditionally thought of as occult, many of these the very traditions out of which grew the "hard" sciences in today's world of technology, macro and micro space exploration, quantum computing, etc.(astrology lead to astronomy, alchemy to chemistry, etc.) The creative mindsets out of which all future spiritual, scientific and for a while political developments came from. For people striving to increase their awareness, seeking to attain higher levels of consciousness this might be initiated by simply turning off the TV and thinking about things for themselves.

Before the reader ridicules the idea of being involved in occult activities just remember that religions, politics and in fact any type of organization that utilizes top-down, specialized, “expert” or esoteric levels of authority utilize occult methodologies and practices. This is as true of the Toyota Corporation in Japan as it is within the NSA of the United States of America.

Unfortunately, most of the people involved in the occult have not overcome many of the egocentric tendencies society has conditioned into them. Many of us have not healed our traumatized and wounded natures. When people operate from wounded and/or egocentric perspectives, in all areas of life, not just the occult they run the risk of being controlled by the more powerful forces and people at the top of the power structures throughout society. This is simply because they do not know themselves. They are not in control of themselves. People who operate solely from egocentric, extreme right or left-brained perspectives have lowered levels of consciousness.

In today’s world these controlling forces aren’t usually of a benevolent sort. There is a very important point I am making here. Most of what we call the occult, in all areas of society – not just in those areas we would call the spiritual occult–is heavily controlled by unnatural processes. The only solution to this is to awaken people’s curiosity, imagination and hidden potentials. We have to expose the hidden potential within all human beings. This is the heritage of all people. It can only be achieved by exposing many of the shadowy forces and energies that have taken over the operating controls of human destiny and in many ways hampering or preventing humankind from evolving and realizing its full potential.

The separation, fragmentation and bigotry that subsequently develops as long as we remain unconscious results in the formation of groups that operate primarily on an unconscious and, in the case of some social and international groups on the same level of cults, ostensibly for reasons of survival. Notwithstanding the nature of the dynamics that create these groups in the first place, although they may attempt to shield their members from other groups, there is always a domino affect within groups where members overpower those weaker than themselves within the group –a natural result of obedience, toeing the “party line”, or simply the hierarchical bully effect found in any type of gang.This is our royal/corporate/globalist world situation today and everyone’s glued to his or her mobile device ignoring the larger developments. Especially because of technology these unhealthy, unnatural and counter developmental dynamics are being magnified. Under natural circumstances this is nature’s way in some cases. The problem is that with human beings, given our level of technology, this primordial way of “surviving” is quite obsolete. It might work for wolves living within their natural environment but it doesn’t work for human beings.

Under natural conditions human evolution always results in expansion. This takes place both horizontally, embracing the collective and lower levels of the human psyche and Earth environment and vertically into the higher realms of psychic potential: the latter movement is usually initiated by individuals, followed by the rest of the human collective. I am not talking about leaders only in a political sense. I am talking about

individuals like Galileo, Einstein, Mahatma Gandhi, Martin Luther King Jr., etc.: leaders of emancipation and spiritual development. I am speaking about revolutionary individual developments in a psychological, cultural and evolutionary sense. We'll explore what helps development and what hinders it. We'll look at the psychic dynamics of empathic, interdependence with other people and what hinders that from occurring. We'll look at how higher mental development requires integration and maintenance of all developments that precedes it. Without this maintenance a sort of crumbling takes place individually, collectively, socially and environmentally.

We'll see that many of the symptoms of this psychic fragmentation are expressed as the various social problems within society while the real causes are ignored. For example, even if we don't consciously acknowledge it, the fact is that everything that occurs within individuals and between individuals is entirely reciprocal and cyclical. We will explore how this social reciprocity can be used for creative and constructive purposes.

Healthy interdependence and creative reciprocity can only take place between people who are free and live as individuals, in other words, genuinely. Empathic interaction can only develop from freedom not coercion, whether it is conscious or unconscious, psychological or physical. This is part of the true definition of health. Healthalso includes ever increasing levels of consciousness being attained. Most of what takes place on the "unconscious" levels of the individual and collective human psyche takes place consciously on a level that most of us have lost contact with. A conscious or intuitive integration of the horizontal psychic plane and the vertical upward psychic plane and dimension of psychic growth is crucial. Conscious integration of these two dimensions and their dynamics naturally results in optimal health.

Psychological balance and imbalance is mirrored in healthy and unhealthy worldviews. Provided there is a dynamic balance in place, the more conscious and receptive a worldview is the more complex and therefore highly evolved it becomes. Anything taken to an unbalanced extreme will set all the other factors inherent in wholeness off kilter as *well*. The first casualty in almost all cases of psychic and subsequent physical imbalance is a solid and well-grounded - realistic and practical - consciousness. Separation resulting in narcissistic isolation, in nihilism and oppression are consequences of imbalance. We will look at the antidote: the development of true empathy and compassion.

Even in our apparently affluent societies, with a few exceptions humankind has reached a point where people work to maintain a market driven society/machine–a technocracy with any kind of dictatorship or authoritarian government being extreme examples of these dynamics– that has stopped working for the benefit of most people. In an ego sense this is an expression of a disempowered humanity working to maintain a lower level, materialistic mindset. Collectively, this mindset has stripped most people of all but a competitive level mentality that keeps most of the world population in a state of chronic psychic and physical survival mode. It also results in almost 100% of

humankind struggling to maintain some sense of interdependence and dignity, individually and collectively.

From my perspective, scientific philosopher Ken Wilber's concept of **Holarchy** demonstrates quite nicely that in order to evolve upward in an evolutionary sense people have to maintain an integrated, reciprocal and rooted existence from which they emerged. This includes all earlier and subsequent levels and developmental dynamics. In order to promote a healthy, evolving way of living people have to maintain a mental (or intuitive) and in extension, physical integration with themselves, with other people and the whole of their natural environment. This existential way of being balances both the horizontal Earth plane (physical) and the vertical Heavenly plane (mental and spiritual) of existence and potential.

In a similar way, for example when looking at differing perspectives in science, philosophy, psychology, sociology, etc., although no one perspective has all of the answers and solutions, they are all, each and every one of them valid to an extent. When seen through the eyes of Holarchy, as a whole they can provide as whole and complete a picture of objective and subjective reality as is possible. They all have to be looked upon in an integrated and whole context. This is called an "integral approach".

indeed the blueprint for a powerful and life-giving new world paradigm. The existing majority worldview – which operates from a strictly ego perspective, expressed most completely through materialism – is not possible to maintain indefinitely. Not only does (human) evolution stop, in many cases it goes into reverse. The current and dominant Newtonian worldview expresses a collective competitiveness and bigotry that has prevented most people from achieving an integrated body, mind and spirit. Many of us have been stripped of true dignity, replacing dignity with a superficial egocentricity that is more concerned with image rather than personal integrity or ethics. Expressed collectively, it is mirrored within individuals in varying degrees.

Violence has always been a symptom of the inquisitorial and egotistically repressed Soul of humankind. Humankind is unconsciously ruled by the Jungian "shadow" controlled collective human psyche. The Jungian "shadow" – those aspects of ourselves we most despise and refuse to acknowledge as parts of our psyches – is inherently violent; violence we sometimes direct at ourselves but usually direct towards others in a typically hypocritical – a form of psychosis - manner. Although many others are included, this violence is always directed towards people who try to speak out about or address these dynamics directly and honestly.

In Medieval times religions were partially responsible for the inquisition – physically and mentally violent political oppression that used religious authoritarianism for its own purposes

. In 2021 governments, corporations, some religions, the politically correct and various special interest groups – all are inquisitors, each of a different stripe but all of the stripes are found on the same zebra (materialistic ego). We will explore the

symptoms of this psychic imbalance in the following chapters. Perhaps the worst perpetrator today is a mental health system dictated to by the pharmaceutical industry. Today's mental health system only promotes the conscious relationship ego has with the world while the more unconscious aspects of the human psyche – the vast majority of the psyche – is ignored, ridiculed and poisoned – and controlled without consent. Modern psychiatry, the pharmaceutical industry and dominant society ruthlessly lets the shadow of humankind rule on the unconscious, collective levels of the human psyche by ignoring the profound importance the unconscious psyche has in our thinking processes and day-to-day living.

The conditioning, psychological factors that produce and maintain this perpetrator mindset are embedded at an unconscious and subliminal level of awareness for most people. Finger pointing and blame aren't really possible. Nonetheless, negative and unhealthy energies must be uncovered and healed.

This does raise the question: when unhealthy energies possess people, thereby hurting the possessed but also other people around them including the living environment, do you blame the energies and actions but not the person? What about someone whose unseen con-like actions are apparently benevolent but in reality very harmful, in a very subtle way? What about blatant acts of violence perpetrated by people not aware of the seriousness of their action – and in these cases I'm referring to corporations, banks, military and police in addition to "civilians"? What do we do to alleviate or heal these dynamics without perpetuating the cycle of negativity? The perpetrator may or may not be aware of the severity of his or her energies and similarly most people are not aware of the magnitude of their negative contributions to the collective psyche.

NOTE: Some healers and life-givers are aware of these energies/dynamics and their sources. It is these people who have been persecuted, muted and executed throughout history in any dictatorship and not-so-democratic democracies. As you read this book be aware of these things.

Hypocrisy is a type of acting, theatrical performance. Most finger-pointing only exacerbates the situation and could in turn become a prime example of the hypocrisy (psychosis) and repression that precipitated the imbalance in the first place. It is almost never accurate and because the blame is usually laid at the feet of appropriate scapegoats it usually continues the cycles of blaming-the-victim. The more powerful perpetrators in society – the ones who can hide behind a false front of benevolence, money, political/economic, cultural, religious or national power –can almost always evade responsibility. It is also the most powerful people throughout society who indeed cause the most widespread and insidious harm because (especially today) they control the media, educational (corporate) input and output, and in fact all of the established institutions found throughout society – status quo. Having said this, the fact is virtually everyone is responsible for uncovering and healing unhealthy energies and dynamics within themselves, everyone. Some day humanity will realize this truth.

The main question people have to ask themselves is who benefits from what I have been describing? The word, “profits” speaks volumes in looking towards an answer. However, even this word, profits, only guides one towards the initial beneficiaries of these dynamics.

Reductionism

“Reductionism” fails to take into consideration nature’s multifaceted dynamics and interrelationships. For example, it fails to see that the human body, processes and dynamics are each interconnected – integral - and must work as a whole unit to work properly. Reductionist modern medicine looks at problems in isolation from the rest of the body. Reductionist thinking insists on reducing everything to discreet levels of causation. For example, in thinking about the various bodily organs, when there is a problem the doctor looks at the organ in question for a diagnosis. In holistic medicine, however, the various interrelationships are acknowledged. As an example there are nerves in the feet and hands that regulate the various organs. In this case the doctor might look at apparently different and unrelated aspects and dynamics of the body to find the answer pertaining to one organ in particular or a particular sphere of influence. In a more obvious example, we know that something developed in science under controlled laboratory conditions might cause damage when applied within the natural environment. These same dynamics apply to human health. We see a lot of environmental destruction daily because of these unforeseen consequences – within us and around us. We have to develop an appreciation for integration and wholeness at all levels and states of individual and collective development.

Extending out from the hypocrisy and bigotry that results from a world operating from a primarily ego-perspective sadism and masochism - which is unconsciously motivated for the most part - is a widespread phenomena. This is a symptom of alienation: a lack of physical and mental integration within individuals and between people. It has more of an impact throughout society and the world than most would imagine. It expresses a type of self-hate that perpetuates the machine-like cycle within a prescriptive world cult-ture.

When I use the word prescriptive, it denotes a mindset and process that categorizes and divides everything into parts, assigning people to machine-like roles within society. This is mirrored in psychic development, or lack thereof, within individuals and the human collective. It is opposite a proscriptive mindset.

A proscriptive mindset grows into and out of situations where people maintain as much of a whole and reciprocal interaction with their environment as possible, in whatever they do. It is integrative and holistic.

These dynamics, both prescriptive and proscriptive, will be explored in depth and within many apparently separate and diverse areas. What I have been describing is very political.

Drawing from the wisdom teachings of both the East and West, a practical way to achieve healthy personal integration - of mind and body - is by practicing a psychological process known as centering. This process acknowledges both the horizontal plane of existence, as well as the vertical movement of evolution. A stable, centered psyche is an integrated, healthy individual psyche. The horizontal plane is collective, integrated and holistic in nature. The vertical plane recognizes our higher potentials and is expressed by a striving, upward movement in evolution: of conscious development. The horizontal plane is primarily feminine in nature – material manifestation –while the second dynamic is primarily masculine – focused energy. Masculine energy gives form to the feminine. However, both planes have a blend of both energetic patterns. These distinctions have nothing to do with gender. One has to do with embracing: this is feminine. The other dynamic, masculinity, makes this possible by providing the energy necessary for integration and consciousness. Feminine form provides the vessel; masculine energy provides the light to see what is in the vessel. Both energetic dynamics have to be present in a mutually reciprocal and dynamic way.

One of the symptoms expressing a lack of this dynamic integration and balance is an addictive mindset, an impulse prevalent throughout world society; and how we are conditioned to it. One of the cruelest expressions of this stunted emotional psychic growth is pedophilia and an obsession with and distortion of a sacred expression of humanity and life – sexuality. In fact, sexuality, or rather, sensuality, is one of the casualties that will be discussed at great length. It is sexuality that has become one of the most obscene ways in which sadism and masochism or materialistic meaningless, on many different levels is expressed. It is also one of the most widespread methods used for energetic theft and illicit control over people. Sadism and masochism is expressed in psychic ways as much as it is in physical ways – in fact more so. In respect of sexuality, this symptomatic tendency has distorted and perverted what should be a most beautiful expression of human interdependence and creativity, love. Sexual exploitation and the use of sexuality in the manipulation of people can be perpetrated as much on a psychic level as a physical one and without any of the characteristics of sexism being present.

When we look at the potential of the human psyche we will see it goes far beyond what most people consider realistic. For example, we will look at what used to be known as “female intuition” and how it has become degraded and pathologized into something called paranoia. This is an example of how the human psyche has been mute-lated, criminalized and pathologized: just take a look at how the D.S.M.(as used by “mental health practitioners for an ever expanding list of “diagnosis” created by pharmaceutical companies for profit) has pathologized many expressions and ways of being human. It is an example of how an artificially created “pathology” is being used in order to create profits in a materialistic, market driven world while at the same time being used to murder and incarcerate the human spirit and human potential.

In looking at the above, we can begin to see the way in which power can be misused. Power must be equated with responsibility, especially when that power involves a potential or in fact contains within it a power differential between the powerful person

and other people. This would mean that there is therefore a potential to hold power over other people and misuse that power. The lethal combination in these kinds of situations is increased egocentricity, cynicism and unconscious hatred on the part of the "powerful" person or people.

While looking at these dynamics we will be looking at the nature of cults. A primary characteristic of cults is one-way control, from the top down. One of the main results of this type of control is dependence and the creation of an addictive personality. The two dynamics are related. In respect of cults or groups, the important dynamic to look at is the one-way flow of information and control, with a resulting domino-like effect. Society is almost completely comprised and saturated with these dynamics on a continuum ranging from mild to severe.

The only way to reverse these dynamics is purposeful consciousness-raising to increase awareness of what is (taking place). We find these dynamics present from the family up through to various institutions, national levels of government and now international level organizations, especially multinationals, the (CCP controlled) U.N, NATO, Chinese CCP imperialism, W.E.F., etc.

When attempting to leave cult-like groups, most unconscious people leave one situation only to go to another cult-like group because of conditioning and familiarity. This is very similar to situations where abused people leave one abusive relationship only to gravitate to similar situations. This dynamic is well documented and researched and hardly requires discussion. All we need look at are situations where battered people in relationships go from one abusive relationship to another.

People seriously involved in occult or true spiritual practices gain power because of increased levels of consciousness - as opposed to strictly religious or secular indoctrination and practice). This power can be used to liberate people or to manipulate people. In most occult groups I have been involved with, because of a lack of self-knowledge the people I have witnessed allow ego to interfere and the result is conscious or unconscious manipulation of their environment, and of course I am referring to other people and their or the group's activities. Speaking for myself, when I initially became involved in these areas, in addition to reasons related to employment or scholarly pursuits, there were also self-defensive dynamics present, as there are with many people. All of these dynamics occur in most groups, not just the spiritually or psychologically oriented groups. Remember, the word occult simply refers to "what is hidden" – whatever that knowledge or information may be. Whether it stems from the historical legacy of monarchies –touched by the individualism of the scientific and industrial revolutions – in either the eastern or western hemispheres of the Earth or the later development of the equally oppressive dictatorial fascist or communist (not socialist) systems, today world society is saturated with cult-like dynamics.

A symptom of being illicitly controlled and manipulated is depression and other so-called mental illnesses: for example, depression occurs and is expressed by of a draining of libinal energy. It is usually situational or psychologically induced, even if a

subsequent development is “chemical imbalance” (as the pharmaceutical companies claim). Related to this, we will look at some of the institutions within society that encourage psychic imbalances, of which a very pronounced symptom is increased dependence. In the case of mental health institutions “treatment” is usually comprised of a destructive use of psychotropic medications combined with an instructed –directed - increase in dependency, which in itself depletes people of energy – this is disempowerment.

All forms of dependency maintain or encourage the use of illegitimate control and manipulation. To some degree this results in a form of psychic possession. All forms of social, group and sometimes family conditioning cause this.

We can look at the ever-constricting “official” (psychiatric) definition of what it means to be normal. When I use the word constricting in this manner, I am referring to the ever-greater tendency to officially increase methods of control over large populations of people by including in their lists of “pathology” most of the characteristics that make us human. This then becomes a tool used by various groups in society to categorize and subsequently label and use these people as scapegoats. This does more than simply turn these people into unconscious sacrificial victims. This will also be looked at in greater depth.

The most sensitive people in society, who consciously or intuitively recognize the above dynamics are quite often labeled mentally ill and are psychically imprisoned and controlled, usually by psychotropic medications. This prevents any type of attitudinal changes within society and subsequently any healthy improvements. One of the most prevalent methods used to prevent awareness of these dynamics from becoming known is by making psychically aware people look or in fact become insane. This is the main way society’s awareness of the realities of manipulation and population control are kept under lock and key (pun intended)

In looking at how these usually unconscious dynamics are activated or deactivated, we’ll look at rituals and their use. People constantly create and perform ritual. Most ritual is created and performed unconsciously. However, just about every aspect and level of human activity involves the activation of psychic energies and dynamics by ritual. Ritual, through the use of symbols, draws psychological connections, synchronicities and parallels between physical, unconscious and conscious activity and the resulting movements within people activate the deeper areas and contents of the inner psyche. Symbols activate aspects of the psyche we would not usually be aware of. Ritual can either be used to unite humanity or to separate them. We’ll look at both types of these dynamics.

When ritual and symbols activate certain aspects of the psyche the assimilation of emotional responses and data are not usually filtered through the critical apparatus of the intellect. This is why rituals, especially when performed “consciously” within spiritual occult settings have to be done with knowledge of the intention of the rituals and awareness of the possible outcomes. This is especially important in low magic that

involves manipulation of the environment including people, usually by the ritual's ability to mobilize (and possibly manipulate) people's emotions, attitudes and desires. This truism applies to all occult knowledge and its application: a person knowledgeable in these areas can apply the same operational dynamics in areas of commerce, politics, education etc. These dynamics are immensely important in areas of mental health where an institution or organization's staff (employees) exercises actual control over people (client or patient).

When tribalism, bigotry and separation (hate) enter into ritual, the more powerful the outcome is: the more powerfully destructive the outcome. This is especially true when the rituals focus on symbols and archetypal energies or even accumulated negative energies that resonate within the collective psyche – look what's happened since 911. These dynamics, when activated can be placed on a continuum of severity. Scapegoating and any form of hypocrisy is a form of ritual that drains people of life force. These types of activities will be discussed by using, in some cases mundane examples everyone will recognize.

The most sensitive people who are aware, usually intuitively of these realities are usually subdued in various ways, "sacrificed" in fact because of the energies they have access to as well as the threats they pose to the powers that maintain the status quo by virtue of their levels of achieved or potential awareness.. They are sacrificed more ruthlessly than any other segments of the population. This was mentioned above and we will discuss this at length. Pharmaceutically, institutionally (prisons, hospitals, etc.) and socially induced psychic and physical mute-lation is the usual result. Hopefully, as people read this paper they will be justifiably horrified to understand the magnitude of what is being described.

With most perpetrators, it is only by the awakening of consciousness and conscience they will more than likely stop their actions. Many would be quite amazed, "Who me? I had no idea."

A theme I'll repeatedly mention throughout is: when we harm others, we are harming ourselves. Can a person recall a time they hurt someone and felt bad afterwards? This is more than just a conscience-induced emotional reaction.

As mentioned above, in many cases oppressed people try to compensate for their disempowerment by oppressing other people they feel are beneath them. This is the domino effect and is a crucial factor in the cyclical perpetuation of these dynamics. I will stress many items of importance over and over to get this point across. Fear is one of the main tools used to keep these dynamics in place. The world and society is saturated in fear…with purpose

Taking into consideration all of the dynamics I'm discussing, on the unconscious levels of the collective psyche these accumulated energies become shadow (y) hate and revenge-seeking entities in their own right. It becomes a vicious cycle. This is the shadow from depth psychology. It is usually combined with the collective ego and the

lower level primordial, mass mind. As we'll see, because people are usually unconscious of their true unique natures many of these dynamics result in antagonism between groups, between men and women and between other identifiable concentrations of people. Consciousness-raising can remedy this situation.

In considering the interpenetration of psyches, consider what people (you) experience in mass rallies, as spectators in large sports events and so forth. I still remember the effects from and my involvement in the group atmosphere of a live wrestling match I attended when I was about 12 years old. I saw people who would not ordinarily express any type of aggression during usual daily activities suddenly screaming at one wrestler to hurt the other and mimicking the aggression themselves, gleefully. Unless a person is very aware, it is quite easy to get caught up in the much more primordial, lower level energies of the mass mind. Consider the above-mentioned short-term apparent infusion of energy in mass atmospheres and the feeling of being drained afterwards.

We will look at the effects of sadism, masochism and in fact any kind of human violence: emotional, psychological and physical. We will discuss where all of that energy goes. On the smaller but much more concentrated level it does not benefit the sadist except for a short time, certainly not the masochist and after a mass rally, once people come back to down to Earth, everyone feels drained. On a collective level, where does all this energy go? Not for constructive purposes.

Consider: shadows or blackness sucks up and absorbs light and energy. On the other hand, light and awareness *literally* creates and radiates energy, like the sun. I will provide physical (physics), metaphysical, philosophical and other scientific documentation and facts for people to use in conjunction with intelligence when considering these questions. Groups, cults and mass, lower-level collective energies throughout (and controlling the mechanisms of)the collective are major tools used to perpetuate these dynamics in ways described above and throughout this living notebook of mine. These dynamics are present within almost all groups. Some of the more obvious ones can be called cults. I will give you examples of the less obvious forms cults can take and how the dynamics of psychological conditioning are implemented.

During these sections I will explore the idea of psychic retreats people make because of these dynamics and the resulting psychic imbalances such as Dissociative Identity Disorder, so-called schizophrenia, depression and so forth. During these discussions, we'll explore the emotion fear, which is nothing more than an aspect of a false, in some cases regressive and certainly immature ego. We'll consider how these dynamics attempt to maintain and cyclically perpetuate themselves, and are expressed in various ways.

I will take a look at how a people's environment and how their psychological perceptions within that environment are distorted and in the sense of psychological conditioning, in order to maintain control over them – the purposeful manufacture and

subsequent conditioning wrought by the corporate/media production of cognitive dissonance – where the reality of "what is" have been technologically become divorced from is being told. This is why people are being counseled" to "feel" rather than think – a logical and abstractly conceptual mental ability is a threat to any dictatorship. This creates an apathetic, malleable population who have been made to believe they cannot believe their own perceptions – pure "Art of War".. Most of these dynamics are unconscious, although there are ways in which it is consciously maintained. I am referring to propaganda and advertising/marketing. Conditioning: governmental mental health agencies actually spend taxpayer's money to sell pharmaceuticals by way of advertising the symptoms of so-called mental illnesses. This greatly increases sales because of the power of (including subliminal) suggestion, the "authority" of the mental health worker (who is really working for and being instructed by the pharmaceutical company), through to advertising and the mass media. I'm also referring to unconscious dialogue, within and between people – nonverbal communication. Only rigid skeptics and closed-minded people will be able to deny validity, at least to some extent, to what is being said.

Developmental regression actually causes people to see things in reverse. Think of it. If a person denies realities about their self: real opinions, real feelings, memories and histories etc. - but hidden from conscious or admitted awareness within their selves - they will hypocritically project and see them in other people depending on how contaminated they are with both their individual and collective shadow.

People deny things within their selves project it psychologically onto someone else and then blame the other person for the very thing or things they are guilty of. It's a form of self hate and all hypocrisy is a form of psychosis because the very act of divorcing an aspect of your own psyche and projecting – attributing - it into another person is a form of dissociation (of self). It's pure logic. This is also what happens in a collective where individuality is stamped out in favor of a mass ubiquity and all projection of power is projected onto the dictator.

When the ancient people first created the scapegoat, during ritual, it was originally done to real goats. They "blamed" the goat for their own shortcomings by "praying" their undesirable traits into it before sending it off into the wilderness. This was an actual ritual that will be mentioned later in this book. After thousands of years, this ritual has created a collective psychological mind-set found within most individuals in varying degrees. Thousands of years later this psychic reversal has created dictators, fascists, multinationals and advertising and has caused the development of conditions such as turrets, dyslexia and so forth. You see we're not using goats anymore. We create human scapegoats and act in bigoted or especially thanks to "Identity Politics" sadistic ways. We are using real people.

Hypocrites project psychological dynamics emanating from themselves out to other people and create the illusion they are coming from their victims. This is "seeing" in reverse but a psychopath will actually try to make it look real – by virtue of the way they treat their targeted scapegoat – this has been a tried and true method for oppressing

the people since the first monarchies and empires and other tyrannies came on the historical scene. It affects and is affected by body and mind interaction; by deeply repressed and unrepressed unconscious material. This is being expressed today by the emergence of new diseases, rampant social violence and the degeneration of any standards associated with actual evolution. Instead, in today's slothful 2021 more people are being encourage to dissociate themselves from Nature, even considering space travel. More and more people want to be exactly what Nature never bequeathed to them,. This anti-natural attitude is pure misogyny. All people are of the Earth – The Great Mother. If we reject our oun self, our individuality, our very Soul be commit the act of misogyny because we are all of woman, the Earth. Our very DNA is totally embedded in all of Nature and to remove Nature's rule from human beings will actually be a death sentence. Once people become separated from themselves, other people and the living Earth they become empty shells – exactly perfect for producing "order followers" without a shred of empathy for their victims. This has been a tried and true method for thousands of years. Kind of like the "walking dead".

Please keep an open mind as you read this material. As you read think with your whole person, with empathy (as it relates to others) and sensitive self-honesty. Consciously experience what and how you feel as these social problems are considered. Consider how theses dynamics relate to the widespread epidemics of violence spreading throughout society and the world.

Consider the nature of bigotry, hypocrisy and seeing things in reverse. Following from this, perpetrators (can) actually create situations that induce their victims – the scapegoat (s) –to act out these projections. Even within the justice system it is fair to say accusers should (sometimes) be cross-examined along with the accused, regardless what the accusation is. This would be especially appropriate in instances where public exposure (eye-witnesses) is lacking. I feel this should actually apply even to polygraph tests. People haven't changed that much since the days of the inquisition and witch burnings. Those particular circumstances were prime opportunities for hate-filled, jealous and even spurned people to claim innocent victims (remember the fox who couldn't reach the grapes). By becoming aware of the usual ways in which people are scapegoat and bigoted against we can begin to counter these psychological dynamics.

When psychology is reduced to the material, the genetic levels of understanding (the above dynamics), what is prevented is a deeper, learned knowledge of the psyche. A person's immature ego is only concerned with material aspects of life – aspects of life concerned with possessions, image, power and control (over their environment). Society conditions people only to consider what their egos tell them i.e. we are told to ignore the subtler but touchable subconscious and tentatively unconscious aspects of ourselves. We are told our unconscious psyche doesn't exist, should be left alone, is not important or is dangerous. We are told our mental ability can only increase in the usual, left-brained aspects of logical, quantitative and reductionist thinking. Most of us are not told about the intuitive, holistic aspects of true power (of consciousness) we have access to.

Increasing our appreciation for what the psyche is capable of through consciousness raising would be similar to what many oppressed groups have done throughout history. People should become concerned about possible loss of civil liberties and government population control. Seriously consider these things as you read this material. Is this why the mainstream medicine (psychiatry) looks at mysticism, mystical abilities or even "female" intuition and other demonstrations of raised levels of consciousness in such a paranoid and persecutory fashion?

The psychological creation of addictions followed by the unconscious and sometimes not so unconscious maintenance of an addictive society effectively decreases collective and individual levels of consciousness. This also acts as a form of medication that keeps people at earlier and less evolved stages of psychic development. In this state, people are more easily manipulated and turned into consumers that provide a market driven society with what it needs – and a lot more as we'll see.

A recurring truth throughout history is when an individual(s) initiates a major change in the common view of things they are usually scorned at and not taken very seriously. Galileo was imprisoned, people thought Columbus was crazy for thinking the world was round, and do you think people seriously thought about walking on the moon that many years ago? I am by no means the first person to say the things I am saying. In addition to the written word we can look at art, film and other forms of poetic expressions that attempt to say similar things. Art is not fiction. It expresses what is submerged in the depths of the psyche; contents that are struggling to break out and be expressed. When it is not expressed, the repressing dynamics increases the size of the collective shadow that depth-psychological literature speaks of.

I'll discuss and explore, albeit sometimes extreme examples of psychic fragmentation: a dissociation identity crisis that affects world society. What used to be called multiple personality disorder; known today as Dissociation Identity Disorder is perhaps one of the most obvious examples. In milder forms the same dynamics are responsible for all forms of hypocrisy: pretending to be someone you are not, acting.

I will discuss forms of psychosis that can actually be caused or worsened by societies various addictions-medications, especially by misuse of some of the pharmaceutically manufactured psychotropic medications.

The ability of a person's true self to emerge under natural conditions can be a prodigious achievement in today's world. Consciousness-raising- including any form of meditation –is the only thing that can place people's natural drive to achieve these higher levels of consciousness (development)and civilization back into an evolutionary mode. This'll require the self-integration of individuals – individuation – and subsequently the collective integration of society. I'll relate a short dream I had several years ago, very soon after I started (briefly) using anti-depressants.

Dream In this dream, I was standing in front of a public alcohol-serving bar counter. At first glance it appeared to be an ordinary bar scene, however, the bartender was not

just serving drinks. He was also serving Prozac. Most of the patrons of the bar actually seemed to prefer this instead of the usual depressant known as alcohol. I think this dream expresses rather nicely what I said in the above. In some cases and for short periods of time a medication like this might be useful. However, the effects induced by use of antidepressants are artificial and creates in the user an artificial and inaccurate perception of themselves and their environment. Antidepressants can create a type of addiction that throws people off-course from true awareness. It blocks out a real aspect of who that individual really is (for example what they find acceptable or not) and harmful or potentially harmful situations within their environment.

The dynamics I'm discussing here will also be discussed in relation to cults, cult-like groups and how they operate. These dynamics are present throughout all of society, with more obvious levels of expression in some groups and some geographical areas of the world than others.

I'll try to illustrate how psychic fragmentation and manipulation by the shadow (read: unconscious, dysfunctional dynamics) of society and its various tools of enforcement are very sexual in the sense of psychic interference and invasion; a type of psychological rape. This can be far more devastating in effect than physical levels of violations. This is a form of violence that strikes at the very core of an individual but is mostly ignored (within and throughout) society) because of the material culture we live in. Of course, these are extremely important dynamics to consider when developing marketing and advertising strategies – control and manipulation. We'll discuss both physical and psychological forms of trauma induced by abuse. For lack of a better word, I'll refer to it as *sacrificial torture*

Extending out of these dynamics – or rather twisting around in a cyclical manner–if an oppressed or abused (person or people) does not have a clear understanding of the abusive or oppressive dynamics that affected them they quite often become abusive in turn, perpetuating the vicious cycle. I will illustrate the need for what has been wounded, repressed and placed out of conscious awareness to be uncovered and healed. If it is not healed, it sometimes returns and desires revenge. This has been a recurring theme throughout the history of humankind.

In tandem with the above dynamics, I'll ask some questions that might illustrate how some of society's and the world's institutions and environments are conducive to inducing formerly oppressed people to in turn become oppressors. I'll investigate how these dynamics affect everyone in society and the human collective psyche, consciously and unconsciously. What these dynamics represent, quite simply is a hypocritical perpetuation of the very aspects of oppression that one group of people condemn in others and then do themselves. These dynamics create environments that maintain the illusion of differences and divisions between people. Perfect examples of these dynamics are abuses that take place during the implementation and use of political correctness. In addition to what I just mentioned above, political correctness coercively induces people to apply biased opinions and viewpoints onto themselves and others, in turn creating oppression. In no cases can coercion and intolerance overcome

intolerance and differences. The only type of intolerance that can be acceptable in society is intolerance of anyone being hurt or oppressed.

In relation to all of the above, I'll explore the nature of healing relationships. I'll demonstrate the need, in many cases, for would-be healers to in fact heal themselves of their and any of their patients about psychic fragmentation and discover their own inner sources of bigotry that might prevent a true healing relationship with a client or a client with him or herself. I will look at how many apparently healthy and well-meaning people in fact can become oppressors and perpetrators. I will show that healing and being healed has to be a mutual affair. A state of true empathy and compassion must be a living reality within the healer for a true healing relationship to exist. This necessarily involves a two-way exchange and recognizes the truth that no one person can operate in a vacuum.

In the final section of this book, I'll explore the dynamics of hard-core ritual abuse. There are two distinct levels of ritual abuse. One level involves obvious perpetrators and the abuses they commit they do in blatantly obvious ways – these can easily be recognized in the crimes causing physical harm, especially within obvious cults. However, I'll also discuss the less obvious forms of abuse, especially sexual, that take place on the unconscious and subtler levels of awareness.

Ritual abuse is a dynamic perpetrated through the creation and maintenance of hypocrisy. The targets of this form of ritual abuse are the various scapegoats to be found throughout society. I will clearly draw parallels between the two forms of ritual abuse.

I will use personal and related experiences to demonstrate the way cult or cult-like dynamics affect people and the subsequent challenges that will need to be overcome for healing to take place. The main tool is the ability to develop awareness. Speaking personally, I used tried and true methods of meditation from both Eastern and Western traditions until I developed a unique, personalized form that suited me. In other words, the tried and true forms gave me a blueprint from where I could start to find my own true style and individuated way of meditation or intra-psychic mediation. In fact, it is only when a person develops this awareness from within – self-knowledge– that one can discover who they really are.

In extension of this, I have heard it said that a true teacher is a person whose greatest desire in their thirst to teach is to have the pleasure of seeing the student reach or surpass them in ability. This is the characteristic of a true teacher. This is also the mark of a true healer. In both cases the person is helping to empower someone. The opposite of this would be to create dependency and an aura of superiority. A true teacher or healer is humble.

Towards the end of the book I will show how the actual processes and views that subsequently develop from within during the increase in levels of consciousness, of wholeness cannot adequately be described with words. The only way this can be done,

in respect of the more highly evolved and thus more expansive areas is by the psychic manifestations of spiritual imagery produced by the mind. Unique to an individual's culture and material origins, religious or spiritual imagery is the usual way the human psyche expresses these higher levels of consciousness. It is only through spiritual imagery that(conscious) expressions of this level, of spiritual wholeness can be understood.

I'll draw upon and use spiritual imagery; I'll draw as *well* upon personal experiences and expressions to demonstrate an experiential appreciation and understanding of the dynamics I am trying to describe intellectually. I urge people to closely monitor and develop a feeling-toned awareness of what they experience as they study the material I present here. As I have already said, a person's reactions and especially intuitive feelings they have can say a lot more about the truth than can the intellect alone.

Throughout this work I describe the dynamics of meditation. I'll illustrate that meditation is not a religion, some form of exotic and weird cult activity or anything remotely similar to that. Meditations take on many different forms and methods. In its most simple description, meditation] is simply any form of concentration that follows thoughts, emotions or feeling in such a way that body, mind and spirit are united: they become synchronized. It teaches a person to become comfortable and accept everything one encounters in the mind and body, and letting it go. Tolerance is developed to the point that the various thoughts, feelings and emotions no longer have a hold on the individual. Tolerance is developed to the point where the mind is actually able to attain clear spots free of the clutter of thoughts, emotions and other types of psychic noise. Thoughts and associated emotions are primarily creations of the individual and collective ego. Once free spaces within the psyche have been found-away-from ego, movement upward to higher levels of awareness can be attained. The higher levels of awareness are free of the Earth-like gravity and obsession with egotistical thoughts and fears. Importantly, the foundations or roots from which a person emerges, their cultures but also literally the Earth and universe itself, will usually determine the best methods (of meditation) for an individual during the journey to wholeness.

However, it most certainly depends on the individual and only the individual can determine the method best suited for their self, **not someone else.** The only exception to this is when a true teacher can be found for this purpose. After having read and studied the dynamics above and throughout the rest of this work I know people would then have a better idea for themselves what they, as individuals need or require. In fact, that is one of my main points being made throughout this book: most people have a natural ability to heal themselves. To lose or be denied that ability is called disempowerment.

As you read this book be aware that many words, phrases and the contexts in which I use them quite often have multi-layered meanings Sometimes I will note the double of or layered meanings I intend, at other times I will leave it up to the reader to perhaps see for themselves. For a double meaning example, sometimes when I say the word

well I am using the common usage and meaning of the word. However, I am also referring to the deep well of the unconscious. As well, when I made a few Freudian slips that I wrote down or typed as I was putting this commentary together, in most cases I have left them alone; in the few instances they occurred because of the obvious, or given the nature of the mind, the necessary and applicable context and meaning in which they are found. Even in these few instances there might be a deeper meaning, especially when I make reference to feminine and masculine dynamics – and I'm almost always referring to energies not gender although given the differences in physiology and psyche between women I also sometimes am referring to gender.. At all times, the reader is advised to keep in mind the double nature of all human beings and the fact we all contain elements of both masculine& feminine dynamics and energies. Sometimes I will be speaking about gender as a symbol of psyche, sometimes as a biological reality.

Based on my own experience, what I've learned from people, what I've read and studied and most importantly my various experiences with some of the different socially sanctioned institutions of society and our culture, the following is an expression of what I believe our existential reality to be. These experiences are not uncharacteristic of what many people experience. I will be discussing them in the same way that Jung, et al. used many of their very real and eye opening experiences and the affect these experiences had on them and other people during their study of the mind.

I'll describe and explain that what we usually think of as ritual abuse occurs on levels of society and in ways people do not usually consider.

Throughout this work I contend that true (psychological) healing is only possible when a person stops repressing and is brutally honest with him/herselfand others. Someof the experiences and examples I use are amazing to consider, especially when we are supposed to be living within a civilized and free society. A lot of abuse appears to be consciously perpetrated and I suppose some of it is. But a lot of it is unconsciously perpetrated, and otherwise I it would be impossible to fathom how people could actually allow themselves to do the things they do. These are things that are primarily induced unconsciously by the shadow of humankind and other associated dynamics…..but of course the ego-conscious mind always thinks their thought was the first.

It's a fact that in order to truly study the mind for the purpose of healing, instead of using other people as guinea pigs and the attempt of some people to learn about or control their own minds vicariously through other people, a true psychology of the mind is only possible by the study of one's own.

Taking into consideration my own personal experiences, well, they have been quite varied. I was born into a typical family in Nova Scotia, Canada. The first few years of my life were lived in a rural area outside of Halifax. As happens with so many families these days, my mother and father separated and divorced early in my life. What many people refer to as dysfunctional families is a common phenomenon. In fact it has become accepted by and promoted by most of society's population as being the "norm." As I write these words never again will I ever assign blame, condemn or judge people as

individuals or even as groups. What I can and do is evaluate the unhealthy dynamics that have transpired within the world of the human psyche. I do realize that in addressing psychological issues you do not condemn the person or people in and from whom these dynamics manifest themselves. However, we can and must deal with the unhealthy dynamics associated with the resulting behaviors and actions. In this context I'll say the same about many of our institutions and the powerful dynamics that maintain many of societies and indeed humanities dysfunctions. Therefore, although much of what I say may appear harsh, in fact it is a blunt, no nonsense approach to the issues I am trying to bring to light. I have learned that to "beat around the bush" and try to say something "in so many words" so that people who have a vested interest won't be threatened does not, never has and never will work. Someone or something that is harmful or doing harmful things, people closing a blind eye to them and hypocrisy can only be addressed by being truthful and to the point. If you are dealing with a rapist you don't try to say what he or she is doing is wrong in a nice way so that they won't be offended. The only thing that works is forthright honesty.

A person I knew once said to me "That which doesn't kill you will only make you stronger." This is the same type of attitude and belief that members in satanic cults operate from. A Satanic cult researcher, referred to later in this book, mentions an example where a psychotherapist tried to induce clients who had been sexually abused patients to rationalize their abuse in the same way. This causes psychic splits, dissociation within people's minds. For these reasons I do not support the director of a school of social work who expressed the above sentiment to me in reference to my own traumatic experiences, although I am curious to know if she would have said that to me if I had of been someone else. However, looking at these dynamics from a conscious, detached and disciplined perspective might be a way to understand what the Buddha was referring to when he said: "Life is suffering." It does not mean that a person turns a blind eye to the causes of suffering and oppression, **wherever it stems from**. Quite the opposite is true.

People all exist on different levels of development and therefore understanding. The important thing is for people always to ask "Why?" and remember that **people, all people, are literally the same**. Regardless of appearances, every person in existence is fundamentally good and perfect. It's the energies produced by and within by people which we have to question.

The other thing I want to make clear is that I will in no way adhere to modern medicine's and especially the modern view of mental health that considers a lot of mystical, even paranormal experiences which people talk of as psychotic or sick. As mentioned above, considering the nature of mind it is only natural that many of the existential experiences people might have, given the context of the culture and spiritual characteristics of the culture they are immersed in or from which they emerged, that much of the psychic imagery and knowledge of the higher realms of the psyche can only be expressed through that culture, using the filter of the human mind. Sometimes, religious or spiritual (traditional) imagery is the only way to conceptualize or speak of some of these things and have to be interpreted symbolically not literally.

Much of modern psychology and especially psychiatry only deal with the lower levels of the mind, usually as it relates to ego. Therefore, I do closely evaluate modern psychiatry's attack on human mysticism (evolution). I know from personal experience, many people I have spoken with as well as extensive research I have done that when a client speaks about religion, mysticism or anything spiritual, from a "systemic" perspective in the just mentioned areas it might be considered a sign of illness. Yet that same individual who commits the diagnosis may then turn around, go to church, mosque or other religious setting and listen to sermons that talk about a highly supernatural and in some cases, superstitious type of God, hellfire and other such nonsense; then again they might also adopt a purely nihilistic, atheistic and arrogant belief that their own ego is the greatest achievement nature has attained. All of this is extremely childish, pathological and deadly to the human psyche and spirit. It is literally a crime against humanity.

It is from my experiences with other people that I have learned more about myself than any other source and gained a true appreciation, respect and reverence for our life here on the blue planet. It is especially from people who have caused me suffering that I have obtained the greatest wealth of understanding and knowledge. In consideration of everyone I have learned from, whether it was from the people I associated and interacted with on a daily basis, from people who appeared to be old fashioned and rigidly set in their way and a variety of other people in different areas of society's artificially created divisions - all of these people have shown me they had a wealth of resources for learning to offer me.

In my thirst for learning and knowledge I learned that there is a lot of information out there for people to "consume" but very little of it is useful unless it can be put into its proper perspective. Learning how to read between the lines, separating fiction from non-fiction, separating emotional propaganda from true human needs; all of this was to teach me that no one person, opinion and viewpoint or way of life is less useful for the purpose of human education than the rest. As I learned that no one person, perspective, way of life or way of being told the whole story of (human) life, I also learned the importance in realizing that from the day we are born until the day we die, the process of learning never ceases. The written word is simply a vehicle for recording an individual's, group's', nation's or culture's particular viewpoint on life. I remember a book I read at one time entitled "Aging is a Life-Long Affair." Today, the title sums this realization up for me quite nicely.

In considering my interaction with and experiences with the various institutions within society (either as an employee or client), I have to say that my work in and personal involvement with medical and psychiatric institutions - more than anywhere else – showed me just how limited, controlling repressive/regressive some of these institution's and their perspectives and mandates really are. Along with the fascist military-industrial complex, in some ways these institutions are responsible for halting and in some cases reversing the evolution of humankind and the human spirit more than any other aspect of modern society.

Introduction

I'm going to discuss how the psyche is mutilated and abused in a type of unconscious sacrifice to the shadow of humankind. We'll look at how to take steps to heal and then emerge from this in the form of catharsis, individually and collectively, beginning with the healer.

When attempting to understand the reality of the psyche I find it best to utilize an integral and unifying approach. While speaking about psychological integration we can introduce the idea of centering and balance. This can be done by using an approach that does not accept a purely objective or inter-objective approach or a purely subjective or inter-subjective approach to understanding how we live in the world. Each approach is valid for trying to understand how a person or people operate in the world but for a realistic picture we have to include all four approaches. Picture a circle broken into four quadrants. Each of the above mentioned approaches (ways of operating or living in the world) can be situated in one of four quadrants and can be placed on a graph. The left side or subjective and inter-subjective approaches have to be balanced with the objective and inter-objective "outer" reality in order to explain how we maneuver and operate within the world. The left side of the graph – shown on page 72– can be thought of as a living psychic reality and the right side, because of its purely materialistic and objective focus, can simply be thought of as "it."[1]When looking at how people operate in the world, it is only when one side or portion of the whole is used or viewed to the exclusion and devaluation of the others that imbalance occurs – for example, an individual might be very concerned about material possessions and achieving a good public image but neglects his or her inner integrity, self-awareness and connection with other people. A person like this focuses their life on objective, material achievements to the exclusion or neglect of his/herrelationship with them-self and other people..

In today's world official validation is only assigned to the right, purely objective and materialistic side. What is accepted from the other side is only considered useful by the dominant social structure if it can "make a profit", further technology or carry political weight. The realities of the subjective and inter-subjective side – the individually, collectively and the interdependence of both – are either are discounted or pathologized. This mechanization of the human psyche is itself pathological, producing dysfunction in a vicious cycle, in the same way that too much focus on the subjective and inter-subjective produces imbalance.

In this way we end up with neurotic and/or psychotic imbalances. This mutilates individual and collective psyches. A purely materialistic, technological and objective world-view that predominates throughout this planet called Earth does just that. It destroys the contours of the human psyche, both individual and collective and too much focus on material reality thereby destroys it as well – by over exploitation, imbalance, by too much attention being paid to quantitative rather than qualitative reality.

[1]Ken Wilber, "Eye To Eye, Shambhala Publications, Inc., Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts 02115, copyright 1983, 1990, 1996, 2001 by Ken Wilber, Pg. 83

Because of this quantitative, materialistic and profit driven mentality we are left with a market driven society where people become Skinner's rats.[2]Their behaviors can be manipulated and exploited so that they purchase, in most cases unneeded consumer products. People become bodies instead of being treated and behaving like human beings, to maintain the machine-like requirements of a profit-driven and machine-like society.

This consumer approach to living distorts, mutilates and prevents most people from attaining the higher levels of psychic potential and development as nature intended. Fortunately, we'll always have people like Socrates, Galileo and Dr. Martin Luther King Jr.; people who're individual enough, brilliant enough and courageous enough to go against the status quo. Perhaps truth, reality and justice can emerge long enough for humankind to see its mistakes and to propel us into our next stage of evolutionary development. Sometimes this historical truism reminds me of watching a toddler learning how to walk: he or she takes a step forward, starts to lose balance and takes two steps backwards, regains balance enough to again move forward far enough so that movement beyond the place where imbalance first occurred can be achieved.

Our mental ability to use abstract thinking did not continue on to developing the higher levels of the psyche as this abstract ability was originally intended by nature for us to do. Instead, on the mass level of society and on a mass scale it has become stuck in the lower levels of the ego, with the lower levels of the ego serving only the lower level reptilian and limbic (less evolved) aspects of the brain. Technology and the ability to manipulate matter and the human psyche increased inversely to our evolution as civilized human beings. As a world society, we have today developed a technology far in advance of what our war-like, reptilian (cold, lacking in feeling, desensitized) or over-emotional mentalities can handle.[3]

The cleverness of the intellect's ability, located in the left hemisphere of the brain gives us apparent potential to have dominion over the more primitive limbic and reptilian (r-system) components of our psychic environment and planetary intelligence. Under natural circumstances, this latter intelligence is known at an instinctual and life enhancing level. The physical vessel is located in the right hemisphere of the brain. In today's world the left hemisphere of the brain has attempted to dominate the right hemisphere. Our cultural over-emphasis on the left hemisphere's logical and scientific power has disconnected us from the right side's more all-encompassing psychic power.

The left side of our brain is the side that is out of control, in the sense that it has enabled humankind to dominate rather than working with the right side. What nature intended was to use our left hemisphere's intellect to work in service of, to "civilize" the whole psyche, located primarily in the right hemisphere. This would provide a balance and allow this instinctual, imaginative and more powerful portion of the psyche to be

[2]B.F.Skinner developed the science of Behaviorism and behavior modification

[3]Joseph Chilton Pearce, "Evolution's End: Claiming the Potential of Our Intelligence", Copyright 1992, HarperCollins Publishers, 10 East 53rd Street, New York, NY 10022 Pg. 181

used in an intuitively creative and evolutionarily expansive way. Instead, what has happened is the egotistical and intentional domination of the right, more encompassing Soul part of the brain – about 9/10ths of the whole psyche –by the left's misogynistic intellect. We're destroying by oppressive and repressive control what is possible with the right hemisphere's natural potential. This is because of a pathological focus on materialistic reductionism and has also created a situation where the more powerful right side's instinctual imagination and intelligence has unconsciously taken over in the form of the shadow, which in turn controls the collective ego. This shadow– which is out of the range of most people's conscious awareness – destroys instead of creating even while apparently working in unison with the left's logical side. I say apparently because instead of actually trying to create and sustain life, the shadow-controlled collective psyche of humankind is working to serve a primitive and war-like ego that is driven in its ruthlessness by an environment saturated with fear, alienation and competition. These are also the dynamics from which blatant and not so obvious satanic cults operate.

As many intelligent people have said over the years, an enemy you cannot see is more dangerous than an enemy you can see. This is especially true when that unseen enemy has grasped control of humankind. This control is characterized by a kind of unconscious, subliminal anarchy on one level of the unconscious (and in some cases conscious) psyche. This is induced, directed and maintained by a very intelligent, directionally intent but sadistically ruthless shadow whose twisted, wounded nature is sustained by a primitive level of uncivilized corruption most people cannot truly fathom. Unfortunately, this does not induce a sense or horror for people like it should. In fact today, many people actually seem to be obscenely desensitized and subsequently attracted to these dynamics.

Attempts to control the social symptoms of this anarchy in the traditional ways – and that produced it in the first place –will only exacerbate it. In other words, humankind's attempts to control nature and through that paradigm or world-view, human nature has backfired. The beginning point or area to begin healing this is human mental health.

In many of the esoteric traditions today – and some not so esoteric but terribly mutilated and misunderstood – it is well known that there are two terms that describe a person's or people's conscious and sometimes not so conscious direction on the mystery path. These are known as the left-hand path and the right-hand path. The only reason I use the term mystery is because they refer to the higher levels of the human psyche that we have denied ourselves access to and for the vast majority of the human population they are a mystery and looked upon today with a "knowing smile" or a feeling of foolish superstition.

In the left-hand path, the symbolic motion that represents its world-view – or attitude –is counter clockwise or anti-sun wise, against nature and separating rather than inclusive. The right-hand path is characterized symbolically by a clockwise or sunwise motion, unity, inclusiveness and harmony with nature and life: evolution. An example of the left-hand path can be seen in the Nazis and especially the Nazi swastika (sometimes the Nazis portrayed the swastika flowing with nature but it usually ripped

into nature). It represented a reverse of life enhancing forces, dis-unifying and against nature. The arms on the Nazi swastika cut into the air and ripped (split?) away. In comparison is the original Asian swastika, an extremely ancient and holy symbol that moves sun-wise, symbolizing harmony with nature and life? Its arms flow with the air, the vibrations of life.

A natural movement in relation to the psyche, the movement from left (hemisphere) to right (hemisphere) is symbolizing a movement utilizing logic and consciousness. Nature flows from the left side to the larger and deeper right side, using the left side's consciousness to "enlighten" it. However, when the left side is "in charge" what happens and has happened is that the resulting movement is from the right, psychically far more powerful side towards the left side, **unconsciously.** What the left logical side has done in sabotaging the right side is to, paradoxically cause and enable the unenlightened, primordial and pissed-off right side to take over.

As a result of society's primarily systemic use of ego to focus on the left brain's intellect and ability to dominate and control we have unknowingly and unwittingly unleashed a monster in the form of the shadow: the ghost in the machine, literally.

In this respect I will relate a dream I had at one time several years ago. I know it had to do with the recollection of my integral self as I developed in consciousness and remembered aspects of myself that were lost or forgotten, ripped away from me temporarily. I also know it related to the frustrations I encountered on the journey to wholeness.

In this dream I am outside in a backyard covered with green grass. I am sitting on a motorcycle, trying to get it started. Then, a woman comes over to my motorcycle from the right side, reaches over and presses the electric starter that powers up the motorcycle. As I start a forward motion on the bike, I begin moving in a left direction and then I decide to change directions and head right.

There are many important factors I can see in this dream. However, I believe the most important elements are:

1) My inner woman or Earth level, instinctual intelligence located primarily in the right brain's powerful all-encompassing depths, my anima, starts the power in the bike. She is moving from the right to the left however, similar to the way the world in which I was born has been moving. It is counterclockwise, anti-sunwise in movement because of the mute-illation and violence that has been done to her, my Soul and the Earth Soul. The person sitting on the bike is my ego self, but also my masculine or "heavenly" self. At first, perhaps because of frustration, unconsciousness or even habit, I begin also traveling in a leftward direction. However, I believe in my decision to turn right – moving from my vital left side, as it is known in Yoga, towards the right the way nature intended – I started to operate from a conscious position but also a moral, ethical and life-giving rather than life-denying position. This latter position is the most common one that

characterizes the world into which I had been born. Morals, ethics and empathy naturally follow as an individual increases in consciousness, free of the false ego.

2) The electric power used to start the engine immediately makes me think of the pain and suffering I have encountered ever since I began to wake up and go against the backward moving motion of the herd mentality. When I say ‘electric’ I say it in the same way that an electric chair is used to murder someone. Ever read Steven King’s “The Green Mile”? In this book, the main character, Mr. Coffey, was highly evolved spiritually, a gifted person who had the miraculous ability to heal people physically and in extension spiritually. Mr. Coffey was walking in the country one day and came across two very young twins who had been brutally murdered. He had tried to revive them but was not able to bring them back to life. When a search party looking for the twins arrived on the scene, this man was sitting with them while his tears flowed. Because he was a black man living in the deep south of the U.S.A., the people who found them automatically assumed he was guilty. Besides the fact that in real life a psycho or sociopath who would commit such an outrage would most likely not stay at the scene of the crime in this manner, they also would not have been able to tune into the higher, compassionate actions and obvious circumstances this scene represented. During Mr. Coffey’s stay in prison on death row everyone who worked at the prison came to see the higher spiritual levels this person operated from. When the time for execution arrived, although virtually all of the people who worked at the prison realized this person was not only innocent but also a life giver, their fear and conditioned mentalities never stopped them from leading him to and executing him in an electric chair.

Ever since I started to go against the herd I have felt like I have been on the “hot seat” of an electric chair. I know these dynamics affect virtually all people who go against the status quo. In 2014 this is truer than at any time since WWII. And this is exactly because of the far right-wing and left-wing – any kind of dictatorship, either communist or fascist - politics that have affected and been increasing in the world for most of the modern era but especially since Pearl Harbor…I mean, 911. No longer does liberalism mean the middle path and democracy in politics – it refers to political correctness and a dictatorship by a minority of the population, exactly like the far right, corporate model. Both types are fascist models using different names (the best concrete national example expressing the combination of these two dynamics – dictatorship (so-called communism) and corporate tyranny (original fascism) is China (the pot). In the western world it is a combination of political correctness (communism) and corporate power (the kettle). In the western world the corporations are promoting political correctness exactly because the dictatorial politics that result. In fact left-wing or right-wing labels are misnomers because they both express similar dynamics and they always have; this is precisely why communists have always hated fascists and vie-versa – they are both dictatorships of the minority, that go full circle and always meet up as reflections of the other. Both orientations are unnatural and their movements are from right to the left, anti-sun wise.

In further respect to this dream, symbolically the motorcycle represents the power of woman, as in (horsepower) earth power. This is separate from heavenly power, the

other element that is represented by me, the man on the bike. It is that heavenly or masculine aspect of my psychic makeup riding the horse, "Wind Horse".[4]

Shortly I'll share another dream. The important element of this dream is that it demonstrates in a very powerful way the fact that each of our individual psyches share and take part in the whole of the collective psyche. This is especially true in the sense that each and every person we meet and in fact that exists in the world is no more or less than exact replicas of each and every aspect of our own individual psyches. In a collective material sense, there may be billions of people alive on this earth today but the fact is that every one of those individual psyches-collectively - are contained in the psyches of each one of those billions of persons alive.

Dream In this next dream, I am standing by myself inside what I instinctively know are a type of showers. The walls are covered in blood and I know that many people have died in these showers before me. I also knew at the time I had that dream, I knew within the dream that I had been about to die as well. I thought this was 'interesting' in almost the same way Spock from the TV series Star Trek may have used the term. As far as trying to interpret this dream, all I will say is that to me was a conscious awareness of how many people within society are used as scapegoats, whipping boys and girls or are in some way used by bigots and hypocrites to carry their projections (that they refuse to carry themselves). I will also say that this dream illustrates the fact that we are all responsible for the state of the human collective psyche or spirit, the world Soul. In this context, I remember reading the words of a Jewish holocaust survivor, a well-known author. Earlier in his life he had been a famous Nazi hunter, who had come to the realization at one point in his later life, upon deep reflection, the unity and sameness of all humankind. He said that if history and circumstances had been different, it could just have easily have been him standing in the SS uniform watching ritual sacrificial victims in a concentration camp operated by the massive Nazi Satanic cult instead of the other way around.

In this sense we are all our brothers' and sisters' keepers; not jail guards, not policeman – keepers, in the sense that we are all responsible for the welfare of everyone, most importantly and necessarily beginning with ourselves. If we don't start with ourselves we won't have the energy, courage or ability to have the empathy and love to give other human beings.

There is an important point to be made here however. It is a fact that within each human individual there is a lot of darkness and unclean nature. That is why virtually every person alive is responsible for uncovering that darkness, bringing it to light and using it for life giving and constructive purposes. Therefore, it goes without saying that there are aspects of a person's psyche that have to be civilized and controlled. There are reflections of us in society that have to be civilized. They have to heal before they can be productive and they have to be brought to a point of consciousness before this

[4]The **wind horse** is an allegory for the human soul in the shamanistic tradition of East Asia and Central Asia

can even begin. To become at least conscious enough to want to rebel and break away from the tribe or herd; long enough to begin to emerge as individuals.

Importantly, when I use the word ‘tribe’, I am not denouncing tribes per se, only the aspect of tribal consciousness that creates divisions; creating us and them mentalities. In that sense, every group of people that consider themselves better than, superior to or different from other groups in a fundamental sense, whether that belief is based on gender, color, creed, nationality, religion ***or ability*** operate from a tribal mentality that denies the interconnection and interdependence of all humanity. The fact is, any differences in perspectives, abilities and goals can be used as strengths if mutual elements are also acknowledged. This statement acknowledges the intelligent intentions behind taking a group of people with widely differing areas of interest and perspectives, bringing them together and “brainstorming” to bring together the best of what each has to offer.

We have not been using the ego in a natural and healthy developmental way, toward a harmonized balance with it being the aware director in service of the whole psyche. What has happened is that the subsequently mutilated, betrayed and very angry right side of the psyche, once turned into the shadow has used its much more powerful energies to gain unconscious control of the puny little egos that dared to turn it into a psychotic shell –of the once beautiful and bountiful life source it had been at one time. We can heal this and turn it again into a beautiful, life giving source of creativity and harmony

Part 1

1

Materialism, the Unconscious and the Development of Bigotry

Materialism, the Unconscious and the Development of Bigotry

Over the course of my life I've developed a worldview that is beginning to expose me to an ever greater, ever evolving understanding of life.

It's a world view which questions our present views dramatically and whose understanding opens up awareness of a whole different set of problems for humankind and alternatively, immense possibilities. The psychological and philosophical understanding of ourselves, how we interact with our neighbours as ourselves and most importantly how we use Power - either individual or group power – all have to be questioned.

When power is misused to illegitimately control, hurt or exploit nature (including people) this is not a sign of strength and power. It's an expression of a powerless person (or group) expressing that lack of energy by harming or exploiting nature's various manifestations, attempting to compensate what they are not able to legitimately obtain (from within) themselves. Ultimately, a perpetrator harms psychic and manifest expressions of him or herself by harming or compromising other people's integrity, everyone being connected within the same human collective (psyche). Therefore, in this sense perpetrators are also harming themselves.

There is brute force, which is obvious to the senses. Power can also be found and expressed in the subtlest and most effective forms and there are many ways in which it can be used. Awareness of the concepts and realities I'll discuss affect all people in all cultures and societies. Some of the so-called "primitive" cultures and racial groups that still survive might retain some conscious/experiential understanding at an early emergent or profoundly practical level of how to live in health and harmony with some of the energetic dynamics I'll discuss. I consider one of these "primitive" groups of people actually more evolved, psychologically speaking in reference to actual human psychic dynamics and interactions with nature more than any other peoples on Earth. I am referring to the Australian Aborigines who have developed a far superior level of psychic awareness as a whole group, as expressed for example through "dream time" abilities that far exceed most other groups of people as a whole.

Living in today's world of science and technological development, sometimes we have a tendency to go overboard with it. Combined with our historical and in some cases ever-growing dissociation from Mother Earth and Father Heaven this has caused us to lose conscious and intuitive connection with our roots, literally. Try separating a plant from its roots.

Part 1

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Materialism, the Unconscious and the Development of Bigotry

We'll see that those of us living in the most technologically developed parts of the world are more adversely affected by not being aware of our true natures and interdependencies. This is because the environments in which we live, in addition to slowly being destroyed are far more chaotic and high-speed in comparison to "primitive" or "3rd World" countries and outposts. There is far less stability in the former, notwithstanding the huge potential which is really only to be found in the more highly technologically and educationally developed parts of the World.

The science of technology is a wonderful thing and progress has lifted some of humankind out of its physical misery, leaving a relatively small number of us materially comfortable. Knowledge has accumulated and anyone interested in developing his or her mind have public access to much more information than any one person could ever process. Many more people potentially have the ability to reach a point where they are able to create something of their own. Now that we have the internet via computer and satellites, not to mention the possibilities with the use of electromagnetic waves, lasers, our subtle understanding of the universe at the sub-atomic levels and indeed all that technology and the products of science offers us generally, it is truly amazing the physical and mental power at our disposal. The question is – how do we use it? Power…

Consider our power to create. I find it interesting to think about the concept of consciously uniting body and mind, then taking that same concept and applying it to technology and mind. Consider: when we create physically with our hands, there is a simultaneous and parallel process taking place in a person's mind, similar to how the process in spiritual alchemy operates: literal, external reality combining with the power of symbol, thereby activating latent potentials within our minds. This tradition (alchemy) honors psychic or mental potentiality and promotes evolution of consciousness. Generally, many different forms of meditation give historical evidence to the immense power of the mind. Modern physics is only just beginning to demonstrate (validate) some of these possibilities.

With the substantial power now available via computers it is simply astonishing to consider the possibilities for human mental development magnified by the use of computers: nature on Earth as she has always been, the higher intuitive and cognitive functions of the mind (known as Heaven), the computer chip and the changes humankind can add through our own creations. Regardless, whatever we do it needs to be in harmony with nature and all of her relationships.

Using technology primarily for the benefit of human evolution is, apparently not happening at the moment. Technological development by itself is not evolution. If one looks at our evolutionary history it becomes evident that, unfortunately we normally

have to be yanked into our next higher stage in development. It usually seems to require a shock or crisis and then FLASH, BOOM there it is! As Eastern and Western sources of wisdom attempts to teach us, it is already there if we simply open our heart and mind's eye to see it. Cognitive, intuitive and spiritual potential: when we see it and feel empowered to act upon that realization, we gladly nurture it in a loving (unitary) way. Using the more traditional forms and methods, reaching this point can sometimes be attained when the teacher simply raps on the student's head at a precise moment. Or we can have a "Eureka" experience. Sometimes the catalyst might require some more severe form of Mother and Father Nature demonstrating these realities.

The accumulated wisdom and information we have available in our libraries, combined with technology is simply astonishing. We could do what is popularly known as "good" with it. In fact, there is a huge amount now being done with in a good, constructive rather than destructive way. However, there is also either ignorance or misuse of it. Both the ability to do a huge amount of "bad" as well as a huge amount of "good" has a mind-boggling arsenal of technology at its disposal.

In talking about technology and power, this leaves us with the most important problem we have to deal with in the world described above. It appears to us as many, many different problems but it can usually spiral into one main problem. The question all spirals around the words human behavior and the way technology is used, especially toward his or her neighbor. From there it takes one final spirally turn to the location of the problem at its root: materialism, an expression of pure egoism divorced from the larger and greater whole (context) of the human psyche and natural environment.

Consider all of this as it relates to the psyche. Then consider that thoughts and attitudes, both conscious and unconscious have parallel effects, both physical and psychic on our self, other people and the larger environment. Much more will be spoken about these dynamics during this commentary.

I used many different sources in my search for the "Truth." During my spiritual and psychological search – which will never end – when studying the various forms of occult practices over the years, one of the most recurring themes I encountered was the warning that, especially in applying occult knowledge, people are equally responsible for the contents of their unconscious psyches as well as what is conscious. It's important to realize that 'occult' is a word whose true semantic meaning simply refers to that which is hidden. In this sense, the word occult does not simply refer to "spiritual" sources of the occult. The word occult can be applied to virtually every aspect of society, politics, science and technology, especially the technology of medicine and the various forms of (political-control) psychology.

Part 1

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Materialism, the Unconscious and the Development of Bigotry

Unconsciousness is no excuse for doing harm within the environment; nor the various emotional excuses people use. When a person is confronted with something they've done wrong it is not excusable for them to say I was unconscious of this or that, or I was afraid and so on. It didn't work at Nuremburg nor does it function as an excuse today. There are no excuses. If things we do which are wrong stems from the psyche then we are responsible to know the sources of those wrongs. After all, these psyches belong to each and every individual and it is every human-being's responsibility to either learn the contents of their own psyches and/or to hold accountable those people or institutions that are responsible – for inducing, intimidating, forcing or hiding the facts.

Throughout world society alienation, along with bigotry and violence run rampant. They range from classical examples demonstrated by oppression of visible "minorities" through to examples of in-group back stabbing. This bigotry goes far beyond our present understanding of the word bigotry and exists on levels and in groups that have little resemblance to our present conception of minority groups and those adversely affected by bigotry. In fact, in some of the traditional areas where bigotry exists, in some cases, it has become a two-way street or almost entirely reversed. This is because the pendulum is heading too far on the other side, in many places creating atmospheres conducive to backlash. The result is simply cyclical imbalances known as dysfunction that perpetuate the violence, with hypocrisy being the foremost dysfunction.

This is adding a lot of negative energies on the collective unconscious psyche. This psychic unity is the dynamic that makes any kind of healthy, living relationship possible. As has been pointed out by Marshall McLuhan in his book "The Guttenberg Galaxy" there were certain aspects of immature human development the ancient world evolved out of by way of detribalization but have re-emerged in the form of re-tribalization in the modern world.[5] This results in the separation and magnification of differences between people instead of similarities. Importantly, much of this development is unconscious and leads to the creation of cults, groups and gangs. This re-tribalization is really a form of fragmented, quasi-individualism based on competitiveness at most levels of society. This has the affect of reinforcing bigotry, destroying human society and the environment

It is materialism, in every sense of the word, expressed through our egos and in extension technology, which has prospered. Ego growth is a wonderful, logical and necessary development and without egos the world doesn't even exist for us as individuals. However, as sometimes happens during development and growth of life on Earth, especially with humanity, it has gone too far in a lopsided and unbalanced direction.

[5] "The Guttenberg Galaxy" by Marshall McLuhan, University Toronto Press, 1962

Part 1

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Materialism, the Unconscious and the Development of Bigotry

It is because of this we have lost a much greater understanding of our true nature. A primarily technological advancement has actually reversed a good portion of humankind's evolutionary development. Instead of promoting the arts, culture and an empathic conscience of humanity, we primarily train people to make widgets. We work and mold our needs to that artificial creature known as the "free market." This is a term that today has become a misnomer because it is only free for a few. It has become a self-supporting, intelligent and self-aware entity on the unconscious level of the collective human psyche in its own right. People shove their real selves out of the way and take on personas, perhaps to fulfill a job requirement or otherwise people-please and go about maintaining the machine, disconnecting from themselves in a sort of volunteer lobotomy.

However, as has been the case historically with most aspects of human development, a time always arrives when civilization must drastically change if it is to continue development and evolution, indeed its very survival. A great healing is required for the Earth and her people and the time has come for this to happen. This can only happen by having greater self-respect and not just for our ego. We have to come to respect our whole person. We have to make friends with our unconscious psyche, especially with what we shove down there because we don't want to see it. I'm referring to individual as well as collective psyches, science having demonstrated their interdependent nature. Each naturally flows from and is inter-connected by the other. What we deny and condemn in our selves we project onto and condemn in others. What we condemn in others we condemn in ourselves even if we don't acknowledge it. Whether we like it or not the collect human psyche is contained within all of us.

Remember the light at the end of the tunnel!

As it stands now, our inner psyches are being massacred; in many cases our broken inner souls-psyches are attacking each other for energy while being disconnected from their source. In a very real sense, we have become passive in our mental ability. We have become machine-like and conditioned to be passive receptors of information and orders. We are pressured by society to conform to and develop a cookie-cutter type of mould for our personality even while we egoistically believe ourselves to be developing unique individuality. We are being trained not to think independently but to be part of the herd, a cog in the machine. The idea of teamwork has degenerated into a military type of mentality. We have allowed ourselves to become a type of voluntary behavior modification subjects. As one parent said to me: "We train our children" similar to the way we train pets, how to react appropriately to certain stimuli when the appropriate stimulus or trigger word is used. We don't teach most of our children to be human in the fullest sense.

2

What's happening to Compassion and Empathy on the Horizontal Earth Plane?

Over the years I have met people who express attitudes and actions indicating self-consciously compassionate and/or intuitive connections with other people and with all life on Earth. The type of caring I'm referring to indicates a deep-rooted knowing that what they do and think has a profound meaning and effect on themselves, other people and on their environment generally. This is intimately connected with the way they would have others treat them, whether consciously or not. In a very real sense, when they provide this compassion to others they're also providing themselves with this same compassion and care.

Upon close observation one can see that anyone who is truly successful in being empathetic, compassionate to someone - and you can see the effects – usually live moment-to-moment in the same empathic way. It has to be genuine to work but when genuine…. real compassion is a living reality for someone if they're going to be truly effective in nurturing themselves and others – for example, in healing relationships.

Keeping the above in mind, consider that everything, everywhere have profound interactive relationships with everything else. Let's look again at individual and collective psychic reality. More specifically, it has been rather adequately demonstrated that an individual's natural psychological development - as nature intended, not what it's become – is precisely mirrored in humankind's developmental history.

I'm not quite referring to holography. However our own existence is intimately connected with the larger reality, in a growing, ever evolving pattern. The paradox (?) is that it is also hierarchical in the sense that the larger whole is comprised of a bunch of smaller wholes moving upward to something greater, rather than simply increasing what already is in a horizontal expansion outward. It still contains elements of holistic reality, however it moves beyond a purely mirror image-type of character. Instead it becomes an opportunity for individuals as well as the collective human family to become something qualitatively greater: this is evolution. This dynamic goes way beyond the ego, i.e. beyond the hoarding dynamics of materialism.

The intimate connection and similarity between individual and human evolutionary development is holistic because every individual psyche is a mirror image of the whole collective human psyche. However, I expand and add to that concept. Independent, as <u>individuals</u> increase awareness and consciously integrate more aspects of their psyche – by virtue of an inherent (human) and environmentally conditioned individuality that goes against mechanistic desensitization (which snuffs out individuality and therefore human evolution) – movement beyond the holistic aspects of the mass mind takes place. Development of something greater than the sum of the parts is created… something akin to the individual AND collective human Soul? Individual yet whole?

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What's happening to Compassion and Empathy on the Horizontal Earth Plane?

This creation includes the holistic aspects of the human collective psyche but it's increase in complexity and structure gives birth to something beyond that from which it emerged. It includes but transcends. An example is a man or woman who is able to consciously integrate both the feminine and masculine aspects of his or her psyche into an integrated personality. The nature of this individual – by virtue of increased complexity, uniqueness and awareness – becomes something greater, far beyond what clumsy quantitative perspectives can appreciate or measure. That's why AI and computers will never, can never match the true intelligence of humankind, which is measured through the heart, not the intellect. We'll touch that later on.

Seemingly unrelated, although we are all supposed to be creators of our own destiny, unfortunately in most societies many people have not been given the developmental tools or resources needed to be self-sufficient or healthy. This is made worse because of our expert-ridden (dependent) social relationships. Relationships promoted throughout society that condition us to dependence. Most of the conditioning that produces these dynamics is unconscious but so are its effects. However, today when individuals or groups of people consciously or publicly attempt to counter these dynamics they are met with resistance, ridicule and perhaps outright aggression.

The vast majority of people today have access to huge quantities of information, without any of it necessarily being qualitatively recognized apart from its quantitative volume. In tandem with today's technocracy and desensitization, a deadening of empathy in human society, we might well become concerned about our progressively machine-like way of thinking.

Very much related to the last comment, when we become dependent instead of becoming independent and therefore relatively powerless instead of becoming self-sufficient, especially in relation to thinking for ourselves, as individuals we lose touch with our vast inner world. The individual collective psyche contains within it the whole of the collective human psyche.

Look at the dynamics of Political Correctness. I remember several years ago as political correctness really began to immerge. In the city I live it was suggested the best way for people to appreciate what it must be like to live with a handicap would be to voluntarily take on a handicap for the day – to see how difficult it is to live that way. This could be very instructive, no doubt. But suddenly, political correctness kick in and it becomes something else. With political correctness we aren't instructed how to "put ourselves in another's shoes" to develop our empathy for others; for example, we have to take on the same handicap and curb that particular speech, behavior, etc. Political correctness doesn't increase levels of social empathy. Instead, it handicaps everyone and while destroying the empathy that holds society together. For never works.

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Every psyche we see expressed through individual human beings outside of our self is exactly mirrored within own psyches. If we condemn or separate ourselves from others (hate) the result is fragmentation of self and the development of bigotry. This is an expression of self-hate. When someone hates or commits an act of bigotry against another, they do it to themselves. What they hate and repress in themselves they will always find and condemn in others – because they feel it and know it is real, even as they don't recognize it's source. It may not be part of our individual Soul or personality (but it certainty might be!). However, it is part of our greater self. I am describing bigotry – the opposite of compassion – for self or others. People might say I am simply speaking mysticism; perhaps, but it's true nonetheless. This is why forgiveness is so important. More than anything else, when a person forgives someone or something they can be released from the harm that had previously affected them because they release from within their self it is an act of tolerance.

Everything is comprised of parts that comprise a whole in itself but then become a part in turn to some greater whole. Applying this to the (contents) of the human psyche, if one part is removed, repressed, forgotten or the intuitive connection broken then everything developed so far crumbles. We need to keep intact the foundation out of which everything else flows. This applies to both individual and collective psyches. This is because the greater complexity – human developmental maturity and integrity – depends on the presence of the evolutionary periods or parts, the foundation that preceded it. The development or regression (rise and fall) of a civilization is an example of these dynamics on a larger scale reflecting the dynamics expressed through "Holon Theory". The holons are the parts that in turn make wholes, then parts that again comprise wholes (ex. Cells, molecules, tissues, organs then organisms), ad infinitum.[6]

A good current example is the invasion of the United States of America by invaders working with internal betrayal and globalist/oligarchic (technocratic) money and influence to attack the U.S. constitution and Bill of Rights, and the land/economy directly. These two milestones are the foundation of the greatest democracy ever created and today are under vast attack. Will they crumble? Will they succumb to this, for lack of a better word pestilence? An individual human being is a microcosm of human society. Consider this in relation to the immediate above.

Intact foundations are necessary for continued development, for virtually everything around us. This is holistic but so much more.

An empathic awareness represents, on one level and in the truest sense of the word a world-view that is not only the starting point but also the end point. In other words truly interconnected, expanding outward but also extending upward on a vertical axis,

[6] Ken Wilber, "Eye To Eye, Shambhala Publications, Inc., Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts 02115, copyright 1983, 1990, 1996, 2001 by Ken Wilber

increasing consciousness and then returning: the circle of life. Then an apparent paradox appears. Think of this image: instead of simply picturing a circle, think of a pyramid and try to imagine the two of them combined – simultaneously true – and think how this might relate to the foundation of evolutionary growth. The circle represents the whole collective human psyche on the material plane and the pyramid represents both individual and eventually collective movement and integration towards higher levels of evolution.

The first represents a horizontal movement while the second represents a vertical movement. Then we can go beyond the idea of holistic but also include it. We are comprised of two natures: individual and collective. The paradox is that we cannot have empathic and compassionate connection with the greater human family without first developing as strong and healthy individuals – and I'm not simply referring to an isolated ego. I'm referring to healthy, whole individuals who are experiencing something greater than their ego selves and express these characteristics within their self in the way they live. We are individuals and part of something greater than ourselves – (hierarchical and developmental, evolutionary), yet we contain within ourselves and are everything that we see within humanity outside of our ego selves (holistic). These concepts and ideas will be explored further in the following chapters.

Just as the individual psyche is comprised of many different aspects and levels – contents, ultimately it is whole in itself. However, since every whole is necessarily part of a greater whole, all psyches are then "of" the collective psyche – individual yet also collective; masculine but also feminine; Individually aware and collectively aware – each aware of the other on one level of awareness.

Jung was afraid of people being "infected" by their unconscious psyches. He also took into consideration how their infected psyches[7] (Repressed and/or dysfunctional) may affect not only the individual but in extension, the collective psyche and vise versa. This begins spreading outward including more and more of the environment, human and otherwise. It then becomes a vicious cycle.

More people are becoming disconnected or remaining disconnected to the larger reality. I'm referring to the collective human psyche as it relates to the greater spiritual reality, the higher realms and levels of the human psyche, beyond the ego. As people remain disconnected because of being fragmented within their own psyches, disconnected from anything beyond the ego level, more crumbling will take place.This is because the isolated ego aspects of the psyche become contaminated by the personal and ultimately collective shadow, a term derived from the science of Depth Psychology. Is this how George Orwell came up with the idea of "double speak" in his book "1984",

[7]Jung, C. G., "The Undiscovered Self", Copyright 1957, 1958 by C. G. Jung, Published by Little Brown and Company, 34 Beacon Street, Boston Massachusetts, 02106, Chapter 1

especially as it relates to a reversal of natural, healthy life-truth? The reversals associated with these "other", more hidden aspects of the psyche will be looked at more closely throughout this book as we delve into the dynamics of bigotry and hypocrisy.

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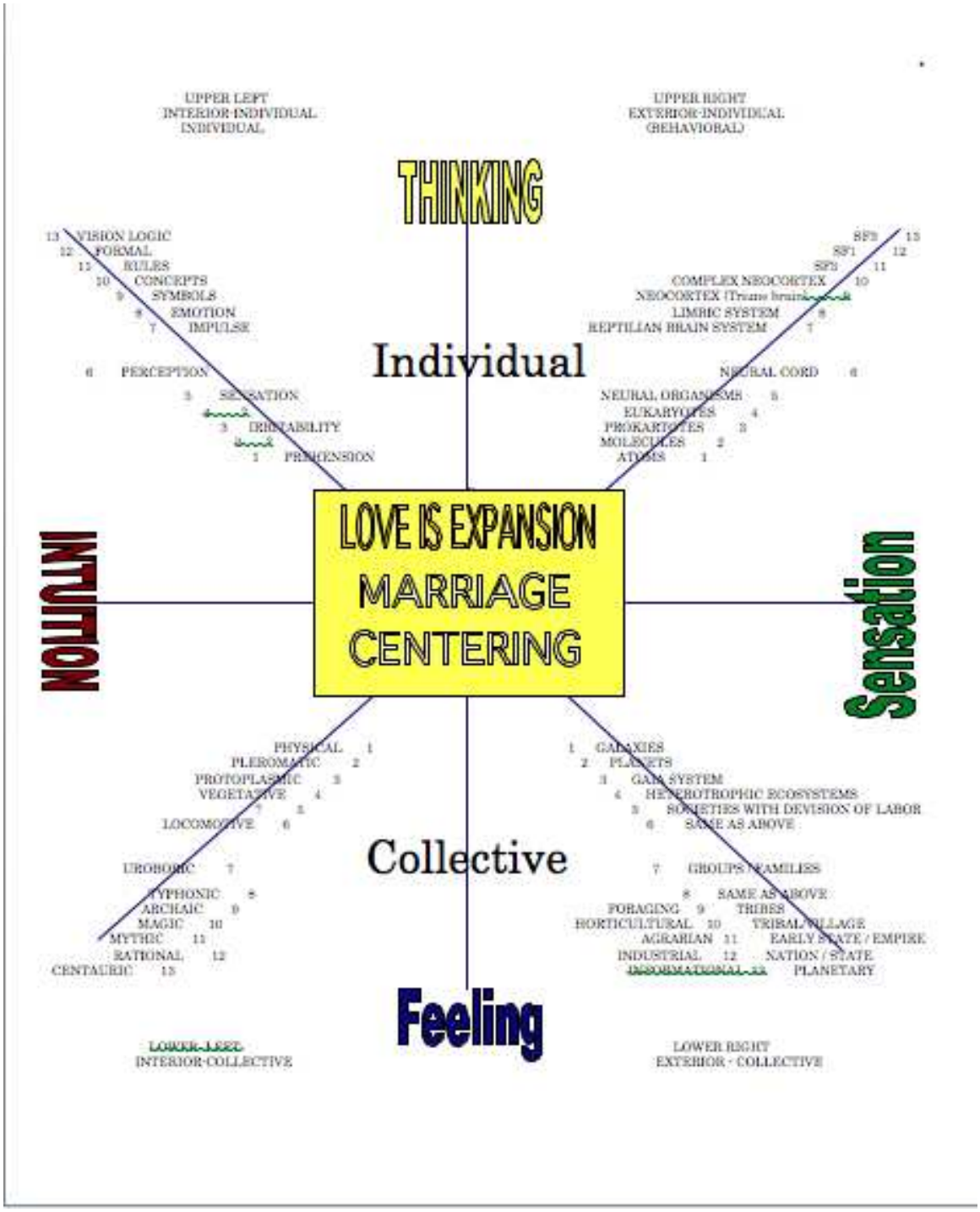

Part of the above graph was produced by scientific philosopher Ken Wilber; I have modified it to include the symbols of centering: THINKING, INTUITION, SENSATION,

and FEELING, with the symbol of The CENTER: MARRIAGE; a unity of all four quadrants (four elements so to speak) with the CENTER representing THE FIFTH.

The ego is the most Earth-bound and material, the densest and least integrated aspect of the psyche. A consequence of this narcissistically disconnected and isolated ego explains why it is most easily affected by and controlled by shadow – which it usually cannot "see". This lack of integration means ego can only see itself – but shadow sees ego, and the collective shadow sees all egos. This can and does have a devastatingly *grave* impact on the environment and other psyches because it accumulates into and becomes the collective human shadow, historically known as Satan.

The greater whole is so much greater and beyond what we call the "earth," i.e. the materialistic or ego aspects of reality. Without a conscious appreciation for this and an integration of our whole psyche more and more of the collective psyche will break apart. As this dysfunction spreads over time it then includes more and *more* of the collective unconscious psyche of humankind.

Not wanting to sound too pessimistic because it can be remedied, the chaos today spreading through society and the earth's environment is a prime example of (foundational) crumbling. We can see its expression very well by looking at the crisis affecting our young people today and not just in relation to violence. Many young people growing up today don't have a good grounding to their roots, that they've lost amid the high-speed change and instability in today's world. In many cases there is nothing truly meaningful to replace the ethics, traditions, and other foundational building blocks that have been ripped away. We have lost connection with the positive aspects of what people have always referred to as tradition. There are few stable traditions, including important initiations to introduce young people and throughout life into milestones during their physical and psychological growth – for example, the change from childhood to adulthood, although, fortunately there are a few families, groups and individuals this does not apply to. These important transitional tools are not guiding the collective psyche for the first time in the recorded history of humankind. Especially in today's information and technological age - technocracy, developed during the 1930's and primarily in Hitler's Germany and Soviet union -young people are afloat a sea of huge volumes of information but no grounded knowledge to guide them. Only by looking inward consciously and thereby grounding and connecting with the greater environment, especially with themselves and other people can this rupture be healed.

The natural course for human mental health can be seen and expressed through the various cultural mythologies including some of the more advanced visual and conceptual descriptions seen in some of the world's great religious traditions. These stories are all psychological studies that try to describe the dynamics of psychological reality. Importantly, when looking at some of these mythologies what they all have in

common is a description of human, psychological integration and thus evolution. I'm referring to evolution in an individual and collective sense, which spans and is expressed in the psychic lives of healthy individuals and groups. Traditional or spiritual books and their stories including tales of evolutionarily advanced individuals are all metaphorical stories describing psychological reality: they are not stories that can literally be taken as truth in a materialistic sense.

All relationships within the natural world are reciprocal, dynamic and ever changing. People and all forms of life are constantly attempting to achieve equilibrium. They obtain this goodness of fit by adapting to their living environment in a dynamic process in which countless environmental and interpersonal factors or events interact, one upon the other. In many cases today a healthy adaptive process is interrupted or perhaps sabotaged and set off-kilter by the myriad of emotional, psychological and environmental factors we have been discussing.

A healthy interpersonal existence within the natural world is reciprocal, dynamic and ever changing. The process of reciprocity is important to consider because even the most mundane of human interactions are loaded with back-and-forth, penetrating, receptive and glancing tones of non-verbal communication and energy exchange. There is a physics (energetic) aspect in the explanation of reciprocity we explore in later chapters.

Relationships in which this "goodness of fit" exists may be referred to as examples of healthy interdependence. Inherent in a relationship in which mutual give and take exchange exist (democratic), reciprocity takes place when each party - a person or people - exercise relative control over his or her environment. During this process both independence (self-determination) and interdependence (democratic or practical cooperative exchange) are promoted through a process of progressive growth. Thus, interdependence, a process where individual independence must also first exist, allows an adaptive process to take place. In the natural world, at times the fit may be achieved at the expense of other organisms. This reflects the issue of differential power and conflict. Obviously, this primitive level is not acceptable within today's human world society(s). However, even in the former instances – the more primitive levels of life on Earth – the important factors are those related to independence and interdependent reciprocity regardless of outcome.

The largest and most sophisticated computer in existence could not even begin to locate and chart the impact of, seemingly the most trivial of occurrences. Modern physics, with an emphasis especially on Einstein's pioneering work, Heisenberg, Pauli, et al supports this assertion. Earlier physics (Newtonian) attempted to explain all physical phenomena and matter by utilizing a mechanical, reductionist and static type of reasoning. We know this particular scientific approach, although extremely useful is also extremely limited. It's impossible to understand scientifically the whole of life – in every

aspect or dimension – and is becoming increasingly clear that in order for nature in all of its manifestations, including humanity to work properly it must interact with all of its parts.

Modern physics indicates the "material" aspects of nature are comprised of a type of consciousness that defies reductionist (perhaps even scientific) understanding. This consciousness is a manifestation of the complete web that many people over time have referred to as a flow (as in water), intuition, inner knowledge and what Native Americans think of as Nature Spirituality. Fundamentally, whatever one wishes to call it, it is the sum total of all the dynamic processes and energy in everything that comprises the natural planes and levels of existence. It is that part of reality that can't be described in a linear and objective and logical way. In the case of human beings, one may think of it as the life sustaining relationship one has with other people and with all that comprises a person's living environment, all of which is alive on a subatomic level', ever striving to evolveinto greater unified complexity.

Again, scientific reductionism is extremely useful, to an extent. It would be ludicrous not to acknowledge the benefits humanity's derived from science and the scientific model. What's dangerous is any view that claims to be absolute, essentially able to understand through scientific documentation (deconstruction and measurement of parts separated from the context of the whole) everything about the natural world. The negative ramifications to humanity and the living ecosystem that we are a part of are only now emerging to the surface of our consciousness as our world reaches a point of crisis. This crisis is manifesting itself socially, politically, economically and in some ways most critically psychologically and environmentally.

Although many people are beginning to question this outdated world-view, the problem is that many of these pioneering, healthier people unfortunately utilize dynamics that are ***too emotionally and egoistically sustained***, blocking ability to transcend the segregating dynamics that impels many people to rebel in the first place.

Society is structured in accordance to a mindset that reduces and dichotomizes all aspects of nature and activity; this most profoundly includes the human psyche It dramatically lowers the true level of consciousness in individuals, the masses and leads to a type of collective psychic and social fragmentation. In the past, I would have used the term (social) "schizophrenia".

Today I realize that schizophrenia is simply a term artificially created by modern "medicine" that is sometimes used to describe higher or potentially higher – and politically dangerous – aspects and functioning of the human psyche that are not understood (or on one level perhaps understood only too well!). The term encapsulates those persons who, with proper training and/or guidance might achieve some kind of conscious psychic/energetic empowerment, a healthy interdependent control of their

environment or simply achieve vastly increased levels of consciousness surpassing levels that existed prior to their "schizophrenic" experience.

Without any doubt there is a psychological dysfunction that exists where people are psychologically and emotionally overwhelmed and confused. This condition might legitimately be called schizophrenia. However, the term schizophrenia is quite often used by medicine as a dragnet or catchall phrase to "capture" and "contain" – through diagnosis - psychological processes that are not understood or that are feared by the established powers of social, economic and political control.

Today's modern psychiatry and mental health "services" serve much the same function as the Christian church's inquisition did during the Middle Ages when women and men who were acquainted with natural energies and realities (and ways to access them) were horribly oppressed ad tortured – and the torture is a very important part of attacking someone at the core of their unconscious individual and collective psyche. Ostensibly this was for religious reasons but in fact it was because they represented true (possibly political) power that opposed or could potentially oppose the imperial and invasive power of church and state. In modern times it was initially used by political dictatorships for this purpose but today this use has permeated the whole world although for apparently legitimate purposes.

Under these circumstances such a person diagnosed with "Schizophrenia" may indeed develop debilitating characteristics. Thinking along these lines consider the way Jews and other inmates of Hitler's concentration camps were treated – in such a way that within time these victims took on the horrible appearances associated with people who have been starved, physically brutalized, mentally brutalized, etc. Under these conditions, once they took on physically appearances that superficially supported perpetrator's racial and cultural hate it became very easy to treat their victims in accordance to these terrible (racist) labels - without being affected by feelings of conscience or empathy. In all cases it is primarily the persecutor or perpetrator's ***attitudes*** first, followed by associated behaviors that initiate and maintains all of the oppression. This realization is very important because these dynamics relate to the persecution of any type of scapegoat(s) found throughout (world) society.

These dynamics are true today for people labeled "mentally ill" within families and the wider community. Most of these people have been seriously victimized during their lifetimes - even when this victimization is not evident using society's current guidelines. They are labeled and ostracized or patronized in accordance with the mental health label applied to them. They are given psychotropic medications that indeed do induce the very disabilities and mental confusions they are supposed to remedy. (Psychotropic medications have NEVER cured anyone of mental illness – instead they put people into mental straitjackets that force them to act like a mouse on a treadmill. This enforced developmental straight-jacket will be discussed in detail in following chapters.) On the

other hand, people who receive proper psychotherapy and guidance without medication frequently do heal – in some cases surpassing their mental capability before any crisis first presented itself.[8] This is how the Great Mother operates in nature and evolution…

This social problem has serious implications for the desensitization of society; similar to the way the Nazi SS and Communist Red Guards were trained in Nazi Germany and China, and is happening in some police forces around the world today. This will be discussed later in the book along with the social impact of the entertainment industry, especially movies, computer games and the Internet.

These dynamics can't be healed and remedied or reversed unless they are understood and seen for what they are.

I would emphasize that most of the negative elements we associate with today's society, competition being a good example, are not in and of themselves bad things any more than stress is always to be considered a bad thing. Rather, the problem lies in the tendency to have an "either or" mentality because of the absolutist-reductionistmindset. Although life on Earth necessarily has to contain within itself a certain element of competitiveness that no human law or endeavor can completely overcome,[9] in a natural setting competition is balanced successfully with the need to cooperate for survival. The human race and living ecology of the Earth and Humanity would not exist today if it were not for this truth. On the other hand humankind is an extremely volatile and potentially violent species of animal and our current technological capabilities are now conditioning people to produce suicidal scenarios. Along with some of the new social trends in vogue, perhaps this Lemming-like possibility is Nature's safeguard for protecting the rest of the Earth and her creatures?

A true sense of social-interpersonal interdependence – as opposed to dependence - born of uniqueness and self-sufficiency is under attack from the world's current political and corporate powers. Propaganda, social conditioning and the corporate takeover of our universities are now preventing widespread emergence of artistic expressions; artistic expressions that might otherwise be found in complementary relationships of people based on individual's natural and unique talents and skills. When I speak of complementary talents and skills I'm thinking of them in the same way a group of very different people can become complementary to each other during the process of "brainstorming" for ideas and creative expression – together for something greater but as individuals

[8]"Unethical Psychiatrists misrepresent What id Known About Schizophrenia", Al Siebert, Ph.D. http://www.antipsychiatry.org/siebert.http

[9] "Spirituality and Society", Pg. xii, David Ray Griffin, State University of New York Press, State University, New York, 1988

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By extinguishing true uniqueness and development in people; and by preventing people from emerging as they were meant to under natural and free circumstances the trend in today's world society has largely resulted in nihilism and other forms of psychic retreat. This leaves the vast majority of people with feelings of emptiness that can never be filled as long as adherence to this mindset continues.

A circular dynamic is in motion where people in dysfunctional families create dysfunctional, unbalanced, repressed and reality-denying people. A dysfunctional society exacerbates and generally helps keep the cycle of dysfunction "alive and well." In fact, it is sometimes difficult to say where the dysfunction begins. One thing is for certain. Although there are obvious exceptions to this, it will be impossible to allow people, especially young people, to emerge as healthy human beings- individually and as a whole group – unless the destructive and dysfunctional social worldviews in place are changed for the better. In order for this to happen and be maintained it would have to be done in conjunction with simultaneous positive changes to society's structural – material, social and political – dysfunctions as well.

Materialism does not work.

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Notes

In our materialistic, market controlled societies people work for the market, which is controlled by a few - instead of the market working for the benefit of all.

In opening this chapter I want to paraphrase the information in some articles I read on the Internet this morning. I read a report telling us that in England there is a federal anti-terror plan to have nursery school teachers and child-minders report on children who display or repeat things that are considered precursors to a terrorist personality. For example, its suggests maybe a Muslim child might say she/he was taught during religious studies that non-Muslims are wicked or wrong[10](a supremacist's attitude). This should be reported. In today's sometimes fundamentalist and violent world I understand this paranoia; radical Islam is not innocent by any stretch of the imagination. However, there is no condemnation or suggestion of possible future terrorist dangers from children who say they are taught they are God's chosen people (a supremacist's attitude), that all non-Christians will go to hell or that Muslims are evil (a supremacist's attitude), something a lot of Christian and Zionist fundamentalists say these days. Although Islamic extremism is well-known (and deadly), in order for us to honest with ourselves we must be willing to admit that during the last 12 or 13 years especially there have been several terror campaigns launched against different people's in the Middle East: the Military/Industrial Complex benefitted from this more than anyone else. Most of the victims have been Muslim and most of the perpetrators have been Christian and Zionist. Regardless of race, religion or nation everyone is guilty.

The point here is that 1) as happened in Nazi Germany people are learning to betray the very people they are supposed to nurture and protect or are otherwise intimate to (caregivers/teachers/children. 2) At earlier and earlier ages children are being conditioned to do just as they are told – or else! This is not in reference to parents.

Parental control of their own children is seriously being threatened by our fascist/communist – Fascomm governments in tandem with their corporate aristocracy.

I'll mention a radio show I listened to last summer. I listened to a visiting psychiatrist/professor from Germany working at a local university in Halifax, N.S. (very appropriately he was German because the birth place of psychotropic medications was in Nazi concentration camps – to pharmaceutically control the camps inmates and large populations of people). He spoke about the in-roads they have made being able to identify children who MIGHT go on to develop mental illnesses, for

[10]Anti-terror plan to spy on toddlers 'is heavy-handed' - Telegraph © Copyright of Telegraph Media Group Limited 2015 http://www.telegraph.co.uk/news/uknews/terrorism-in-the-uk/11323558/Anti-terror-plan-to-spy-on-toddlers-is-heavy-handed.html

example Schizophrenia. I've recently downloaded some articles about this new diagnostic trend for children.[11]

A huge number of small children (North America) are being prescribed antidepressants, antipsychotics, other forms of tranquilizing agents and powerful psycho stimulants that short-circuit children's nervous systems (numbing them out). The very scary thing here is that the prime developmental ingredients for a healthy child and later adult is being attacked as being possible early signs of mental illness: a healthy imagination and a natural tendency to question or ask about everything – this is how children learn to be human, not machines that follow orders.

We know corporate society does not want people to question "authority" – it wants a society of programmable citizens who can be told what to think and of course what to buy and what to do. Indeed, in 2015 this is happening and I wonder if young people today will tolerate an erosion of civil liberties in a way our parents (vets and families who fought Nazi Germany) would never have tolerated. Civil liberties and safeguards that protect us from oppressive governments are being stripped away today and we have a generation of young people being raised who run the risk of thinking this is normal or acceptable - or else!

I couldn't help but think of U.S. killer drones in Pakistan targeting potential future terrorists when I read these articles this morning – because someone or something always gets killed. The Americans have made preemptive strikes – militarily, economically, politically, even medically (cut it out rather than heal the root cause) - they're preferred method of dealing with current or possible future problems. For example, they ALWAYS prefer to use brutal overwhelming firepower to defeat military opponents (rather than using intelligence and honest diplomacy). They deal with possible future problems by eradicating the possibility (of a problem developing) but in such a way people are killed, maimed or a host of unforeseen affiliated problems arise – usually for their victims. The focus is on potential terrorist threats in the future perpetrated by currently innocent people is an example – although the only pragmatic function it actually serves is to provide a way to expend military hardware (I think U.S. killer drones are about one million dollars a pop) that will be replaced because the U.S. is and has been a war economy ruled by the Military/Industrial/Pharmaceutical/Medical Complex ever since WWII. Nonetheless, preventative strikes were a methodology most favored by Nazi Germany (the Soviet Union planned to invade Nazi Germany even as they appeared allied with Hitler against Poland and England) shoot first and ask questions later.

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[11]PRIME Early Psychosis screening test.The PRIME screening test was developed by Drs. Tom McGlashan, Tandy Miller, Scott Woods and the PRIME group in the psychiatry department at the Yale University Medical School

The current U.S mentality – in many spheres of activity: political, economic, medical, legal, and especially militarily - has made it regular practice. The U.S. aren't the only ones to act in these ways, they're simply the leaders in this imperialistic methodology. While the Deep State has moved the U.S. in this direction – effectively ruining the U.S. internally and internationally - the powers that be have enabled to China to invade and economically/financially, corporately and land-purchase their way to world domination. All it took was to line the greedy pockets of the world's greedy and treasonous.

I remember when I was a child, with fewer toys and material products to substitute for my imagination. In years past we had to use our imagination, for entertainment and eventually for learning to overcome life's every day or not so common challenges. Under natural circumstances this would lead to one developing an intuitive and/or imaginatively creative self-sufficiency. In today's corporately driven and controlled medical/mental health industry the power of imagination is under attack *(an industry that operates in the same way any industry operates and regardless of the occasional appearance to the contrary, profits are the motivating incentives)*. To dare and dream of something, even something greater than our Selves and then strive for it – to learn and expand upon innate talents and abilities or perhaps to develop a life-enhancing spirituality (I'm not referring to religion) – is being pathologized. As an example, according to common trends in childhood development and mental health, children who play and have conversations with their self or imaginary playmates is thought to be a possible indicator (or future indicator of) of delusions, hallucinations, of not being grounded in reality, etc. However, what these indicators really illustrate is a likelihood these people will grow into mature adults willing to use hard work **thinking** for themselves, to develop opinions based on logic, what they see and what they actually learn instead of what they are told. A child talking to him/herself indicates (or used to indicate) a young person who is developing – through use of healthy imagination - a friendly, **respectful** relationship with their self and therefore with other people: someone well on their way to becoming a self-sufficient **individual** instead of a dependent, programmable personality type

Next, another news article I read this morning (Jan. 5, 2015) tells how a young 17-year-old girl, diagnosed with Hodgkin's disease refused to follow the advice of doctors to have chemotherapy treatments. Sometime before this the daughter had shared with her family she didn't want to pollute her body (with Chemotherapy) if she ever developed anything like cancer. She also echoed these sentiments after diagnosis. Her family supported her on this mature and very important decision. However, at the behest of doctors, government officials

had chemotherapy forced on her. [12] This is horrifying. Apparently, hospitals all over the U.S. have been routinely forcing children and young people under 18 years of age to undergo Chemotherapy (or other questionable but monetarily profitable) procedures – which do destroy the body and rarely cures the cancer or alleviates it for any length of time.

We are forcing children to exist as left-brained, ego-saturated people – image, money and power. Combined with the desensitization that results from society's obsession with a technological, violence: technocracy saturated entertainment industry, sensationalistic mass media, etc. and a society rife with subsequently induced high levels of fear, this is a mindset that can easily translate into a people who do as they are told.

Divide and conquer. The idea we are actually connected in some way with other people – mentally, spiritually, or whatever – is also being pathologized. Combined with the above-mentioned dynamics, this creates isolated egos that can easily stomp over other people while trying to achieve image, money and power. Truly, this is the image of a "dog-eat-dog" world. When you combine this moral and ethical desensitization with these new trends of preventative actions – everything from drones that kill many innocent people, a mass media controlled propaganda machine controlled by concentrations of corporate power through to a medical/pharmaceutical attack on our children and other free thinkers – this all benefits the corporations and their profits and the power they serve. This is the true legacy that has been bestowed on humankind.

We've been conditioned to a narcissistic frame of reference – one of the most important purposes of corporate marketing and advertising - in determining what we consider our needs, desires and cravings to be. These artificially created "needs" originate and extend beyond individual families, nations or groups into international strands and connections. Individuals are a mirror reflection of the larger picture – cultures, nations and the world. This is true of some people, groups and nations more than others, depending on their level of systemic dependence or independence, psychologically and physically.

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[12] Update: Court sides with hospital, teen will continue to undergo chemotherapy treatments against her wishes
Posted 1:43 pm, January 7, 2015, by KFOR-TV & K. Querry, Updated at 01:14pm, January 8, 2015

On the other hand, the deeper an individual journeys into the unconscious realms - scientifically, symbolically and experientially - when the collective unconscious psyche of humankind is reached we find it takes on an actual life of its own. People usually become more unconscious as they move or are manipulated into and are then controlled or overwhelmed by the energies in these (mass, collective) areas. I am talking about regression into unconsciousness (known as “participation mystique”) instead of conscious progression through and beyond the collective. This happens the more a person lives only in their egos. Therefore, the more a person does not pay conscious attention to the unconscious or subconscious contents of their psyche, the more unconscious they become.

The political/corporate oligarchy we exist in promotes competition rather than cooperation. Within society the results tend to produce a narrow and constrictive imbalance in just about all areas that are affected by it’s materialistic, market driven influences. In focusing on different social groups and organizations and their ways of viewing the world, we see throughout society there are countless examples to be found where this indoctrinated competition, these “we vs. them” imbalances occurs. These include but are not exhaustive to: racism, sexism, classism, ageism, egoism, elitism, capitalism and communism. It has taken me a long time to understand this but it is materialism and its purely ego-based, repressed and limited awareness which incorporates all of the isms within its structure. This is what we have been conditioned to be and there are only a very few actual beneficiaries to this subservience.

The Earth’s ecological system is virtually on the brink of collapse through indiscriminate development and application of Newtonian (quantitative, reductionist) technologies. Environmentally this may be seen through such examples as the rapid destruction and extinction of animal species, environmental pollution and overcrowded human populations competing for scarcer and scarcer resources, destruction generally. Physiologically, the effects of this may be seen by the increasing numbers of people suffering from environmental sensitivities and diseases related to people’s compromised immune systems, especially cancer, so-called mental illness, violence and fear-inducement through war-mongering.

The most prevalent psychological and in extension physical example of environmental imbalance is violence, in this case human violence. Most people who perpetrate forms of violence – emotional, psychological and physical – are psychologically imbalanced people. I am not only referring to the very small number of people “officially” diagnosed as being mentally ill who commit violence of some kind or to people who commit obvious acts of violence generally, in whatever context. I’m including so-called experts who harm people through labelling and “diagnosing”, using the mechanisms of eugenics and profits as the motivating factors. Eugenics is the study of hereditary improvement of the human race by controlled selective breeding – is why the Nazis performed experiments on

concentration camp inmates. Extending from the Nazis, the Soviet Union used these methods and this is one of many tools dictatorial China still uses to control political opposition: using neuroleptics to promote what they consider to be desirable psychological traits or in fact simply to destroy the person psychically, intellectually and therefore psychologically. However, all of these dynamics are present in the marketing, advertising mechanisms and products of corporatism throughout the world. Later in this commentary I will explain why Neuroleptic medications and the ability to mass medicate certain categories of people, along with other forms of conditioning can be thought of as the real "Final Solution" of the German Nazis.

Use your imagination. Who would you think of as being more unbalanced or dangerous: an individual who has been severely abused, subsequently labeled, ostracized and repeatedly traumatized who might act-out with some form of violence **or** a powerful business owner or manager who makes a cold-blooded decision that results in hundreds of people being killed; and by defeating legal questions of responsibility, compensation for victims, etc. is then congratulated for a job well done.

Symptomatically, *obvious* expressions of "mental illness" is nature's reaction, an "acting out," to the condition of the unhealthy and unbalanced psychic and physical environments in which we exist. When a person has an appropriate physiological or mental reaction that accurately indicates something is amiss, it means they are psychologically sensitive and responding in a natural way, even if nature's way is to express it through imbalance and disease. Although there are obvious exceptions, when someone suffers a panic attack it is because his or her body has learned how to identify threats. It becomes like a sixth sense, something a consciously alert police officer or firefighter, for example, develops during performance of his/her work. It means they are working the way nature intended; this will be studied with greater depth further on. Then again, by ignoring these facts, the results are huge profits for the pharmaceutical companies, right? Only unhealthy people - or people otherwise coerced in some way – can ignore nature's warning signs: popping pills doesn't cure, it covers up.

The subsequent stress this has placed on the Earth - because of humankind's collective psychology and subsequent actions - comes as no surprise. Reductionist science fails to take note of interdependent relationships in nature.

Since most technology is developed under controlled conditions, unforeseen consequences result when this same technology is applied in a natural setting. The natural dynamic processes and relationships become broken resulting in unhealthy, unbalanced actions. Nature requires the whole of its dynamic interactions and processes to work "naturally". With people, the vast inability to find sustenance from within because of fragmented and unfamiliar psyches sometimes results in their energy needs being satiated by "stealing" energy from others, literally. On the other hand an attempt might be made to obtain them

through the use of artificial stimulants – stimulants that ultimately deplete the body and mind of any natural ability to provide energetic requirements.

In the first instance (stealing energy), the usual way this is accomplished is through manipulation and control of other people. Co-dependence and passive aggressiveness are good everyday examples everyone will recognize. Sadism is another, both conscious and especially unconsciously perpetrated. What kinds of people are attracted to careers, jobs and orientations that have considerable control over people, especially people who are vulnerable?

People cannot thrive properly without reciprocal and complementary interaction with other people and their environment. A society lacking in reciprocity[13] and rife with competitive, non-complementary relationships is increasing because of unbalanced – survivalist - lifestyles that many of us are conditioned or forced to adopt because of environmental factors, especially social, financial and political. This includes unbalanced modes of coping that may initially serve as vital survival mechanisms.

Coping refers to conscious efforts to solve or deal with personal and interpersonal problems and seeking to master, minimize or tolerate stress and conflict.[14] When short-term, unbalanced coping-mechanisms become long-term they sometimes become destructive in nature. As they become more numerous and stronger and affect greater numbers of people, the greater the destructive effect socially, environmentally.

Let's consider modern society in a general, all encompassing manner. As we've been discussing, keep in mind both the vertical and horizontal levels of reality. Then consider the question of technology. We'll see technology by itself is not necessarily "bad". For my purpose it may be classified into two distinct groupings: prescriptive and proscriptive.

Prescriptive technology, is analogous to the unnaturally produced hierarchical divisions of labor which have, for example, relegated people to a distinct and separate position within an artificial social structure under the control of a very few number of people. In our present society, prescriptive technology does the same thing to people in general. "Prescriptive technologies are a seed-bed for a culture of compliance and servitude."[15]They are also largely responsible for breaking down the ability of people to function in a holistic, self-sufficient and subsequently healthy, interdependent manner.

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[13] Reciprocity: a situation or relationship in which two people or groups agree to do something similar for each other, to allow each other to have the same rights, etc. : a reciprocal arrangement or relationship -Merriam/Webster Dictionary

[14] https://en.wikipedia.org/wiki/Coping_%28psychology%29

[15] "The Real World of Technology", Pg. 75 Ursula

On the other hand, proscriptive technology is holistic and holarchical in nature, at least in respect to the human user. For a practical example, a crafts-person may use this type of technology in producing a product in which that person carries out all phases of production. This requires an overall knowledge of the product and its production process. It also requires a maximum amount of control over that process by the crafts-person. This is holistic – *all aspects of the process* - and holarchical – *as the individual learns more of the processes a higher overview and comprehension immerges (compared to a person doing small isolated aspects within the overall process)*. Therefore, we may classify proscriptive technology as that type in which the user remains in control of the process: healthy control of one's environment.

Today we have a large population of people that are being "trained" primarily to fulfill a function, a part of a process. Disempowerment is the psycho-physiological result. Performing a small insignificant part in most of life's activities and functions can be reflected by an inability to become a whole person. This is a symptom of a fragmented society. Importantly, the interaction is two-way with both the individual and collective helping to maintain the other.

What needs to be emphasized is that technologies are developed and used within a particular socio-cultural, economic and political context. Most areas throughout society utilize top to bottom exercising of one-way control: these are isolationist, alienating and mechanical modes of systematizing and organizing people using technologies stemming from prescriptive models of technology. The subsequent mechanization of people is disempowering in the fullest sense of the word, authoritarian, competitive and exclusive.[16]

Characterized by the artificially created division of labor, prescriptive technology, by its very nature, i.e. mathematical and quantitative mechanization is obsessively concerned with efficiency and productivity. This translates into materialism and consumerism. When productivity and efficiency become more important than human quality of existence; indeed when material consumption becomes the yardstick of "human progress" what has to suffer, in addition to the larger environment is the basic sustenance derived from interdependent, reciprocal relationships. This has to include the spiritual sustenance that can only be obtained by growth upwards on the vertical axis towards Heaven and I am not referring to some far away place among the stars. I'm referring to an appreciation for that higher potential within us, the life that connects all of us.

In order to be healthy we need to experience reciprocal, complementary and assertive (not aggressive), natural interaction with our everyday environment. This implies true individuality and self-control, all of which promotes interdependence and civilized relationship with others.

[16] Ditto, Pg. 103

In prescriptive technologies "communion" is one-sided. People who utilize prescriptive technologies become people conditioned to have very limited abilities, in many cases handicapping us from being able to see a contextual overview, to obtain a holistic grasp of things – the larger picture. People become acculturated to only being able to see small parts, aspects of the whole picture. This creates a disempowered social atmosphere, an over-reliance on the specialist, the expert[17] that tries to compensate us for our lack of self-sufficiency. This lack of reciprocal interaction results in disempowerment, alienation and isolation. It's also one factor conducive to the development of addictive personalities. Addictive personalities will be looked at in further detail later.

The grave impact (pun intended) of this is evident when one realizes that peoples' ability to have an impact and especially a creative and constructive impact on the world around them dramatically affects their self image and therefore overall psychic and in extension physical strength. When this creative and reciprocal process is blocked it adversely affects people's ability to create and maintain healthy self-identity.[18]

The positive feedback we receive from our environment is important. This can be expressed both through material sustenance and/or stimulating mental interaction in the form of support, validation and cooperation, inside our own psyches, with other people and in fact our whole living environment. It's a prerequisite for the horizontal growth outwards – consciously and intuitively experiencing our world as an organic whole – and the evolutionary movement upward. This is why a cross with four equal quadrants is a perfect symbolic representation of centering, individuation and full human potential.

Labeling, Scapegoating and hypocrisy are symptoms and destructive examples that result from a prescriptive, segregating environment that prevents people from experiencing and promoting dynamic, environmental interaction. Importantly, if people's psyches become disconnected from the whole and individually fragmented, this very disconnection results in the creation of difference(s), building blocks in the development of bigotry.

The two scenarios I have described will either create dependent individuals who allow others to take over control of their lives **or** autonomous, empowered and self-sufficient individuals.[19]

Competence expresses a person's relative control over their social and material environment, an expression of that person's existence. The handmaiden to competence is validation, in this case obtained through reciprocal interaction

[17] Ditto
[18] "Social Work Treatment: Interlocking Theoretical Approaches, Pg. 622, Francis Turner
[19] Ditto, Pg. 623

with the environment. Mental interaction and reciprocity with other people is as important or perhaps more important than interaction with the environment. This is crucial to mental health and as adherents to homeopathic medicine have demonstrated, there is a strong positive correlation between mental and physical health.

A predominance of prescriptive technology (within society) leads to a culture of compliance and in turn must result in dependence. It is this state of being dependent that conditions society en mass and therefore many of us to develop addictive personalities. In many instances the first casualties are compromised and ineffective immune systems, our ability to stave off disease. Can this unnatural state of physical and psychological depression possibly lead to the existence of new types of diseases? We will consider later.

Reliance and dependence on the "expert" becomes so overwhelming that a sense of oneness or wholeness of person is never achieved. What is achieved is a cult-ture with an addictive personality, one that is easily manipulated and controlled. The dependent types of people that have come to dominate our populations are personalities that have very low levels of stress tolerance. Concomitant with this is a severe lack of adaptive or healthy coping ability in response to what might otherwise be rather trivial occurrences to a more balanced individual. Balanced, self-knowledgeable and secure individuals, among other things, have dispelled and brought to light their deepest fears out of the previously unknown depths. They do not ignore truths about themselves or how they live. They have become familiar with far greater portions of their overall psyche than that expressed by their egos. They don't have to hide behind myths and propaganda about themselves, society or the world.

However, learning how to live and survive in a fragmented and dichotomized social system sometimes far exceeds a person's ability. Human relatedness is a biological and social imperative for the human being. Without interdependent relationships, beginning in the womb, continuing into infancy, childhood and then adulthood the human being cannot survive or learn to be human in the fullest sense of the word.[20] Today, the usual mode of coping is to become even more unconscious and/or desensitized. By bringing into the open that which has been placed out of sight we regain the light, life and connection with the source that we had forgotten. To be reborn is simply a process of remembering.

The meaning behind the word "wholesome" becomes apparent when understood from the above point of view. The expression "the personal is political" becomes fully appreciated. It does, however, go far beyond our present conception of political and affects people in a far more dramatic fashion than

[20] "Social Work Treatment: Interlocking Theoretical Approaches, Francis Turner, Pg. 623

most people are conscious of. Present within society is a primarily unconscious pecking order producing a domino effect in which many individuals think they have a need to control others – especially through the manufacture of image and use (different types of) of power.

However, there is one thing people should be aware of. “Powerful” people, if they wish, may attempt or for a while succeed in manipulating other people. What they forget is that, at the same time or in turn, there will be those or that which controls the controller.

I find it fascinating that some of the biblically fundamentalist states of the U.S.A. have imposed censorship of a very paranoiac nature. This includes censorship of books such as “The Art of Loving”, which deals with psychological repression and the subsequent development of sadism – it also discusses how one learns to love; “Lord of The Flies”, a book that describes how people may sink back into savagery because of isolation and lack of social interaction; even “Kramer Vs. Kramer”, a book that delved into ethical and moral difficulties that have to be dealt with sometimes in child custody cases. Many other books have actually been banned from public access. The extreme repression, censorship and violence of Muslim extremism are simply more violent forms of the same dynamics. These are echoes of the Nazi, Stalinist, Maoist, Victorian and other repressive periods in history. In each case, knowledge and communication was destroyed so that the dictatorship responsible would be able to maintain control over the people.

It is well known in Depth Psychology that those needy persons not in self-control - because they don’t know (what they have repressed or forgotten within) themselves - will project a need for that control onto other people. In addition, what people do not accept about themselves they find in, and then condemn in others.

Creation of the scapegoat: “The ancient Jewish people used a goat for this purpose…” to get rid of those aspects of themselves they could not accept (within themselves). “...In the spring they would put a goat in the middle of a circle and then gather and pray over it. Then they would tell the goat the things they had done that year that they felt badly about. After these confessions had been prayed “into” the goat, the priests would lead it into the wilderness. The scapegoat went away and took all the people’s guilt with it.”[21] Not very much different from most other emerging tribal or group traditions and practices around the world at that time, later in history the eventual sociological outcome of this type of ritual and practice resulted in social or collective repression; and to project onto other people(s) what individuals and in extension society condemns as unacceptable within themselves.

[21] http://www.newworldencyclopedia.org/entry/Scapegoat

Note that the goat couldn't speak back. It was relatively mute: the most it could do might be to bleep and it was forced into total obedience. But we stopped doing this to animals and instead now use people. They still lead scapegoats into the wilderness, everyone leading everyone else. We can see why the popular image of the Devil is a goat: we created the image.

Historically in Europe, social and cultural conditioning – especially Scapegoating - reached new heights and became a weapon used by society's powerful elite during the Middle Ages; as did Islam on the other side of the motivational mosaic; it was then that we really started to provide food for the Devil.

Most manipulation, beginning in the family and school but applying to society in general, is perpetrated primarily unconsciously between ordinary people. However, dysfunctional influence over or between other people can only take place where there is some sort of (identity) relationship, where there is an overlapping of psyches. Within psychology and the social sciences obvious cases of these (dysfunctional dynamics) might be referred to as examples of enmeshment and co-dependence. This confusion might exist within the family, work and school group, the community and so on – where one person confuses his or her opinions, likes or dislikes and perceptions with what belongs to and originated from outside themselves. These influences play a much greater role in the thinking processes of individuals and groups than is generally known or admitted.

Today, this abusive manipulation is approaching dangerous levels. Most important, the manipulation increases as a person operates from a strictly ego level of consciousness. By not utilizing the whole psyche he or she seems to require outer acceptance (and therefore possession by other people, ideas and social constructs).

In a psychological and evolutionary sense the more that people rely on outside 'authoritative' sources for information and validation, the more this small ego becomes, primarily unconsciously and coercively employed in service of larger social and political forces and more powerful people. According to Depth Psychological literature this is an expression of the repressed "shadow of humankind

I remember reading a book on the dangers of venturing "into the rainbow", about the hidden or unconscious aspects of the psyche, written by a member of a clergy.[22] He stressed how important it is for people to not become knowledgeable about their deep inner cores; to get in contact with their subconscious and

[22] "The Hidden Dangers of the Rainbow: The New Age Movement and Our Coming Age of Barbarism" Constance Cumey

unconscious psyche; to not carry "…on a conversation with the "Devil", all for the wrong reasons. I do agree that one should not debate or argue with the "Devil," that shadow infested expression of the individual and collective psyche. This type of dialogue only provides food for the Devil. However, the above person's advice is exactly the type of advice that leaves the vast portion of the human psyche untouched, isolated and in the dark – the "devil". The psyche then becomes devalued and despised. In other words, this person (clergy) was recommending that people neglect and starve their wounded and mutilated inner cores – their Souls. What this person was telling people to do would indeed do the very opposite of what he was trying to accomplish – take note of his intent however! I am not suggesting that a person hold internal discussion with this aspect of psyche – although that is exactly how therapists deal with this psychic manifestation in cases of dissociation identity disorder –but it is very important that we shine a light on it. This is the source of self-knowledge.

To ignore the hidden, occult and unconscious aspects of the psyche would and has changed the Soul and true ego into the "Devil". This is feminine and masculine or rather human (manifestation) and God-hating and misogynous in the most profound sense because it is consuming the Earth (Humankind) and indeed Nature on Earth, capital N.

As shown earlier, today's society has in large part denigrated as pathological anything that involves any part of the psyche besides the ego. This is very scary when one considers that over nine-tenths of the psyche is located in the unconscious. The apparently all-powerful medical/pharmaceutical megalith holds this "official" approach to the psyche. This view it-self is pathological. It is so fragmented and exclusionist, mutilating what should be whole. Oh, but what profits!

How Society Aids and Abets these Dynamics: Most Groups are a Type of Cult

In the last chapter I was pointing out how vast power imbalances throughout society can create the potential for abuse and corruption, on all levels" and power can corrupt. In order to exercise the use of that power responsibly, people in positions of responsibility and power need to be self-knowledgeable about what they are actually capable of doing, not what they feel they is their right, their jurisdiction /turf or political stripe. The lethal combination for people working in these areas is increased egocentricity, a deadening of responsibility (desensitization), cynicism and unconscious (self) hatred. Some people even say the worst one is indifference and if you can picture a person lying wounded in a city street with hundreds of people scurrying past one can see it. You know we live in a do-eat-dog world, right?

The moment any "authority" becomes intermingled with personal taste and issues it neutralizes any so-called authority emanating from such a person.

Perhaps when one thinks of control and manipulation one might think of cults and the definition of cults. Most groups are a type of cult.

All cults involve primarily one-way control and manipulation within the group – "towing the party line". Unconsciously most groups, even ones that are supposed to be democratic, operate on an unconscious level like cults. The power movement is downwards utilizing the domino effect. How many groups and institutionswithin society do we know of that operate within or create these dynamics?

Society is almost completely saturated with cult dynamics, with each group striving to control people: within the group, groups against groups and so on. A primary focus within cult-like groups is a "we versus them" mentality. Conditioned within a cult of this nature, without any concern for developing actual self-knowledge those who point the finger at other people are usually guilty of that which they try to disown and shove onto an appropriate scapegoat. The only way people can counter this is by becoming (self) aware of what is going on. Then they might do their share in healing what they encounter, within themselves and without. This is only possible when a person thoroughly gets to know him or herself.

So it is a lack of awareness, being in a state of (relative) unconsciousness that causes and perpetuates the viscous cycle. I have witnessed or personally experienced these dynamics time and again. It can be attributed primarily to psychological repression and the hypocrisy that ensues. The dictionary definition for "hypocrisy" is acting: when someone pretends to be something he or she is not. This is something most people do not realize they are doing almost every moment during their daily interactions - with themselves and other people.

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There are some people who are by nature more aware of this hypocrisy than others. Some of these people contribute energy to remedy the situation – raising awareness - and the number is growing. There are people who are able to break out of the cycle of unnatural dysfunction. There are individuals and groups in various parts of the World who have traditions that honors body, mind, spirit and everything that comprises life. The courage and life expressed by one exemplary culture, the Tibetans (Buddhists), is expressed through the words of ChogyamTrungpa Rinpoche. He speaks of true "warriorship" and how it embraces and promotes life instead of hiding and covering up in a type of cocoon-like existence. He talks about expressing a "rising sun mentality": one that is able to wake up (become conscious), think positively and extend to other people the optimism and possibilities of life - as opposed to a "setting sun mentality": one that fails to be positive, lives in darkness (psychologically) and focuses on misery, disunity and the failings of life. The latter focuses on negativity and the lowering of consciousness, libido (energy) and therefore life. The former is optimistic and focuses on raising levels of consciousness and everything for positive results.[23]

A good indication a person is being manipulated or doing something against one's best interests - psychologically, emotionally or physically - is depression, the body-mind's reaction to unhealthy living conditions, the giving up of libido to another person(s) or situation(s). This can result from a situation where a person gives up their opinions, likes, dislikes, etc. – to become political correct - so that they will be accepted by the people they work with, their family and community and the wider society. To use an expression that everyone understands, metaphorically, certain situations and encounters with other people can result in a type of vampirism. Do you know a person, people or situation that plays on your emotions or mind leaving you feeling drained afterwards and more importantly leaving you in a state in which they or it is able to have its way with you? Unhealthy work environments are prime examples of this phenomenon. Breaking people down energetically is also a classic maneuver of coercive cults – or perpetrators generally - to control its members.

As an example one can look at the pressure that might be placed on a person to perform or have sexual contactor activity. This does not just happen between individuals or people in small groups of people. There is no element within the mass media – especially the entertainment and advertising industries - and throughout society that is more highly exploitive in a suggestive and "in-your-face" manner, both subliminally and "consciously."

I am certainly not denouncing sex: it can be one of the most profound expressions of love, pleasure and health that can be demonstrated between people. However, it can be

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[23]Trungpa, Chogyam, "The Sacred Path of the Warrior," Copyright 1984 by ChogyamTrungpa, Shambhala Publications, Inc., Horticultural Hall, 3oo Massachusetts Avenue, Boston, Massachusetts 02115, www.shambala.com

one of the most destructively exploitive ways of controlling and hurting people. It can also be one of the main methods used to drain libido and life energy – en mass – "voluntarily" and otherwise. This is energy that might otherwise be used for the upward movement of libido, to then become transformed into mental energy used for raising a person's consciousness.

Take a look around. Especially consider how the affliction depression along with other forms of so-called mental illness is reaching epidemic proportions in today's world. This would be a person's body-mind reaction to living in an unhealthy environment. An environment that is harmful psychologically, physically and stripes people of their inner nature, their true self - possibly without being able to pinpoint the exact causes. This would therefore prevent him or her from making appropriate changes. The automatic and usual blame for the depression is normally placed on brain chemistry, genetics not the situation. However, in reality chemical imbalances in the brain[24] are usually a result of exposure to long-term unhealthy environments, the resulting internal psychic imbalance that results, culminating in a physical response in the neurophysiologic aspects of the brain and body itself.

Consider the group we refer to as society. I have met and encountered some people who are aware enough of these dynamics to react to them in some way. Sometimes people even understand the chaotic shape of everything (in and throughout society and the world) and simply give up. In the time I spent getting to know some homeless people one thing I learned from them was that many of them looked at what they saw and gave up, simply gave up. I am making a statement here not assigning blame.However, who would you classify as mentally ill? People who're able to recognize something very dangerous and thus try to avoid or extricate them selves from the dynamics of the situation; or people who not only blissfully and unconsciously help maintain situations of danger but become perpetrators to some degree or other when they hold positions of authority and power over others?

There are many major obstacles in place preventing necessary changes from being made in dealing with these problems. Some of them are so subtle overcoming them is next to impossible. But there is always a way.

Our social reality is certainly unnatural and is getting more distorted all the time. Part of the reason for this is the ever-constricting "official" obliteration of what it means to be

[24]Chemical imbalances, in fact have never been scientifically proven. It is pure conjecture and similar to everything psychiatry and the pharmaceutical megalith claims to be scientific fact, it is all mere conjectures coated with scientific terminology but NOT backed up by what in any other scientific area would be called scientific method but by votes by the collection of psychiatrists the pharmaceutical companies employ to come up with new "mental Illnesses" so they can cook up new psychotropic medications Psychiatry Industry of Death, 2006 CCHR International, Alle rechten voorbehouden, Citizens Commission on Human Rights International.

normal while at the same time society apparently allows and encourages – usually through corporate advertising, marketing, etc. – unhealthy lifestyles, types of entertainment and other profitable but divisive and/or self-defeating behaviors. The pharmaceutical companies have included just about all types of genuine but challenging human behavior – including certain necessary developmental challenges and milestones – in their ever-growing book of mental illness; that can be apparently dealt with through medications produced by the same pharmaceutical companies. This, while other corporations promote the very behaviors that have been newly included in the lists of so-called mental illness – Obsessive Compulsive Shopping Disorder for example. Rather like a self-feeding creature of some kind.[25]All these companies and corporations are owned or controlled by a very few of the world's elite

Society is being conditioned by the corporations and (via mass media). As we develop more unhealthy ways of living and expressing ourselves we are then targeted by the corporation's (for example the Medical/Pharmaceutical megalith) as being mentally ill - for exhibiting the very traits that have been conditioned into us to make us good consumers and soldiers if need be. In fact, as mentioned above, those who are sensitive enough to recognize and feel this unhealthy condition within society are treated as the sick people. Those persons whose awareness has been desensitized but who are greedy and driven enough can usually carry on numbly for a while. When something breaks down they usually blame it on genetics, another person or on some other materialistic or mechanical reason – not for psychological reasons.

There are people that are initially sensitive to these realities but they repress and retreat into their egos, able to unconsciously go about their business as if everything is absolutely natural. Hello George Orwell's double speak. Outrageous? I don't think so. Modern society, especially modern medicine has declared war on the human psyche and Soul. This is such a reversal because originally the "Hippocratic Oath" guided a doctor in healing the human soul – that is what the original oath referred to. The whole person.

True healers recognize that it is usually psychic imbalances that cause physical dis-ease, recognizing the connection between psychic wholeness and health. At the time of Hippocrates the Soul of a person was specifically considered sacred and holy: holy = whole. Today it has become the hypocritical oath and a small number of people's bodies are living longer (those who can afford it) but some doctors are murdering Souls for profit.

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25 "Rethinking Our 'Rights' to Dangerous Behaviors"

http://www.nytimes.com/2014/02/26/opinion/bittman-rethinking-our-rights-to-dangerous-behaviors.html?src=xps

How Society Aids and Abets these Dynamics: Most Groups are a Type of Cult

Although it may simply be an indication a person should make an appropriate change in their life, depression can be an indicator that coercion is taking place on a conscious, unconscious or subliminal level. Manipulation/coercive dynamics can range from the subtle to the obvious and in the 21st century just about everyone is manipulated in one-way or the other. However, this manipulation is reduced inversely to the amount of financial (and therefore other power) available.

People are at each other's throats in society because of socially sanctioned competition and narcissism without being tempered by complementary levels of cooperation. Thanks to Identity Politics we have cutthroat competition and jealousy. This all plays out to two camps: the enforcers and the enforced. There is no middle ground thanks to sterile,and very antihuman technocrats. All this is exacerbated because of hypocrisy – we love Hollywood (acting) - and an emphasis on (prescriptive) differences between people.

These dynamics take place at the more subtle levels of consciousness as *well*. On the collective unconscious level there are many different social and individual factors – groups of forces, energies and many human psyches, most of them battling for control. This is a good reason why those persons who have not developed high levels of consciousness, of awareness run a great risk from delving into the spiritual esoteric or occult unknown – especially in relation to cults, psychological complexes[26] and various psychological dynamics active on the collective unconscious. Today a lot of people are getting involved in the esoteric world of various occult practices and the study of psychology. Many people are choosing these activities primarily as a way to empower themselves. In this sense there is safety in ignorance(don't get involved in esoteric/occult searches) but of course it is this very ignorance that allows powerful people on those levels and throughout society to exert coercive control.

There have been many evil people involved on these levels as well as good people even if they weren't really aware of it. Hitler was partially (insanely) aware of it, versus Martin Luther King Jr. who was aware (of his light) on a different level. Hitler was not conscious of his evil. He was insane and as much controlled by the mental projections of the masses of people onto him as he controlled them. This is the same type of energy one finds at a wresting match or hockey game – in the game or among spectators. Hitler allowed himself to be molded in the eyes of the German people as he and his cronies murdered and molded the German people into what they wanted. This is an example of cyclical, two-way "possession".

[26] A complex is a core pattern of emotions, memories, perceptions, and wishes in the personal unconscious organized around a common theme, such as power or status (Schultz, D. & Schultz, S., 2009). Primarily a psychoanalytic term, it is found extensively in the works of Carl Jung and Sigmund Freud.

How Society Aids and Abets these Dynamics: Most Groups are a Type of Cult

This was unlike Mr. King during the American Civil Rights crusades. He consciously tried to do what was good and right for and through the people, not over them. In the case of both of Hitler and Mr. King the psychological and energetic dynamics that are generated and used are the same. What isn't the same was in the way they were used.

One thing is for certain: in a world turned negative like ours many of the unconscious psychological dynamics are indeed dark forces but the more "refined" of these negative nasties can and will present themselves as forces of good, whenever possible. People rant and rave about "Holy war." Possibly, but the most important war that has to be fought are in peoples psyches. They have to get acquainted with their own inner nasties - something they would prefer to shove onto other people. I'm referring here to the mostly unconscious or subconscious aspects of a person's psyche.

There is a lot of resentment, force and action directed towards forces of health and natural living that try to challenge and change these healthy dynamics. For people operating primarily from their shadow infested Ids (instinctive, primitive) and egos - on individual and collective levels - this is unfortunately quite natural on an energetic and psychological level.

Resentment and worse might be directed towards people who are aware of the herd's unhealthy dynamics and do not want to be enmeshed with it. They want to be independent. Some of these people who attempt to be true to themselves are labeled odd, eccentric, mentally ill, anti-social, terrorists and so forth – the fact they are peaceful and non-violent is probably ignored. They are labeled so they can be targeted. When the labels sometimes have the inducing affects that the hypocrites want them to have, eventually some of these people do indeed become outcasts or anti-social – and then they can "legitimately" be taken out by force (the "authorities").

Throughout the ages all esoteric schools, the ones with integrity anyway, have always stressed that people delving into these areas have to be "pure of heart." In other words they have to acquire true self-knowledge, sincerity and make a decision to work on behalf of (nurturing, protecting) life in order to enter safely. When I speak about "safely" I'm referring to the fact that any kind of spiritual occult practice – even political rallies - can "awaken" some very deep-seated personal and collective mental dynamics. That's how occult symbols work: they positively effect, incite and activate unconscious but usually powerful aspects of a person's individual or people's collective psyche. Furthermore, many of these activated dynamics might be positive in nature but are usually primitive and selfish, perhaps even dark and ugly (but very profitable). Their true value comes into place when their energies are recognized, recycled and used for positive purposes. Unfortunately, they can also be used for unhealthy purposes: possibly for politically controlling and oppressing people. It is this latter use we have to be very conscious of in today's volatile world, both domestically and internationally.

How Society Aids and Abets these Dynamics: Most Groups are a Type of Cult

I know from my own experience this is true. I also know from my personal experiences there are relentless pressures from around me that try to turn me bitter, cynical and so forth, thus attempting to turn me into an agent of negativity and ultimately self-defeating. These same dynamics apply to EVERYONE, on a continuum. It is only with the most thorough fortitude and perseverance that one is able to overcome these "negative counterstrikes." Awareness of what is happening is foremost in the line of defense.

As an aside, I once saw a documentary that proved that the great Canadian wolf of the north was not guilty of decimating the caribou herd as thought – many innocent wolves were shot en masse because of this misconception. The wolves lived primarily on field mice. The caribou they did take down were usually only the sick, wounded and weak. This is naturally proper and sensible for wolves in the wild and helps keep the herd healthy. Now think of the statement in the Bible where reference is made to "wolves in sheep's clothing." Consider how society creates social pathology among the people and definitely creates a population of wounded, disempowered and dependent people. The "wolves in sheep's clothing" in society are the powerful people who are supposed to look after those weaker than themselves but instead actually help society create disempowered, dependent and wounded people, who are then used as society's scapegoats. Don't we love all of those VLTs in the bars where people lose their mortgage payments, food money and so forth? This is one way how the self-righteous people, most of whom might not gamble but possibly hold shares in those companies that manufacture the gambling machines. They can satisfy their ego and monetary greed. In these cases they are able to self-righteously sneer at the people who endure humiliation, experience breakdowns, suicide - singularly and multiple – experience drug and alcohol addiction, etc. I have known a lot of drug pushers who have ruined a lot of lives but who don't even use the deadly substances they sell to other people. As I have said, a good metaphor to use is vampirism Lifeblood does not necessarily refer to that red substance circulating throughout our bodies.

Exposing Cult Dynamics

Although I always sympathized and sometimes tried to stand up for the underdogs, I wasn't as concerned about ethics and morals as I try to be now. These attributes naturally transpire within an individual when he or she looks inward in self-honesty. What an individual encounters might not be that nice but awareness of it can allow the person to safeguard against unconsciously being affected by an aspect of their inner shadow or a less than honorable psychic characteristic. If not disciplined these negative, inner nasties will always negatively affect the person/people involved and their environment. As people begin to see the truth about their own psyches, compassion, ethics and other civilized human traits naturally follow.

Initially the reason for my first ventures into these areas, especially the spiritual occult was to help people who were in the process of escaping from a Hollywood style satanic cult. Later, in addition to finding attractive aspects related to spirituality I had a personal need to satiate my scholarly and natural curiosity. There was also an element of defensiveness involved. Thus began my research of the deeper layers of the Human psyche. My continued interest in what is commonly referred to as the occult is derived a desire to understand my Self and the world i live in.

One of the first things I noticed about people involved in areas of the occult – or even non "occult" areas that involve control and power over others is that their attitudes, especially the attitudes and dynamics they don't consciously acknowledge but do express dramatically affects that individual, other people and the environment. The fact is, unconsciously everyone partakes of the occult - they simply are not aware of it. This can be especially true if they are victims or perpetrators. I'm referring here primarily to the affects of the mass media, individual and collective repression (and pathological projection), the domino – or trickle down - effect and the subsequent cumulative dynamics on the collective unconscious level of the human psyche.

According to esoteric knowledge, when balancing of energies does not take place within the mind/body/Soul of an individual, and especially if done with intent the result is black magic. And that refers to going in either direction to an extreme – either far left or far right: too open or too closed, too rigid or not clear and assertive enough, too individualistic or too collectively oriented, etc. This type of imbalance – far left or right – can definitely be applied to politics as well: communism and fascism. NOTE: these apparent opposites all boils down to the same dynamic simply at opposite ends of a continuum. Both extremes express the same dynamics – by virtue of both being unbalanced and unnatural. The same can be said of "good" or "bad". Too much good can become an evil and too much evil can (paradoxically) sometimes result in good.

Some occultists define one aspect of black magic as the draining (theft) of masculine energy. Sometimes this is achieved by acts of "vampirism," committed by energetic or emotional parasites. Sometimes these acts are perpetrated so that this energy can be

used for negative purposes. What about purposes related to docility, at home and within society? Work environments?

I am not making any implications about gender here. On the social level I'm talking about a mass media and entertainment industry geared to having people throughout society waste energy on time-consuming and energy draining activities. I am referring to the theft of masculine or yang energy: the energy responsible for making us conscious and aware of our environment; energy enabling us to be active and pro-active rather than apathetic and sheep-like. One of the results to these types of energy drains, among other things is mental depression, a psychological environment where people are easily manipulated.

Propaganda and other forms of conditioning are examples of this, such as advertising and various forms of marketing. They induce people through covert – unconscious and subliminal - methods to feel and say and do things, perhaps in extreme or obsessive ways they would not choose for themselves under natural circumstances. Then when people succumb to these forms of conditioning they might develop conditions of "mental illness" that can apparently be controlled by pharmaceutical medications, material possessions, personal or group image and power.

All of these are nothing more than elaborate behavior modification techniques, the favored method of achieving specific types "mental health" and associated goals. Extrapolating along these lines, corporations are wonderful at creating problems and then providing solutions for the problems they create – but the solutions are on their terms and always create spin-offs for generating more profits – and not always in monetary terms.

On a more personal level there are other forms of energy theft. Some people can be referred to as emotional sponges, "vampires" or however one would like to describe them. Has anyone ever been with someone who simply leaves you feeling drained and disempowered? I doubt very much there is anyone who has not met someone who fits the above description at some time or other. Most people are not even conscious of these types of interactions when they take place. In today's world these dynamics are spread throughout society and all of it's major institutions.

There has been a gigantic amount of accumulated research evidence and practical application demonstrating the existence and operation of the collective unconscious (and associated aspects of the human psyche). This knowledge of the mind has enabled people – usually with the help of qualified practitioners – to develop therapeutically and self-knowledgeably, providing empowerment and healing. Unfortunately certain privileged individuals – who would rather exploit people for their own gains – perceived ways to change the original purpose and target of pharmacy and

especially psychiatry. After WWII the focus became large-scale mass control; illegitimate as always.

Modern psychiatry in tandem with the pharmaceutical megalith outlawed most of the psyche. After betraying its original purpose and practitioners (care of the Soul literally) , psychiatry – after adopting medical terminology in its attempt to legitimize this subsequent quackery – was able to gain dominance within the mental health market because of the huge profits involved. As a case in point, even though all psychiatrists and medical doctors know that psychotropic medications do not cure "mental illnesses" it has become one of the main methods of dealing with mental health issues today.

Psychotropic medications do not heal. If there is an actual mental dysfunction present – and in today's world of the psychiatric Bible referred to as the DSM[27], this is a big if - these substances cover up the deeper dynamics at play and allow these deeper mental dysfunctions to fester and get worse. Psychiatrists will readily acknowledge: medications don't heal people. They control people. More specifically they control the people taking the medications and in fact exacerbate any existing mental health conditions. They can even create new ones.

I guess thousands and thousands of years of human wisdom has almost been destroyed in a relatively small number of years of modern medicine, in many cases the twisted product of a state/corporate greed for generating profit and control. What most people don't realize is that the Nazis and Stalinist/Maoist ilk , these three tyrannies conceived of and developed psychotropic medications – dealing with the psyche - to control people and to experiment on camp inmates. I'm sure people are still able to find information on the Internet about the Korean War. At that time China was known for using psychological techniques for torturing allied service men/women and of course South Koreans. But it was control developed by psychotropic medications that really did the trick…that was the ticket. Tricking people out of their energy: of mind, body and soul; the ultimate prostitute in the Tower of Babel. And today they're dancing burlesque in our kindergartens.

The use and now widespread use of psychotropic medications – and this is very different from the development and use of medicines to actually cure or assist in healing people of physical disease - is the latest and most sophisticated attack against human consciousness (awareness) and common sense that has ever been assembled. Is this the real "final solution" and part of Hitler and his inner circle's occult legacy?

The important point to be made is that when people ignore the above dynamics and help perpetuate and spread this pathological aspect of corporate society, they become accomplices. Individual, group or collective denial has been a recurring theme in the

[27] Diagnostic and Statistical Manual of Mental Disorders

history of crime and crimes against humanity. Especially if it involves short-term benefits and profits that apparently present themselves for a certain few people, groups and corporations. A person does not have to be a history scholar to think of many appropriate examples.

Virtually everyone alive on Earth today is effected by and performs rituals. Naturally there is a hierarchy in respect to the purpose and effects of any ritual. All rituals are on a continuum from the absolutely mundane to the deep arcane. In relation to what I said earlier about Alchemy, what a person does and thinks, the nature of their attitudes, the different forms their physical manipulation of objects takes, these all have simultaneous and parallel affects in their psyches. In common semantic usage this is usually referred to as magic. Anyone who has consciously taken part in ritual – in other words psychologically understand the purpose of the ritual – in church as a serious practitioner or in any number of rituals associated with different traditions or spiritual organizations knows this to be true. In almost all cases the rituals affect the people involved by triggering, activating or creating certain states of mind. What is less common knowledge is that the way people are treated, the activities they take part in during their daily and nightly lives and even how families treat the various members within the family are all types of rituals and have deep psychic affects.

As discussed in the book “The Messianic Legacy” the purpose and affects of ritual is to create a state of mind particular or purposeful to a given situation. During ritual most people, especially when done on a large scale and therefore more easily pulled into the less conscious mass mind, in fact go further into unconscious psychic territories. When there are people in charge of these rituals in a type of top down movement, large or small, the capacity to be controlled for the purposes of those who organize and direct the ritual increases. In this instance the Nuremburg rallies of the Third Reich is used as an example.[28] I’m sure we all can think of currently operative domestic and foreign examples.

These dynamics can apply to any kind of mass rally or congregation of people, including political events and if fear and intimidation is used it can be very subtle or blatant in form. In the context of violence and fear - at first subtle, then subsequently in later years turned blatant - Nazi Germany simply carried the collective unconscious insanity of the Western World during WW11 to quasi-conscious extremes. This can create an atmosphere conducive to manipulation by those in control of the proceedings. In almost every example of this type of manipulation what’s activated and targeted, scapegoating and a focus on supposedly irreconcilable and unacceptable differences between people, institutions and possibly different cultures. The mindset and level of awareness of the nature and purpose of the ritual a person or people maintains during its operation determines the level at which they will be affected by this phenomena.

[28] “The Messianic Legacy”, Pg.220, Michael Baigent, Pichard Leigh, Henry Lincoln

Exposing Cult Dynamics

Some would say during successful ritual, the mind usually becomes dissipated and unfocused after the initial focused concentration of purpose expends itself, followed by a type of less conscious state of awareness. Emotions might be activated and information is taken in but it does not go through the process of critical analysis provided by the intellect.[29] In Hitler's Germany there were many people who were conscious of the dynamics talking place throughout society. Most of these people ended up in concentration camps.

Activation and manipulation of psychic energies can easily take place during rituals through the use of symbols such as flags, initiations, religious or spiritual symbolism and so forth. This can be especially true with the use of archaic symbols that resonate within the world's collective psyche and therefore individual psyches. Symbols can range from ones that are of purely personal significance through to the group or cult significance and further, to the just-mentioned worldwide collective of archaic humanity. When specific characteristics of groups or races of people are glorified in the performance of ritual even such a simple thing as flag waving and the singing of national anthems exaggerates differences between people. In these instances what is ignored or sabotaged (repressed) are the archetypical and universal human similarities, the unity of humankind. It creates atmosphere's that are conducive to individual and collective and narcissistic ego inflation - a form of neurosis, even psychosis. A flag (Flagg from Stephen King's "The Stand") promotes irreconcilable differences between people and usually results in oppression of some kind.

Its opposite, a healthy counter symbol could be the image of an erect human being with arms outstretched standing on the earth with the sun and moon above; an archetypal and universal symbol of all of humankind – this symbol unites people.[30]

During rituals that focus on differences between people, groups and nations the purpose, both conscious and unconscious is to manipulate one's environment and people for something that cannot be defined as love because it focuses on differences – this is a type of black magic. Products of ego tend to focus on differences between people. People who acknowledge they practice Satanism are usually very quick to say what they in fact "worship" is their own ego – even to the exclusion or harm to others. This is the basis for Satanists. Most actual practitioners of Satanism are unconscious practitioners: a person who's most important concerns are their image, wealth and power – and this naturally means power over other people and the environment, regardless of scale. Because they usually pretend to be good people they are able to do more damage to the collective of humanity and the world: hypocrites.

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[29] Ditto, Pg. 221

[30] Ditto, Pg. 227

Exposing Cult Dynamics

Ritual that manipulates psychic energies to unite people can usually be referred to as healing because it fosters wholeness within individuals – this is love. Love and attraction is defined as a desire for and an energetic expression of unity. Healers can make individuals or groups of people whole by making them aware of their internal unity, mentally, physically and in unity with other people. Whole = wholesome = Holy. In researching the more esoteric expressions of spiritual traditions, I see that High "magic" of the white kind sometimes refers to rituals or forms of meditation used to uncover universal aspects of the psyche, including the universal or collective psyche of humankind. Rituals might be used to accomplish what Jesus referred to as "knowing thyself" – mystical self-knowledge and a profound personal awareness of the overall unity of life.

However, using any type of occult ritual places a person in danger because of the hidden maneuvers of the ego and *other*, unconscious motivations and influences. An exception to this is the obvious and intentional use of banishing rituals to cleanse the psyche of negative influences and this is only possible after thoroughly recognizing what is to be banished; speaking primarily as a Christian, for example when one mindfully recites and takes part in the Lord's Prayer, Communion, etc.

Mystical contemplation is a way to open up the psyche and to reach higher levels of consciousness, the very definition of health, to be aware of and in harmony with your environment including inner. As higher levels of psychic awareness uncovers what was covered; that is as greater levels of consciousness, attained through the process of psychic integration, of the whole individual including everyone else in a blanket of energy; then our profound mutuality, the relationships we energetically share with others becomes apparent and much more important in the sense of security and unity. This is most humanly expressed thorough empathy and in fact in reflection is precisely what makes us human.

Since the Observer always changes what is observed should I call these individual events nuclear? As one attains this hard-sought integration – this earned "iron-shirt" - its commonsense this increased "power" can be used either for destructive or creative purposes. This translates into that old adage: "Knowledge is Power…".

Increased power means greater awareness of what is and if ego gets involved then corruption sometimes sets in with the resulting exploitation of our common humanity and wider environment. Throughout history we see examples from all the world's major religions where this type of corruption has resulted. Personally, I believe if an individual is successful at the practice of mystical contemplation: an integration beyond but not to extinguish the ego, then the very knowledge of humanities individual yet collective reality, our oneness in spirit would forestall an impulse to desecrating this reality and humans harming our brothers and sisters.

Regardless, mysticism is a way to learn to know the creative source or the closest thing that the human being is able to achieve in that area of awareness. Whether a person achieves the higher level of a saint or simply becomes more aware of their self in relation to themselves, other people and the natural environment is important but not the point: it is the path, the search and the process of the journey that bakes it real. It is important because it can establish a healthy attitude, positively affecting the individual and people who hold that attitude. It can also positively affect other people because of the energies – expressed through attitudes - radiated by the sincere person or people on a practical, ethical and spiritual path.

What Hitler and the Nazis did was an example of both high and low "magic" ritual using the black arts to cause both unity and disunity between the Aryan people and the groups of people they targeted. In the case of the concentration camps, the purpose and result was not only extermination and slave labor but also destruction and torture of the deeper, collective psyche of the groups within the camps –Jewish people, dissidents generally, gypsies, homosexuals and the mentally ill, etc.

Gandhi was an example of someone who was an instrument of "magic". He used his love of god (consciousness/spirit), the Earth and the spirit of individual yet collective human life to achieve "magical" ends: a conscious effort to peacefully obtain freedom from British colonial control, to create unity of purpose and raise consciousness to the national level of India. By virtue of Humanity's collective mutuality, the British finally affected a change, which demonstrated a mutual empathy. The question is, in today's sterile technocracy and politically correct politics (Pure Cult) is there enough empathy anywhere that would achieve similar results?

Gandhi did not consciously practice magic; the creative source acted magically and creatively through him. Mystics, using different meditative forms of the high magical arts can consciously increase their own levels of positive dynamics within and emanating from themselves. A mystic can either become a Hitler or a Saint – the deciding factor is a healthy, un-inflated ego not in service of itself but of the whole person – including the collective unity of humankind itself and beyond. *When people practice individual integrity they naturally apply the same unifying integrity to the human family*.

Using less sensational examples, in society and the World in general tribalism affects virtually every group to a certain degree. This takes place on a continuum and leads to a profound bigotry and hate for other groupings of people. Tribalism operates from a position of fear and insecurity. In ego inflationary ways an individual or people can experience self-glorification by focusing on differences that separate and fragment rather than unite. This is regressive and depleting, usually at a cost to other people or

groups but eventually to everyone. It is not constructive and only temporarily empowering to the perpetrators[31]

In other words, because the person or people involved are not acting from positions of self-knowledge they will usually look outside themselves for answers to any perceived problems they might have or simply to compare themselves favorably with other groups of people. In this case the result is the manufacture of, an illusion to differences that separate and attacks other people. It uses materialism in the pathological sense because it stems exclusively from the ego. It uses materialism as a rationale and way to express and impose a specific group's perspective and way of life onto others – and can be an expression of a nation, political group, religious group or perhaps a specific class within society. In this latter case a combination of tribalism and materialism separates the haves from the have-nots[32], Tribalism results in the manufacture of differences and is the deep-rooted source of all levels of bigotry and persecution. Importantly it also represents the denial of the higher psyche and spirit – and the unity of all humankind. It is this denial that allows or maintains these distortions.

While speaking about tribalism one might think of 1st Nations tribes. In 2020 I think a very important point should be made. When considering First Nation's People's here in Canada/U.S I consider certain aspects of Native culture today to have advanced in a civic sense far beyond some mainstream social institutions as far as actual healing, integrity and community cohesion if they are genuinely practiced and with true vision – for example compare the mainstream justice system as opposed to the much more community-minded and effective healing circle. In the face of the mainstream political and media circus manufactured around us, Native American Spirituality and culture could be a breath of fresh air, and potentially could bring sanity and balance to western society in ways we have not allowed to naturally happen before. It depends on the leaders involved. Do they recognize the mutuality, the relationship of all peoples of the earth or do they let human mutuality become diseased with tribalism?

I remember when I lived in Calgary, Alberta for a couple of years. At one point I lived for a while with a family comprised members of mixed racial cultures. One of the sons was a 1st. Nations individual who was very much into Shamanic practice. We both identified with the same spirit animal – wolf. After we realized we were in fact on similar paths he became very frank with me and said that if one Shaman meets another Shaman in the spirit world they will usually fight (sometimes to the death) if they cross horns with each other. He made it clear one medicine man from one tribe is a natural enemy of another, with the only exceptions temporary unity in the face of a mutual

[31] Ditto

[32](I'll qualify these statements because within authentic native tribal communities these differences don't exist – although in the past there was competition and possibly violent animosity between different tribal groupings)

enemy or mutual purpose of healing. He made no bones about this and as it turned out he was very serious. Anyone who doesn't think Shamanism isn't real, think again.

An integral, consciousness-raising process involves honesty; awareness is the only thing that can prevent repressed people from making mistakes about themselves, and sending psychological projections – their reality - into others, the manufacture of scapegoats. Because of my utmost respect for and appreciation for potential life improvements in relation to 1st Nations culture, there is an opportunity for healing, for example by being historically honest and recognize that indeed, even after slavery was abolished for mainstream North Americans, even after the American civil war many 1st Nation's treaties were only possible when some 1st Nations tribes were allowed to maintain their systems of brutal inter-tribal slavery.

What also seems to be overlooked was the almost continuous brutal inter-tribal warfare that was a constant for most tribes (the same applied to most African tribes) long before they ever met a white man. Today we tend to ignore these things in a similar way we forget the spiritual, legal and in fact educated benefits developed and fought for by Europeans, including European "colonists". Today, some people like to point out that when it comes to immigration, we are all descended from immigrants and that's what the European colonists were. Not quite the same thing.

What's overlooked? They were all European, usually fleeing tyranny to a land sparsely populated by primarily semi-nomadic tribes of peoples. These colonists were a group population united in the deep collective level, with real empathy that develops between people sharing the same life and culture and group cohesion and need for survival. Immigrants to Western society today share almost nothing of the cultural life-style/heritage of the host western countries today being overwhelmed. Immigrants today are in fact using their differences to create division and social upheaval rather than integration and mutual living.

When one considers that most 1st Nations were constantly at war with other tribe's one wonders who were the recent colonists and who were "natives" to their situation? Healer, heal thyself.

These are facts but are today ignored in favor of Scapegoating other peoples, people who were only doing what everyone around them was doing. How many people realize that the coasts of Europe were a prime source for slave raiders to capture unwary Europeans for many hundreds of years, since the time of the Romans…and on and on. How many know that the most powerful slavers in all of history were the Arab slavers and Black North African slavers (the latter being the source of most of the slaves ended in North America before it was outlawed). From 1000 A.D. to 1900s Black North Africans kidnapped at least 1.5 million European children and women and killed many more along the **Mediterranean Sea** .The women and children usually ended up in

military brothels and harems where they serviced sexually until death, usually. Men, if not killed defending their families were always separated from the women and usually ended up rowing in the galleys until they died.

We all know about American slavery? Not quite Just didn't know it was started by rich blacks slavers and someone in Europe they bequeathed some black slaves to for the New World. I don't think the slaves were bequeathed to a poor serf escaping from the royal and aristocratic plunder and imposition of feudal captivity. As usual, slavery has always been promulgated and used by the rich and their royal masters, not the poor common folks, regardless their color!.

Identity Politics and extreme multiculturalism/immigration has manufactured within western society chaos and disunity. This type of tribalism operates from a position of fear and insecurity. In ego inflationary (egotistical) ways along the psychotic continuum, a person or people can experience self-glorification by focusing on differences – uplift them at others expense - that separate them from other people rather than uniting. This is regressive and depleting – quite literally because when people are not working together in harmony or real teamwork (by choice not cult-like) there is a break in the flow of energy, making everything less positive, usually at a cost to other people or groups but eventually to everyone because everyone is too busy being on the defensive from everyone else. It's not constructive and only temporarily empowering to the perpetrators.[1] It also covers up shortcomings, faults or other selfish motivations.

A portion of the population with usually higher levels of awareness can be referred to as sensitive. Those people sensitive enough to recognize the reality described above but don't support the status quo might join a group that has traditionally taken people like this under their wing – religious or various traditional groups, social movements, even political parties and community activities. In this day of censorship, shadow banning, MSM fake news and the dumbing down, just being naturally aware and sensitive to what is can get you branded a conspiracy-theorist or mentally ill label; a sensitive who does not seek the protection or support of some group or other run the risk of being ostracized, classified, put on medication and/or subdued in various ways. They are considered "dangerous" because they contradict what the controllers of the status quo want the masses of people to believe. One of the main ways the status quo is maintained is by creating an aura of fear (the story of my life).

The fear I am talking about permeates any environment where oppression is taking place. As an extreme example, I can imagine the fear that must have permeated Hitler's, Stalin's or Mao's death/work camps. It would have adversely affected both the perpetrators and the persecuted in the most extreme ways possible – it dehumanizes by destroying empathy. This type of fear is powerful enough to induce people into becoming perpetrators. That is the very nature of the shadow and what is commonly known as "selling one's Soul to the "devil." Interestingly, this process can result from the

seemingly most trivial of ego indulgences but ending in the usual subterfuges when it involves hurting others and inciting karma because of the cumulative effect. It always starts small and ends big - snowballs do get larger as they roll downhill.

As has been demonstrated throughout history it is only through the perseverance of the oppressed and persecuted person or people over time that the oppression will stop. Sooner or later the oppressors will become conscientiously aware of how harmful their oppressive actions really are, both to themselves as well as to the person or people they are oppressing (unless they're sociopathic, empathy-less and already enjoy being conscious of it). It might precede or follow some sort of psychic or physical crisis on a huge, possibly national or international scale or between two smaller groups.

As a result of our literal psychic interconnections with each other, when a person or people hurt, persecute or oppress other people they are also doing the very same thing to themselves. The experiences of East India with Britain, the experiences of black people in the United States of America, the experiences of the people of South Africa demonstrate this reality. In the examples given above it was only by virtue of this interconnections and mutuality that the persecutors were able to finally stop their oppression in the face of peaceful resistance. This is why Gandhi and King's messages were so powerful. Mr. King's message, "we are all caught in a web of mutuality, tied in a single garment of destiny" resonates within a person's core self. This is also why Gandhi was right when he said "If everyone keeps taking an eye for an eye pretty soon the whole world will be blind." As a meditator and mystic Gandhi knew this to be true. We are all literally part of one collective, interrelated reality with both individual and collective consciousness.

My earliest totally mundane experience of this type of interpersonal manipulation that I can recall was when I caught someone older than me smoking with her friend. She talked me into having a smoke and she and her friends, actually fed them to me all that summer until I was hooked. She effectively made sure I wouldn't tattle on her in that instance. She brought me down to the same level and in fact made me addicted to a habit I had struggled with for many years. Sound familiar? There were a lot of dynamics involved here – "If I experience this then so should you." This is especially true of perpetrators who want others to experience the same abuse – pain - they have suffered. At the more extreme end of the spectrum are groups and there are many, which operate on a gang-like basis, which in fact is very cult-like. Within these types of groups you can see examples where victims think they are able to lessen their victimization by becoming perpetrators on behalf of themselves or on behalf of a more powerful perpetrator (rather "Kappo" - like). You can witness this within virtually any type of coercive group. This is also how the "Devil" i.e. shadow, in realistic psychological terms not superstitious ones, operates.

Exposing Cult Dynamics

We can look at a simple schoolyard scenario where there are victims who are picked on not just by the bullies but also by most everyone else in one way or another. This can be extended to an abusive work environment. There are very extreme examples where prisoners in Hitler's death camps became "kappos" in an attempt to extend their own lives and helped lead other victims to their deaths. Then there were the brainwashed people in China during the People's Revolution who carried on the propaganda and torture to other people in order to initiate them the same way they were initiated or conditioned. It is the same dynamic throughout these examples, simply on a continuum. This type of victim is best described as being a "kappo" (I choose this word because of my German heritage) because of the dynamics involved. However, I will usually use the better-known term perpetrator, manipulator or accessory.

The main tool to prevent a victim from becoming a perpetrator is consciousness of themselves and the environment they live in. A victim can only (permanently) stop themselves from getting an (usually unconscious) urge to play the victims masochistically or perpetrating the same crime against an innocent victim – is how the cycle of violence is maintained - if they get completely in touch with the cognitive, emotional, and physical harm done to them in the past. Otherwise the subsequent repression might cause them to become perpetrators on some level as a way to relieve the pain and discomfort, whose origins and recollections remain hidden from them. The resulting disconnection with self and unconscious anger at other people will effectively diminish or destroy an ability to have actual empathy for other people. Under such psychological conditions the use of most any psychotropic medication will completely demolish any empathy that might otherwise be possible. That's how anti-depressants work: they block out feelings of discomfort and that most certainly includes the discomfort of other people and discomfort caused by their (perhaps confined) environment with the usual consequence they will tolerate unhealthy situations (for themselves and others) they should leave or change. Today, with the soft coercion of psychotropic medications people are being forced to remain in widespread unhealthy situations by the very people they elect and pay to protect and serve.

The main tool used to keep this domino effect in place is fear. Our society, our world is saturated in fear and anger, much of it on a subliminal level, literally. Fear mongering has become a national agenda for some countries – Echoes of Nazi Germany, Bolshevik Russia and the whole and ongoing history of communist China.

It has been truly phenomenal the employment situations I have found myself in where fear is employed. In the family it starts early – "1...2...3....okay, that's it, that's not *how I like it*, *(*not that it is bad or unhealthy). Go to your room". But this is a weapon used throughout society, and especially today in Trudeau's emerging Canadian tyranny and the illegitimate government that took over Washington in early 2021. It is well known that some religions have done this for centuries (usually at the behest of politicians and military). Almost all governments will if they can get away with it and as

history has shown over and over again it is precisely the government or royalty the people always have to protect themselves from and keep in check. Autocratic government is a legacy of the historical parasitic pathology known as (the ancient and worldwide) monarchy and their spawn of “nobility”.

Prince Charley and the royal family demands that people give them complete privacy for the royal family. I remember looking at a picture taken from the economic meeting at Davos in 2021, big smiles on the faces of Prince Charley Justin Trudeau, Queen Elizabeth and other partying leaders, mask less as they ate the Queen’s birthday cake Now, these elites, these rulers with a past legacy called “divine” right of the monarchy demands, through the use of technology to wipe out the free speech and especially the privacy of all people on Earth. We are talking about royal psychopaths.

What is being built is a technocratic human factory farm. It started big time with the ovid-19 lockdowns and vaccines.

One place I’ve seen this dynamic in operation has been in my experiences of being repeatedly sexually assaulted and my subsequent study and research of childhood sexual abuse. There are two levels of sexual abuse – one is psychological and emotional and the other is physical in nature. Obviously, physical abuse contains psychological and emotional dynamics as well. In looking at psychological and emotional sexual abuse we see that anything that attacks or invades in virtually any way an individual’s DNA (unique), sex or person, anything which is used to hurt that individual emotionally, psychologically and so on, by virtue of that person’s gender or individuality or any combination of the above used to control that person can be considered sexual abuse in the most profound sense; perhaps even rape in many cases depending on the resulting trauma. Therefore because of the highly invasive quality of psychological manipulation and control, even in the absence of factors related to physical invasions and attacks or exploitation all mental invasions are forms of mental rape - in every sense of the word. Importantly, although psychological and emotional abuse can most definitely be sex-related, it can also be completely gender-neutral.

Today thanks to now especially 5G microwave social saturation and the actual cellular damage caused by the very physical effects of these microwaves), the Internet of Things and Quantum computing these invasions have reached devastating levels of complete mass and individual control by a very few number of individuals – people who indeed do consider themselves individuals indeed in the case of George Soros, consider themselves God-like, unlike the billions of faceless/voiceless people they coral into human factory farms.

In saying this I am also thinking of the statements of victims who had been physically – in these cases sexually – assaulted who later said that they afterwards felt like their souls had been invaded or "they were wounded to the core of their being." One of the things almost unbearable emotionally is the fact that in the absence of hard physical evidence or witnessed direct verbal coercion, attack and so forth our legal systems do not realistically prevent these dynamics from happening, especially when the victims are white or Jewish, men and even women and children. In fact, in many ways our legal and social system, especially in these days of political correctness, corporate profits and psychological ignorance promotes it. I maintain that psychological sexual abuse is widely used throughout society as a form of control, revenge and so on.

While thinking along these lines it is important to consider that throughout history and at all times in the absence of a psychological understanding of what happened, as an individual or as a group, the oppressed have almost always become oppressors in turn. Without being aware of the dynamics involved anger, hate and other forms of unbridled emotions rule. When the mass mind is considered, then the *mag*nitude of this becomes apparent. There could be a whole book written to illustrate this last statement. Carl Jung got a good handle on it with his book, "The Undiscovered Self" and especially Eric Newman in his book Erich Neumann "Depth psychology: A New Ethic "which evolved greatly from his experiences in Nazi Germany.

In appendix 1 at the back section of this book there is a list of cult dynamics and 8 specific dynamics that are present within cults. To some degree or other each and every one of them are active within society, especially on the unconscious levels that I have been discussing. It should send shivers down the spine of anyone who has eyes to see that within "normal" society all of these dynamics are present and thanks to technology is becoming increasingly ever more saturating in individual and social control and affect, especially within most of the socially sanctioned institutions. In many ways this especially applies to the family in today's society who succumb to the propaganda war pushing for children, other family members and relatives to snitch on those who do not toe the totalitarian, police state directives, and with CCP controlled China setting the example people can actually gain "social credits" to enable some people to live privileged while others live in deprivation. This is precisely why our young people have been force fed computer gaming and especially social media – they cannot function without their social media and AI telling them what to think, say and how to act. They no longer think for themselves (thanks Rockefeller) but can only follow directions orders, protocols – as Rockefeller said, in "Lockstep" - like the "medical" computer models that shut down the whole of Western society, while de-platforming, assassinating and censoring living, breathing scientists and other scholars who speak out against such uncivilized brutality: reptilian behavior to the core. Without a shred of empathy or collective wisdom derived from the neo-cortex to enlighten our darker unconscious with consciousness. Our education system has taught children not to think, only follow orders. Order followers.

5

Exposing Cult Dynamics

Families produce society and society produces families and because of the cyclical dynamics involved one mirrors the other.

Exposing the Psychological Dynamics of Ritual Abuse: Convert and Overt, Unconscious and Conscious

In the following pages I'm going to use some emotionally loaded, very controversial topics and offer alternative opinions about the actual psychological, certainly emotional and given the connection between mind and body, physical dynamics that surround each topic. In today's climate of censorship and political correctness there is no question what I say in the following chapter will raise a few hackles. However, it is precisely the emotional backlash to my words that demonstrate the credibility in what I suggest. Think about the divisiveness that results from the dynamics touched on below. The big question to ask is who benefits from this divisiveness? Within society at large, ask yourselves what powerful political, economic or financial interest's benefit from taking publicly divisive initiatives where unbalanced, impractical and certainly unfair – but well propagandized – oversights and injustices result. What happens to the group who *apparently* benefits?

The first issues I want to look at are those related to cycles of abuse and their dynamics (possibly sexual): physical, emotional and psychological. As you read the next chapters consider who actually promotes the dynamics discussed – through various media and avenues - and ultimately profits from them: politically and financially? Who most benefits from a social policy of divide-and-conquer?

In what follows, unlike some movements within contemporary society I am not taking one side over the other by censoring and withholding a balanced perspective. Within the mainstream media today topics of abuse, especially when gender related are reported in an unbalanced, unrealistic and censorious manner, thereby promoting and suppressing one perspective over another and usually for political reasons; in the same way that our pharmaceutical controlled neuroleptic medications and "mental health counseling" rarely takes into account childhood trauma and various other traumas while confronting mental Illness. This certainly prevents healing - if the dynamics of origin are not dealt with then using psychotropic medication, the usual psychiatric "counseling" will likely ensure that mental health issues not only remain but in tandem with psychotropic medication use (although recommended in the DCM as short-term use is almost always prescribed for perpetuity.) will ensure the symptoms indicated by the "diagnosis", the "medical" label imposed will manifest.

Overall any backlash that results throughout society only benefits those who want an excuse to increase domination, oppression and disunity.

Within the helping professions is a common belief that more male victims of sexual abuse become perpetrators than female victims of sexual abuse. That is a bit of an illusion if we take psychological and emotional abuse into consideration, sexual or otherwise. Male perpetrators (of sexual abuse) tend to be more physical while females

tend to be more psychological. According to statistics I've read[33] I learned that especially female perpetrators want their victims to feel the same emotional and psychological pain they experienced. These dynamics can apply to any person that has been wounded emotionally/psychologically (and therefore possibly physically) from earlier abuse but within the female gender the above – because limited in physical strength – perspective can be more easily understood, [34]I.E. passive aggression.

A factor to be noted is that in the absence of true healing anyone who is abused, especially sexually, is usually halted emotionally at the age level they were at when the abuse occurred if these dynamics in all their starkness aren't revealed. It is that wounded, unhealed and hidden side to their psyche that is usually - unconsciously - responsible for causing or perpetrating abuse, of whatever nature. However, in general men are more physically abusive and females emotionally and psychologically abusive although this dynamic is rapidly changing in today's emerging trans-humanist dystopia.

Historically and up until the near past men were always promoted to be more physical while being less emotionally mature than females. Culturally, this is not true today to near the same extent but because of the brain differences in males/females – especially the ability to express equanimity and objectivity, something Marxist indoctrination attempts to neutralize through emotionalizing people to the point where they cannot think logically, critically or creatively – they more and more can only follow orders as the mobile media has conditioned them. Logic, mathematics and other scholarly pursuits are being referred to as "White supremacy"?

Witness the extreme violence done to human bodies with technocracy and the cult of Transhumanism increasingly violating and causing violence, attempting to destroy natural woman, the sacred feminine; while at the same time the sacred masculine and natural right of self-defense - for self and family or any victim is becoming criminalized in our corporate/cartel controlled societies.

These are crimes against humanity on more than one front or level, especially in our schools that are pushing for experimental hormonal changes that has been demonstrated to destroy and harm the people who transition far more than it could possibly benefit. The majority of these changes are induced by the illicit sexualization of our children and Marxist indoctrination in our schools. In the scheme of evolution and among civilized people sexuality usually is found at the bottom rung of importance.

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[33] I obtained some literature from a service center for sexual assault victims

[34] Increasingly throughout society this is beginning to change as more female perpetrators of violence emerge. As we've discovered, for example in the military and throughout society females can kill, main and wound as well as men can.

Exposing the Psychological Dynamics of Ritual Abuse: Convert and Overt, Unconscious and Conscious

In the LGBT, technocratic and trans humanist cults (offshoots) the most important thing in their existence and the very purpose of their cult is to glorify above all else how they like to fuck (*sic).* A complete reversal of civilized, forward moving people where sexual activity is at the most basic, primitive and un-evolved levels of the human psyche historically and developmentally. Especially children who are sexualized are drained of energy needed for developmental purposes, especially cognitive and physiological development. They become malleable, completely dependent (the more dependent the stronger an addictive personality) on the system that transitions them into the Borg dream of virtual reality.

Typically a male will be physically aggressive whereas a female will be more passive-aggressive. Although men are still more physically violent today notwithstanding the fact examples of female physical violence is on the upswing, the amount of violence perpetrated by females and males indoctrinated to a matriarchal (Marxist-Feminist collective) perspective, wiping out individuality and therefore individual responsibility generally in a politically correct society (pure cult) is approaching revolutionary proportions of oppression.

Is individual responsibility actually being wiped out along with its mate, empathy? Just this morning I read in our local newspaper about a past public service worker here in Canada who embezzled $16,000,000. He wasn't charged but he and his family are suing the government he stole the money from because they allowed a loophole that enabled him to steal it, [35] to be damned his own sense of honesty – but it speaks volumes about the honesty within our current corporately (pushing the new serfdom of a faceless mass of humanity) controlled governments.

The multi-cults destroying societies are only to be found in the high-jacked Western world. In other countries outside the western world, none of which are multicultural or democratic are exporting to the western world chaos, severe racism and multi-cults mainly via mass immigration They are aided in this by the Marxist-Feminists and the wide range of trans-humanist anti human, anti-Woman and anti-Nature LGBT cults and their offshoots. This is all vastly underrated and of course under-reported by the mass media if at all. Neither this nor its magnitude is apparently recognized or acknowledged by the majority of society, especially the dominant structures – law, medicine, Canada's new propaganda ministry, etc, etc. and so on.

I want to explore some of the emotional dynamics involved. As I just said, in the literature I've read about female perpetrators of abuse they want their victims to feel the same pain they experienced. Today more people, men and women both, have less

[35] https://tnc.news/2021/03/17/accused-in-11-million-covid-19-relief-fraud-case-pins-blame-on-ontario-government/

stereotypical characteristics based on gender than in years past. However, in support groups for people who have been abused more women are actually counseled to “get angry” but this is in fact changing to include more and more of the emasculated, WOKE sleepwalkers who have been indoctrinated not to be able to think for themselves as they are conditioned to live in a matriarchal Participation Mystique. Thinking individually is extinguished and people are pushed back to an earlier, more primitive and animal like existence – which necessarily implies the need for increased external control and regulation, like a human factory farm. It is impossible to ask and receive intelligent answers from just about anyone of the thousands of angry protestors who don’t know what they are angry about – “the patriarchy, fascists. And everyone who disagrees with them is placed in this category. People have to become less angry and more intelligent.

In talking about destructive anger I am not referring to the use of anger to impel someone into action – this is necessary sometimes - I am talking about anger that stays with a person long enough to become deeply embedded hate. On the collective or mass unconscious level the unrestrained anger generated becomes a revenge-seeking beast of its own. Both types of energy, masculine and feminine – are contained in all people regardless of gender. And it is almost totally unconscious to most people.

This also brings into play the power of a label and its unconscious affects. I am speaking about women only to illustrate an example where, in the absence of true healing, the type of anger I am referring to is such that all persons of the identified group – in this case men – will become an object of their hate. The actual structure and dynamic processes involved applies to many different groups within society regardless of gender.

How much hate do you think is behind the Marxist-Feminist, corporate and Globalist powers that are neutralizing male power and the feminization of western men – calling true masculinity toxic masculinity in the western world – as the Chinese science, military and political engines have become extremely masculine and powerful to the core. Whenever you take over a country or region the first course of action is to neutralize the men who might defend.

Remember when large numbers of immigrants started coming to Canada. Canadians, the colonial descendants had the reputation of being the friendliest people in the world, opening their arms and welcoming anyone to their country. Now, after millions and millions of immigrants have came to Canada but did not respect and protect the culture they swore to protect when they entered Canada, now these same colonial descendants are being called descendants of colonial invaders, white supremacists, etc. The welcomed newcomers have become actual invaders, culture cancellers and have in many cases back-stabbed the very people who welcomed them with open arms.

Exposing the Psychological Dynamics of Ritual Abuse: Convert and Overt, Unconscious and Conscious

When I walk through my hometown these days not a day goes by that as a white male I am not scowled at, avoided and perhaps ostracized - treated in a racist way usually by people who are obviously new or first generation Canadians or residents – and not a white Caucasian. A false history has been generated to foster this racist, anti-white/European attitude. It is not an accident. Anyway, this was unheard of when I was a child, when doors could be left unlocked and no one had to worry about crime – whether you were rich or poor, black, white, Red or Asian. Today in Canada criminals are being let out of prison while they lock up in jail Christian pastors who refuse do not refuse their parishioners the bread of life and in fact feeding the homeless.

Outside of the comparatively small number of cases where women actually become physically abusive compared to men, the emotional and psychologically abusive, passive aggressive, likes to use humiliation, etc. On the unconscious level these dynamics are not passive, quite the contrary – especially if people take into account the above-mentioned dynamics of “black magic” and basic intolerance and other aspects of politically correct cultism.

The collective level of this anger is devastating. But it has become totally mingled with the collective unconscious in all its dynamics. A visible example of this is the way it is being produced (through propaganda) and used by a very small group of individuals - primarily from that ancient parasitic like pathology known as the ancient monarchies - using the new Multi-national nobility – corporations and bankers - to impose on, fearfully herding and controlling humanity.

Today, because of the lack of human privacy...an ability to be thoroughly invaded by 5G and AI Internet of Things, is a type of rape at every level and from my perspective – energetically – the most likely culprit for the huge increase in cancers. The Final Solution?...thus preventing Gaia from healing and recovering from these assaults. This includes humanity herself in all aspects of individual and collective humanity – as every witch knows, of humanity are expressions of the great Mother; we are the Earth.

Realistically we are not talking simply about female anger or male anger but about PEOPLE anger - anger of the oppressed and wounded. Importantly, since we are of the earth, men and women are all expressions of MAN in WOMAN masculine force giving form to the feminine vessel and the feminine vessel giving form and expression to masculine focus of energy.

Now, rather than speaking of men or women the reference should simply be made of people committing violence against people and this might be closer to the present truth. The key to remember is that <u>most</u> of this reversal, the projection and victimization, is unconscious and committed not in physical ways but psychological and especially emotional ways. We are all aware of the term passive aggressive and its reference to

emotional manipulation. This is simply one of the more obvious forms or expressions for this type of violence to take. Actually, it is a type of theft. A good example of this from my own experiences has been not being allowed to express or be angry or assertive because I am male, in the midst of a vast and intimate amount of female anger (in many cases hate).

It would be useless and counter-productive to distinguish between unconscious male and female energies. The fact is they are unconscious and today it is a situation of people hurting people regardless of sex or other imagined differences. Let's just say on a metaphysical level people, not just women, are using primarily feminine forces, form, combined with masculine, more Yang-like energies to hurt other people. This manifests itself in a form dictated by pathological manipulative forces, probably stolen or used in a Judo style type of move, for destructive or manipulative ends.

I make a distinction between feminine and masculine forces because, metaphysically, thought-form/emotionally, attitudinally, (empathy without emotionality?) and practically speaking, masculine forces tend to be pointed, focused and leads to consciousness and manifestation, what is manifested is Woman. Feminine forces tend to be more pervasive, vessel-like, all-encompassing and receptive like the collective unconscious. Feminine energy is a vehicle that expresses form utilizing masculine force. Masculine energy provides the force necessary to make manifest the form.

Feminine anger – emotionality combined with potential (self-defensive or confrontational?) violence - is given form by utilizing masculine energy. The very energy or power some people think they hate. Its important to note that men and women both have feminine anger just as they both utilize masculine force. Force, energy or power is neutral – it is the feminine form that varies. Nuclear power can be used for destructive or creative purposes. Emotion and passion are feminine expressions given form by masculine energies that vary in the way they are manifested, based on individual uniqueness and collective influence.

Thanks to technology people are today being manipulated through propaganda and acting in ways totally unnatural for natural humanity – but then as we will see below, the current trend of Transhumanism – which is running through society today – is a purposeful attempt to get rid of humanity, all except for the rulers of the world – the monarchies and their "noble" corporations.

Speaking from a white male perspective, many women project this hate materially, literally onto the physical object this emotion is directed towards – the human male – and in 2021 mainly affecting white, heterosexual males. This dynamic also goes in the other direction – from the human male to an unconscious hate of anything masculine and with the back-lash, anything feminine? Usually both aspects are primarily

unconscious for women as well as for men but not for the corporations and media, the globalists orchestrating all of this. The end result can be the physical or psychological acting out by both males and females. For women possessed by their (therefore unbalanced) animus the sometimes conscious or unconscious hate and fear for men is nihilistic hate and fear of their inner man. For men possessed by their (therefore unbalanced) animus, any subsequent hate and fear for females becomes a nihilistic hate and fear for their inner woman. Unconscious self-hate then develops, is sent out and then returns, in a viscous circle. Affected women exhibit the malfunctioned aspects of their animus and shadow, poisoned by a wounded, sad, neglected and pissed off Soul that has become shadow infested. The same applies to a man's anima, to shadow. What has been repressed begins to unconsciously rule them and the collective. The result on the collective level is blind violence

As an aside, half humorously, certainly only metaphorically and definitely psychologically, perhaps this is what is meant symbolically behind the image of the "Whore of Babylon" in the Christian bible. In addition to a mishmash of chaotic information and mutilated souls we have the malfunctioning muddied waters of the unconscious psyche. This "whore" attempts to overwhelm people. The results are depression, neurosis, psychosis, addictions of any sort and so on. This "tricks" people out of their energy the same way a prostitute tricks customers out of their money and energy. We see this all around us. All of the well-known religious traditions have parallel fables, legends and metaphors. We know none of these images can be taken literally or materially only symbolically, psychologically, metaphysically and spiritually. When we look at the human destruction that has resulted on level one literalism (as Ken Wilbur calls it), because it is only at the lower levels, overly materialistic that this takes place, isn't that an indication it is about time to transcend our interpretations beyond the physical and place it in more realistic realms? If metaphors and fables and few Gospels are interpreted materially and literally they sound like childish but dangerous superstitions. If they are made metaphorically, symbolically, psychologically and spiritually they make perfect sense.

Thinking along these lines it makes perfect sense why it says in the Christian Bible that Jesus was a friend with prostitutes – you have to embrace all people and this represents accepting all aspects of our individual psyches. In a similar way we have to become friends with our inner "Whore of Babylon" in order to make order out of chaos, to discipline these inner energies. We can recognize that this is a direct reflection of a person's ability to embrace their whole self in a healthy, democratic and compassionate way.

Understanding this at some level must be why the Christian Bible and books from other traditions are still considered great books by millions of people after hundreds of years. The Holy Spirit resonates within us all if we listen. I have no doubt much of the

appreciation keeping these books active in religions is induced by some part of the unconscious higher psyche that understands their reality and validity. Dogmatism and orthodoxy vs. an actual living Tradition is also a factor. The subsequent deadening and stagnation of a living meaning behind what they "teach" when followed dogmatically is a major reason why many people are leaving these sorts of institutions and the Holy books associated with these traditions and in fact turning in the opposite direction of Living Spirit. This exactly why in August of 2021 we see in North America Black clad Antifa gangs, surrounding peaceful Christian worshipping as they chant Satanic statements, hurl eggs, bottles, flash bombs, etc. at infant, and children, women and men praying and peacefully communing in spirit. This is because of what our corporate and banking globalists want – the ones controlling the faceless, communist and fascist masses?

More seriously folks, following from this idea one can appreciate how destructive it is to take metaphysical symbology and apply it to human anatomy. Look what happened historically to women's treatment in society because of the perceptions generated by literal (childish) interpretation of various great spiritual books. Many expressions of these great spiritual traditions, sometimes, have become stagnant and dogmatically dangerous as opposed to spiritually alive, health giving and ever changing. In some cases we have severed them from the roots that gave them birth.

This great sin (sin, from everything I've read and learned, including the original Greek meaning, simply means "missing the mark") has come about by utilizing a literal and materialistic approach to the interpretation of these books. However, these books were written by inspired people, open to human limitations in understanding the profound realities they perceived and then tried to describe; and almost always written by people who have not experienced the realities described in the books.

Accurate perceptions of these psychological and metaphysical realities cannot easily be described with words. We will not be able to understand them without a lot of mental work utilizing both sides of the brain – the ego/linear thinking and the soul. Look what happens when ten different people are asked to describe a complex object or phenomenon. I doubt there will be ten exactly similar descriptions given. In fact they may all end up very far apart from each other indicating the need to look for mutual elements rather than focusing on differences. By focusing on psychological, symbolic and metaphysical understating we can find mutuality in seeing the realities they try to describe.

Differences vaporize when an individual is able to live fully in the present. Living spiritual traditions become stagnant religions when the institutions themselves stop living in the present, focusing instead on the far historical aspects of the past from which

they emerged. They do not understand the original cultural, environmental and developmental context of those who wrote these books and how they differed from today's world context, materially and psychologically speaking. They use a literal interpretation divorced from the original teachings of the master and wise people that gave them birth. The spiritual miracles and truths attached to all historically famous holy people are a present living reality for everyone. Virtually every person alive today is exactly as holy and complete as the most famous holy person who has ever lived. We simply have to wake up to that fact and recollect our selves.

As a note, intuition or an awareness of future possibilities is only possible when a person combines the past – memory, without obsession – into a pointed focus of the here and now.

Getting back to the business of the wounded and hurt psyche, to operate consciously on the collective unconscious psychic levels, masculine energies have to be used. This can only be accomplished if energies are not wasted. Look around society today. Virtually everything is geared to using up or neutralizing (in some people) masculine energies. We are called "consumers" and we are, consuming more than we realize. But it requires an expenditure of energy to consume in our society, everything from sex to letting your life force spill out in front of the television after watching several hours of a violent "sport" or action film loaded with violence and absolutely divorced from actual reality – a virtual reality. This results in a type of entropy.

I recall experiences in mass rallies and sports events and know that the emotional atmosphere of the environment can greatly affect a person. No need to elaborate what becomes obvious by looking at the effect political speeches have on people. As for sports events, I view much of what we classify as athletics today as being nothing more than gladiatorial pastimes after the fashion of corrupt ancient Rome and serving much the same purpose; although to be perfectly honest many of the gladiatorial dynamics are adopted - and with absolutely sadistic desensitization - in social media hits and targets of victims by "social justice warriors", a modern name for sadists who project their pathology onto innocent victims targeted by the State, similar in composition and purpose to the historical Nazi Brown shirts or the Chinese Communist Red Guards. Their purpose is to institute and perpetuate the unhealthy dynamics of a society that obtains (in most cases) sadistic pleasures from suffering and violence; by projecting mass psychotic dysfunctions onto the scapegoats targeted politically. That is certainly what was chronicled in the Soviet nightmare. It is used to keep people blinded and preoccupied (surviving hunger games style) as to the dynamics actually taking place.

A friend and past minister of the church I attended used to fascinate me with the simple yet profound messages of his sermons. He once gave a sermon in which he drew parallels between corrupt, ancient Rome and modern day society. His sermon was

impossible to disagree with logically or historically. He read no scripture I recall in the sermon: he was speaking accurately about the past (history) and focused completely on what was happening in society at that time. It illustrated very clearly for me how the twelve cardinal sins have in many respects today come to be viewed and treated by the majority of society as the twelve cardinal virtues, to be pursued with pride being number one because trouble always erupts from the ego. All wisdom of all civilizations and peoples of the past who recognized that pride, lust and envy – the dominant attitudes and ways of being promoted in today's politically correct, identity filled politics are some of the more deadly reasons many civilizations become corrupt and crumble, every time. Using people to act and live like this is nothing short of a complete manipulation and conditioning by the modern propaganda machine; a definite crime against humanity. Today this machine includes most all of western society's universities which are promoting intolerance and censorship, the very opposite of scholarly inquiry, and instead have become huge dumbing down and indoctrination centers. The social cohesion of humankind and her embedded nature with the Mother Earth is being destroyed. The Earth being bombarded by 5&6G radiation from the satellites that Tesla's original psychopath is blanketing the Earth with., Dragon lines reacting…

Today, what used to be known as the twelve cardinal sins have become the twelve cardinal virtues. We know what happened to ancient Rome although it is a beautiful city today. Ancient Rome crumbled psychologically, spiritually and physically which is another way of saying it was invaded in every sense of the word. Send out what you will returns three-fold.

The psychological imperialism that characterized that brutal time in history is magnified today on a worldwide scale with a few leading world players.

The result of this now global mindset adds to the lowered overall levels of consciousness - the manipulative ability of the shadow-controlled collective unconscious thereby increases. Whole libraries have been written to explain and describe this process and how to counter it. On the other hand it is also safe to say that whole libraries – physical examples of holarchical emergence keeping the foundations intact - have been destroyed leaving the knowledge in the hands of only a few from time to time.

True compassionate love– an experiential appreciation and motivation of unity – is ultimately the only way to combat cult mind control and especially to promote the development of real consciousness, free from the influence of others. "They want to feel and give love rather than hate and fear."[36] This quote is referring to men who have been abused by women but obviously it applies to everyone. Therefore, the only natural thing

[36] "The Myth of Male Power", Farrell

to do is for people to go beyond the ego level of reality because the world we live in usually promotes the exact opposite. We live in a world permeated by fear and hate, products of the ego - literally. Obviously the answer to this is to send out love - an attitude of unity and tolerance - to manifest in the unconscious. The sorry truth is many of the people out there who think they are expressing love in reality are being sentimental in a self-pitying, egocentric and perhaps smothering manner. It's a good thing Nature has demonstrated many times in the past it is quite capable of fixing the ills of the world even though it may take some time. The nurture of Nature is naturally loving – something for the children

The people within many groups are indoctrinated to fear change – they stagnate. When some people consciously attempt to escape or leave satanic cults, real satanic cults that operate on the subliminal and unconscious levels (covert), not only Hollywood cults (openly satanic), the people who try to escape are sometimes made to look insane. This is part of the MO of all modern tyranny since the Soviet, Maoist and Nazi regimes provided the pharmacological and technocratic blueprint: technocracy; In the atmosphere of today's society this is easily accomplished because of the extreme (or unusual) nature of the abuse and control that victims experience and try relate to others seem beyond belief. People who complain of control and manipulation of the more subtle types are sometimes made to look paranoid even though we read about the technological breakthroughs in these things daily! We have truly been dumbed down; cognizant dissonance programming has completely normalized a psychotic view of reality – one divorced from what is. Virtual boy, Billy Boy Gates boy would be proud!

The fact that is conveniently overlooked is that it is people who label other people mentally ill or dangerous that in fact exhibit far greater levels of paranoia. Furthermore it is perfectly in keeping with the MO of slavery ever since the ancient "monarchies – the real power behind the corporate nobility and slavery of all the ages.

Obvious and blatant examples of these dynamics were demonstrated in the old Soviet Union and other dictatorships when enemies of the state ended up in insane asylums labeled crazy – because they consciously refused to be slaves. In other words, they were dangerous but only to the dictatorship. The social credit system Google has helped put in place in China and is now installing wordwide fo of course helping to saturate the world in 5G radiation, along with a lot of other criminal corporation's criminal activities – Elon Musk, circling the world in military levels of radiation – 5g, disrupting the world and all her living creature bioprocess – this is a crime against humanity and the Earth on par with other current trends on August 30, 2021.

These are actual crimes against humanity and have taken human slavery to a whole new level: deep state dynamics in the western world that have opened the door for tyrannical, fascist oligarchs like the fascist CCP – 97% of CCP-like takeover while

placing everyone else in society in a mass communist position, completely dependent on and controlled by AI, a backstabbing compliant society. This is expressed by the gaming-like debauchery of a social credit system that literally makes weaponries everyone's greed and the power of "Identity Politics". They become their neighbor's jail guard and the greed of a few incompetents who can't make it in life unless given it by force from the more competent.

It isn't very difficult to draw parallels between what happens to enemies of the state in countries controlled by dictatorships and why people end up in mental institutions in the western world. Working in concert with multinationals, the pharmaceutical megaliths are much more powerful – without any national loyalties (although in CCP China the military controls all neuroleptic and psychotropic medications research in China...go figure) – than most individual countries in the world. Who controls the banks and corporate octopus controls the world? Who controls the corporations? The actual reasons for all of this control is far more spiritual and less political than most would be able to fathom in a world that has lost contact with just about anything except it's own ego. It has to do with the actual strength, goodness and purpose of humankind. It especially attacks the very foundations of what humanity is, perhaps the Holy Grail Herself.

As an example the psychiatric profession brands as paranoid any patient, usually a very sensitive individual, who recognizes patterns of abuse, some of which are unconsciously group or collectively perpetrated. Even if a person wants to take a pro-active role in their healing and wants to read their files – this also gets the paranoid brand. I laugh with an uncharacteristic dry and calm anger when I think of this last, very prevalent reality.

As an individual trained in both the social work profession and one who has worked in the area of security I find this appalling. Especially after I have seen the blatant misconceptions, hearsay, dishonesty and other forms of incorrect entries in some of these files I am amazed. When I worked in group homes and workshops for similar populations of people I witnessed many fellow staff ridicule, ignore and completely fabricate excuses with "clients" simply to achieve compliancy and to be damned with treating the person like a human being in an honest way.

Isn't it interesting that the very institutions that compile these files brand clients responsible enough to request to see them as being paranoid when in fact they are expressing healthy self-interest, taking healing into their own hands – this is the only way natural healing can be fully achieved? Rather than healing patients, the mental health "experts" are pathologizing patients who are trying to take an active interest in their own healing. In reference to the clients, consider the control and fear these people are already under. It is a fact that almost all so-called mental illness is initiated by trauma and abuse, especially experienced in childhood. It is safe to say that the use of

fear and further intimidation to prevent these individuals from taking a pro-active part in their own healing process is indeed a criminal act of coercion and intimidation – it is an act of terrorism. Consider the magnitude of what I am saying here.

Anything found in society that inhibits change can be considered harmful and, somewhat paradoxically anything that tries to distort and eradicate time-proven traditions of stability, support and individual self-sufficiency is perhaps even more so; It promotes an accumulation of negative energies on the unconscious level of the collective human psyche – that's why many Chaos and other Satanic practitioners like destructive noise, whether in decibels, visual sound, activists and attacks against peaceful citizens - and shatters our collective unity: which is the ultimate danger for humanity; it results in control by the shadow-infested elements of the collective human mass mind. Mass minds and the repressed shadow of humankind can only control people by dividing and destroying unity – by destroying or attempting to prevent love. Mass mind expresses a much more primitive level of consciousness than individual thought, without a shred of empathy for our brothers or sisters. True individual thought is unhindered by the coercive influence of people around him or her, whether consciously or unconsciously.

I'm encouraging individuals to emerge from the mass of wounded souls in chaotic interaction, anarchy and violence. However, as more people are prevented from growing in healthy independence – and therefore healthy interdependence as *well,* affecting more and more psyches, the development of a dysfunctional collective and the actual destruction of civilization – civic, civil, civility; to be civil, tolerant to one another - over time becomes obvious. Everyone is affected.

One of the main questions related to all of the dynamics I am describing, one that I have attempted to explain, that keeps popping into my head as I write this is: to whom or what does all of the recurring violence What's the purpose? In thinking about this I suggest keeping in mind two things also in the form of questions. How do the psychological dynamics of sadism work? Metaphysically and energetically speaking who or what benefits from evil or unbalanced and excessive negative energy. More important, what does negative energy need to grow? Where does it derive the energy it needs? Metaphorically it can be considered much like cancer, the sick living off the healthy parasite fashion. I would suggest a person consider the psychological roles of scapegoats and the purposes they serve whether in the family, schools and society and of course the world and see that, in reality, it's a form of sadism operating primarily on the unconscious level of the psyche. I mean seriously folks we are not talking about goats here any longer now are we? Or are we?

Obsession with entertainment, addictions and other forms of escapism can be considered different forms of coping mechanisms gone haywire, affected by societal

conditioning at all levels and in all sectors. By the way, some 12-step programming can be a major form of substitute addiction and can also be considered an effectively coercive type of cult or group, for a small number of the hard-core members at least – because in many cases the addictive dynamics they try to heal become more entrenched – it might save their life from alcohol addiction but continues cult-like control that corporate controlled society is promoting worldwide. Members in twelve step programs take into the group the same dynamics that created the addiction in the first place. I have witnessed these dynamics several times and in different groups. Groups of this type express concentrated levels of the unbalanced dynamics I am referring to. I will also say that for most of the people involved in these groups they can be life saving because of course the focus of the group is in actually teaching – in a mutually interdependent way ideally - adopting healthy, life-liberating ways of thinking (the goal is to think for oneself and not succumb to adverse peer pressure…) and living .

The negative dynamics I'm referring to above adversely affect only those people who allow the group to become a type of cross-addiction. I have spoken with various people who've been members of these groups or who could see these dynamics and agreed with what I am saying.

If the person reading these words gets angry, he or she should seriously ask themselves what is the real reason for their anger. If you don't agree with what I am saying and really believe the opinion that you hold you won't get angry. An Immediate response to anger – unlike a justified anger related to invasion of person of some type – might simply indicate a deep or perhaps not so deep uncertainty and questioning of the "belief" or opinion a person holds or perhaps something else? I am simply stating it like I see it.

Cult-like control. People who seem to think any of this is far-fetched might do well to recall that many of the martial arts – all of which are highly psychological/physiological and requires intimate knowledge of the body/mind and psyche – many of which began and developed in China and south east Asia. Recall as well the Allied POWs during the Korean War, who experienced CCP Chinese communist brainwashing - negating of a prisoners earlier life and history and re-programming – creating a false personal and therefore collective history - of prisoners, firsthand [37] and today this kind of thing is being used for ethnic cleansing and genocide in China and now social engineering in the Western world generally in our politically correct **cult**-ure. This is what Critical Race Theory is and what it is being used for; same with almost anything associated with LGBTIA……the purpose is "Chaos Magic" – to push western society into a self-destructive tailspin that, apparently can only be provided by the various "experts"

[37] https://prezi.com/rkvv1l8bfvn4/red-chinese-prison-campbrainwashing-during-korean-war/(as an example)

(selected with diversity, scouts honor!) and other self-interests to come in and take control of the mess – the chaos. This is not conjecture but has been a fundamental aspect of Imperial Marxist destruction from the start, spearheaded worldwide today by the CCP of mainland China although the new autonomous province of Canada might soon provide a much healthier place for the Chinese capital and leadership? Retired CCP folks and PLA officers are retiring in Canada. Go figure …

Currently in the Western society, for example wherever people of European descent are being persecuted for being white and descendants of colonists, but on an international and historical span of thousands of years white people might very well be the biggest victims of the slavery scourge – starting with the Romans...after 1000 A.D. at the hands of North African Blacks and Mid Eastern Arabs. European colonialism was a way to escape both the scourge of the world wide monarchy (in Europe, mainly slavery/serfs and the enforcer nobility) and Arab and North African slavers. The vast majority of people in the world seem to be unaware of these historical truths. Besides, especially during those times in North America, given the native, tribal nomadic life-style, in that sense everyone was a colonist in North America – well exemplified by the constant inter-tribal warfare that took place and accompanying inter-tribal slavery, as originally was the case in all places of the world with a few exceptions.

Compounded with the actual genocide and destruction of white homelands taking place in current times (April/2021) there must be a huge amount of racial memory of persecution for the white race and perseverance, exemplified by the early settlers/survivors; they are today being blamed for the striving and hard work that saved them from being wiped out on individual and group levels. I'm only using the above example of the dynamics we're discussing because it is currently happening. These dynamics have at one time applied to all humanity with a very few sadists and psychopaths calling the shots – slavery for example - on now a global scale.

These are facts. Today, except for a small percentage of the population racial awareness and knowledge of historical truth is unconscious, never crosses their cognitive orientation because it has been wiped from the public memory. A perfect example is the obscene continuing focus on Hitler's Nazi Germany – as horrible as it was the German people have been ruthless to themselves in taking responsibility for their brutal part in history. Yet, when I speak with young people today, I haven't spoken to even one who has been also taught the even more extreme crimes against humanity because of the Maoist and Stalinist regimes - currently a purposefully deadly form of propaganda against freedom and democracy; an attempt to pervert history and make a demon look like a savior. MSM/propaganda has replaced investigative journalism and censorship has replaced scholarship in most of North America's universities.

Human programming. It saturates every aspect of today's human (and thanks to 5G Earthly) world – virtually every aspect of our humanity is under attack and with the introduction of mRNA, DNA altering "vaccines" – in which the leading people involved also control the world – literally - then total slavery is now possible. They have admitted the vaccines are experimental, nanobot operating systems to be injected into people, with the intent to reprogram people from the DNA up. In this WHO, Gates and associated banking/corporate cabal we're talking about a few individuals on Earth having the capacity to literally change the natural world, human's natural embedded nature into Mother Earth; enabling the "experts" to control the rest of humankind through AI. This is why it is being forced, ID "health" passports, DNA prints, cashless and paperless society and all – the very ultimate in evil. Nanobots changing our DNA while comm8unicating with the giant Quantum computers being built by the various militaries of the corporate… I mean world's governments. The question one must ask is – who or what benefits; seriously ask these types of self questions for people to ask themselves?

It has been said that cults are increasing in number because of the increase in tendency for breakdowns in family structures.[38] Cult-like indoctrination and conditioning of people – thanks to technocracy, programming – and especially young people, rebelling against the very traditions and milestones that enabled humankind not only to survive but to built, write and compose masterpieces of beauty and advancement, especially in the ethics, morals and spiritual needs of humanity and society. Today, there are rebellions everywhere against the foundations that make life possible. This is preventing them from developing and emerging as self-individuating, full human beings. In addition, today thanks to people like Greta the angry climate alarmists, the Covid-19 imprisonments, teaching people to like animals more than humans, propaganda and

a-historical misinformation to divide people, increased segregation and a genocidal attack on the White race: our youth are being taught to hate everything their fore parents have done for them, their heritage and culture (if you're of European descent) – quite the opposite from what most other folks of different racial and cultural origins are saying about their own group histories. Our youth are being programmed as weapons against the wealth of Western civilization – especially democracy!

In saying this all youth are rebellious to a certain (and healthy) extent but the destruction of traditional and especially traditionally wholesome and vitally important aspects of healthy family traditions – such as neighborly enhancing spiritual traditions are being destroyed and replaced by literally soulless entities – AI – to replace the connecting life-blood of humanity. The corporations, bankers and other few individuals who literally control today the world through AI are the true cult – the most serious Satanic threat to threaten Humanity since Her time began.

[38]Clifton., "Releasing the Bonds," Pg. XX11

I mean this quite literally because of our actual connections between people on a soul level awareness of Mother Earth, that any true shaman, meditator or practitioner of the spiritual arts would know along with an energetic awareness all life on the planet via DNA – mmm? In the movie "Avatar" the Reptilians were portrayed as being consciously connected with their planetary Mother. In real life here on planet Earth, reptiles are insect like; no emotion/feelings or thought in response to and utterly without regard for their victim in their reflex kill. Identity Politics, resulting ego-inflation, ego-mania, divorced completely from other people, unless it helps them – people – WOKE people - becomes controlled by their reptilian, greed controlled ego, utterly empathy-less and cold perspective. This is exactly why Satan is portrayed as a dragon, serpent of some sort...a reptile.

It's actually Humanity who is connected with each other and Mother Earth (in our case) in this manner. Any living spiritual tradition – whether practiced by a 1st Nations spiritual practitioner or a devout Christian worshiping Mother Mari and her Son, Jesus. I wonder? Does this have anything to do with a worldwide vaccine literally being forced on people that can change their DNA (mRNA). What is actually being changed? Attacked? Nothing less than the Holy Grail – a conscious awareness with other people on a collective (unconscious for most people) psychic level – something someone from thousands of years ago might have called a "Choir of Angels and a troubadour might have sang about during the middle ages. It's something the royal monarchies and worlds religions have been trying to wipe out for thousands of years for the very reasons we've been discussing.

Anyone who ignores the actual normalization and public applauding of Satanic activity and promotion in our stores, social media and attitude generally is actually, quite literally Apocalyptic.

Children are being propagandized against, we are using the children; plug children into a computer driven technocracy that dehumanizes and control people unnaturally. To sever a family's role in raising their own children: the State trying to wrest childrearing from the hands of loving parent: Soviet Union, Nazi Germany, CCP (Han Dynasty) controlled "People's" Republic of China….

By today in 2021 this rebellion has moved into a corporately induced rejection of every stable tradition in Western society. In many cases cult or group dynamics are learned, throughout our so-called education system – a system that today teaches none of the higher and Wholistic functions of humanity. They are indoctrinated; more and more laws are being enacted or arbitrarily applied to strip more and more parental abilities to protect their children from the corporate state, stripping human volition generally. Children's decisions are more and more following the programmed personalities of young people via social media and AI generally rather than actual

Human Beings. Our children are being sacrificed – remember the Mayan calendar thing of 2012? The Mayans and associated tribes loved human sacrifice, they sure did. Now we do also since 2021 especially.

Children are not someone's property or extensions of someone's ego. They are individual entities, members of the one of the most evolutionary advanced animal species on Earth, that we know have the capacity to become self-reflective and creative participants in the dance of life. More important, they do not belong to some kind of collective machine that strips away their humanity. Collectivization strips away a centre of existence, dissociates the individual from him or herself. It brings evolution to a screeching halt.

People are falling into cults or groups that utilize similar cult-like dynamics. These groups also manipulate emotionally and especially sexually. It may be crude, for example like you might find in a street gang or more refined similar to what you might find in an executive boot camp for highly placed people within corporations. Maoist (I'll leave in this timely Freudian slip) of global society's dynamics operates on this level, to some degree or other along a continuum.

As with anything of this nature, emotions, if not refined into identifiable feelings remain at a primarily primitive and therefore uncontrollable level. This is different from examples of self-control where you find refined feelings that are identifiable to the individual and therefore open to individual tuning and direction. In other words the energy can be contained and used for the purposes of raising consciousness and creativity, to evolve individually and therefore collectively. Raw emotions are associated with the mass or primitive mind. Being primarily unconsciously directed this can induce impassivity in an apparently conscious psyche because it sucks away the libidinal energy that could otherwise be used for constructive, life-enhancing purposes. Individuation can only be accomplished by becoming conscious enough to break away from the herd, and that can only be achieved by not wasting and emotionally dissipating energy.

The dynamics of control are present throughout all levels of society and the world. Depending on where you are in the world control may be overtly or covertly perpetrated.

However, in those areas of the world where group dynamics and group control has been more forcefully implemented and maintained and most individuality stamped out,– for example in most Asian and Mid-Eastern countries - the subsequent repression which in fact is far deeper and more prevalent in these areas of the world, is more forcefully and violently expressed on the psychological levels of collective human dynamics because of a greater destruction of human empathy.

Exposing the Psychological Dynamics of Ritual Abuse: Convert and Overt, Unconscious and Conscious

Interestingly, physical and mental violence towards children – in the form of conditioning and breaking the will of the child – is a socially condoned method of maintaining social control using the teachings of masters as rationalizations – teachings that were turned into literalistic nonsense used as methods for control. In those parts of the world where materialism has flourished for a long time, “communistic” methods of group control are maintained through the use of marketing, addictions, politics, etc. In those parts of the world where the group mentality or mass mind prevails, control is maintained either through outmoded or misinterpreted “customs” or outright dictatorship and this is now effecting Western society in a similar fashion – the result of purposeful social engineering and deception.

In those areas of the world where there has only been a history of mass and group control, the introduction of capitalism has ignited a ruthlessness that the western world is only now beginning to get under control, especially by protecting the environment or by legislating business ethics. In those countries and areas where the population is not taught how to begin to develop or express a healthy individualism – a mature ego – the introduction of capitalism has created a population of people characterized by immature ego development; that mercilessly promotes competition, ruthlessly expressed through Global commerce and other imperial tentacles.. Combined with a social credit system of back-stabbing and competition/jealousy, empathy is practically destroyed.

Western ways of living that were adopted from the west – the education system is a good example. In some parts of Asia academic competition is so great that the rate of suicide among young people because they do not reach the academic perfection expected of them is astronomical. I have seen a grade 3 student attack another student with scissors because the attacked student was able to answer a question the other student was not able to answer. What was extremely hard to understand was the student who attacked the other student did not appear to have a violent type of personality. On the other hand, a violent movie that the homeroom teacher wanted to watch (“Apocalypse” – hardly a movie for grade three students in school to be watching) just prior to my scheduled class might also have had something to do with it.

Capitalism is something that was developed in an area of the world where mature ego-development was already well under way – even if it has been sabotaged in the ways I am describing.

On the unconscious level the whole world is enveloped by the dynamics described. There are breakthroughs here and there though. Individuals and groups who have reached high levels of awareness may be able to break the cycle, especially if a critical number of people become aware. Perhaps spreading awareness can then ignite – I’m thinking of the hundred-monkey syndrome. This occurs when the concentrated levels of individuals aware of something on the unconscious or subliminal level reaches a critical

level of collective mutual awareness powerful enough to propel awareness into the more conscious realm (ha, ha, if psychiatrists had have been around when researchers documented the Hundred Monkey Syndrome I have no doubt they might have tried to label the monkeys as having schizophrenia).

The regression in consciousness that has been sweeping humankind has caused humankind as a whole to regress to a psychological level where, psychoanalytically speaking, primarily the id and shadow expressed through the collective superego has become unconsciously dominant, especially in relation to the shadow aspect. Acknowledging this regression and understanding it in conjunction with the anger and frustration that has accumulated on the collective psychic levels, we don't have to wonder why violence is sweeping society and the world, especially among the youth.

To have all that youthful energy geared towards potential expression for developing into a butterfly, physically and psychologically, only to have it inhibited or indeed in some cases prohibited because of the "training," the conditioning they receive in today's society. Sometimes I feel like I am walking down the sidewalk backwards. A video portrayal of one of Pink Floyd's videos that shows students coming out of the schools on conveyor belts provides the appropriate image. I've noticed stenciled on the side of our local school buses the word "stock." I wasn't sure what the word was referring to. I later found out it was referring to the bus company. But quite often when I see the little faces looking out through the windows and the way society treats them today in 2021 I automatically think of the word livestock.

The psychic oppression and victimization of Children - and in 2021 I'm especially thinking of how our toddlers and young people are being prematurely sexualized, resulting in a huge loss of developmental energy; energetic entropy of our youth represents the most criminal and unforgivable aspect of this state of affairs. A good book to read that touches on topics related to this is "Evolution's End: Claiming the Potential of Our Intelligence", by Chilton Pierce. It illustrates just how early indoctrination of our youth into the machine begins.

"Authoritarian Leadership"

What follows is a rather vivid example on the continuum of manipulation. The psychological dynamics in this case are simply magnified and less hidden than in some of the more traditional forms. You might say it more or less jumps out at you. Most of these dynamics are today used by our "places of learning", certainly media propaganda, corporate corruption and control throughout W.O.K.E. society to condition and depersonalize our youth. A psychopathic society, first and foremost because each W.O.K.E. person(a) is coercively – it's always coercive when it originates outside the individual who is targeted - divorced from a conscious relationship with their individuality

– in other words with the larger Great Earth Mother (Soul – literally as any genuine Shaman knows) how they really think and really are.

Thanks to 5G in the schools along with masks, no smiles and rubbing shoulders with peers our children are being forcefully indoctrinated in a way that leaves then completely isolated and vulnerable to the globalist "experts" who want to do all of this technocratically with the flip of a switch so-to-speak – even as they expect complete privacy and independence from the masses they control they have erected impregnable fortresses of power the people cannot fathom.

Emotionalized young people are being sexualized at younger and younger ages and dissipating much needed developmental energy. They are literally being indoctrinated to have relationship with their AI devices and not each other, getting instructions, order followers while every conceivable excuse to isolate and control is vastly increased. This drains energy because they are not mutually connected with other humans and the Earth Mother, A herd lacking a shred of spiritual or mutual unity except their servitude.

In this example a similar type of mostly unconscious control is developed and maintained among group members. I am thinking of a "spiritual" group I encountered in a large Canadian city. This group/cult, subtly but powerfully political (psychological) doesn't say prayers – it does "treatments," a term a member told me is taken from the science of hypnosis. This is also the term people working in areas of mental health use when they are "treating" mental illness. At the group services there are definite leaders although there is a great attempt to present *the illusion of equality. This mirrors the* illusion of attempting to impose "equity" throughout society but it is as illusory as it is to believe we can petition Mother Nature to make the creation more "equitable". Most of the services are very repetitive – chants, treatments, etc. This can have a very hypnotic effect. One of the services used through the week is almost completely comprised of the same chants, visualizations, etc. These are the hallmarks of today's Globalist/Monarchists' MSM propaganda machine.

I remember looking at one member who is always there and I know she has taken some of the courses offered because she takes part in the services. It was at the end of the service and everyone was doing the closing chant in a circle holding hands. I looked at her and she was in a deep trance, her eyes were extremely glassy and she almost looked in ecstasy. There's no question this type of circle can be considered a very intimate and pleasant experience – a group of people energetically connected. But this person was definitely in a trance, a state of severely lowered consciousness and an equally lowered ability for effective critical analysis. These services are such that an objective, critical mind can be altogether cut off, if you let it. However, at these gatherings only a handful of individuals create the rituals, a trademark of any cult.

Exposing the Psychological Dynamics of Ritual Abuse: Convert and Overt, Unconscious and Conscious

Ironically, because of the esoteric nature of many groups found throughout society, in some ways the participants are more aware than participants in the more traditional and dominant religions of the actual dynamics going on. Unfortunately, a wounded nature and obsessive emptiness that characterize many of the people who engage with new age groups, revolutionary ideologies and today W.O.K.E. cult-ure generally along with a lack of well grounded knowledge leaves many of these people open to manipulation. In respect of the courses offered at this “church” they comprise of learning about the dynamics of treatments, mentioned above. As member’s progress with the “courses” offered, which they pay big bucks for, they take a greater role in church dynamics and thus a greater role in the manipulation, conditioning and therefore control of other people as well. Most of the manipulation is quite unconscious, except for certain ego aspects.

In other words, these people take greater control of the group dynamics the further along the indoctrination process they go. From everything I’ve seen these courses and what they teach are simply ways to indoctrinate members further into the group and as well instruct them how to also hypnotize and indoctrinate other people. You should hear the members speak about how important getting to the groupis. Almost like people getting a fix. This also similar to the dynamics I have witnessed – for the hard-core members – in some 12-step programs. Note – when the head “reverend” walks up the isle every week it is always precisely when the other group leader – I almost said High Priestess - is chanting “I Am, God I Am”.

I have witnessed some very interesting instances of cult/political control at this place. I’ve seen people act in impulsive ways, triggered. I have witnessed different people at different times stopping something they were doing or saying only to act in impulsive ways, totally out of context. Each time I’ve seen this take place a look of annoyance comes over their faces and a definite change in “vibes”, the atmosphere, is noticeable. Importantly they are obviously unconscious of what took place. Each time I’ve noticed this has been when I was talking with a member. While we are talking I notice what I described above and it is always precisely when certain high-ranking individual(s) in the church literally crossed our path.

I’ve also had some interesting sessions at the Men’s Group held at the church. Although there were supposed to be a large number of members, each time I’ve been there it has been the same core group of men. Each week, over and over they go on about how important the group is, again almost like getting a fix. I’ve heard them talking about going on retreats, taking part in primal dance and learning about engrams – I presume they were talking about Ron Hubbard’s term, a major symbol in occult (cult) repertoire. At these meetings only one person gets to speak, without any interruptions. Most of it is absolutely of an unspiritual nature but is talk about finances and very personal things, things that expose the individual in a very personal way. The really

noticeable thing with this is that it was sometimes spoken in the same manner as a confession might be spoken. While there I always felt highly pressured thinking about the need to say something. For one thing, in rating it a friendly group it was far too rigid in structure. Most importantly, it was completely one-way communication, sort of like being on the hot seat. The rational given was so that a person would not be interrupted, however, this rule was taken to extremes and the resulting lack of two-way communication prevented any kind of community exchange. I noticed also that I was not the only one who seemed or appeared to be under pressure as they spoke. I realize now that it was the more seasoned or long-term members who did not appear uncomfortable. The newer members did: draw your own conclusions. It was the exact opposite to what a person would expect from a supportive and friendly type of group like it was supposed to be.

It's interesting that the over-all theme at this group/cult is that "We are all Gods." In a metaphysical sense I have no problem with this. However, the way people are indoctrinated in this group is such a way that ego Inflation, in the psychoanalytical meaning of the word, is promoted. I'm well researched on the fact this inflation can lead to, if not psychosis, at least a highly neurotic state if the individual is not aware of it. A good incentive for needy people, I also know that anyone in this state is highly open to suggestion, that is manipulation and this pertains especially to levels of the psyche not usually in the conscious realm. However, the way it is superficially referred to in group suggests each person, being God, is completely free-willed and self-determining. From what I've seen this was not the case. The dynamics I've seen expresses what I would say leads to a herd mentality within the group and ego inflation outside, the exact opposite of free will. What makes this so insidious is that members often speak and act with the greatest sincerity. This is because they have been manipulated and conditioned into the church dynamics in the same way they are conditioning others after them. This is also an example of the unconscious domino or trickle affect.

The following is an encounter with one of the members of this cult. I'll change all names, of course. I met a woman through this church. Let us call her Glayd. I met her at a party for single people that was held at the home of a member of this cult. One of the main conversations brought up during the evening was a discussion about, what these people referred to as, Feme-Nazis. I did not join in the conversation. This was the first time I had ever heard the term and I just wanted to listen and hear what these people had to say.

Anyway, the woman I met at this "party" phoned and invited me to meet her at a local coffee shop a few days later. When I got there she had a friend with her. We were only there for a short length of time, perhaps 30 minutes. However during the time we were there, she and her friend talked a lot about a very personal and loaded topic– it was about her friend being sexually harassed by her boss. They not seem to mind that I was

there to listen in on such a personal topic and conversation – I was a total stranger. In hindsight I can say they were very clear and precise about what they were saying. There was a premeditated pattern to the talk and in fact the whole purpose for me being invited to meet with these two people at the café became clear. By the time I am finished relating my experiences with Glayd and her group/cult everything I am saying should become quite apparent, especially the psychological patterns and obvious attempts to manipulate me in the manner this cult was accustomed to manipulating and controlling people?

Not only did Glad's friend not appear to be upset about something I know from experience would upset someone very much, I have to say she really did not seem to be the type of person that anyone would sexually harass or mess around with in any way. While they were talking, Glayd's friend, let's call her Mida, was defending her boss to Glayd. When Glayd left the table for a few minutes I tried to speak to this person in a mediatory fashion, primarily taking Mida's position. Mida became aggressive and defensive with me, flip-flopped from her earlier position and agreed with everything that Glayd had been saying, completely contrary to the way she had been speaking with Glayd a few moments before. I decided to leave the conversation alone and discontinued that line of talk. Then Glayd re-joined us at the table.

At one point I mentioned the difficulty I had meeting new people, being in a strange city with only one person I really knew in it, regardless of the effort I made. Glayd mentioned my "manner" that I have about me. At the time I thought she meant the way I interacted with other people in a civil sense. I know now this was true but what she was especially referring to was the same thing that caused other members of the group to treat me differently. I was not a meek little lamb who unconsciously and blissfully fell into the cult dynamics but instead exhibited a calm but aware hesitancy about getting too deeply involved. I did not tell her about the lengthy history of trauma and abuse I have suffered at the hands of other people although I did tell other members, as indicated above. Although I left before getting too deeply involved in this cult, today, understanding the way people who have suffered abuse seem to go from one abusive relationship to another, whether to groups or individuals, I can certainly understand what I will describe in the following paragraphs.

Anyway, Glayd continued to attack my character in this way for the remainder of the coffee shop visit. Her Mida remained relatively quiet for the remainder of the time we were there(Sept. She was sort of like a watchdog and to be perfectly honest, even though I probably could have protected myself if need be, given this person's size and physical condition, not to mention the manner she had about her, I am not too sure it would have been very easy. It would have been difficult defending myself if she'd had physically assaulted me. I am not joking.

Later in the week Glayd invited me for a meal at her place. With a touch of cynicism and attempted humor, as it turned out I again ended up being the meal and I don't mean in a physically sexual way.

She phoned me up on the day of the meal and asked me to pick her up at a grocery store. After waiting and looking for her for half an hour or so past the agreed upon time, after several attempts to phone her and finding her phone busy, I finally got through. Of note, several times during my attempts to reach her I tried my answering service to see if she had called. Finally, after trying my answering service – she had not left a message – I then tried Glayd again and she answered the phone. Later that night when I got home and checked my answering service there was a message from Glayd saying she had left the grocery store and why. She must have actually placed the message there after I was talking to her.

After my arrival at Glayd's place things started out all right but when I tried expressing myself, my opinion, she became very defensive and made me feel "bad.' In both instances This occurred I replied and spoke with a smile on my face and certainly not in an offensive manner. At that point she leaned back and said defensively "You're making feel uncomfortable." I was stunned. She began going on about how stupid I was making her feel. Absolutely not true. When I became meek she began talking about her, apparently, considerable financial interests, etc. Several times while I was there she made on obvious show of demonstrating with phone calls her "power" – she called her lawyer, etc. and several times she actually phoned her mother.

After becoming meek I ended up doing her dishes (she asked me to) before our meal and even shoveled her walkway for her after she asked me to. She lived in a condo so the other residents of the building used it! She even asked me at one point if I was the type of person to get angry around people. I told her I never get angry around people and if I have to blow off steam I do it when no one is around. The fact is I've become aware of people's attempts to get me angry and I can see quite clearly when people do it to others. The timing for her to ask this question was interesting – echoes of people close to me and even a person I was associating with at the time in respect to very personal details of my life. Synchronicity???????

Glayd explicitly said that because I had a vehicle and she didn't – so much for her substantial financial interests – it would be worthwhile (for me) to associate with her. At one point she purposely stood very close to me after she told me to take my sweater off. We ended up hugging and lightly kissing. I had even told her that I purposely told myself I had planned on not letting that happen. There's a lot more I can say about the dynamics that took place.

The really disturbing thing was her trying to suggest to me, several times, to go to a group meeting being held by a woman I had briefly met at the “Party.” She was an ex-Rosicrucian member and the meeting was some sort of metaphysical get-together regarding “a course in miracles” or something. I told Glayd I didn’t feel comfortable going to this person’s place for something like this, a person I’d only met once and very briefly. I’d met her at the party where I met Glayd, when I had wondered downstairs in the basement and she had been with Glayd in a group of people..Glayd told me she got good vibes from this woman.

Important: Glayd didn’t want to know about me and there was a lot I could have talked about. She wanted to know about the food supplements I used, my activities, especially Yoga and metaphysical interests, what I did in my spare time, in short, my lifestyle and life dynamics. She was also very curious how many friends I knew. As far as I (me) was concerned she wasn’t interested or attacked me when I spoke or expressed myself as an individual. Although I was polite and certainly non-threatening what she was obviously attacking was any self-confidence and individuality I was expressing.

After I had done the dishes, again, while we were sitting down she got me to give her a neck massage. I realized that, by that time, every time I expressed my opinion I actually apologized first. It was by this time that she said “I feel more comfortable around you now”: total subservience.

Anyway, the main point of all of this is that while at Glayd’s place she made me feel “bad” then meek and subservient

While at Glayd’s, and this is the disturbing part, I was conscious of the details and dynamics of the entire encounter. Later, I was able to review them minutely. Incredibly, I actually fell for some of her manipulations at the time. I I even remember at one point while standing in her hallway. She stopped and started to stare at something. I followed her glance and there hanging on the doorknob was the image of a naked man with a woman. She then nonchalantly looked at me and sauntered into the front room by the fireplace. Although Glayd was a few years older than me (I think) she was physically very attractive. Now was that a manipulative move or what, especially given all of the other dynamics I detailed.

Although Glayd told me she wasn’t too involved in the occult group I noticed a piece of paper on her fridge with the group’s phone number on it, with mine directly below. Glayd told me she was planning on taking some “courses” offered at the centre.

After I had left I realized, because of some of her mannerisms and actions, speech, etc. she demonstrated she was not fully cognizant of the dynamics that took place. One

thing is for sure. If I was not as conscious as I am I might have not only fallen for her attempts to manipulate me beyond what had taken place, I might have ended up getting involved in another cult. Glayd also suggested “going to a movie this past Friday, the one where Harry Potter is training to be a sorcerer but I never called.

I see now why Glayd wanted to meet me at the grocery store. As I said above, I was her meal. I wonder if she had indigestion?.

In considering the different levels of manipulation we see that “destructive cults use mind control techniques to keep members dependent on them and obedient.”[39] Fear, shame, guilt and so forth are widely used throughout society as a means of controlling unorthodox behavior. Especially religion has been used in this method to protect the power hold those in the higher levels of these systems and society have over people. I’m not talking here about behaviors that infringe on other peoples space, which do not respect the rights and individual being of other people. Obviously, these are not acceptable. I’m talking about people exerting illegitimate political and personal control on others thereby preventing certain ways of thinking, acting and perceiving reality which conflict with what the dominant cult-ure wants in order to keep the status quo in place. In fact the behaviors that need to be addressed, violence for example, naturally flows from the above dynamics.

It’s worth remembering that, similar to the mind body connection, there is a parallel relationship between our psyches and the environment, mental as well as physical. Violence is a symptom not a cause of society’s chaos and rage. I’m referring to the effects of dynamics in which the few control the many as well as the dominant share of the Earth’s resources. In this sense economic factors play a major role.

These kinds of systems are sometimes simply forms of control in which the few control the many. They are leveling systems that prevent physical and psychological freedom for revolutionary ways of thinking and perceiving. I’m referring here to revolutionary ways of thinking and perceiving in the sense of Einstein, Galileo, Gandhi, Martin Luther King Jr – emergent points of brilliant and courageous consciousness stemming from the stagnant orthodoxy of the collective mass mind, which is primarily unconscious. Only this time the revolutionary ideas have to affect, in fact transform, the collective human psyche far beyond the purely materialistic basis and psychological milieu from which many of the past revolutionaries rose but then unconsciously perpetuated. Fascist/Communist tyranny are the most obvious We have to take a closer look at the divinity to be found in all people.

Maintaining the status quo

[39] Ditto

I'll keep stressing the fact that a lot of this control is quite literally sub-conscious/unconscious on the part of the ordinary and typical manipulator. This also applies to those people who are manipulated. Any manipulator truly able to perceive the dynamics on these levels is a most serious threat to freedom. If a manipulated person is sensitive enough to recognize these dynamics he or she is also the most easily controlled by virtue of their sensitivity, especially through the use of medication and today technology. We have primarily an addictive, earth bound (bound, tied up, get it?), regressive social mentality combined with a psychiatric-pharmaceutical war on mysticism - what it means to be human. There is no question that, sometimes, sensitive people have succumbed to the disastrous condition of the collective unconscious and medication might be a useful (and necessarily temporary) tool to be used in assisting a person in regaining their health. But without in-depth analysis, for example depth psychology hopefully leading to a gestalt or cathartic affect, a person will not heal with medication alone. In addition, psychotropic medication should only be used for a short length of time or only as long as required. It says this right in the Diagnostic and Statistical Manual (DSM) in respect of most psychotropic medications. This will be discussed later.

Medications might (but usually not) enable psychologically wounded people to get by and "function usefully" within society but the underlying poison will fester. This is part of the reason why you sometimes hear statements like "people with schizophrenia only get worse" - and the other reason is because most medications used to treat the "mental illness" can actually mimic the symptoms used to "identify" the condition in question. These individuals are truly sensitive in every sense of the word and are most vulnerable. They also have the potential to develop highly evolved minds if they had proper guidance. Instead that potential is destroyed. So-called "people with schizophrenia" only worsen if they stay on the medications and only if they are burdened with the labels, bigotry and mass paranoia of society that usually follow a lot of these people around. This will be discussed later.

Flowing from research into how shamans are conditioned, by extrapolation parallels can be drawn with some of those persons who develop subliminal literacy. I'm sure an honest psychological evaluation of those abused people in our mental health systems would support this. Trauma inducing and other severe forms of torture can develop such abilities by virtue of a person's need to retreat into their minds for safety and learn how to survive and then operate from that area. Shamans, mystics and others learn how to do this in consciousness. Under the usual circumstances present, most people who are labeled as being "mentally ill" remain coercively unconscious, confused and manipulated. The domino affect kicks into action and this usually benefits the manipulators

This is, in fact, similar to how primitive tribes or cultures have in the past conditioned these individuals to become shamans. The difference is that candidates for shamanism were identified by their abilities and were conditioned to be able to go into altered states of awareness consciously. The opposite of this is the development of unconsciously controlled people, usually conditioned to develop what is today known as Identity Dissociation Disorder. Hollywood style satanic cults operate on this basis. We can place in this category most individuals receiving long-term severe forms of abuse and torture. People within this population have not usually developed enough conscious ability to creatively make use of their travels into the sub/unconscious realms. People with dissociative identity disorder do not seem to be aware of the times they slip into the various personalities they have used to deal with traumatic situations (or that have been conditioned into them) and to retreat into safety. Instead, people become unconscious automations, weapons for the individual and collective shadow of humankind.

Perhaps the most serious torture a mind can endure is being placed in a double bind of the sort created when bigotry and stereotyping occur. It is also precisely the long-term result of living in a cognitively dissonant society – purposely induced via technocracy- “doublespeak” in action; in 2021 everyone sees it.”People believe what they are told, not what they see “and ‘people see what they believe not what is.

These dynamics come into being flowing from the projections of the shadow – in this case stereotyping, labeling and blaming other people (the victim) on the conscious levels of society and much more on the unconscious levels. On the unconscious levels of the psyche this creates an actual double bind that splits the psyche, creating opposing tensions that, if not conscious, can actually paralyze an individual from living in a balanced manner. In people that have been put through this ordeal, if there is not a conscious awareness of the dynamics taking place Dissociation Identity Disorder, neurosis or psychosis can develop. That is the nature of all hypocrisy.

I should point out there is a powerful lobby out there promoting the idea of false memory syndrome and claiming that a medical/psychological condition known as Dissociative Identity Disorder, better known as multiple personality, does not exist. It would be useful to search for these lobbies’ hidden agendas. In fact there is evidence out there supporting the belief these ideas originated from organized groups of perpetrators – perpetrators who may or may not be conscious of their actions. Sometimes these people are the undiagnosed mentally wounded, taking their revenge out or sadistically getting their energies from the innocent. As I said earlier similar dynamics occur and are perpetrated against people who attempt to escape from cults.

Exposing the Psychological Dynamics of Ritual Abuse: Convert and Overt, Unconscious and Conscious

People suffering from mania and schizophrenia, for example, consider that their so-called crazy internal dialogue may not be strictly a result of their own individual psyche. Consider the possibility that they are able to connect with the collective psyche – this is contained within every individual psyche – psyche is holistic and hierarchical. Individual yet whole, of one of Us

. From what I have researched, I once thought that this internal dialogue I am referring to immediately above stemmed from deeply repressed material urging to be released. This material had not been allowed to emerge because of the control exerted by the collective psyche and individuals within society. I still believe this repressed material is the main source of this internal dialogue. However, once you get past what Jung refers to as the personal unconscious I believe it is actual communication between individual psyches, regardless of whether or not it is of an honest or dishonest nature.

All individual psyches contain within each and every one of them the whole of the human collective psyche. This is how the collective superego becomes a reality in the first place. Individual yet whole; the Individual psyche contains the universal and archetypal human psyche, connected in spirit. This belief must have a solid enough basis because all religions and cultures at all times in history have had this existential awareness, at least in their initial stages. In the same vein I consider that a lot of the imagery and especially the ‘far-out’ apparently crazy perceptions I’ve researched that a person might encounter in the psyche were a result of primordially (instinctual and reptilian) shadow infected collective images. The instinctual aspects of the psyche are not archetypal in the true sense – archetypal images are universal and in nature help structure the human psyche. Humans do not construct the archetypes. True archetypes are beyond the ability to be infected by instinctual or primordial infringement although it is possible for the development of tensions to exist between them – that’s the very nature of awareness in an apparently material world.

Think of it as a battle in Heaven – heaven simply refers to the higher areas within the psyche, the neo-cortex and beyond but including the ego. This is where the lower psyche would attempt to infect and affect the higher functioning and archetypal realms. I base this observation primarily on research but also from what I have experienced during moments of deep meditation. In support of this Wilber points out that archetypes are from a higher level of awareness most people are too unconscious of to attain and become aware of resulting I think lower level psychic infection of the higher psychic realms almost certainly is a factor.

Beyond a certain level, that is, beyond the strictly personal level of repressed material, these images might in fact point towards a larger reality. In today’s world, usually, even the psychically sensitive are usually not able to get beyond the primordial lower level of the psyche – an instinctual level. This is because of control and

manipulation. I believe instinctual energies can also work in conjunction with or sympathetically with the higher archetypes but they have to be tamed first.

For example, a person believing their family is going to sacrifice them – a metaphorical synchronicity - may be having an archetypal and instinctual perception indicating the very real fact they are the family or social scapegoat. These archetypes belong to the collective human psyche but come from beyond the lower level collective. In reference to the above example, they are archetypal as well as instinctual. This is because they are spiritually conscious and intelligible enough to bring consciousness from the archetypal level down into the instinctual. If this feeling was a purely instinctual feeling there would be no cognizance of the sacrificial element. There would only be a "fight or flight" reaction. There must be a spiritual (i.e. higher psychic functioning) aspect present to make this realization possible.

I have seen the purely instinctual reaction by people who have been in these situations but were not knowledgeable enough or disciplined enough to react with anything besides a fight or flight reaction. I have seen this instinctual reaction when I worked with so-called mentally ill people. The sacrifice is more real than not. These people's' Spirit and life direction, their attempts at self-evolving individuality and interdependence (connection) with the whole psyche may be sacrificed for energetic use – by the family, group or society. This helps to maintain the status quo and even, unconsciously, to drain the emotional energy of such a person imprisoned. The "Whipping Boy," by Beth Holmes, is a very good book that touches on these dynamics.

I have also read accounts where this can also be a natural process whereby more highly evolved individuals are given an opportunity to actually integrate these projections without being controlled by them. This is because of these people's high level of consciousness and discipline, creating what has been referred to by some traditions as a "great individual." Erich Neumann speaks quite nicely about this subject in his book "The History and Origins of Consciousness." This necessitates an ability to integrate all aspects of the feminine within, the vessel, regardless of what it contains.[40]

In the modern world we don't burn witches or mystics any longer. If they get caught in the mental health web we usually call them crazy and medicate them, then subject them to the most obscene forms of abuse by draining them, for lack of a better word, of their life energy. We then deny them the most basic idea of human self-worth, usually expressed very subtlety. It is small wonder that these people can be so frightened without medication, sometimes. In times past people with this sort of natural tendency would have been given proper respect and instruction. In traditional cultures – that live

[40]Neuman, Erich, "The Origins and History if Consciousness", Pgs. 211-212, 245, 379-81, Copyright 1993 by Bollingen Foundation, Published by Princeton University Press, Princeton, N.J.

consciously connected with and in reverence with nature and all of Her manifestations - that recognize these realities, guidance would still be available. This is opposite to the brutal ways in which modern society treats them and the way shamans used to be and in some cases still are created in primitive societies. Buddhism, and I am thinking in this instance of Tibetan Buddhism and the various Lamas in that tradition, is a very good example of a tradition that honors this ability and accompanying quest – they are assisted in their development in a gentle and natural manner.

At this point I will make a very clear distinction between witches and mystics. Witches manipulate the environment on the lower-level Earth plane – and primarily in relation to their own psyche – after all we contain the universe within us, a holistic psyche – but always in relation to their wider environment. Mystics perform rituals and meditations to enlighten only their own psyches. Witches manipulate (even if they are "white") – mystics enlighten. There is a huge difference between the two.

This is not to say people with extrasensory ability aren't sometimes taken seriously. It depends on whom they work for. There are some very wonderful and life-giving people out there. But if they are apolitical and have bought into the materialistic mindset they may become entertainers, on the front – and there are many, many different types of entertainers/actors – a sign of a lack of self-knowledge! Unfortunately, there are others whose intentions are not so benevolent. If they are against the system but hold a grudge they may become black occultists and focus only, exclusively on their own ego and pride.

If they believe in the system they may also become practitioners of black magic but in less obvious forms than the Hollywood Satanist exhibit.

It is well known that the former Soviet Union, Nazi Germany and even Maoist China delved heavily into the spiritual Black occult. It captures and enslaves rather than nurture and liberate. Many sources I have encountered also say that the Nazis delved heavily into work on The Holy Grail and I don't think they were really concerned with "To Whom Does the Grail Serve." The Holy Grail is nothing less than a conscious connection with the masculine and feminine energies in union within the collective human soul on the Earth, allowing conscious movement on the collective unconscious and perhaps beyond.

Humans are completely embedded in the Earth, and to separate us from Her and Her whole Nature will kill humankind. Look around in 2021. The ability to navigate the collective unconscious consciously can (sometimes) be attained by utilizing occult methods. This is what Christ experienced as far as common sense or should I say uncommon sense and research shows. One of the material results of this type of activity on this level of the human psyche can be manipulation, projecting false information and

fear mongering. It makes perfect sense there are aspects or levels of the collective unconscious that operate “consciously” on this level. Mystics that have attained this high level of psychic functioning would know better than to attempt to meddle with The Spirit.

The world literally was never the same after the Second World War. Many of these Nazis were taken under the wing of the U.S.A. subsequent to WW11. This was done so they could be used to help combat the powers of the Soviet Union and the same happened on the Soviet side. Can people appreciate what approximately 7o or so years of the resulting Black Occultists using the secret services that were spawned during the second world War has done to human civilization; WWII was simply a testing ground for the final solution being put in place in 2021.The secret services work for the corporations and bankers and these latter for the true world powers – the ancient pathology known as the ancient royal families of the world and their “noble” pestilence.

All religions, all of them, work in occult ways and because of the age and foundations of some of them a lot of power is involved. Questioning religion in general, excluding true spiritual traditions, we should ask if the various religious orthodoxies and their churches empower or strip people of power. This is a question all people should ask themselves and especially when it comes to the various cults and organizations that have been spawned throughout western society.

Marxism is the satanic cult supreme because it totally disempowers individuals and makes them utter pawns of the State – cannon fodder, literally. Think Nazi Brown Shirts (expendable), CCP Red Guards (expendable easily replaced) and now Antifa/BLM. Every dog has its day. Once the shock troops have done what the controllers produced them for, for example historically the Nazi Brown Shirts strong-armed political power for the emerging Nazi apparatus, that organization was eleininat5ed because of their power as a potential threat to the powers that be. Stalin and Hitler as well as Moa Zedong were well known for their supreme paranoia and excessive preemptive actions – in many cases wiping out the only competent leadership available.

Its especially important to point out that a living spiritual tradition always urges its participants to question, learn and to grow towards and into the creative source in their own unique, individual way – that’s how spiritual evolution within a group takes place and the only way a unique Soul – which applies to every human being alive – can evolve ; in their own unique way but within the scope of Natural Law. .[41]

Having said this, keep in mind that today’s WOKE culture is one that destroys the very contours of human spiritual existence because it tries to rewrite history, personal as well as collective and they are violently hypocritical to the core – expressions of pure

[41] https://odysee.com/@woeih:e/Mark-Passio-Natural-Law-Seminar-Part-1-of-3-2013-10-19:c

psychosis. These are attempts to destroy human truth; what cannot be modified. Nor can the actual dynamics of Natural Law. Some people have the idea today that they are virtually responsible for their created reality simply by wishing it so and the resulting feeling of entitlement; people are becoming completely irrational while in the process dissociating from themselves in what they think is a type of holistic unity with the collective when in fact it is actual possession – that's exactly how political and extremist religions work. All of these dynamics have been exhaustingly documented elsewhere although there has been a supreme technological/corporate attempt to bury the completely deadly and Satanic history of Communism/collectivism in the last 100 years.

Pathological examples of indoctrination along these lines are Critical Race Theory and Intersectionalism Theory. These two perspectives are completely psychotic because they're divorced from historical, physical and psychological reality both on a collective level and for the cult members an individual level as well. This is why all tyranny, and today especially the Fascist/Communist's tyranny enfolding the Earth with fake news, propaganda corporate censorship and now the Medical Dictatorship (controlled by the world's leading AI = Billy Goat Gates and his AI Beas CCP China and the Bankers Deep State. Only force can be used to maintain what has been forced unnatural artificiality.

Some speculations put forth the theory and its a good one, that the "Dweller on The Threshold," that mind-boggling amount of fear and misinformation one must pass before one attains clear and untainted movement within the astral realm and higher is nothing less than "evil," negative, fear-inducing group and mass mind and associated energies These would be – shadow - forces doing their best to discourage well-intentioned people-psyches from venturing into these areas. On the other hand there is good evidence to suggest that the Dweller is also there to prevent any but the most pure of heart from entering into and through the mystical gate. Only a mystic can really say.

However, not even taking into account the astral, lower levels of the psyche, there is a huge amount of control that goes on all around us. This occurs within the family right up to the level of national and international propaganda and the global mass media. This can only be stopped and healed though the development of consciousness.

Control of Environment

Let's consider artificial control of the environment and communication within the environment. This includes what people communicate with each other. It also includes how the group gets inside a person's head and attempts to control internal dialogue. This first and foremost applies especially to family environments. You know, rules, spoken and unspoken. Naturally it spreads outward from there into the larger systems and from the larger systems back into the family – a two-way self-perpetuating cyclical action.

Technocracy's mass media downplay all of this – it wouldn't be good for business and certain other groups and individuals with vested interests wouldn't like it but in general this is true for most of society's systems, from family right up to the national level, that stress behavior modification and simple behavioral control approaches to social and individual psychology. True psychological health can only be reached by using a cathartic, consciousness-raising approach. Behavioral approaches results in an emphasis on non-integrative psychology practice and social control. A possible exception to this would be the cognitive approach to an individual modifying their own behavior through therapeutic dialogue with a qualified person, as long as there is a strong consciousness-raising and individual empowerment element to the therapy. Otherwise it can simply degenerate into a type of behavior modification. It is not too difficult to see how Neurolinguistic Programming – a process where linguistic instructions are embedded in an individual's psyche at the subliminal level is attained – better known as NLP can be misused in this manner. Medication therapy or forms of behavior modification using primarily one-way communication between the therapist and client (if the therapist is a psychiatrist then the client is probably medicated and it is unlikely there will empowering, consciousness-raising therapy involved) is the most dominant form of psychotherapeutic practice in the western world. This is certainly true in North America, especially if you are poor.

Psychologists and those professionals who clearly attempt at helping the client will gain insights into him or herself, psychotherapist and client working together, are persons who are able to live empathetically and therefore with compassion. Most psychiatrists, at least those who do not live the Hippocratic Oath, primarily operate from a level that does not require a real, genuine, compassionate approach. Quite often a cold and desensitized, an attitude opposite to empathy is present. True compassion requires a lot of dedicated and passionate hard work because it is an art. In our society medication therapy is the main form of "therapy." It's like a fast food joint and the results are usually to transform the client into a zombie like automation – totally conditioned to accept in a docile manner the control exerted by others – while also destroying body, mind and Soul. It can be very abusive to those people who require compassion not control in order to heal.

Control of Environment

Of course, medication therapy requires almost no professional effort and its costs can usually be covered by some government agency, at the taxpayers' expense. In this sense, people are giving their own money to people that exert abusive control and domination over them. The pharmaceutical companies make profits from both mental health users and the general public. So the people pay and lose out either way.

If a person becomes publicly known as "mentally ill", although it doesn't even have to be public in the usual sense of the word, to be a mental health client the "mental health web" takes over and people consciously and unconsciously target those persons. For example, on a conscious level this can be the case resulting from a disempowering, debilitating and patronizing attitude. This can trigger the very behavior associated with the label. Obviously a label has a conscious affect on people but it is the unconscious dynamics that are more destructive because they are covert and unseen.

People do not usually deal with things they do not see. As a little aside, consider spiders and their webs. There is no doubt some spiders in nature provide a service to nature, by getting rid of pests although even bugs serve some purpose. However, consider some of the more infamous spiders in stories of "fiction". Remember the spider in the book "Lord of the Rings". I don't remember the name of that spider (Shelob?) but I remember how it operated.

It immobilized people, by injecting them with a type of paralyzing poison. In that way she was going to slowly eat her morsel of food. I would imagine when she took her first mouthful her victims would still have been alive. Fortunately, in the case of Frodo his friend Sam showed up just in time in the story. Think how people are immobilized within society. I am referring to all of the addictions and utter dependencies people are being forced into and other mind-numbing ways available for lowering people's levels of consciousness and personal volition, the latter being the very definition of health. By keeping people paralyzed in these manners their life forces are consumed in the same slow way in which the spider in the above image would have operated. People working to maintain the system rather than the other way around.

Consider how the mental health web does the same thing, only with people who, within healthier environments, could use their higher levels of consciousness for evolutionary purposes, instead of having them sacrificed to help maintain less evolved levels of mass society. Outside of certain medications and addictions, labels also serve a similar function. The horrifying thing in 2021 is that this type of destructive labeling and associated dynamics are being forced on anyone who does not adopt WOKE cancel culture.

Control of Environment

People will treat those so-labeled based on stereotypical and therefore inaccurate presumptions. People believe what they are told. Not what they see. People see what they believe not what is. Both the conscious and unconscious dynamics have a hypnotic and inducing effect on people, primarily the one so labeled. It also has a hypnotic reinforcing affect on those who do the labeling. These are sadistic and masochistic dynamics in action, on a continuum.

Consider hypocrisy and the bigot. Fingers do not have to be pointed because it includes just about everyone. People cannot really be blamed beyond a certain point. I mean we are talking about the predominant dynamics in the present human condition. As mentioned earlier, this can very much develop into what I would conceive of as a battle in heaven might be like. Who knows? However, can people be blamed for things they do because of conditioning they had or have no control over? On the other hand, we are all responsible for ourselves. This includes our psyches and the attitudes they produce. This is only possible by taking into consideration our whole psyches. So maybe we are at a crossroads in the history of humankind. For our own survival, we no longer have a choice to “know thy self” as Jesus taught. Perhaps now it is our responsibility to do so.

We see a small portion of the power of the psyche illustrated in Systems Theory - psychological/co-dependent enmeshment for example. Common and professional knowledge knows that in cases of enmeshment or co-dependence that one person has invasive influence over how the other person(s) thinks, feels and subsequently acts. The interaction goes both ways but the person in the dominant position, obviously, usually wins out in the sense of having more control over the relationship. If you look at it clearly you see that the word “enmeshment” is simply a modern psychological term substituted for what it is – psychological possession. Modern quantum physics has demonstrated the possibility of simultaneous and instant connection of psyches over time and distance – the theory of no locality. If minds and psyches can be affected by other psyches over distance, when people are in close proximity to each other the affects can obviously be more concentrated and numerous. We can see these effects in people who have been abused and conditioned to react in certain ways when certain “triggers” are used. This occurs on a much greater scale than most people realize. It involves just about all psyches within a ready proximity to each other. It can involve greater distances with psyches that have made a conscious relationship with the other.

The way some very perceptive new thinkers see it, like the scientific philosopher Ken Wilbur, it goes far, far beyond the ideas systems theory puts forth. Milieu control is prevalent through virtually all areas of society. I remember I was once speaking with a Taoist who practiced several systems derived from that overall system of viewing and being in the world. When I told him freedom, in

my mind, was the most important thing I value he slowly shook his head, almost sadly, as if to say that was too bad – this was during an addictions course. But he himself demonstrated a lot of mental freedom and obviously the approaches he used were based on the knowledge that freedom is attainable for those willing or able to put in the effort to achieve it – if they are not prevented from doing this. This is only possible by becoming whole, not remaining as fragmented, partial actors and personas. This is only possible when a person overcomes the illusion of having separate psyches.

Now consider "The contrived engineering of experiences to stage seemingly spontaneous and "supernatural" events…everyone manipulates everyone else for the higher purpose."[42] When I think of this item, I think of Jung's idea of synchronicity. To the close-minded it probably sounds incredulous to suggest that some people, by virtue of natural or occult abilities, are able to manipulate things on the astral or psychic plane with or without conscious involvement. However, true synchronicity is usually the result of a much larger, universal and spiritual intelligence far greater than the individual psyche. I say usually because adepts on the lower levels, black magicians, can also manipulate and create the illusion of natural synchronicity. Now consider what is possible with the wizards of technology, technocracy of virtual reality, a type of actual death.

Naturally there are white magicians and adepts who are also aware on these levels. However, with a white magician they don't usually respond with counter-manipulations when they see it directed towards them. They usually try to prevent and neutralize these manipulation attempts, usually by the simple method of not responding – by remaining neutral. If they are true warriors of life, they might attempt to prevent other people from being manipulated. Any true white magician knows that to meddle in any way on the psychic levels can be dangerous because of unconscious aspects and involvement of ego. These are unconscious responses and *asp*-ects that can rebound onto an occultist messing where they should not – because in fact what you send out does return threefold in a karmic sense. Similar to obvious manipulation seen on a material level it is an individual's responsibility to prevent or try to stop this abuse when they see it. Considering my own experiences – people I've spoken with, what I have studied and to an extent, what I have experienced personally – the primary way a white occultist fights against manipulation, for the good of everyone, is to increase communication and awareness of what is happening by whatever avenues available.

An artificially (technologically) produced illusion of synchronicity – a form of environmental control – this sort of thing is not only possible it occurs frequently. Thanks to technology's amplification of smothering emotional conditioning, it can

[42] Clifton

easily become a way for other people to mislead that person into false perceptions or as a way of verifying preconceived and possibly false ideas. We have seen many horrifying examples of this in the last 20 years and with ever increasing frequency. I know through research I have done it can become a self-fulfilling prophecy or it can be a way for others on the collective level to mislead and control. This can occur through hypnotism or direct intervention on the inter-psychic realm of the collective unconscious – made extremely easy today thanks to 5G wireless technology (and going higher) and it's earth destroying effect.

Simply the power of suggestion can have an enormous affect on an individual(s). Importantly, when I use the word "other", this can refer to someone in the individual and collective psyche, physically manifested in another person or it can pertain to that unseen, strictly personal, alter ego within an individual.

If a person has been negatively labeled, this label, once the critical level of awareness is achieved (quite literally the unconscious made conscious), also becomes known on the collective unconscious level of the psyche. I have heard this type of dynamic referred to as "psychological resonance." The affects on the scapegoat are unconsciously perpetrated as well as consciously. People unconsciously – and sometimes not so unconsciously – try to fit or induce the person so labeled into performing the very actions identified with the label, actions a victim may be trying to overcome. I am referring primarily to the effects and dynamics of hypocrisy – psychosis - and its subsequent projections. This has an ominous feeling when one considers the effect of the unconscious mental health web. On the collective level of the psyche, individuals, and there are many, become targeted "consciously." It doesn't require much imagination to think of ways, especially with today's technology that provides the ability to magnify these dynamics, to imagine the ability to use and abuse technology in this way, whether consciously or *other*wise.

The ability to mechanically record brain waves gives a visual example of the concrete reality of brain waves. Radio waves have demonstrable similar properties. Perhaps these similarities also includes a tendency to be indestructible – when sent into in space radio waves will move onward endlessly, unless they are redirected or absorbed – and they have a noticeable ability to interpenetrate each other. I am sure everyone has had occasion to be in the process of tuning in a radio signal and suddenly be able to listen to 2 signals – channels – simultaneously. In extension, it is not too difficult to imagine how brainwaves might behave in similar fashion. One (or more) brainwave(s) can interpenetrate with another. Therefore, one psyche can be interpenetrated by person's psyche; because of this, the use of technology might allow any powerful or even not so powerful individual to affect other people.

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Control of Environment

Technology aside, staged or artificial synchronicity is a good example, especially through the use of subliminal suggestion or hypnotism, of how unconscious or subliminal manipulation and control can take place. The important thing to remember is that the unconscious collective is very conscious and intelligent on that level regardless of the fact there are only a few who are conscious of this “consciousness”, if you know what I mean.

I believe, first and foremost, that Jung’s concept of synchronicity has more than been proven. In short form it goes something like this: someone or something showing or happening up at such a moment as to validate something, primarily about oneself, with both types occurring too frequently to be coincidence. This is a reflection of a person’s inner psyche, the affect of an individual’s psyche on their environment and possibly the effect of non-locality. This phenomenon can be maliciously manufactured by the shadow, either individual or collective, notwithstanding both psychic aspects exist within an individual. The main difference is that a person can only be responsible for their own inner shadow when it is a question of acting out – both their personal shadow and collective shadow.

Synchronicity has been proven beyond reproach. These phenomena can occur naturally. On the other hand, for example, a person might artificially produce “results” because they look for something to validate some of their thoughts or experiences – let us remember the quantum affect of the psyche. Even in these instances it should be remembered that each and every psyche is part of and contains within it all other psyches – the human psyche, collective and individual is holistic, as well as hierarchical in an evolutionary sense. That is the nature of the collective unconscious and subconscious psyche. This is precisely why it is everyone’s responsibility to become aware of the inner contents of their psyche.

The wave-particle paradox is in operation here – a person might screen out what doesn’t validate and zero in on what does. This can happen by using occult methods. It can occur by using the power of suggestion operating on the conscious and unconscious level, usually by psychological projection. It can be difficult to understand the seeming paradox of the individual yet collective nature of psyche.

In looking at and understanding how the wave-particle paradox operates it is easy to understand this is the primary way socially stigmatizing labels can adversely affect people. Scientists have demonstrated beyond reproach that the observer directly affects what is being observed. For example, if a scientific observation is being made looking for waves at the sub atomic level that is what will be observed. If the observer is looking for particles at the sub atomic level, then this is what what’ll be observed. This is a truism on all the material level of

existence. In this way stereotypes, better known as bigotry, can directly affect the target of that bigotry. Brain waves are just as material on a subatomic level as any other subtle material substance. Recording of brain waves by using material instruments would not be possible otherwise. Paradoxically, scientists have proven that both waves and particles cannot both be observed at the same time. That is why a positive perception of people, especially in the medical and mental therapeutic relationship, is so important. If the therapist is looking for pathology, that conscious intent increases the chances of finding – and producing – it in the client because that is what they are looking for. It increases the chances that it will affect the client in such a way that the observed person or target will manifest the symptoms the therapist is looking for. As I mentioned earlier in similar contexts this is why consciousness-raising and awareness is so important.

Understanding these dynamics in this way, it becomes not only understandable but supreme common sense to understand why Christ, in fact just about all holy and spiritual people teach people to love their neighbors as themselves. If the left "eye offends you then pluck it out" tells one to be aware of whatever aspect of your psyche is offensive, to you and others and consciously choose to do or think otherwise. The importance is balance. This is true at all levels of human existence, from individual psychology through to politics and national agendas. What's of great importance is communication, as took place when India was struggling for freedom from Britain and the blacks, under Dr. King's guidance, were struggling for their freedom. A question that has always been difficult to answer is how to deal with those people who treat civilized human traits as weaknesses and opportunities to hurt such people. Look what's happening with the genocide of European culture and colonial descendents in North America after they smilingly opened their hearts, minds and country to mass immigration and subsequent attack when we tried to say enough is enough. There are many questions that have to be asked in dealing with this problem; questions that are not easily answered. Conscious decisions to develop self-knowledge and other forms of consciousness-raising are necessary to even begin to stop these uncivilized forms of psychological dynamics.

From a purely psychological perspective, mixed activities of the types mentioned above may be especially apparent in areas where there has accumulated a lot of psychic energy over time, for example, a historically Holy place – we can also include their not so Holy counterparts and these don't have to be in areas where there is or have been blatant "Satanic" worship taking place. In fact it can be anywhere there is a lot of human activity especially long-term psychological, perhaps traumatic and dramatic examples out of history..

Some of this energy can be "used" in an active manner using occult methods. It may be used for good and to heal or it may be used to mislead, entrap or otherwise fool and control someone and produce sickness. This is profoundly

important when one takes into account society's collective shadow and how individual's psyches are comprised of the same contents and dynamics. This has been totally discounted by corporate science/medicine and the public in general. However, this shadow is real and operates on an intelligent level. Religious people have known about this collective shadow for a long time – Christians refer to it as the Devil. But there is nothing supernatural about it. Use of this term is simply another way to disown and project onto others what we are all responsible for. Scientifically – for example, holographically – it's perfectly natural.

Looking at the human psyche as a microcosm (the individual) of the macrocosm (collective human psyche) is a very important psychic dynamic to take into consideration, it is holistic as well as evolutionary – upward movement. There is knowledge, supported by thousands of years of belief and practice that recognizes something called synchronicity. Encountering other people, occurrences, etc. at just the right time can be a reflection of you and your present state of mind, conscious and unconscious, individually and as part of the group. This knowledge has historically been well known in both the East and the West by wise people for a long time but gets trampled and censored from time to time.

The danger occurs when true coincidences or other manifestations of these dynamics occur often and consciously enough that a person's over-dependence is established. Then he or she can easily succumb to false occurrences via manipulation, self-deception etc. This is precisely on how social media and MSM generally operate. The idea of self-deception itself is important when one considers that a person's psyche contains within it the whole of the human collective. This is precisely what it means in the Bible when it says "We are all our brothers' keeper." It does not mean we are in charge of that person to control them. It means we are all responsible for others in the sense that they are literally, in a psychic sense, a part of us. In modern terminology we are meant to empower other people, not to control them. This is also another reason why bigotry is so dangerous. When we project intolerance and illegitimate blame onto other people onto others and hurt them we are also, literally, hurting ourselves.

Everything material is connected and affected on a sub-molecular level including brain waves. As I said, if this were not so then there would not be any way to instrumentally record brain waves.

This is very disturbing when one considers the effect a label will have on a person so labeled. In fact societies labeling of people – expressing preconceived ideas including people's preconceived ideas about themselves – for the most part seriously affect that individual's ability to escape the behaviors identified by the label. Preconceptions, anger, repression and subsequent (in 2021 usually violent) projection, something prevalent throughout all of human society, seriously undermine society's conscious attempts to alleviate the ills of society.

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This is a major factor in the domino effect where people consciously or unconsciously try to dominate and hurt those weaker than themselves. Are we beginning to see and able to determine how Scapegoating originates and is perpetrated throughout society? Many people over the years have been saying what I'm saying in various forms or other. The important thing to acknowledge is that we are not using goats like the ancient Hebrews used. We are using and destroying human beings.

It is almost impossible not to recognize the reality of the psyche beyond a purely organic level. Ignoring these realities by only focusing on the organic or material manifestation of the brain actually mute-ilates and distorts the natural structure of consciousness itself. [43]It destroys the ability to develop true individuality beyond the clone-like level. We end up, in my words, becoming like the assimilated characters in the Star Trek series Deep Space Nine that were controlled by the "Dominion". The "Dominion" was a hive-like infestation, whose sole purpose was to capture and assimilate as many life forms throughout the galaxy as possible and turn them into unthinking robots, just like drones and worker bees in a hive (this is not meant to devalue the important contribution and beauty of nature). However, just like it is an insult to place humans on the same level as goats or rats, the same also applies to the level of drones and worker bees. The main difference between Star Trek's the "Dominion" clone army and current transhumanist counterparts and real bees is that even unthinking bees serve life by pollinating and causing fruit and flowers to bloom. They aid natures' fertility. On the other hand domination by the shadow of the human psyche destroys nature and rapes people by causing fragmentation and disharmony in the same way it rapes the physical Earth as *well*.[44] In 2021 as the Earth is being surrounded, saturated and harmed by 5G radiation and other current technologies, especially mRNA and other ways of modifying human DNA – what might ask, is this the final frontier of nightmare?

Early Feminism based its' foundation on the reality of the collective unconscious. Jung and many other psychologists have demonstrated the collective psyche's existence in a scientific and objective manner. It is further supported by modern physics; thousands upon thousands of other people covering all times of humanities' existence. Fantastically, is anyone seriously going to try to argue against thousands of years of common sense and testimonials? Ironically, some angry people who do appreciate this reality consider the possibility that only women are or have access to the collective unconscious, the "goddess" within. This ignores the combined masculine and feminine characteristics of the collective unconscious. An amazing statement when one considers the vast bulk

[43] "A Theory of Everything", Ken Wilbur, Shambala Publications, inc. Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts 02115 Pg.49
[44] Ditto

of a man's psyche, about 9/10, is unconscious and the most important aspect of his psyche, his anima, is primarily feminine. Either the feminine or its masculine counterpart is impossible without the complementary and simultaneous existence and balance of each. In this sense a realistic appreciation for what I am speaking of requires people to be gender-blind in the same way Mr. King urged people to be color-blind when he taught that all of us are brothers and sisters.

The collective is comprised of the feminine vessel that contains the masculine counterpart: consciousness, pointed focusing of energy. As described above, in a very real sense, all human brains are the same. It would not be an expression of common sense to say otherwise. The one physiological difference is that men and women's energy flows and directional movement, both very physical and psychological in nature are somewhat inverted to each other – this has been so completely documented by Chinese medicine over hundreds of years of practice.

Men's and women's brains may in some way be inverted to the other considering the differences in the ways anima and animus express themselves in men and women. Differences between male and female brains in this respect are greater when people take on personas based solely on their physical sex. The more balanced are the expressions of both masculine and feminine traits an individual lives and expresses, the healthier both physically and mentally that individual will be, inside balancing and complementary to the inside.

To review, a person's attitude or thoughts can actually affect what they see on a psychic level; in a parallel fashion this attitude will affect the environment physically and psychically. It can induce a parallel reaction/response in the individual(s) the attitude(s) is/are directed towards. In addition, the psychological environment people find themselves in, especially as "targets" can affect the physical well being of these people. On the level of the collective unconscious a person's attitude can psychically affect another person or person's thoughts and behaviors. Similar to the way a person will see a wave or a particle depending on what the person is looking for. This is what happens when one person objectifies another. I can really see why anyone feels strongly about being objectified. The fact is both men and women have always been objectified. Feminists (before they became a Marxist-Feminist) were simply the first cult to clearly and assertively point this out.

In other words, a person's attitude actually has an affect physically and psychically on the person/people being observed and the person/people doing the observing, creating both a reverse and inverse – a result of dividing and psychologically projecting – form of self-fulfilling prophecy resulting from projection.

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Control of Environment

Evolution, Regression to Devolution: Seeing In Reverse. Social Violence

We have all witnessed or experienced mundane examples when, being steadily observed in an obtrusive manner and/or being intimidated by “the boss” in the workplace can contribute to causing the observed person or people into making a mistake(s) – or what the boss is looking for that shouldn’t be done - that might not otherwise have occurred. This is because the person or people become self-conscious of being observed. This is because the “boss” is closely looking for mistakes – or whatever – and, because the attitude expressed increases the likelihood that what is being looked for will manifest. I am suggesting this in the same way that Quantum-Physics explains and provides a demonstration that what the observer is looking for will manifest and be observed.

When it comes to people, the ones being observed and the self-conscious awareness of why they are being observed will also contribute to the same thing and for many of the same reasons. The term “self-conscious
” certainly has a double meaning doesn’t it? So, taking into consideration the observer, “the boss”, we also have to consider the quantum effect whereby the observer’s attitude effects what will be observed; the attitude affects how the observed behaves or reacts depending on how you look at it. The psychological and resulting attitudinal affect on the observed, what they think, can cause self-fulfilling prophetic affects operating on similar quantum and psychological principals mentioned above. The affective dynamics can be conscious or quasi-conscious attitudes.

The *more* people are unconscious of their projections the easier and more likely they will actually begin to see things, think in reverse and this is perfectly logical. Focusing on other people and projecting onto them things they deny or refuse to acknowledge about themselves causes them to look for, see or induce these dynamic elements in others. I have personally witnessed this in individuals who blame other people for real acts and behaviors that they are guilty of. They also victimize others by artificially trying to set them up to take the fall for them. I personally have been victimized in this way. Further on in this work I will give some rather dramatic illustrations of places and situations where this happened. This is a good example of how sometimes, coercively repressed unconscious contents of the psyche, both individual and collective, will emerge forcefully, usually in an unhealthy way.

Some extreme examples are when this repression manifests itself metaphysically and then physiologically in the form of dyslexia, turrets and on. The condition referred to as turrets is a good example of someone whose true self has been stifled, repressed and prevented from emerging. In these instances, sometimes, the enforced entrapment causes the contents to burst forth, acting out in a personal and obviously physical way. It usually occurs in sensitive people. I remember when I was much younger there were physical expressions of turrets I used to exhibit. As I developed increased consciousness

and became aware of other people's psychic encroachment on my "space" the turrets disappeared. I remember telling a person one time I was glad I had not been told I had something with a label called turrets. I remember I had worked with a client who had turrets. This person had used this label as an excuse for getting away with saying some pretty nasty things to people. It also prevented him from overcoming that condition because he rationalized it away with a label in the same way the affect a label has on any "normal" person. I had no such label to rationalize with. Neither did anyone mention this label to me so it could not be reinforced. In fact the ridicule I received because of the physical manifestations I expressed gave me more than enough incentive to fight to overcome it, which I did. I have talked recently to people who have turrets who told me their doctors told them it was a permanent condition. Another example of the pathological medical – in this case psychological - death sentences the so-called healing profession sometimes, not necessarily with malice, hands out to the people they are supposed to heal. Turrets results from a forced denial of self, Soul or whatever you wish to name it. It is usually a combination possession of both the individual and collective psyche. The best word to use, in my experience, is Soul because it encompasses those aspects of the psyche one has to develop, expose, and make friends and then work with – the whole psyche. Ego is the culprit that likes to ingratiate itself with shadow, individual and collective. Shadow always grows out of the pride and lust of the ego, always.

Everything I have spoken about in the above chapters demonstrated examples of people seeing in reverse. That is the nature of hypocrisy and bigotry. With hypocrites, they don't see that their projections are parts of their own psyche. In people with Turrets, they do not see that the forceful contents bursting forth are repressed aspects of themselves that may also be part of the greater collective human psyche and this is where synchronicity also comes into play but at the directions of the shadow (ego dominated people are quite literally sound asleep when it comes to actual awareness of themselves and their living environment.

It's because of this living awareness that true witches and shamans are aware of they used to burn people at the stake; because of these heightened levels of natural health – natural empowerment - but today call it a sign of mental illness and try to ridicule or medicate the person into an emasculated and neutered, disempowered state. Today, this also includes healthy people who are conservative self-sufficient and take responsibility for themselves.

. Turrets manifests because of a lack of personal boundaries, an inability to recognize one's psychic interpenetration with other people and the resulting psychic overload.

Evolution, Regression to Devolution: Seeing In Reverse. Social Violence

Turrets can be seen as a very real example of a mute-ilated and repressed psyche attempting to burst forth. More and more people are becoming conditioned and coerced into this fragmented “framed” of mind. It is happening and being reinforced because as I pointed out earlier, in many respects, large segments of human psyches are actually in a fragmenting and therefore devolutionary spiral - the reverse tree of life. The domino-affect then clicks into place creating or maintaining the cycle. Lacking a balance with the upward growing Tree, of Life everything goes in reverse because most energy, literally, is focused downwards to lower levels of the psych and lower physical activities.

As one eastern master I heard about one time described it, the lower natures of people usually cause them to waste most of their psychic energy through the sexual act and I would add (material) lust and pride generally resulting in either a devouring praying mantis effect: she eats her mate after they have sex with her or the “bull stud” in a china shop effect where anything goes; pure lust, pride and narcissistic to the core without a shred of actual empathic communion – actual love. Instead it is utterly Satanic– like animals not humans because it is completely self-serving.

The more people invoke the collective mentality to remedy the situation, the worse the situation actually becomes.

More highly evolved people practice sexual activity in moderation and as an actual art and expression of true love and communion not lust and personal sexual fulfillment – although the fulfillment comes naturally as the former is honored.

No obsession results. In this case there is a lot more energy to send upward into the brain enabling higher levels of consciousness and awareness to be attained. During sexual activity with this type of person, because of their natures, there is more of a mutual (energetic) exchange.

A person who is sensitive enough, in tune and touch with their body will actually be able to feel the upward flow of energy in the body or the downward flow if that happens. As I learned sensitivity and sensitive control of my body through the practice of yoga and in recent years, different forms of Taoist, integral arts this has actually given me the ability to feel and direct this energy. I

can remember when I was a child I had the frequent feeling of energy sinking into my lower body, to the extent that I would have to restlessly move my feet. It occurred precisely because of the invasive, unbalanced and violent nature of the dynamics in which I was living – both inside and outside the family.

Today, if the downward flow of energy happens for whatever reason I can readily redirect the energy flow. As a child this was not possible. I also recognize today the physical and energetic dynamics that many people imprisoned on neuroleptic medications experience, the need to restlessly and continuously move is caused precisely because of the constant downward flow and loss of libido caused by these medications. The conditioning imposed on these people from outside influences exacerbates this. Later in this work I relate some journal entries of a personal nature to illustrate the experiential nature of many of the dynamics I am discussing.

There is one instance where I thought I had been placed on a neuroleptic medication. Although the actual medication was not to blame in that instance for the actual downward flow and loss of energy, I thought I had been placed on a neuroleptic. In addition to other dynamics taking place the result of this belief was a downward flow and loss of energy. This was similar to other, short-lived times when I had been on that type of medication. The physiological experience was almost identical in affect to what I experienced as a child – a very abusive experience in many ways.

In addition to being in the midst of a very traumatic ordeal, the above demonstrated for me the power of the mind and the connection between mind and body. It demonstrated the affect of the power of suggestion or a label and therefore even a how a placebo can effect someone in a psycho-physiological sense. This is a dramatic expression of the very dynamics I have been speaking about throughout this work.

Consider the impact this awareness, the psychotic nature of hypocrisy, would have on the justice system especially in respect of testimony in the courts. It is no exaggeration that, today, not only accused people should have to take a polygraph test so also should the accusers, depending on the circumstances. Remember what happened in Medieval Europe during the Roman Inquisition. False accusations were made because of ignorance, fear and sometimes-outright jealousy. All of this was a result of psychological repression, hypocrisy and the subsequent bigotry that results. The main difference is that today people are much less conscious in some respects than they were back then. The situation is worse today than it was back then, mentally speaking. This is primarily because of the vast majority of people having lost contact with the earth, themselves and following from that, Heaven to a much greater extent than

existed back then; when people were very aware of forces and energies beyond and greater than their material manifestations and their puny little egos.

The less strongly conscious a person is mentally the more easily that person can be manipulated – and then everyone points the finger at everyone else. This finger pointing is usually directed towards everyone who is not to blame – women against men, men against women, groups against other groups. I wonder, exactly what does the word "minority" actually mean today? A certain level of social destruction/fragmentation has been activated consciously but as *well* unconsciously in our individual and collective deep psyches, destroying the actual empathic unity of humankind – and this has been done purposely to disempower human and result in a "Hunger Games" types of survival of the fittest. This is true among some young people, right up through to gang warfare and terrorism. This is a natural thing to happen under the circumstances. People's captive Souls are finally fighting to break out using primordial fight or flight levels of activity and energy.

This is exacerbated today because everything is being reduced to the material and genetic level. It is to be found in all types of countries – communist, fascist, blatant dictatorships, apparent democracies and all types of national governmental political styles in between. This all stems from a materialistic mindset. Manifestations of psychic occult or mystical ability are looked upon with a pathological and/or humorous eye, especially if the person has been labeled mentally ill. So-called mentally ill people's natural response to overload in a sick environment is quite often turned into cases of blaming the victim. There are still some circumstances and places where the realities we are talking about are respected.

In a world being dictated by a few technocratic oligarchs and bankers, by a corporately controlled scientism, an actual antiscientific paradigm that doesn't work with Nature and Her People but against nature and attempts to change Nature to their own ends – a suicidal venture - in all areas controlled by this medical/pharmaceutical dictatorship areas of the world these people – sensitive folks who are more in touch of and aware of the environment than your average person are ridiculed or medicated away and further repressed.

Importantly, any form of addiction is a form of medication with psychotropic drugs being the most harmful. To draw a parallel between the two, it is a fact that gamblers withdrawing from their addiction usually manifest the exact same psychic and physiological withdrawal symptoms that someone coming off a hard type of drug addiction manifests. I would bet that hard-core shopaholics might have similar withdrawal reactions. Look what happened during the Great Depression when thousands of people lost their material fortunes. As will be explored further into this paper, withdrawal from neuroleptic medications can

mimic many of the symptoms that these medications are supposed to deal with in the first place. Is it possible that many of these medications sustain an illusion of the very conditions diagnosed to maintain an apparent need for them? We will see. Most of the diagnostic categories related to metal functioning are "manufactured" by the pharmaceutical companies, quite often to describe *normal* psycho-physiological responses to the unbalanced, unhealthy environmental and behavioral conditions people are exposed to.

Medicated people become open to physical illness and manipulation, producing conditions worse than the infamous Victorian period in Europe when repression was the obsessive name of the game. This increases the size of the collective shadow while more and more people are leaving themselves open to manipulation and control. The most disturbing thing about all of this is that most of these dynamics are taking place on an unconscious level. So naturally no one takes responsibility for anything that happens and so enters the finger pointing. The effect might be considered roughly analogous to the way a mass or group of people's emotions, actions and thoughts can operate on those in the group almost by hypnotism or reflex. If you have ever taken part in any kind of mass rally or entertainment event you know the feeling of the effect I am referring to. In day-to-day activities the affects are subtler, leaving possible awareness only open to those who are more sensitive to what is.

In respect of Dissociation Identity Disorder, people who suffer from this condition are people who form these defenses against painful feelings/memories. They violently retreat far into their own psyches. For hundreds of years it has been known that human beings have the capacity, in fact the reality of more than one different personality, some closer to the level of consciousness than others. Recognition by the ego and the lighting of the contents of the deeper layers of the psyche, apparently located physically in the right side of the brain, would make this apparent to an individual. This truth has been known by various masters and adepts of both the Eastern and Western world for a long time.

It has also been known for quite some time that the memory located in the deeper right side of the psyche also has a memory chain capacity far superior than the ego aspects of memory. Obviously, this changes as more of the right side is consciously brought to light into the conscious realms. Nonetheless, the deeper layers of the psyche do not forget and will react even if the processes are unconscious. The deeper layers will react in an appropriate way, under natural circumstances to unnatural conditions. Pharmaceuticals and mental conditioning changes this. It poisons and handicaps the deeper layers. It forcefully changes it into the ego-related shadow – an ego will work with the shadow to blind the individual/victim to an awareness of what is actually taking place, to what is.

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With a balanced and synchronized psyche the left and right brain work in harmony as a whole. Psychotropic medications, researched without bias, have been demonstrated to have a very fragmenting affect on the psyche.[45] This skyrocketed after the widespread introduction of pharmaceuticals after the end of the Second World War. Psychologists and thousands upon thousands of other people over thousands of years have known of this reality, psychic fragmentation, sometimes referred to as "loss of Soul." What has also been recognized, are natural methods and ways to heal this psychological state of mind and make it healthy. This is not hard to consider when we look at the vastness of the psyche, 9/10ths of which is usually unconscious.

This is especially true when we consider the inner aspects of animus and anima – a woman's inner man and a man's inner woman and what can happen when these psychic realities are ignored or neglected.

As I have said earlier there are unconscious psychic processes that take place and can one consciously operate in conscious awareness on the unconscious level. One only has to look at the Internet and world renowned, Wim Hoff - a It is only our "conscious" ego which is myopically and chronically blind. There is more than one "conscious" mental process that takes place within an individual at any given time.[46]All of this exists on a continuum of different levels of awareness. What Wim Hoff [47]does is teach people how to access these areas, consciously; very similar to what a yogi or Shaolin Monk are capable of.

The conscious levels of awareness can be suppressed by a simple suppression of one personality and substituting it with one more appropriate to the situation – the amount of acting a person does depends on the level they are controlled by their pride and other spinnings of the ego/shadow. In more extreme circumstances there can be an unconscious switching to a repressed personality that dominates consciousness unconsciously. In the latter case, it is able to actually take over the consciousness of a terribly wounded ego.

In a healthy and balanced individual psyche, unconscious processes do not so much take over as work in unison with the conscious position. People who have truly practiced mediation know this. For quite some time since I became truly able to meditate there were times I was aware of actually thinking about and having two distinct trains of thought occurring at the same time. This was especially obvious when I was reading something. With meditation practice I

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[45] "Multiple Man: Exploration in Possession and Multiple Personality. Copyright 1997 by Adam Crabtree.Published by Sommerville House Publishing. 300 Younge St., Suite 5000, Toronto, Ontario, M4M 3N1

[46] Ditto

[47] https://www.wimhofmethod.com/

learned how to have only one clear train of thought. Before control and discipline was learned there were many times, while reading, when I would have to reread something because of interference from a different train of thought. The same phenomenon also happened sometimes when I was speaking with someone and thinking of something else. This sometimes resulted in me having to ask the person I am speaking with to repeat what they were saying. This was also caused by the remnants of conditioned psychic retreating behavior patterns I had developed in order to safeguard my psychic sensitivities.

This is a perfect example of *interference* from the deeper layers of the psyche and possibly from areas originating in that greater area of the psyche called the collective unconscious. Through the practice of "mindful meditation," psychic interferences, although ultimately aspects of the individual's own psyche, upon careful observation they can also be identified as abusive and perpetrator-like invasions from other person's psyches within the collective. These perpetrator psyches are also housed in fleshly vessels within the material environment: Individual but Whole, of One of Us. The important thing is that only shadow-contaminated psyches, with perpetrator-like characteristics have this tendency to interfere in this manner. Usually by people or psyches that have been wounded in a similar fashion. This is the method used by the shadow-driven mind controlling aspects of the Shadow-controlled unconscious.

This is precisely the "enemy" that religions have fought against for centuries. The point is that the methods used in the past, repression and subsequent projection, only cause further victimization, fragmentation and literal enslavement of the collective humanity by the shadow controlled material powers of the world. In the world people are induced to become more unconscious through dissociation (caused by trauma), conditioning, repression, medication, addictions, propaganda advertising and one-way communication. These invasions are then committed without people being at all being fully aware of them or their origination, usually. Neither are they aware of their, in turn, victimization of other people and psyches. In the Internet of Things the world is being saturated in the greatest misogyny and crimes against humanity and the Earth has every taken place. Only by the purposeful raising of a persons' conscious position can this be countered.

Dissociation identity disorder is usually caused by an individual's experience of extreme trauma, resulting in a retreat of consciousness, forcibly repressing elements of the psyche that should be released - and is quite often caused by manipulation and mental interference by other people. In today's controlled democracies the controlled media - the real powers of government on a world of 5G this deception and manipulation is extremely easy to accomplish. This can prevent life-giving aspects of an individuated psyche from manifesting. In all instances the result is the emergence of or use of personalities under

circumstances where the true personality is repressed – definitely an extreme form of violence.

Group-minds are entities formed by groups of people wherever and whenever they gather for an event, purpose or common reason. As demonstrated by Hitler's Nuremburg rallies the people involved don't have to be very conscious of the dynamics taking place. In fact they can be totally unconscious if the split has been violent and traumatic enough – think military and today militarized local police indoctrination – where The People become objects to control instead of people to serve. I have read accounts that described the development of these dynamics and demonstrated, as an example, that this was how first the SA, and then the SS and Hitler youth, communist Red Guards, etc were conditioned – to become desensitized to the brutal activities they were programmed to carry out. However, an individual can be very aware, if they want to, of how the psychic wave within a large gathering can affect that person's thoughts, feelings and actions.

As a little aside, I find it disgusting to think that the Hitler youth were conditioned to literally fight to the death. When the Canadians, Americans and Soviets showed up in Berlin there were only children left to fight for Hitler in any large numbers. In the Battle for Stalingrad, where about a Million Soviets died, it was under similar conditions: to retreat meant to be killed by ones "compatriots" from Moscow and the other option was to fight Hitler. The world's largest Satanic cults that have ever been.

The current CCP Chinese Communist power projection and its worldwide malevolence are much worse than the Nazi and Soviet factory farms ever were or ever were capable of. It's unfortunate for humankind that most of the physical aspects of the Nazis were destroyed in the Second World War but the unconscious dynamics have actually enveloped the world since that time period only a bare half century ago: a combination of both the fascists and communist regimes, precisely because of the corporate, technocratic character of these unnatural organs of coercion.

. The Oligarchs replaced the Nazi with the communists because it leads to a more (infrastructural/civilly and psychologically) direct route to actual, technocratic control. The main thing that has to be eradicated from human society for this monstrous plan to worse is the actual, forced destruction of empathy, with us, our family, friends, neighbors and …others. Completely anti-human but then the "Great Reset" and current covid-19 are obvious examples of an attempt to tag, digitize and completely control people in the Internet of Things. Homicidal or suicidal or a combination of both?. Lemming-like?

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Considering the current ill-health of the human collective, in all its darkest areas, this statement is not only eye-opening, it should be startling. Finally "there are instances of individuals being possessed by fragments of their own psyches, as an entity emerges from the darkness of the unconscious to take possession of the waking self."[48] This not only refers to individual psyches it also refers to the collective psyche.

As we've been discussing, society and the collective mass mind actually create the various psychological states discussed so far throughout this book. Even possession by "Satan" is a combination of possession by the individual shadow and other unconscious contents combined or otherwise affected with or by the collective shadow. In these cases there are unconscious contents bursting forth to express themselves in a sickened and reversed or at least primordial survival mode. How would a person fighting for his or her very survival act compared to someone who was quite safe and comfortable? Especially consider this if the survival mode is primarily unconscious.

An (individual) psychic environment ideal for this latter type of possession is produced from severe trauma, perhaps from being raised in a family with a strict, even violent religious or otherwise Victorian-like, repressed and conditioned environment. Repression and perversion of psychic reality in the most profound and destructive sense is the usual result. Obviously any kind of destructive cult or group attempts to manipulate in this way. It should not be socially acceptable but there are many cases where these groups and organizations are accepted because people do not understand the magnitude (word play – remember Megan in the story of King Arthur – Megan, magnum/gun, magnitude) and affect they have on those persons involved.

This is what produces and/or maintains the "devil." It is a repressed, violently mute-lated part of the psyche bursting forth all around us. All of life and most of psychic life on Earth, in one sense, can be considered woman because of the vessel like characteristics that contain the masculine energies of life. This is absolutely <u>not</u> related to gender. In human beings both the healthy and unhealthy aspect of psyche can be considered manifestations of "woman" When healthy, the Diva can nourish and be the handmaiden of wisdom and good living, the healthy, healing feminine elemental or natural force - the Madonna, the Goddess. When unhealthy and ill, sick and wounded, these natural psychic forces become the Diva-ill - in modern English, the Devil.

Considering the psyche is the most sensitive part of the human being it only makes sense that for the psyche, individual and collective, when it is violated in this extreme way it could and in many cases does become the Devil. Psychic

[48] Ditto,

mutilations of this sort are actually types of sexual abuse in the most profound sense. Psychic rape is far more devastating to an individual than can be imagined. To a mature intelligence this is only common or should I say uncommon sense.

Consider the uncanny facts, variously and previously unknown languages, foreign abilities and so forth that can be exhibited by some people that are claimed to have been, in past historical accounts, possessed by the Devil. This is not fantasy – there have been and are today many examples of this sort of occurrence. I ask people to think for themselves where and how these types of manifestations are reported to happen today with actually quite an alarming frequency. Consider the groups and environments in which these dynamics manifest. What is happening is they are accessing very deep, usually unhealthy contents of the psyche.

They are being taken possession of actually, by a raped and violently mutilated psyche; by the individual/collective shadow and a part of the collective and primordial human mindset, almost animal-like we have been forced into more and more because of the coercive squelching of individuality – forced matriarchal enslavement, no different than the human sacrificing Aztecs and their tribal cousins in South American history, the devouring mother, literally in the form of blood sacrifice and with that express purpose.

In today's global factory-farm, the collective shadow is actually battling against "Heaven" – the vision-logic, the higher reasoning and conceptual ability of the neo-cortex and the greater collective - within the individual, literally. It is a possession that is perpetrated by the Devil, Satan, shadow or whatever names you wish to give it. "It" is a most appropriate term to actually name it. Originally located on the left side of the graph in Chapter two, it becomes the objectified, externalized and mute-lated aspects of psyche in a world where only the objectified, material, linear aspects of the psyche – ego -, located on the right side of the graph, totally atomized and materialistic in nature. Is there any wonder why many people complain about having an empty sense of life and purpose? "It" is devoid of a healthy, living and dynamic interaction with life.

The diva-ill or unhealthy aspects of the historically cumulative psyche in the present active and current waves of the World Soul have gone haywire. In its wounded and increasingly insane attempts at survival it has been striking out blindly. There is no other commonsense explanation for the present spiritual, psychological and social reality of humankind today and all of this is being purposely done to cause division, mentally imbalance the masses, destabilization among human beings in the world as much as possible – so they can be controlled by the Royal Pathology and its corporate/banker henchmen, the new aristocracy. Never mind the occult world, current trends in socially sanctioned

superstition includes much of the current medical-pharmaceutical explanations and treatment of the psyche and today we have covid-19 and doctors assisting people to commit suicide, etc. Healers are becoming corporately controlled death dealers – technocracy in action folks. Aleister Crowley knew what he was talking about and it was exactly what he ritualized during the years he worked for secret service. A nasty can of worms.

As a little aside, isn't it interesting that the harshest measures being taken during the covid-19 crisis are being committed in democracies of the British Commonwealth. The ever increasing loss of freedoms being enforced and also perpetrated by the corporate/banking establishment and a militarized police force that serves its masters and not the people. The German royal family that rules the commonwealth never forgave the United States for brining peace, prosperity and health and happiness – and freedom. It's pretty obvious what is going on.

Possession by the shadow can be caused by abuse and torture, either psychological or physical. These dynamics leave the individual open to intense psychic invasion due to the healthy ego having to retreat deep into the psyche for protection.

A group mind is a psychic entity formed when a number of individuals come together and concentrate on a particular idea or task. It has a mental-emotional life of its own and exerts a strong influence on its members. The family is a good example of how a group mind's influence over a member can be so strong that it controls the individual's basic emotional life. The situation can rightly be called possession.[49]

Personally, I remember being in a family get together when a wave of sadness and sorrow came over me. I immediately was able to trace it to the individual responsible. This person is a very repressed, negatively focused individual who had suffered a severe head injury earlier in life. I remember consciously, within awareness, not reacting to the emotion and redirecting it back to where it had come from. I did this simply by not reacting in an emotional way; I focused on my own inner positive dynamics - actually focusing on internal light – and by calmly focusing on the person it had come from, with calm awareness of the dynamics taking place. When I finally released it I remember seeing this person's eye's bug out for a moment: this individual's superficial attempts at displaying a "social" demeanor could not withstand my very conscious and purposeful intention to focus on positive energies within me. Then any attempts on this person's part to be jovial disappeared and instead became very quiet and low key – I will never forget it. Projection, psychological possession sometimes called transference happens more frequently than most people acknowledge.

[49] "Multiple Man: Explanations In Possession and Multiple Personality", Adam Crabtree, Pg. 99

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I'll also mention a humorously dry Freudian slip type of experience I had one time. I remember going to celebrate a family member's birthday on one occasion. Everyone was there. The card I gave pictured a pack of wolves feasting on the carcass of a cow. One of the wolves was standing back from the rest of them taking a picture of the "family get- together." That is what was written in the card. Since I was the family scapegoat for many years, looking at it today I realize it carried a very real psychological message for me at that time – I had been the cow.

9

Viewing these Dynamics Objectively

I will begin chapter 10 by relating three dreams I had during the years 1995 and 1998. I have been actually working on this book since 1991. Today's date is August 26, 2007. The three dreams I am placing here I never forgot. While considering appropriate dreams to relate in this book I never thought about placing these here until now. In fact, the first two dreams I never thought about placing here until I sat down to write my account of the third dream. I never had the courage to relate the third one until now. Over the last couple of weeks during my practices of Tai Chi and Qi Gong (especially warm-up and warm-down), with increasing frequency I recalled the third dream: I thought about placing it here. I related two of these three dreams to various people I was associating with in the occult at the time I had them. I never related the third one to anyone before now.

The dreams I am going to relate occurred during an extremely traumatic time in my life. During these years I was associating with a variety of people who were immersed in a variety of occult practices. All of the people I associated with claimed to be practitioners of white magic. None of the people I associated with, in all aspects of my life, were obvious Satan worshipers.

1st dream: In this dream I find myself wondering in a wooded area. It is not quite light and I have a very powerful, large body of a wolf. I am Graywolf. I walk confidently through the deep forest. There is a full moon shining and I stop to howl with the moon. Then, with a keen sense of sureness I find myself moving in a purposeful direction. I feel extremely protective and I am going to fight a dragon; an individual I know from one of the occult circles of people who I associated with. I know, from experiences I have had with this person that (name) is a practitioner or black magic although (gender) says (gender) is a white practitioner. I soon find myself in confrontation. (Name) turns into a wolf like me. We begin to ferociously fight, ripping and tearing, each of us lunging at the other's throat. For some reason I decide to stop fighting. I have a feeling of tiredness and am fed up with combat. I stand back, raise my right hand and point my finger at the wolf. I direct a beam of clear, white divine light at it. Suddenly the scene changes and I find myself growing immensely large. As my size approaches cosmic proportions I become or blend in with a star in my path and at the same time I become a fiery yellow and red dragon. – In the waking world I actually told the person (I fought with in the dream) about the battle segment. Needless to say, I did not disclose the identity of the wolf I fought with in my dream with this person.

2nd dream: In this dream I am walking somewhere on the Earth. Suddenly I find myself increasing in size. I become larger than the Earth and my size continues to increase. I realize as my shadow eclipses one of the planets that it is Jupiter that I had plunged into darkness. My size increases and I find myself joyously dancing a cosmic dance as my body becomes clothed in fiery yellow and crimson. Although I have a hominoid body shape, I have horns and my skin

is constructed of protective, overlapping platelets, composed of a bone-like material with a yellow or gold metallic texture to it. As I move in harmony with the cosmic energies I am immersed in I laugh heartily, drum my fingers and say out loud “Ah, I love the Dance… and then I called my lover, “Ah …..(a woman’s name) make love with me…” As I said this there was a pronounced element of lust in my words. Suddenly a figure with the body of a jackal rose up in front of me, increased in size and then dwarfed me. It was the ancient Egyptian god of the underworld, Anubis. As his form rose above me I lost consciousness. – I did not remember this dream immediately when I woke up, as I do with most dreams. However, many times after I had that dream I recalled it. I was not really familiar with this god, although I knew I had seen it before and I knew it was Egyptian. For some reason the name Anubis always came to mind. When I finally looked in one of my historical encyclopedias to research the ancient Egyptian gods, I recognized it.

3rd dream: This dream took place during a traumatic experience I had in a “psychiatric” institution when I was there for an assessment, after I had tried to leave an abusive family environment. The dream speaks for itself; so does the terror and actual dynamics that were taking place in my life at that time. - It is early morning and I get up and go into the dining area to prepare a cup of coffee. The sun is just rising above the horizon. I stop and look out the window to watch the sun. It rises a little more but then it reverses direction and quickly lowers itself down behind the horizon from which it had momentarily rose above a few moments before. During this dream, in the dream, I was in a state of profound shock. I looked at it, I saw it but I was not in any way able to relate to it with any sort of cognizance. What I experienced in the dream and during my waking hours was not detachment, it was shock.

(April 28/2021 – I’ll add this correction about this dream, now. From research and especially personal experience I know that the mind is quite capable of creating “hallucinations”, visions in the waking state – something perhaps paradoxical but similar to the dream state, will use this imagery to communicate something that can only be expressed in this manner; a metaphor. For example, when you look at a person you might briefly see or imagine a snake or a monster of some kind, expressing the reality of that person in relation to you or others. In fact, what I described in the immediate above was not in fact a dream – I had been fully conscious and doing what I described in the above “dream” in real life during my first morning at this psychiatric concentration camp – run by the pharmaceutical industry and recently graduated Marxists and other agents of tyranny. “Medical science” is today being used the same way CCP China, the old Soviet Union and other assorted dictatorships have utilized modern psychotropic medications and technology. These were first developed in Hitler's Concentration camps and now the CCP controlled Chinese military is responsible for all

psychotropic medications in China – and this is why the Nazis communists first developed them in the concentration camps and the communist gulags...)

1st Dream – I see a man standing in a stark, pure white room. He is a tall, powerful yet gentle looking young man, with long, flowing, black hair. He is dressed all in white. He is pulling his hair and crying and there is a sense of profound loss, for he is mourning the death of his mother. As I look at this scene I know the man is I and I feel a profound sense of mourning and loss. I remember for a couple of months after having this dream that I was worried-sick about Mom's safety. At this time, I had not matured enough to interpret the meaning of the dream beyond a humanly, materialistic and literal level.

2nd dream – shortly after the 1st Dream. In this Dream I am standing outside at night. I am looking up into the starry night sky and above me is the most brilliant full moon I have ever seen. I was happy because I knew that mother was alive but I was sad as *well* because I knew that she had been forced to go into hyde-ing.

3rd dream – I am standing on a field of what used to be a rich and beautiful rolling farmland. Now, the crops have been burned and there are various buildings scattered around in smoking ruins. The main homestead building is in the background: the damage done to it is minimal and there is only a small amount of smoke issuing forth from it. Scattered around the war-ravaged area are many people who have been massacred. The figure that captivated my attention was that of a woman who is lying on the ground. She has been violated and murdered along with everyone else. When I see her, my eyes widen in absolute outrage and then I developed a sense of utter terror. I run toward the main building with the forest behind. I run around the building and notice there are a few lights on inside as I plunge into the darkening woods, fleeing from those who would commit such an outrage.

At the time I had these dreams I made literal, material based interpretations. I did not realize at the time that what the images in my dream primarily represented were the devastations and mutilation that my psych, my Soul was experiencing and for several years later had endured. Given everything I have said so far in this book there is also an exterior as well as collective dimension to this reality – and all we have to do in September, 2021 is look around. I have learned that in order to be useful and protective to the world around me I have to begin by safeguarding and nurturing the closest source of life to me that I can – me and extending outward.

The following section is from a man's perspective - men who have experienced exactly the same type of violence and abuse women and other groups of human beings have experienced. In many respects it could be from

anyone's perspective. This can be understood in the sense that the powers that be, whether seen or unseen have pitted people against people, one against the other. (There is an important double meaning to be gleamed here – pit as in fires from the pit of hell. I love a play on words – laughter really is the best medicine.)

As I've mentioned before many people who have been abused, either individual people or as a group, consciously or unconsciously developed have an agenda of revenge rather than justice. Their victims are almost always innocent. It is far easier to attack a defenseless scapegoat than a nasty person or group who will deny their guilt whether they are right or wrong. This had been changing as we become more aware of social dynamics but since the technocratic/economic encirclement of the world and Her people this trend is being reversed for many people. In this particular section I document and look at the abuse of men by women (and the shadow). Most of this abuse is perpetrated quite unconsciously, the hypocrisy anyway.

What I say is in no way meant to condemn women, especially when one considers that absolutely no group of people and we are talking about one half of the human population, have been more brutally oppressed throughout history. However two wrongs do not make a right: it simply adds to the darkness within the world and people. Being a male and having experienced some very profound abuse at the hands of women, usually because of assumptions, preconceived ideas and manufactured attitudes about me, I feel I have a responsibility to speak up for myself and other men, children and women; on behalf of all people. I'm simply trying to do what the early feminists did. The difference is that I am not re-creating the division between people or trying to reverse the pendulum. I'm trying to place it back in the centre. You see, once the pendulum stops in the centre, then we can be finished with "The Pit and the Pendulum." We must speak up in order to protect life.

In order to break the cycles of abuse we have to address all forms of abuse, not just certain types of abuse that have obtained large scale publicity and support. We have to address the reality that hypocrisy places blinders on. People who have been abused have a tendency, usually when they have not developed psychological awareness of what has happened to them because of the abuse they suffered, to become oppressors and in turn commit the same abuses to other people that had previously happened to them; it could even be concurrent with various types of abuse: Criminally, many abusive women and other members of protected groups who have been harmed in the past - as a group not necessarily as an individual – feel if their victim s- - in this case male – speaks up about the abuse, in Canada at least that is considered valid. In Canada, a woman who tried to have her husband – who she abused regularly – murdered, when she went to court she was let off because she was a member of a of a

victim group even though she exhibited the very opposite dynamics: pure psychopathology.

I remember one abusive woman I spoke up to about the violent anger – physical and psychological – she directed towards me. She actually had the hypocritical audacity to interpret my speaking up about the abuse as being abusive and an attempt to control her. She considered my attempts at protecting me from her – physically threatening – and certainly emotional/psychological abuse. She thought she had a right to commit the very same things she condemned in others – men – simply because she had experienced it and been a victim – as she claimed.

Another very abusive partner I was in a relationship with could not see her abusive actions for what they were because she was a woman – from her perspective only men were abusive, literally. She was blinded her to own hypocrisy. Even though she had never been either physically or sexually abused – she told me this – nonetheless she used to attend groups for female survivors of male abuse and other female support groups I eventually found out that the abuse she claimed she had suffered had been from her mother – not any men in her life. When I tried to speak up about the abuse – which I suffered panic attacks and asthma as a result of – she reacted with anger; she said she could "never forgive me for it." She interpreted my speaking up on my own behalf as attacking her, hurting her and other such amazingly hypocritical foolishness. On a collective level, this misidentification was hypocrisy and revenge – not revenge for things that had been done to her but done to other members of the human group she was part of. This is pure Marxist indoctrination bearing fruits for constant social conflict….it's good for business?

In both of the above mentioned examples these people seemed to be unconscious of their hypocritical, purely revenge-oriented mindsets and the anger that blinded them to this reality. This is the anger that they are, not what they were feeling. During this section I point out similar examples of hypocritical blaming the victim. We have to begin by protecting the closest source of life to us and naturally it has to begin at home – ourselves. This is the true meaning behind the statement "charity has to begin at home." How else can we have the energy to protect other sources of life?

To my mind there are three very good examples history has produced in recent times that show us how to accomplish this in as non-violent a way as possible. These examples were Mahatma Gandhi, Dr. Martin Luther King Jr. and today his Grace the Dali Lama. This last person is currently being welcomed around the world as one of the best protagonists for world peace. In a sense, the physical occupation of and destruction of the beauty of Tibet, in a weird way, has been a blessed thing because the rest of the world has been graced with the

message of love and wisdom that the Dali Lama has been teaching us following his exile.

What follows are a variety of paraphrases from the author, Warren Farrell, PH.D., the first male member of the National Advisory Council on The Status of Women in Canada; and other sources of information.

There is no question that men in western countries, especially white, heterosexual men are increasingly experiencing severe persecution (2021) – because of the Marxist attempt to change nature and remove humanity from the natural womb of the Earth Mother and can become disempowered by the false type of strength and bravery they sometimes exhibit in large groups – Antifa - because it's more and more based on hate and division rather than interdependence, Individual responsibility, compassion and actual freedom - the latter being one of the most natural and instinctual aspects of our survival.

People who are only brave in mass grouping are the ultimate cowards because they never take responsibility for themselves. "It's for the greater good" gives them a chance to disown responsibility for whatever they do; and that's why they're individual responsibilities are no more important than their individual opinions.

A woman's false presentation of weakness can actually place her in a position of strength in the sense of having the upper hand in relation to the man.[50] This statement is very much ordinary common sense. When men take on a stiff-lipped macho type of persona, they are really displaying a weak and defensive type of facade. On the other hand, a man who is in touch with his inner feminine, with awareness, he can demonstrate acts of courage and strength far exceeding the false macho type of strength. The former type of strength usually reacts with anger and violence to difficult situations, not the latter type of strength. The balanced individual demonstrates patience and perseverance.

Many women today are not as powerless as they used to be. The supports and resources available to women who still need it today are very important. They have to be expanded to include all people who are abused, including psychological and emotional abuse. Because of extreme bias and today persecution, women can readily resort to available resources that are denied the man.

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[50]Farrell, Warren, Ph.D., "The Myth of Male Power", Copyright, 1993 by Warren Farrell, Ph.D., Simon & Schuster, Simon & Schuster Building, Rockefeller Center, 1230 Avenue of the Americas, New York, New York 10020, Pg.29

Viewing these Dynamics Objectively

We have to be careful of overkill. I have been with abusive women who are not weak but in public appear to be the subservient or under-confident one in the relationship. In private it becomes reversed, especially if the man in the relationship does not make an assertive stance, or get out, exactly the same as when the gender roles are reversed. Today, these very same dynamics are being used by various groups within society to destroy the actual cohesion of society – this will allow the elite social engineers to change as they wish? I will not stand for that.

In these kinds of situations, if I demonstrated completely non-possessive, non-controlling and non- intimidating behavior or if I adopted a people-pleasing and conditioned shame-based stance, my partner viewed this stance as weakness and the result was abuse or her resumption of abuse. This is the same as what abused women experience with abusive men. People are people.

A lot of macho types of behaviors are taught to be examples of personal power, such as mindlessly throwing one's life away in battle. That type of mentality – throughout any area of society – and accompanying violence serves primarily the powerful and few elite at the top of society who normally put the wheels of war in motion – internationally or in the home and workplace. In fact these types of "power" are really expressions of powerlessness. Sadists – and the core "need" of a sadist is the ability to control other people – are some of the most powerless people in the world – and therefore most dangerous because they have to steal energy from others.

Speaking about violence against men, as Farrell points out, most other groups within society (especially groups who are or have experienced oppression), by looking at the nature of the dynamics involved – in a common-sense way - would recognize this powerlessness easily. They would see these dynamics for what they really are. As Farrell points out, what is really taking place is a form or sexism that is not recognized for what it really is.[51]In 2021 this dynamic is in full bloom and it is far more than simply sexist, it is antihuman and it includes anyone, virtually anyone who, as an individual thinks for themselves, literally. It includes anyone who wants to live naturally, in the open ended freedom as Mother Nature intended. This is literally a worldwide Marxist attack on the actual freedom or total enslavement of humankind and the Earth. It is the greatest misogynistic attack on Humankind and their Great Mother that has ever taken place. What will it be people?

However, I would add another dimension to this. Let's look again at violence against men. Consider what I said about certain types of black magic being described as the sacrificing of masculine energy for the vampire-like black hole of

[51]"The Myth of Male Power", Farrell

real satanic sacrifice. In this case, the sacrifice can also be looked upon as being gender neutral in the sense that it is not necessarily only men who are being sacrificed in this method like it has traditionally been but masculine energy.People lacking masculine energy – actual energy and power of concentration – open to the dynamics discussed above and throughout this book have less self-control and are also at risk of being conditioned to accept harmful dynamics, a type of actual mass possession. This is the nature of the psychopathology affecting people today. The WOKE are expressions of the full-blown (mental) epidemic. I guess all the living dead movies and other world-enders are supposed to condition us to this fate? Or in recognizing these dynamics people will say “it was just a movie, you saw that in a movie” laughing at you as they die their hair purple, cut off their genitals, disown their Soul and sell it to the collective mass meltdown – the Deva-ill, Devil, Satan.

People who are actually truly empowered with masculine energy – men and women – are healthy, safer and more stable because they have the energy necessary to maintain conscious discipline over their selves. On the other hand, people who are conditioned to feel instead of thinking, to be passionate instead of thoughtful, instead of empathy and compassion to other people they offer hate and intolerance; these are very dangerous personas, actors, trying to be what they are told to be are instead of knowing themselves. This latter is today’s WOKE.

Looking at it from this perspective actually places it in a more realistic light. It also places a greater element of crisis into it. As said earlier, today the violence taking over society has become more a question of people violence or generic violence. In this sense, sexism that used to be perpetrated primarily by the male gender has been expanded to include all human beings. Thanks to the devolutionary path of blurring of developmental differentiation and purpose. A return and unity of opposites within the individual is only possible by becalming fully stable in the body and sex of birth.

As it relates to social violence, there is a huge multitude of women today who are sexist in the extreme and we know the same holds true for many men. People are people. In a material sense, even though it affects all people men are still being primarily targeted for something that has become generic. Some women I have spoken with still say that any violence directed towards men is generic, even if women are committing the violence. Yet in the next breath they say that any violence committed by men against women is an example of misogyny and women hating. This is hypocrisy in the extreme and simply an example of the huge “cancerous” growth in the shadow or satanic elements within the world. This does not just refer to some women’s attitudes towards men, necessarily – it refers to many different groups and peoples.

Viewing these Dynamics Objectively

I've spoken to many women, older and younger, who still view war as a man's duty, including their own son's and are outraged to even think that women should be taking part in a "man's " job. They were shocked when I suggested they might do the same. So much for equality, although I do realize this mentality stems from a long outdated need for survival because most wars of a game of thrones for the world's elites.

I remember one woman who I spoke to who was in the reserves. She was shocked and ridiculed the idea that she might ever go to war. To her it was just a job. This conversation took place during the Gulf war in 1990. She had told me she would protest if she was ordered overseas – because she was a woman. She didn't want to have anything to do with "glory." I always thought there was something like soldierly honor, duty, etc. But hey, it's her right???

I do know this might not be the usual case although it is an illustration I know I should mention. I had this conversation at a school where I experienced a lot of psychic sexual abuse, sexual hypocrisy – sexual harassment resulting from man hating and male bashing and mysandry generally.

On one level I can appreciate her feelings, although I hope it would change if she actually had to protect her home. I know there are a lot of valiant woman who do this, whether as ordinary human beings, mothers, police officers or soldiers. Regardless, it is the whole cult of war and violence that is savagely outdated and for the survival of the Earth is one way of life that has to change. People have been brainwashed by the machine, the Beast or whatever one wishes to call it. People themselves are certainly not responsible? It stems from a primarily unconscious projection of repressed hate and revenge. As I've been asserting throughout "We have seen the enemy and they is us." I don't want to scare anyone but as I said, on the unconscious level what these dynamics actually expresses and becomes is a sacrifice, human sacrifice. I'm referring to war in any shape or form.

In relation to powerlessness as it does relate to the male gender, Farrell gives some real statistics that are irrefutable. As men's age increases their suicide rates, because of powerlessness, sexism and the pressure of being male that does not exist with the female gender, increases exponentially in relation to women's. In early youth the pressure on boys or young men makes their suicide rate reach six times as high as women's. It actually becomes 25,000 % greater than females and this is directly related to the double binds, sexism and other pressures boys and young men find themselves in within today's society. The suicide rate for men over 85 is 1,350% greater than that for women in the same age bracket. [52]Given the incessant hate and envy targeted on white males, in

[52] Pg.32, [52]"The Myth of Male Power", Farrell

Viewing these Dynamics Objectively

2021 the pressure and bigotry directed to white boys and men is astronomical – all the while begin pressured to become women!

Powerlessness forces men quite often to take jobs that literally place them in danger. Jobs they are forced to take because of spending obligations because in today's world, a man's wallet is still the prime motivating factor that determines if he is able to find a partner.

There is another important thing Farrell points out. Rarely are men's protection of women and people in general taken into consideration and acknowledged. However, everyone hears about those men that commit violence, resulting in unfair stereotyping and anti-male bashing. Realistically, in relation to these dynamics he compares the limited opportunities – the jobs they are forced to take and the resulting dehumanizationion and lowering of self worth, for most men – with the actual life of a slave.[53] I include these references because in many cases, if he wants a partner, there is no alternative. Women have so many more services and government supported alternatives today.

Male bashing has created within the male population one rather large segment of men who willingly accepts abuse from women, in much the same way that many women did and still do in some cases, in order to be accepted by their partner or larger group of people. I know that in my later life these dynamics were certainly a reality for me.

The number of homeless men living on the street is 300% greater than all other groups of people living on the streets combined.[54] Why? Today, society does far more to protect women than men and those men that do not become wallets or chose to become individuals, not machine-like as society tries to condition them, sometimes succumb to the many different pressures, which can come to bear on them. As Farrell points out, men who choose not to sacrifice themselves to protect and provide only for women and children, if they think about their own welfare in addition to other people, they are not accepted by society. This is most true for those men who have developed a strong type of individual independence and an empathic interdependence rather than a masochistic personality. Much of what I have described above as to bigotry directed towards and people who pursue independent, self-sufficiency from the "system". It just happened that the white race is virtually the only race of people on the whole of the Earth that was able to get rid of the shackles of the ancient pathologies known as "royalty"; these are the very forces behind the re-encroachment by the ancient monarchies on the people of the Earth is being

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[53] [53]"The Myth of Male Power", Farrell

[54] [54]"The Myth of Male Power", Farrell

achieved by the “divine royalty” eradicating the freedom the White race had achieved. Virtually everyone helping in the destruction of democracy, freedom and the right to private property/individuality is a criminal against humanity. Let’s embrace them, enlighten them and help them see reason…

The reason I point this out is because in today’s world any person who refuses to be indoctrinated – to become part of the mindless machine – is rejected by the machine – Children, men and women

The degree of bigotry and anti-male attitudes is reflected in the fact that at one time just about 100% of the homeless were men but once the percentage of homeless women reached a certain point, about 15%, then political correctness popped into action. People began to actually take note and care and the politically correct term became not bag ladies or bums but homeless people. About 75% of all homeless people are still men.[55]

An example of male humiliation is when the male mid-life crises is referred to as “playboy time,” whereas the female mid-life crisis is called a time of maturing, finding herself and so forth.[56] This is a blatant and inexcusable double standard and verges on hate propaganda. In fact the “mid-life” crisis is not, under natural conditions, a crisis at all.

However, in unnatural circumstances, both men and women are experiencing a socially conditioned frustration. It is really quite sickening really when one considers that if White people try to stand up for their cultural heritage they are today targeted exactly the same way Jews used to be treated in Germany…while the people of other cultures pouring into formerly white homelands into foreign cultures and populated by peoples that hate them and attack them for trying to save their “colonial” heritage – the only heritage on the face of the Earth that respects individual freedom and dignity….after they are welcomed in. Just like vampires invited through the window…

Human beings are being prevented from experiencing a dynamic milestone in their lives. This time should be the point in their lives during which they jump to a higher level of maturity and wisdom. In this sense I am referring to a time when, psychologically the whole individual is searching for a more profound reason for their existence beyond the purely physical and material levels. It would usually be a time to attain higher levels of awareness and meaning in their life. During this period of time nature intended people – and this is particular to humanity - to set aside the more worldly and material aspects of life so that higher and more mature levels of the psyche, the whole psyche, could be attained and realized.

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[55] “The Myth of Male Power”, Farrell, Pg. 123-134

[56]“The Myth of Male Power”, Farrell g.123-134

Viewing these Dynamics Objectively

This has, in many cases, been waylaid by the dynamics I have been discussing so far. Instead of dynamically and flexibly growing in awareness and wholeness, what is happening and has been for a long time, is that people become more rigid and inflexible – close-mindedness sets in. “Experts” in all their myopic haze. This is not what nature intended.

Instead of wisdom in their middle and older years, men are being given Viagra to waste a dwindling energy supply while women en mass are disempowering themselves by giving more and more power to the State while striping it from their kin as well. As directed in Sun Tzu’s “The Art of War” western culture is being overcome by neutralizing the male population, the sacred masculine Natural right to self-defense (for all people, masculine, not male) by an invading tower of Babel – homogenous invaders posing as immigrants, who cares nothing about the host cultures (European) they gobble up and vampire. In fact that is the Fascist/Communist collective intent; the real powers that incorporated the corporations.

What is being described here is hypocrisy and bigotry, most of it unconscious, and for precisely the reason it is so unconscious for most people it is also psychotic – anything that deviates from factual individual, group and in fact world history produces mass psychosis: Nazi Germany, Soviet Russia and CCP Police State China. Now we have Critical Race Theory and Intersectionality: pure psychosis coming out of our places of “higher learning”? Subsequently, this is creating a psychological state that results in projection onto the targeted victims. Men, conservatives, real women and now unvaccinated people – in fact anyone who threatens to be self-sufficient and independent Simply get hit about twice as hard, unlike the Kappos and other “social-creditor” gamers, and other misogynists who have gone along with the corporations and royal slave masters.

Male technology freed women from “female biology as destiny.” The increased ability for women to enter into the “male domain” has succeeded because the restrictions of birthing and childbearing, day care and other traditional limitations, due to her physiology, were freed in a technological and political sense. At the same time, the past history of women’s brutal oppression created a movement whereby men were and still are in many cases being stereotyped as being responsible for past wrongs done to the female gender. This became especially true as more females entered into more areas of influence within government and other politically influential movements that wield a lot of power. These changes were accommodated by male technology and by laws almost exclusively created by men. Under the circumstances I think this important as traditional masculine characteristic and traits are being made to look “toxic”. What is toxic are the elite powers that in fact are trying to emasculate and prevent anyone from achieving the power and control they have without their blessing. This has been the royal…prerogative for a while. These dynamics go

far beyond the “male/female” divide and today are manifest in many Marxist induced class antagonisms.

In other words, this has in many cases created examples where the people who were in the past brutally oppressed have today become the oppressors. During these days when all people are oppressed who refuse to be bled of their individuality indeed their very freedom, the double oppression and pressure on men creates a situation where boy’s and men’s suicide rates are astronomically higher than women’s. Male technology does not have to refer to gender. It refers to a psychological attitude-attribute – concentration, the power of aware consciousness and its resulting psychic-energetic manifestation.[57]

Women have progressed and made improvements in life circumstances. Hypocritically, the past wrongs they experienced and the outdated stereotypes of men, in a generic sense, can produce a situation where a man complaining about being abused by a woman makes him vulnerable to accusations of being a woman hater.[58] I have had profound experiences of being abused by women and when I spoke up the above accusations had been leveled at me, as I will discuss later in this book. Similar to the historically past dynamics when women who spoke up about male violence were made to look mentally unbalanced, today when men speak up about the same - they pointed out the complete hypocrisy (psychosis) of women who refuse to see the necessity of addressing all forms of violence, not just violence against women - the same also happened to me, as will be seen in a later chapter. As I’m stressing now quite heavily, the dynamics I describe above directed at – primarily white men by Marxist-Feminists – are being directed to them by almost every special interest group in the WOKE arsenal while the collective historical guilt of everyone is very conveniently being ignored.

What if a man is really getting abused and complains and then gets blamed for hating women? Many men experience the same abuse – psychological, emotional and perhaps physical – that society, both men and women, has thundered against when perpetrated against other groups of people, especially women. I have been viciously attacked time and again for trying to speak out about the abuse I have suffered – “He simply hates women” has been the number one response, even though I have made every effort to treat all people with only respect and compassion. In 2021 these same dynamics are being cast in stone by using mandatory vaccination and therefore, thanks to both nana technology and the way psychotropic medications place people in the control of the collective shadow and Nanobots on the Internet of Things – this is the true

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[57] [57]“The Myth of Male Power”, Farrell, Pg.123-134

[5858]“The Myth of Male Power”, Farrell , Pg.134

purpose of the quantum computers the various militaries and the Internet of Things has been doing. It's not to see where the elites are trying to go with this.

For me personally, this has especially been true subsequent to recovering from the years of physical, psychological and emotional abuse – various forms of physical, psycho-emotional trauma and abuse that I suffered as a child and adult. I know for a fact, if I was as harshly outspoken about the abuse and humiliation I experienced as I've heard some special interest groups I would not have gotten away with it the same way they have. In order to blamelessly understand the dynamics I am discussing, everything I've written so far has to be appreciated.

Consider traditional psychological conditioning and combine this with emotional and psychological pain from rejection or ridicule. There are times, for example, when boys are subjected to ridicule by girls while other boys are around or participating and forms of humiliation in other settings. This unconsciously includes the dynamics I have discussed so far. The brutalization of boys and men combined with technology is twisting the natural instinctual impulse for men to be protectors into examples where their rage and frustrations resulting from this turns them into "random access killers."[59] sometimes Echoes of the columbine school shooting. This is the fault of society and the way we are conditioned. Nonetheless, as a male who has professionally studied male and female psycho-physiological traits and spoken to many women, I know that this conditioning can be far more devastating on a male than a female in today's world. This is primarily caused by the double bind that many boys and men find themselves in. They truly do have fewer options than girls and women in many respects. This is very adequately demonstrated in the book, "The Hazards of Being Male."

The pressure that this places on boys at an early age creates exponentially greater numbers of children who, because of the double bind they find themselves in and subsequent disempowerment are devastated as individuals. What are current lockdown's, mask use and social distancing doing to these young people? They are destroying them. In a corresponding way this devastates their potential for full development as human beings. More people today are afraid to even discuss with their friends social and political issues that are current except what they are told to think and say.; are too embarrassed to speak to peers and in most cases are conditioned to listen closely to peer pressure and social conditioning – today in our schools this dynamic is changed to demonize and humiliate all traditions of European descent(with a focus on the tradition of merit and surviving against all odds when others succumbed to slavery and imprisonment. Today, the profoundly brave heritage of our founding European settlers of are being demonized as history is reversed from truth –

[59]"The Myth of Male Power", Farrell Pg., 166

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Critical Race Theory is for the most part ahistorical and in fact the intent is profoundly evil because it is trying to wipe out the freedom that took hundreds of years to achieve in the face of brutal odds and savagery; as their traditional populations of folk are being replaced by people who unquestioning do what the governments and corporations tell them to do.. They certainly will find it difficult to find anyone to share this with among the population of programmed peers who would only ridicule this. I am speaking about these realities from a position of statistics and generalizations. Focusing on boys, especially white, heterosexuals of European descent, these boys experience much more ridicule when they don't perform and sometimes to the point they reach a state or limit of such brutalization, the only alternative some of them see is to commit suicide or act out with some other forms of violent behavior.[60]

I think of my own experience: the humiliation and anger I received from my intimates, other people, even humiliation from a woman old enough to be my mother who sexually abused me. This woman humiliated me when I was too frightened to react in the sexual way when she wanted me to. She told her friends, who also laughed and humiliated me, with no sense of what they were doing. This occurred at the first "real" job I had ever had as a young teen in 1972. I was working as a busboy at a local restaurant. One of the female staff, the assistant manager, held a party at her house. While there, most all of the female staff at the "party" had already selected males they were going to try to have sexual activity with. It was remarkable. This particular incident I am referring to happened to me when I was fourteen years old. I remember after I left the vicinity where the fondling took place, frightened, I went looking for the young friend I had gone there with who was my own age. I found him on top of a bed having sex with a waitress from the restaurant. Interestingly, she was married – needless to say her husband wasn't there. Only two years previously, I had experienced long term sexual abuse, for a period of two years, from a male customer on my paper route. I wasn't in the mood to be sexually exploited again (although it did happen again, as will be spoken of later in this book). For the remainder of my time at that place of employment I received only humiliation and ridicule from almost all of the female staff at the place. I was fired from that place because I had borrowed 25 cents from a charity box by the cashier's desk. I told the cashier that I needed the money to get home on the bus, because of the weather. I told her I would replace it the next day. I was fired for this act, which I did not try to hide and did with full intentions on rectifying. Yet the person who fired me was the same person who had held a party at which took place acts of pedophilia, with her full knowledge and participation. I refer to this particular incident later in this work when I illustrate another important point. These very dynamics apply today in the extreme, primarily to white, heterosexual boys of

[60] Ditto

European descent. People who live naturally are being treated like they are crazy by the insane people who are dislocating their DND and separating people from the very life source they emerged from – Mother Nature.

In some cases this type of abuse can be seen as revengeful types of activities on the parts of the perpetrators because of the abuse they suffered at the hands of people – primarily Marxists/socialists including fascists - who in fact have distorted and reversed world and especially European and history beyond recognition. In 2021 this same dynamic applies to all truthsayers and whistleblowers. We will look more closely at these dynamics and of sexual exploitation in-depth later in this book.

All forms of cult activity – and this does not apply to societies that promote Natural living, self-sufficiency (merit) and an actual interdependent, NOT DEPNDEANT community - start in childhood and especially through control of sex. Cults have always used this dynamic – sex - to entrap people in their cults. Look at our schools today? The dynamics are cyclical and primarily unconscious; it was only because I was able to become more conscious of what was going on around me through meditation that I was able to become aware of these dynamics and do something healthy to relieve it – called integration, individuation, …maturing as a human being, as all are intended to do!! This is the very nature of empathy.

An example of a double bind, later in my life, resulted from some of the abuse I suffered at the hands of other people because I was not ashamed to show a balanced awareness of, expression of the feminine aspect of my whole psychological makeup or acts of psychological maturity and respect.

The point being made here is that boys, men's and most peoples of European descent has placed them in a situation where their egos take a much greater beating, resulting in much greater frustration. Combined with the lockdowns and all the rest of these "protective" measures are resulting in the highest level of youth suicide – among white kinds of European descent. As Farrell makes clear, there are many more services available for women then for men but today this same dynamic applies to anyone who is not of European descent. I'm speaking here primarily in the area of abuse and need. Services for women, obviously, are extremely important. What's being overlooked is that if effective preventative action is to be undertaken towards ending the cycles of violence, all people's needs have to be met. We need a balanced social perspective.

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As for men, society is not recognizing that many boys and men have taken huge strides in getting in touch with the feminine message and their feminine sides and without a whole lot of support let alone active lobbying and propaganda, except of the bigoted kind. Unfortunately this dynamic is being used to promote very unnatural and very unhealthy lifestyles; if I'm a man it's no longer enough to get in touch with my feminine side, now they want me to be a woman? I don't think so – but that's the point because it totally disempowers the people who fall for this even as they attack the healthy and sensible and I am referring to, the self-sufficiency of individuals, conservatives – who conserve themselves, the lands and the Earth itself. Conservation does not always refer to the social/political status quo. It means stewardship of the Earth, as taught in the Bible, for example.

We have a mass situation where the unhealthiest people in society are living off the backs of the healthy. The Royals and their corporate hench…people sure knew what they were doing in the 1970s when they really put their long-term plan finally into action and all the components of Project 2030, the Great Rest where "You'll own nothing and you'll be happy". That sounds like a royal tyranny's wet-dream.

I have experienced many situations where women were being abusive – they simply demonstrated that they wanted a reversal of the status quo and today this applies to many minorities and self-proclaimed victims – in many cases using ahistorical BS - that have permeated society while completely invalidating white people of European descent or conservatives generally. This is an actual genocidal activity. Consider the example I gave earlier about the "Feme-Nazis." I know there are a lot of other irrationally rage-filled mind-controlled collectivists out there also. To ignore what I am saying is pure suicide and continues the cycle. Society has to heal its fragmented state-of-mind and recognize that at the root level we are all the same regardless of intelligence, talents and so on.

Speaking from personal experience, I see the need for and have even counseled women in the need to get angry as an inducement to action. This might be necessary for anyone when the safety or integrity of his or her person is being abused or threatened. Today, this applies to the much wider population of people being targeted because of colonialism, slavery (the Black Africans and Arabs were the worst perpetrators), a traditional or conservative lifestyle. However, anger has negative effects when it is not let go of once some sort of acceptance and action takes place. If not let go of it always backfires eventually – especially when dishonesty takes places – they become anger, something quite different from simply getting angry. It is raw evil. Savagery. Primitive.

Peoples minds can become totally psychotic and more akin to someone living in a Participation Mystique – no sense of self except in relation to the

Viewing these Dynamics Objectively

Queen/King, State. People had no “faces” because they weren’t treated as individuals. They were like worker bees. Literally, within an ancient Matriarchy, the Queen and women (as representatives of the Goddess) wren considered first class citizens. The human sacrifices that dominated Matriarchies focused primarily on young females to give as sacrifice to the Earth as well as virile, healthy young men. Starting to re-familiarize its presence in today’s “civilized” global, multi-cult society? Or has it always been in the shadows?

Nature can only operate in natural ways – an unnatural pestilence she will neutralize given enough time. Unfortunately, if Humanity dislodges its embedded DNA from the Earth Mother – in attitude and action and of course in fact (space travel) and 5/6G – they will wither. 5G encircling the Earth totally disrupts, distorts and perverts the very subtle electromagnetic currents of the Earth, which Humans and all life requires. Elon Musk is committing crimes against humanity. You can be very sure the powers that are trying to get people to give up their healthy, natural heritage do not plan the same for themselves. Time?

When a person’s anger hangs on too long they can become anger. When this happens anger is sometimes indiscriminatingly projected towards the target individual or group and it is certainly when people reach this point they become useful idiots and canon-fodder for anyone with a beef to protest or an opportunity to throw more chaos into society, sometimes consciously and sometimes unconsciously but usually using a combination of both. On the conscious and unconscious level of the collective psyche this can cause very serious psychological damage. This is why awareness of the dynamics involved must to be brought to light.

This is especially true when people are trapped in abusive situations or cannot express themselves truthfully in both personal as well as social sense, mutually. In today’s abusive tyranny the unWOKE, people who demand freedom and democracy, these folk, the healthiest people in society exactly by virtue of their desire to be self-sufficient and free are being blamed for the pestilence of the unhealthy. The only reason I survived these types of situations, where I was not able to get out, was because of my primarily self-learned discipline - with which I received almost no external help. I have been one of the lucky few. These dynamics affect almost everyone today, regardless of gender, color or creed…or awareness.

As I’ve pointed out some cases with identified groups who have been historically oppressed the pendulum has swung too far in a reversed direction. Psychologically, consciously or unconsciously what develops are cyclical entrapments in the same sense that entrapment means in respect to what Police have been legislatively prohibited from doing. The dynamics I am referring to are identical to the psychological dynamics that are present when abused –

oppressed – people in turn become abusers – or oppressors; the same dynamics that exist when someone who has been sexually abused in turn become abusive sexually and then blames the victim. The dynamics in all cases are identical; what differs is the way they are expressed. In this case I am referring to entrapments that are used by perpetrators in a collective sense; they are ones that are induced – ultimately they are produced and sustained by dynamics that are socially created and sustained.

In this sense, entrapment is a manipulation used to trick people into behaving as the projections and attitudes directed towards them would have them behave. This is a real, deadly and widespread phenomenon. It's most dangerous because there are no forms of legal or community protection to prevent this, at the levels and in the ways I am describing. Today, thanks to the corporations that control societies this type of action is being actively promoted on an international scale that has never before seen. The result can be explosive anger and violence, false sense of entitlements and blind violence based solely on propaganda, a-historical lies and pure projected hatred and mind-control – the two main purposes are business (human factory farm) and the control of humanity by the world's ancient monarchies with a focus on the British and ancient Han empires and their corporate aristocracy (the British Empire created the modern corporation). The victims usually pay doubly and sometimes they produce and take innocent victims along with them.

I mean, let's get serious here, get way from superstition and consider some sources of wisdom that have been brutalized, literalized and turned into meaning-less mumbo-jumbo. What I described in the above paragraph is a realistic, mundane but importantly good psychological explanation of the "Whore of Babylon." Can't people become sensible enough to see that this is exactly the state of affairs the Bible is describing (and other traditions that all stemmed from the same ground level) in the Book of Revelations? It makes perfect sense. Placing deadened orthodoxy aside, this is the "wars and rumors of wars "those pages speak about. This is referring to psychological dynamics that are hidden from conscious view for the majority of people – dynamics that trick people out of libinal life force, psychological wholeness and at times, their physical lives. These wars create an atmosphere of fear and cause the perpetration of crimes and a victimization of people. Most importantly, individuals and groups right up to national and international levels are mirrored precisely by these dynamics, being affected by and acting upon them, creating cycles within the whole of the human collective psyche. Looking more closely at these dynamics, the last part in my book explores what I think Jesus and some writers of the New Testament were really talking about and what the followers of Jesus really learned from the master.

Viewing these Dynamics Objectively

While making these psychological interpretations – what I believe to be the real purpose for and rationale behind the way they were written – I create compass bearings by comparing and drawing parallels with American Aboriginal Spirituality and wisdom. Jesus was, like any true spiritual healer should be, a psychologist in every sense of the word. He looked at demons as being imbalances of the psyche, both individual and collective, he thought, acted like a Shaman but unlike the more natural forms that don't use the higher cortical functions of the brain and mind he was aware of these dynamics. There are other historically famous spiritual leaders who have developed the same level of evolutionary achievement – Sun Zhu and Lao Tzu John's vision of the whore of Babylon was a vision describing the collective human psyche in a state of chaotic imbalance. The rest of that book described the buildup of these dynamics, the resulting crash and then catharsis that was required to heal it, individually and collectively. Only an individual who is awake enough to understand these dynamics, because of their completely expanded vision are able to extrapolate and use intuitive commonsense – based on history and the present - to project and see possibilities into the future.

This life-taking rather than life-giving characteristic is the hallmark character and outcome of labeling and scapegoating. This eventually manifests itself by people acting-out, trying to break away from the affects of being tricked out of their life force. We see people violently struggling for survival throughout society. We see this acting-out expressed in all of the social violence around us. In looking at the individual and collective unconscious psyche – the psychic effects – it is a sad fact most people point the finger at and blame everyone except their own self.

The people receiving these projections and attacks can only extricate themselves from these situations by looking the situation squarely in the face and dealing with it intelligently. These are abilities and motives: freedom of choice and quite literally control over one's body that more and more of the WOKE cult does not possess.

"Conscious" blaming and labeling is not conscious in the sense that the individual is truly conscious of these dynamics or the reasons why they project and scapegoat other people. Over the last several years it has become more and more apparent the people weaponised to stage protests, usually something about European traditions, while totally ignoring the dangerous cultural traditions of the peoples they are using to destroy European culture and history of achievements. These a-historical, emotionalized people, personas and little more, unable to think conceptually or logically with common sense they have become weapons and usually don't have a clue and certainly no great *und*erstanding of what they are protesting. We are bringing out of schools and places of higher learning people who want to destroy society rather than nurture

and maintain it.. Remember, these dynamics are primarily unconscious, cyclical and domino-like

In a situation like this a person who is victimized by these dynamics – as different from being a perpetrator – not knowing how to survive otherwise, sometimes in turn does it to someone who is weaker. This type of environment can be “like a pack of raging “wolves in sheep’s clothing”

Many groups send this unconscious projection into the collective unconscious psyche. People open themselves up to alienation, manipulation and exploitation. I think it is important to point out that society is 100% comprised of different types of groups an many of them with cult-like characteristics – for example when political party kicks out members because they vote against the dominant position, then it has in fact by that point become a cult. Most of them all have similar affects, consciously and at the subconscious level.

People’s (media) produced anger can blind them to positive changes that have been made by, or the many good things done by the targets of their hate. Consider what might happen when a group – who perhaps historically was an oppressor – is still attacked when they are taking huge strides towards making positive and appropriate changes for the better; when they are in the process of changing ways of being and living that have existed for a long time; that are deeply embedded within the psyche. In itself, these types of changes can induce a life or group crisis. When these changes are not acknowledged; when the individual or group is still attacked and pressured to make changes they are or already have made – then the former oppressor (group) becomes the oppressed and the formerly oppressed (group) becomes the oppressor. This pattern has been a heavily recurring phenomenon throughout history.

An actual genocidal impulse can easily be seen when the persecutors in fact exhibit all the things they condemn their innocent victims for. This is the very nature of WOKE society in Canada and the rest of the western world.

In considering these dynamics, many of which are unconscious, I will draw a parallel. I earlier explored group or cult dynamics. A trademark of obvious cults is the apparent inability of a cult member or victim to ever seem to be able to do enough. Regardless of how hard they try they are told they have to try harder. This is how abusive cults operate. These are exactly the type of dynamics I am talking about in respect to changes most people have been making as individuals and as groups but not being given validation or acknowledgement for doing this. Then take everything else I have explored and described into consideration and people reading this should have a few hairs standing up on the back of their necks and the appropriate shivers to go along with it.

Viewing these Dynamics Objectively

To make a point I'll compare men and women again. this is not the case with women today. Consideration for the feelings and affects all of the dynamics I have been discussing has on people are not taken seriously or empathetically – or are they?

Women's feelings are important – but so are men's.[61] I still walk into feminist and WOKE bookstores and other Marxist-Feminist "domains" (I have even seen this in a children's aid lobby) only to see books and pinup cartoons illustrating very demeaning cartoons or caricatures showing males in a very sexist and humiliating way. It's in vogue.

I even recently saw a female standup comedian on television. She told the audience that what she really felt like doing when was in bed having sex with her partner was to smash his face in, just because she felt like it. The audience roared with appreciation – sounds a bit like an ancient Roman Coliseum doesn't it. Envision the reaction if the comedian had been a heterosexual male speaking in reference to his female partner, a homosexual or even a criminal who happens to be a member of a protected cult.

Roman Coliseums – everyone loves a good viscous brawl in hockey or a similar type of sport and I've seen a lot of Moms outdo Dads in their enthusiasm to see their children make mincemeat of themselves. While at a pee Wee lacrosse game I remember once asking someone I knew, as she was cheering on two fighting children, if she would be cheering like that if one of the children fighting had been her son. His team was playing next. At first, filled with the collective atmosphere she gleefully said yes. She then quickly looked at me again and more seriously and thoughtfully said, "No I wouldn't be." This is an example of collectively learned coliseum mentality. It was also a demonstration of how easily a person's awareness can be raised – simply by asking the question

Fortunately, for woman, immigrants, POC, etc. any threat or apparent threats directed their way usually will result in efforts by other people and certainly the "powers that be" to alleviate the situation quickly, especially if assistance is asked for. The natural thing to do is to change this mind-***Set*** to include everyone in society.

As I proceed in this paper, keep- in mind the earlier material I put in place regarding the relationship between men and women also very much relates to the WOKE terror directed towards any people of traditional, natural living and self-sufficiency.

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[61] "The Myth of Male Power", Farrell. Pg. 168

Viewing these Dynamics Objectively

On a large scale, many women do not recognize the protection or assistance men will offer. The intention is not usually seen unless action is required: putting themselves' at risk to save a woman or anyone for that matter. Blind rage Misandrists only see, in most cases negative things about men or they fall back on complaints which are obsolete, simply to perpetuate the anger. These dynamics precisely mirror what is happening throughout all the western world thanks to the WOKE tyranny – because the algorithm produced to attack men is now expanded to target anyone who disagrees with the new monarchies and aristocratic hench…people. Much of this impulse is unconscious. It then becomes part of – and is cyclically caused by – the repressed shadow within the collective human psyche. Our Holy Mother becomes the Devouring Mother, Scorpio…

In the last twenty years feminism has made great strides in raising awareness about women's issues. Let's take their lead and everyone apply the same rules of process and conduct found in their example; to apply it in true and equal fashion to men but as well to naturally and conservative and alternative minded folk, to everyone.

Unfortunately, those who have opened up their hearts, mouths and so on, as they have been urged to do leave themselves open to emotional attack because of the cold and angry stereotypical views still directed to all people who do not become parrots for the dictates from "above" in our social/economic hierarchy. does not reinforce in people the good qualities wise feminist propaganda has asked men and everyone else to develop. With some people the propaganda has become obsolete and instead deeply ingrained hate. This is projected consciously and unconsciously, individually and on a collective psychic level out onto innocent victims who appear to be doing what they are accused of. Almost without exception the attackers are the worst perpetrators of the very dynamics they condemn in their victims. When directed towards innocent men or people who have or are trying to make appropriate changes, logically, this could have a reverse effect. It could increase rather than decrease the divisions between people.

People who are constantly attacked may feel unloved, unwanted or objectified – they might feel a combination of all three. These people sometimes respond with suicide. This also applies and in fact cannot be separated from people who are so alienated or have developed such a shame-based personality they don't love themselves.

In the western hemisphere the huge survival and developmental triumph of European Colonial civilization – escaping from African and Arab slavers as well as the "divine rule" of European "royalty"- is being savaged in the face of unbridled ahistorical propaganda, physical and economic violence and genocide

of European culture. Combined with the lockdowns it should be no surprise that youth suicides – in Canada for example – are at historical, unheard of levels among the constantly demonized folk of European descent. This is premeditated European genocide, an actual, ongoing crime against humanity.[62]At a time when all youth should be looking to their future with excitement and enthusiasm in Canada last year there were over 5000 suicides by young people. This is not only totally unnatural it is completely Satanic = unnatural reversal, Satanic, get the picture, kids?

Consider love – then consider people who have been conditioned only to think of other people to the neglect of their selves – and why suicide would appear to be an answer to something? In this case I am thinking of men who commit suicide to relieve their families of a (financial) burden; so that their families can be rescued financially by their own deaths with the resulting insurance payments. This is not fantasy.[63] This is also an appalling example of how materialistic, alienated and conditioned people have become within the machine.

Man hate has reached such large proportions that they indeed begin to hate themselves, become Kappos and victimize other men or explode in frustration at "not being able to do anything right."

I have known men who for the most part have been as dedicated and liberated as possible around the house, taking equal responsibility for maintaining the house, equally take care of the children and are good providers – or the only providers. They are good husbands and fathers but receive very little to no recognition of the good they do. I have seen instances where the abusive female partner in this type of relationship then has the amazing arrogance of undermining important woman's groups by hiding their abuse under the umbrella of these same groups. As someone once said "when fighting monsters one must be careful not to become monsters" (I think it was Winston Churchill who said this).

The single biggest solution to male suicide is making men feel needed as human beings not just as wallets and providers of sex. This is simply an objectification of men by turning them into workhorses, thereby doing the very same thing woman pointed out men had been doing to them. As a group, men are under attack far more than any other group in North America with an emphasis in Canada. They are the only group not protected by the laws in this manner, unless they fall under the umbrella of a protected group, not as men but as members of a minority group.

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[62] https://www.thestar.com/news/investigations/2018/09/14/youth-suicide-is-like-a-cancer-experts-warn.html

[63]"The Myth of Male Power", Farrell, Pg. 170

Viewing these Dynamics Objectively

In my own experience with some of the women in my life I have experienced a reversal of the situation a great many women used to experience. I've received the very same abuse, some of it physical but most of it being of an emotional and psychological type, the very same types of abuse that women and society condemned men for. I attribute the majority of these dynamics to repressed anger and a shadow ruled by a wounded and hurting animus within your average propagandized woman in western society today, which many women are unable to acknowledge. I also attribute it to unrealistic and in some cases obsolete propaganda.

A good portion of a woman's unconscious psyche is actually masculine in nature – the animus of depth psychology. Naturally what women repress – finding its way into both the individual and collective shadow - is going to be expressed in a somewhat masculine way. This would be a factor explaining why women are committing the same injustices against men that they condemn in men.

Many women say the physical act of being raped devastates self-esteem, makes them feel guilt ridden, depressed and so on.[64] It produces many of the dynamic examples of an abused personality that has been severely brutalized and traumatized. Inward turning of guilt and the shame-based personality could result in masochistic types of personality development resulting in self abuse.[65] The objectification, double bind, humiliation and so forth that boys and men experience – that has never been seriously recognized before – can produce the same type of dynamics, exacerbated because there is no recognition or acknowledgement of these realities. Imagine how one of these abused/persecuted men or a man feel when he or they only see 'select' abused women getting help or assistance? Think how this is compounded when an abusive female actually pretends to be the abused.

I have experienced my abusers exploding in rage when I tried to speak up – to them or other people. These are the same dynamics present when an abusive man goes into a rage when his female victim tries to speak out. Unlike abusive male perpetrators, it is quite common for abusive females to get support if they react in the same way as abusive males – in today's political and social climate this rage is interpreted as justified anger. Now, if you chant the "correct" slogans dress in black and hate anything traditional it's not just men but anyone who is targeted regardless of race, sexual orientation, etc. The status quo wants complete control like any cult.

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[64] "The Myth of Male Power", Farrell [64] , Pg. 173

[65] [65] "The Myth of Male Power", Farrell, Pg. 173

Viewing these Dynamics Objectively

I have seen and experienced these dynamics time and again and as I have indicated elsewhere, psychological abuse can be far more devastating than physical abuse because it goes unrecognized and usually for long periods of time, compared to physical abuse. Taking into consideration the unconscious dynamics I have already described, can people imagine the devastating affects I am referring to?

Statistics from Canada indicate that between the years 1999-2004, 5000,000 men were in relationships with abusive women.[66] What about boys who are sexually abused by older women, including mothers, but no one seems to take this seriously or [67]even tries to address it?[68] [69]I wasn't taken seriously when I spoke up and I remember a woman who I had been speaking with in a sandwich shop/café one time. She told me the same thing had happened when her son complained about being sexually abused by another male, hospital staff, in a hospital when he was a patient. The police, hospital staff, etc. simply never took any of it seriously…politically correct society, where, depending on who you are abusers are supported in their victimization. This has always been the case just different faces being scapegoat. The true rulers of the herd prefer it this way – keep them divided.

I have already mentioned that when I was a child both men and women sexually abused me. Even in counseling sessions while recovering from this abuse, although the sexual abuse perpetrated by the man was dealt with somewhat seriously, I felt like my story was not fully believed. The disclosures I made about being sexually abused by older women were totally ignored. From my experiences, speaking up about abuse and violence I experienced from women usually resulted with me being looked upon as a woman hater. If men like me are not listened to naturally an angry frustration is going to set in. Individually, some men have enough awareness to redirect this energy for creative purposes. Unconsciously and collectively it simply exacerbates the war of the sexes and violence in general. We have to speak out about these issues because addressing them can only assist women in their fight against violence directed

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[66] https://open.alberta.ca/dataset/9a4f2bdc-3c38-4b46-a028-2f8cbd5dbecf/resource/e89bba0c-9563-472a-9203-86a2a28d1cf1/download/2008-men-abused-by-women-in-intimate-relationships-pfvb1100-october-2008.pdf

[67] https://equalitycanada.com/why-are-so-many-women-raping-boys-research-into-female-perpetrated-sexual-violence/

[68] [68]"The Myth of Male Power", Farrell, Pg. 176

[69] https://www.inspq.qc.ca/en/sexual-assault/fact-sheets/sexual-assault-women

toward women, men in their fight against violence directed toward men and people in their fight against violence by people. Today, many of the issues – which were once classified as being women's issues, have become human issues – have become human issues.

I speak about my experience of depression, below because in fact on socially wide scales these same dynamics are starting to reach epidemic proportions – far worse than any covid-19 although the "vaccine" might take the cake…

My first experiences of depression were when I became involved in a relatively long-term abusive relationship with a partner suffered from severe depression and the depression it ignited in me and for a while followed me into other experiences of abuse. By now it should be very apparent that people's minds do interpenetrate and interact, regardless the level of interaction people wish to acknowledge. Emotional pathology spreads in a cumulatively smothering way and unlike disease that strikes the physical aspect of the body first, it is more insidious and difficult to heal.

This is exactly how emotional vampirism works and people in all societies at times in human civilization have known this – and always tried neutralize them, ignore them or to manipulate these dynamics for psychopathic, that is empathy-less purposes. This is precisely why empathy is being literally destroyed throughout all society today, leaving only separation and divisions increasing instead of connections with other people.

My depression wasn't caused because of a latent or hidden and masked (chemical imbalance) depression subsequently triggered in this relationship. In this relationship, at first, I turned all of the triggered guilt or guilt-like dynamics in-ward: I ignored all the tell-tale signs and my own intuition and stayed in an unhealthy relationship. Combined with the depressive/oppressive dynamics of the environment I was in, I was made to feel like I had deserved to be treated in an abusive way. I had turned the resulting guilt in-ward where it finally manifested as depression. As noted, there are very few services available for abused men - the biggest institution that deals with men who have been abused is penitentiary.[70] How many options available these days for white, conservative heterosexual folk?

Used to be, if the option of suicide attempt is made he will end up in a mental institution considered mentally ill and taking on a label as a result. Recently even people with mental health issues can legally try to get a "doctor" to kill them – doctor assisted suicide. Abortion, chemotherapy and now doctor-assisted suicide – our healer have become death dealers because there's more money and it

[70] , [70]"The Myth of Male Power", Farrell Pg. 176

culls the population. Hell, and people really pooh pooh at the thought that society is somehow related to a Satanic cult. This is exactly what used to happen mostly to women in the past.

I remember one time when I was living in a large Canadian City in the Western provinces. Just mentioned above, during some of the time I was there I went for counseling to address some issues associated with childhood sexual abuse I had suffered and other traumas, most of them associated with my family. One night I just had to speak to someone. I was living in a strange city and had no friends to speak of. Living alone, this night I decided to look for and found a “Men’s Crisis Line.” I made the phone call. However, without being impolite I made the conversation as short as possible. The person who answered the phone was a woman! Could you imagine the effect something like this might have on an abused woman phoning a woman’s crisis line wanting to speak to a woman but instead is received by a man voice? I can’t because I can’t see something like that happening to a woman today.

We have to focus on both gender’s needs in equal amounts and in fact all individuals. Similar to when Dr. Martin L. King Jr. said we have to become color blind in our crusade for justice in the fight against bigotry, today we have to become gender and racially blind to fight against the new racism and segregation post C.R.T but see that the violence in society permeates all of society and it involves PEOPLE - they are people issues. One points the finger at the other but everyone, individuals and groups, tribes actually – all are responsible for the dynamics involved. Individually and collectively, people repress it and do not see it in themselves.

We have a great many factors in society today – in some cases increased by the use of technocracy - which allows this repression to take place. This is aiding and abetting the mushrooming collective shadow, in a psychoanalytical sense. We see examples of the shadows’ power in the explosive, supposedly inexplicable violence that is increasing throughout society. Many people who themselves have been victims of abuse are now in turn committing violence when in more peaceful times there wouldn’t be the psychological (shadowy) incentive.

A lot of violence that is perpetrated against people goes unacknowledged. If there are no safeguards to protect people - all people - from this how do we break the unhealthy and unjust cycle? Collective expressions of psychic projection onto scapegoats increases bigotry to the point where most groups, “minority” or otherwise, are guilty of committing the same abuses they have fought to have stopped from happening to them.

Viewing these Dynamics Objectively

A fascinating book – a book of “fiction”- that describes how an individual psyche contains aspects, even frightening “alter egos” we are not usually aware of is entitled “The Other,” written by Thomas Tyron. I read this book when I was in my teens. Tyron does not try to illustrate how an individual psyche contains with it the collective psyche, I do. The character he writes about would be clinically classified as being a person with Dissociative Identity Disorder. However, taking into consideration the dynamics I have been describing it’s quite easy to extrapolate from the book and apply a similar understanding as my research put forth.

As I’ve already touched upon, I see a disturbing shift among the more angry women – they don’t want an equal relationship with men and of course this includes today just about every aspect of WOKE society. This was a characteristic I at one time thought only applied to right wing bigots, violent and sexist woman-haters and so forth. However, there are many extremist Marxists – all Marxists are unnatural extremists - who aren’t striving for equality; they want to reverse any perceived – or manufactured - inequalities that have been historically or personally detrimental to women and minorities – they want their targets to experience the same thing they might have or other “victims” might have experienced? This seems to be a somewhat common characteristic prevalent among many opposing groups within society today. Similar to the way sexually or physically abused women have been reported to have a desire to inflict the same type of pain on their victims that they experienced?

I’ve personally experienced this reversal in many instances and it almost always pertained to situations when I was the recipient of abusive anger, verbal or threatened physical attack/sexual assault, harassment. It quite often involved women who themselves had been the victims of abuse. If I spoke up or was triggered into experiencing a panic attack and its accompanying retreating behavior I was blamed for my panic response – I was told I was mentally ill - exactly the same way women were and in some cases still are blamed by abusive male partners. In the latter instance, he blames the woman’s victim reactions for his behavior and anger, which in fact caused her reaction. The same dynamics apply when a man experiences abuse from abusive female partners or associates. I have experienced precisely the same type of dynamics.

I can attest on behalf of men and women who have found themselves in these types of situations of the horrible experience of feeling helpless – to feel trapped within situations where you have been conditioned to feel helpless. Legally resulting from the abusive environment many women have lived in, the courts are now excusing many women who have committed serious acts of violence against an abusive male partner, relative or associate. I wonder how that defense would hold up in court for a man living in an environment similar to the above, with him being the recipient of the abuse. This would describe in large part what primarily

white, male, heterosexual men and people of tradition and individual common sense have been experiencing in current western society.

Two wrongs do not make a right. It is inhuman, illogical, conducive to violence and contrary to the fundamentals of human rights to provide legal avenues for one half of the population to be excused for violent actions while at the same time prosecuting and persecuting the other half for action motivated for the same reasons – self defense.

It is a fact that a good portion of a man's unconscious psyche is feminine – his anima - better known as his deep inner feminine, the "goddess" within. When women attack men unjustly, when women are possessed by their animus, what they are attacking are feminine dynamics, the "goddess within." This is the same "goddess" that champions of women's liberation have been trying to raise awareness about. The dynamics that cause women to perpetrate this act of violence are the very masculine energies they condemn in men – this is hypocritical and nihilistic. Most of what has been referred to by the feminists as the oppressed inner woman is part of everyone, especially men. A person contains deep within their psyche a predominance of the opposite psychological dynamics that is displayed in their outer physiology – this serves the purpose of balancing. Many people seem to miss the mark by forgetting that a good portion of a woman's deep unconscious psyche, her animus, is masculine. For an abused man, it is the feminine deep within his psyche, his anima that is scared, raped. Because most men are not in touch with their rich inner feminine, when it is wounded, its effects are more hidden and therefore more devastating in the long run. The same also applies to a woman's rich inner masculine if she is not aware of it. I suspect that more women should get in touch, on a conscious level, with their masculine side so that its' more negative aspects, when it becomes embedded in the shadow do not cause her to commit the very same negative behaviors women rightfully condemns in men. This is a very similar message women have been sending to men – to get in touch with their inner feminine. Unfortunately, some radical women I have spoken with have insisted on men doing this while forgetting, ignoring or refusing to acknowledge – because they hate anything associated with men – their own inner masculine natures and subsequent wider responsibility.

Modern industrialized society – you know, that product of the patriarchy that extremists condemn so strongly – has produced a situation where a woman's life expectancy, on average, is twice that of a man's.[71] Masculine power, including the gender male, has contributed to female power.[72] I will modify that to say male and masculine power helped create an environment conducive to the

[7171]"The Myth of Male Power", Farrell, Pg.?

[72 72]"The Myth of Male Power", Farrell

growth of female power in today's society. It was most definitely masculine, left-brain logic that created this environment – it was masculine, focused and concentrated energy that enabled this intellectual development. It was this development that created the technology and the laws required to make all this happen.

Unfortunately, as with anything related to the "royally" aristocratic, corporate thugs – like the "Royal Society" - that try to call all the scientific and related (and they make everything related) shots today, we have to move beyond the social/scientific over-use of logic because it is literally being used to destroy Mother Nature – with a literally insane level of incompetence when collectivists try to unnaturally impose "scientific', mechanical structures inimical and anathema to human society and the Natural Earth.

We have to consciously include the feminine, right hemisphere of the brain. The resulting unity of both sides in communion results in what has become known as intuition, to use a semantic understatement. This union with the right, deeper aspect of the psyche will necessarily include bringing to light (becoming conscious of) the wounded nature and devastation that has been done to it. For example, one of the most important transitions men and women have to make in maturing and developing an integrated ability will be to move beyond archaic emotions in everyday sensibilities – to become adults and leave childhood behind - to develop instead feeling-toned empathies based on actual connections with other people. People have to evolve into a more balanced expression of intuitive appreciation of their true humanity – each gender in union with the other, not in opposition; both parts of the psyche in union, not opposition.

Let us move beyond rather than condemn what has been, in the brutal and neutral ways of elemental nature, a necessary part of human evolution. Today, let us not be arrogant and naive enough to assign blame for something that was necessary. I am referring to growth from a matriarchal participation-mystique in which people lived in paradise but did not experience individual self-identity, to a patriarchal, logical development within the human psyche, a development that created self-identity, individuals. It is time to move into the third stage of human development – a return to the Garden of Eden but this time consciously.

The traditional psychological characteristics of gender and gender roles simply do not apply to people today to the same extent they did in the past. It is masculine and feminine, not male and female dynamics that we are talking about. Blaming men for the state of the world is absolutely as ludicrous as blaming women for the fall of humankind in the Garden of Eden. This is just as idiotic as looking at women as the whores of Babylon in a literal sense – totally ridiculous. But in scientific terms of metaphor and psychology, physics and common sense, it is absolutely understandable. Here is something to think about

– it wasn't a serpent that tempted Eve to eat the apple from the Tree of Knowledge, leading to the development of the intellect. It was the higher masculine within her. The higher feminine within me is telling me and other people of the need to return to paradisiacal union without losing connection with the Tree of Knowledge that Eve bequeathed to humanity.

Masculine and male energy – in all people – because of stress and all the accompanying health issues is not being replaced. I have seen many, many men who either cave in under these conditions – emotionally, psychologically or physically – or else adopt a macho or Hercules type of attitude. For survival purposes, many men co-opt themselves into the game – accepting political correctness for example – and become "kappos. In today's politically correct charged environment everyone who does not actively oppose tyranny taker part in it. Kappos." This is like any gang member trying to survive within a brutal pecking order. In the midst of this environment no matter how hard the pain and persecution is repressed, it has to express itself in other ways. Men are not the only people experiencing this process but today white men comprise the largest group in society experiencing this in the sense that it is getting to the point where all people of European descent are looked at in the same way by some and ever-propagandized population of people in general – a shadowy knee-jerk reaction.

At the collective level of the shadow, the explosiveness of this repressed pain belonging to people of all different backgrounds, race and gender can be seen exploding throughout society in the form of violence and anarchy, similar to what happened in police states revolutionary China, Soviet Union and in today's lawless socialist-turning western societies; because society is not aware of or not acknowledging the real precipitators of this social reality the picture on the collective level is one of everything being in chaos, at least on the lower levels. Unconsciously and consciously people organize into groups that normally have a pecking order. Some of these groups are more violent and severe than others. Most groups react to other groups in an aggressive or defensive manner: this is known as tribalism.

Consciously most people try to adopt the proper persona to adapt to their environment, at least within the group. Some groups, although they may provide a defense from outside hostile groups have an atmosphere filled with mistrust and in-group backstabbing but then again that is precisely how a social credit system operates. The individual and collectively repressed anger and pain, which at all levels permeates the collective unconscious psyche, sometimes cannot be held back. When oppressed individuals or groups of people start to make progress in their fight against persecution, they should be careful not to become in turn oppressors. Let us not repeat history – let us change it.

Viewing these Dynamics Objectively

For the sake of their own health many women will to come befriend the healthy masculine dynamics/animus within and might then be able to see their negative masculine input into the nature of society. Today women as a group (half the population – although carefully compiled scholarly research and statistics demonstrate in fact there are far fewer males being born and with less fertility. This is partly because the world's environment is saturated with estrogen-like chemicals and in fact producing many mutations in nature where male animals develop homosexual – suicidal in nature - tendencies) are far more powerful than men in all areas of Western – and only – western society. Encroaches on traditional male territory are rampant while increasing the boundaries and strengths of traditional and new female organizations throughout society; with the persecutory dynamics of WOKE society spreading the misery around – domino-like.

Especially in a collectively oriented population of people virtually every person in society: not taking responsibility for themselves places themselves in the position of being an enforcer/perpetrator and from the other end in turn being forced into whatever compliance demanded at any given moment by someone "above" them; All the way up and "turtles all the way down".

I'm focused more on women in this regard because of the collective nature of Marxist-feminist thought and its subsequent dangers to a naturally organized and harmonic society. This added negative energy, inside and outside the home, combined with propaganda promoting anger has had the affect of causing more and *more* women and people generally to react by becoming possessed by their animus or in the case of men, their animas – an infused rage, most of it unconscious. It doesn't hurt just men either. It adds to the overall, collective phenomena within society. Indeed, we see all around us with the attack on Humanity and the actual Great Mother of the Earth; this is the greatest and most catastrophic misogynistic attack on the Goddess ever witnessed.

Animus is pure masculine expression within women; within men, the feminine anima. When we picture a masculine caricature of Satan it's fairly accurate but it is an image that can only indicate/express the type of energy – the proverbial finger pointing at the moon – the results from unbalanced, usually stolen masculine energy contained within an overall feminine vessel and her wholistically created offspring: individual human beings.

This has nothing to do with physical sex per se and certainly not that artificial widget known as gender - and that's all it is: an unnatural production of an attitude, a mindset that divides humanity and severs people from the human species and thus Mother earth, the DNA vessel humankind and her DNA are embedded in. It has nothing to do with gender, produces a completely dependent – because it is based on ego politics and psychology – society on the powers

that have always been in charge (except for a short time in the U.S.) and the technocracy they use to imprison and enslave humanity in larger and larger concentrations of people, primarily in Urban areas.

The feminine energetic expression of the unconscious shadow/psyche in its containment, the deep *well* – becomes like Leviathan and Medusa. This is usually vampire-like, “whore-like”. You might say it is a relative type of feminine dynamic whose expression of receptivity – receptive, womb-like, nurturing or vagina-like – has become aggressive, like a “devouring mother”. It has become forceful rather than a peacefully and receptively interactive dynamic – sucking, draining rather than providing sustenance and nurturing. Please see the humor when I refer to it as a psychological blowjob. Instead of being sensual it has become more like a central vacuum – the new aristocracy are trying to condition everyone, to enforce, and like any sadist so trained obtains the main type of “energy’ they have learned how to rip from their victims. This is the actual MO of every tyranny that has ever existed, victims sometimes vampire everyone else without understanding of what is – all the way up and “turtles all the way down”.

Harmonized dynamic balancing can be achieved within a whole person. People become whole by utilizing and balancing both masculine and feminine energies. To achieve this balance the darker and more unbalanced dynamics need to be healed – by acknowledging them followed by right action – action in accordance with natural law.

In society, the energies that contribute to imbalance the collective psyche are provided by both genders. Traditionally, females have had greater access to the collective unconscious psyche and this is primarily because of their more masculine focused inner psyche” this also a factor why they were the first to begin agriculture, homesteading and sent the men folk out hunting.

Forced and strict gender stereotyping resulted in women having more of an inward psychic focus. This inward focus eventually also acted as a survival mechanism in the midst of oppression; an oppression that grew out of the Matriarchies where the persecuted and second-class status of men as well as common human sacrifice caused a rise of the patriarchy. This was an oppression that limited all people – men and women – and their collective evolution but as with most things in nature also provided good reasons, impetus to continue to evolve. In current times a “return of the Goddess” in conscious union with her “God in Heaven”: made possible because of the human, higher neo-cortex in the brain and the Kundalini mechanism found within the physiology of Humankind. Women’s inner masculine element, the animus, naturally gives them an advantage in consciously navigating within their unconscious realms, something men have to consciously and with effort strive for.

Viewing these Dynamics Objectively

I can only imagine the barbaric actions of the medieval Christian Inquisition while at the same time Islam – covering up and mutilating women – spread Mohammedan style at the end of a sword. People, especially women and Jews were forced to retreat far into their psyches to shelter them from the cruel realities in the outer world. This also gave those people the opportunity to learn to navigate within their psyches.

Most people however, retreated into darkness. A lot of people dissociated to become neurotic/psychotic/psychopathic hypocrites while becoming far less aware on the ego level of consciousness. I would say it was during those centuries that “Satan” experienced a rapidly powerful growth spurt. The very people who were attempting to battle the Devil – Christian and Islamic holy people and secular rulers (similar to the corporations/governments of the world and their Medical Police States in 2021) largely caused this. They were the master projectors of self-hate at that time and were literally the tools used by both Christendom and Islam to fight each other. As usual it is first and foremost a Game of Thrones and the folks that always get killed are the canon-fodder. They didn’t act alone – there were civic, provincial and national governments and masses of people that supported or colluded with them.

I’ve had female witches and pagans tell me that Satanists hate women. Some of the Satanists I’ve spoken with (in public places!) agree with this. Some of what I’ve studied about Satanism in books and texts say similar things. However, like any group of people – religious or otherwise – Satanists can make a literalist mistake by interpreting something in a literal way, like the Bible for example. An image of Satan can only be understood metaphorically, metaphysically, psychologically and spiritually, not literally except in a psychological and behavioral way. The fact is this masculine image of Satan does not apply to human women hating. It refers to anti-woman – against men and women and all NATURAL life on earth, not the gender female – all humanity is an expression of woman.. So the Satanic refers to self-hate because its origins begin with repression and self-denial – that is the core reality of Satanism and Transhumanism. Consider what I have discussed so far about sadism and masochism.

An image of Satan or any other image used to personify psychological and energetic reality can only be realistic for expressing energies, attitudes, not sexual; genotypes, only stereotypes. A literalist interpretation of these images results in separation and fragmentation – the very thing we have to stop. It is very similar to attempting to make an image or objectified idol of The Creator. It all boils down to producing false idols and they are false because they miss the mark – they reverse, twist and pervert reality by –turning the Creative source into some kind of material reality when in fact it is pure spirit, pure energy, potential out of which the material emerged from. I think the ancient Jewish tradition and

now Christian traditions among other quite nicely provides blueprints to assist human beings to begin the gradual unfolding in awareness of our true, evolutionarily upward movement to something greater; a metaphysical reality created when the universe immerged from 'Thy Big Bang – a sexual act of cosmic proportions? -' and as explicated in the emanation of Sephiroth, a diagrammatic representation of Jewish/Christian Kabbalah.

The ability to put into words, into pictures and other diagrammatic forms expressing Kabbalah was an ability based on many, many years of minute observation and application over generations – empirical to the core unlike our current state of fake science and cancel culture. Our currently corporately controlled science – read, in the hands of the Oligarch "elite" and what tidbits they allow the common folk - Corporate controlled science is based on AI algorithms and predictions, which are of course fed into the equation by very, very biased people. That, instead of empirical observation which necessarily takes into consideration many human factors which cannot be obtained from AI models – especially the human element of intuitive insight which transcends in all directions by far any predictions generated by a mechanical device, a machine void of a spiritually alive Soul and is by comparison a type of living dead monstrosity trying to replace human volition.

Materially created idols cannot realistically portray an understanding of that which is beyond a material conceptualization. The closest we can come to having this reality described to us is with mental concepts – visual, sensual, intuitive and spiritual using the intellect of the ego to perceive and express to him/her self intelligently This quite often is a solitary affair on the temporal plane of existence, not the spiritual.

The higher aspects of human mental functioning cannot be fully described through the intellect because it utilizes knowledge derived from past experience or second-hand information: 'cult-ure'[73] People are separated from a present – referring to current – awareness of themselves and of their actual presence in the world, something that requires ongoing attention to their selves and of the larger environment they live in of at any given moment. This can only be experienced by an individual. It is an experiential phenomenon that cannot be adequately expressed with words and therefore cannot be communicated to other people using these clumsy tools. As J. Krishanmurti beautifully points out, it is the very nature of thought – produced in the ways mentioned above – that constantly stand between us and reality, preventing humankind from actually seeing (what is) and most importantly embracing what is. Experienced mediator's who learn

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[73] https://www.youtube.com/watch?v=GfmWbg3RzIk, Krishnamurti - Fragmentation & Wholeness. 1st Dialogue (1/8)

how to still the mind – or at least calmly and without loss of equanimity stand in the vortex - quietly catch glimpses of this phenomenon.

For those people who do not experience these higher realities directly explanations and descriptions of them can only be partial and incomplete. Intellectual information.These are fragments of an individual's actual reality at every level.

Knowledge is all based on past events and usually someone else's, that have been recorded and passed down (and all around) and is only valid coming from the person/people who initially made the statement – and even then it might be incorrect if the person or (group, cult) is missing the mark empirically.

Unless people experience directly they are only repeating what they have told to repeat. That is the very nature of the slave political totalitarian religion being put in place by the current recollection of past empires, especially the British and ancient Han Chinese empires. The globalists' putting in place this tyranny is becoming such an obvious Trojan horse.

Various saints, sages, holy people as well as profoundly creative artists, throughout the ages have tried to describe these higher realms through print, paint, theatre and other forms of art. Even then, it is only one person's interpretation. This interpretation can only be made by using the filter of the human mind to conceptualize but it is something that can only be **known** by direct experience. Natural law is ubiquitous although individual human beings – because of Soul differences – can realize this reality in their own unique way when they encounter it. A time always arrives when what is perceived is beyond a rational, temporal explanation and individual differences – or does it?

Even less adequate are the attempts of psychologists and psychiatrists in trying to describe the lower levels of the human mind. If we only take into consideration the material aspects of the human psyche, it stagnates. To become fully human and divine as nature intended, we must be encouraged to realize the full potentials for each individual life. That is literally directed downward stead of upward – and every doctor knows our energy rises upward into the head – representing the light of awareness rather than darkness (ignorance iof what is). The question use our powerful religious instinct and accompanying energy on perceptions based on fragmentation and differences with other people – because that is what cult-ures do – in a material based consumerism

When we ignore destructive energies within us and in our environments, the *more* prevalent and potent they become. Eventually they will un*naturally* manifest in some unbalanced emotional and or neurotic/psychotic (read, hypocritical, especially a form of acting) expression within people and the group culture they

participate in. Although we tend to take health for granted, destructive energies cannot be ignored. By *hyding* them*,* as we do when we bury them beneath medications, addictions and lies they go underground and operate like terrorists.

The longer these psychological dynamics are active in individual people and groups, affecting them accordingly, the more extreme their expression becomes. This is because people living in these types of unbalanced psychic states-of-mind cannot meet their psychic and in extension physiological needs in a mature, life-enhancing way. Theft is not able to appease the mind, body and soul. The longer these forms of violence remain in place the more violent and extreme they become in their expressions. Healthy individuals know a life-giving source of nourishment has to be found within an individual's own treasure house – and that, paradoxically is referring to the endless source of energy to be found in the *whole* universe, beyond the ego. Wholistic to the core.

People unaware of these dynamics, at least to some extent, have become possessed by them. When the deeper level psychological dynamics I'm speaking of are ignored they can become debilitating or destructive. When these dynamics are respected and searched for by an individual consciously, with discipline they can provide life-giving nourishment, Tai Chi. To help with this, people can benefit from the many different sources of deep human knowledge that can be found in both Eastern and Western wisdom traditions. It was only because of the almost otherworldly knowledge provided by these traditions that modern science – a very partial fragment of the whole of human needed wisdom - grew from.

The practice of Yoga, to yoke with the creation; books such as "The Art of War", "The I Ching, the Tao: "the "Way", Spiritual Alchemy, the Kabbalah and other profound disciplines; all of these methods are vague blueprints for a process that must be completed as an individual; traditions and attitudes that can be used to assist humanity to heal Herself and Mankind. The Bible and other spiritual masterpieces are profound guides to wisdom and health <u>only</u> if the multi-layered symbolism, psychology and spirituality of the books are taken into consideration. We have to place the stagnating materialism of literal interpretations in the trash where they belong and this includes the massacred sciences that have been replaced by a scientism used to sub-due and coral most of the human population. Unfortunately our current corporate scientific monopoly is turning the whole system into a materialistic monstrosity, an "Animal Farm" void of a healthy Soul. The sterile inhumanity and pure evil of collective human hives that snuff out individual humanity do much worse to their individual Souls.

Society, indeed the world, has become possessed by an enraged shadow. <u>Most</u> people have never been realistically aware of its dynamics. The attempts by religions to explain and express these dynamics have usually resulted in controlling/oppressing people, superstition, fake news/science and paranoia. The

energies produced by these negative dynamics are now committing overkill. No intelligent, commonsense way was developed to heal the human psyche in this respect, individually or collectively, except in scattered and isolated instances, as occasionally expressed in Native American and other indigenous cultures around the world. Unfortunately these cultures were at a primitive level of evolutionary development and tribalistic to the core – as a result there was almost constant inter-tribal warfare and as with the rest of the human race domestic slavery was ubiquitous. The time has come to place everyone in an interdependently – not dependent – relationship with other people, so individuals and therefore all people can stand up and move forward. In all other cultures and races of people there are and have been traditions, which honor and attempt to do this. The important thing to remember is that no one culture, race of people or country has ever had a monopoly on this wisdom and all must find it in their own way while respecting Natural Law.

Today, some of the dynamics I have been discussing are far more deadly because they are more far-reaching. Today, primarily because of technology and the world's population there is almost no such thing as privacy – however, there is a lot of piracy. We are destroying the living ecosystem of ourselves and of the Great Mother, the living expression of the creative source on Earth. Using spiritual imagery to regain our balance and to continue evolution we have to nourish our "god", who provides the energy necessary for the manifestation of the "goddess" in the first place. To appreciate and experience the wholeness of the vessel of life we have to honor woman. We have to honor Man, the god who provides the energy, focus and consciousness needed to enliven the vessel and her children called Humanity. We have to honor the ancient wedding that took place at the beginning….

The shadowy state of the human psyche places most men, because of the dynamics I have been discussing in a psychologically subliminal sense, in a subservient relationship to women and to society in general. The exception to this is the powerful men and a minority of women, at the top of the (pyramid of) power elite of society. Even there, it is the shadow that controls – with a very few number of people at the top of this obscene power pyramid fully aware of these dynamics. As I said earlier people who abuse, oppress or manipulate other people are weak people. However, sick and weak they might be but they are also deadly. What I am describing is a historical accumulation of energetic patterns.

Of course, ultimately, even those controllers are controlled by nature and the creative and in fact destructive forces of the universe.

Viewing these Dynamics Objectively

Historically people had been forced into the recesses of their psyches by many of the same causes of oppression that exist today – emotional, psychological and physical subservience.

People become workhorses and bodies – not human beings. They provide the energy to sustain the "Beast". How do they in turn obtain their energetic sustenance? These energies, which have to be understood if they are going to be healed, have so much potential if cleansed and redirected.

Shadow is expressed as self-hate and self-abuse, among both men and women. Similar to abuse that is perpetrated against other people; self-abuse is unconsciously motivated and performed. An example where this spills over into the conscious realm is sadism/masochism (very much related to various physical additions and other forms of obvious self-harm). To illustrate the strength of these primarily unconscious dynamics, note how these nihilistic, obscene ways of acting are becoming more socially accepted as ways of expressing one's self, for example, in the bedroom or boardroom. However, most people are not even aware when these dynamics are present. There's also a great many socially accepted ways to express these dynamics. These are blending with the herd" ways in which a person can express these dynamics but keep their true meaning hidden. I've known a lot of people who need to be in control of others, both male and female and this dynamic is a good indicator that the shadow is trying to stay in control.

We have to raise awareness so the direction of the unhealthy, collective energies bursting forth can be reversed and used for creative purposes. Men have suffered in becoming work-horses and machine-like in a strictly stereotypical masculine sense and more women than ever before, possessed by their animus, the shadow and of course a need to survive, are in many cases becoming as machine-like as many men. Ironically this is happening at a time when some men and women are choosing to reject this machine-like mindset. The world seems to be separating into two distinct camps – those who are becoming more aware of what is and those who are retreating behind the old bulk-work wearing different apparel. Since the Covid-19 lockdown in 2020 it has become very clear of the actual war on freedom loving people everywhere. All people who want to be free have become targeted in this utterly Satanic, technocratic prison that has been built around us – and apparently with our blessings? I don't think so.

We have to be very careful not to confuse artificial masculinity with true masculinity. We have to be just as careful not to confuse artificial femininity with

true femininity. Just as women used to be only half a person when she was only allowed to express narrow, stereotypical personality traits, the same applies to men. People have to understand and accept their complete psychological makeup. This is the only way the healthy dynamics can be chosen over the unhealthy. I also pointed out that, although men have been urged to get in touch with their feminine sides they are not often given recognition or support with this decision.

If a (in 2021 a white, heterosexual, conservative, individual self-sufficiency, etc) man makes a mistake resulting in other people or the environment being harmed, the circumstances that lead to this are not taken into account. He is publicly humiliated, branded and punished. The way he is treated sometimes reminds me of the way women used to be treated, legally, psychologically and emotionally during the Middle Ages through to modern times.

As an example, I remember a young person in the same area that I lived who had received a very nice sports car from his parents. It was a powerful car and while driving along a fast stretch in the city, being an inexperienced driver, he lost partial control of the vehicle resulting in the deaths of two young women, about his own age. Every negative possibility, including stereotypical aspects of being male, were suggested, magnified and focused on. In this city his life was ruined. Provided by unbiased sources I heard that he was a very nice, intelligent and responsible young person. Of interest, I wonder if the same commotion would have been made about this incident in the community if the pedestrians that were killed had of been white, male heterosexual and the driver female? After hearing about a female driver, who ran a red light in a busy intersection, smash into a man crossing the street and slamming him into a lamppost where his head left a bloody imprint, I am simply asking the question. The first incident mentioned made the headlines for months. I don't remember even seeing the second one mentioned. I wonder how the wise and courageous founder of the feminist movement, Betty Freidan, is feeling, on some level to see how her vision of gender equality has become skewed in some cases and reversed in others.

As I said above, usually, if women and other special interest groups can prove extenuating circumstances, which lead to a criminal act, in Canada especially they are often excused or much more leniently treated. Usually she is given help and support in various forms as if she is a victim instead of perpetrator. A typical example is the Bernardo-Homolka case. I did not rely only on one source for information about this case. I learned that when Homolka and Bernardo had been in High School, Homolka had been responsible for many incidents of unacceptable behavior. In many cases she had induced Bernardo to do the same; in most of the high school incidents I read about, Homolka had actually instigated most of the incidents Bernardo had been involved in, according to other students.

Viewing these Dynamics Objectively

She was a completely equal participant in the horrible torture and murder of two young schoolgirls. Yet she was bribed to testify against Bernardo and received much less punishment. He was even blamed for causing her behavior subsequent to the trial! I remember seeing a picture of her arm in arm with a fellow inmate and lover in prison, who was also a murderer. They both had big smiles on their faces and the caption underneath said they were having some sort of celebration. Bernardo is in solitary confinement. Why the difference? This was a blatant and criminal act in the perpetration of a double standard. It illustrates the destructive nature of political correctness and exposes the very powerful (actually, people who think they are powerful) people who hold the reigns of political power and or influence. These are people who care nothing about equality or justice and when they use these talking points in politics, media and economics they are usually committing Orwellian Doublespeak – totally psychotic BS.

An important question to ask is why, when men do not protect people, especially women, or harm people we condemn them but when women or specially protected groups of people do the same thing they are actually protected in doing this by being provided with excuses and rationalizations explaining why they did – or didn't – do it.

What I am talking about simply demonstrates the extreme double standard and high level of white, heterosexual man hate that has developed within Western society. The only way to come even close to understanding this logically is by understanding how the shadow and other unbalanced dynamics operate within people and society in the depths of repressed, unhealthy psyches. People should be terrified that society has not only been ignoring this but that this oversight has been instigated and maintained by the same shadowy dynamics I've been talking about all along.

White, heterosexual men comprise the only visible group in society that is not protected as a group. To get away from the insanity track both sexes have to have the freedom to strike a balance between home and work; between feminine and masculine psychological dynamics.

After the Montreal Massacre – a horrible and tragic event – millions of dollars were spent on reeducating men in their attitudes about women. It was used as an example, to the most extreme limit, of women hating. Yet a similar incident in the United States that occurred around the same time was almost totally ignored. In this incident a woman who hated men and boys, she was a mysandrist murdered an 8 year old boy claiming he was a rapist, burned down a male dormitory – in this case Jewish, poisoned food at two fraternities, burned two boys in their basement, shot five elementary school boys and even shot her own son. This was kept relatively quiet except for the local news in that area, Chicago. Not one

article noted that all of her victims were boys – not men – boys. There was certainly no program established spending millions of dollars to reeducate women in their attitudes toward men. I remember mentioning this to a woman I was speaking with in a local sub shop. The first thing she pointed out to me was that in the Montreal massacre it had been a one-time incident where the male perpetrator committed suicide after the rampage. The woman I was speaking with pointed out to me, in the latter collection of murders and violence the female perpetrator had not committed a single act but had actually acted in the manner of a serial killer.

As victims of abuse, when white, heterosexual men require assistance there is usually none available compared to what is available for women who experience similar things. Personally I have found this at hospitals, most places that are supposed to assist abused people and with people generally. For men who speak out, this is worsened by the fact most other men – will at least pretend – to find them repulsive as well because they, usually unconsciously threaten those men who think they are quite comfortable in their masochistically, machine-like, artificially conditioned roles.

The woman I was speaking with about the Montreal massacre and the Chicago female serial killer, mentioned above gave me a perfectly – politically correct – example of this. Her adult son had been in the hospital for some type of operation during which he had been anesthetized. After the operation, as he was becoming conscious again he found himself being sexually abused (groped) by a member of the hospital staff, who happened to be male. The woman told me that none of the people who had were told about this incident: the police, hospital staff, etc. had taken him seriously. If the situation had have been different – with a woman being sexually abused by a man or even another woman – it absolutely would have been taken seriously. Does anyone really fathom the degree of homosexual/LGBTIA sexual abuse that is taking place throughout western society? This is the perfect neutralization of national forces that could have stopped the complete disintegration of western society – for the Globalist takeover everyone thinks will happen.

I've noticed in recent years an increase in the number of reported incidents where women commit some form of violence, physical or otherwise but the public seems to take little notice of this – relatively – new development. One incident that really opened my eyes was the murder of a lesbian woman who tried to leave her lover. The scorned woman murdered her female lover, cut her up into small pieces and hid the remains some-where on her property. Except for a small article in the newspaper there was hardly any mention of it. I never heard even one person discuss it. Obviously, this is not to say that all gays and lesbian are killers. All I am pointing out is that social reality is not being presented in a clear and honest way. The woman who drove into the male pedestrian, the Chicago

serial killer and the lesbian murderer – these are examples of dictatorial, politically-correct, censorship and unbalanced propaganda. I mean, seriously folks, what is going on here?

What I am trying to illustrate is that today more people than ever before can and have to be looked upon as people – not men or women or black or white. They have to be looked upon as human beings, in a political, judicial and human sense. The time has really come to unite the "god" with the "goddess." Have people become so focused on male violence that, not only do we excuse many women for acts of violence, we also seem to have cut ourselves off emotionally and perceptually from its existence, a form of psychic surgery. Not only do we not act empathically to male victims as we do female, we ridicule them and treat them as the sick ones, similar to the way abused women used to be treated as hysterical or psychologically unbalanced if they tried to speak out about the abuse.

Today, violence, in all its guises is fundamentally generic yet there is legislation in place only to protect women – or condone violence against other people. Past abuse is a defense within legislation that allows women to kill or murder because of "battered woman syndrome." It is one of 12 defenses available for women who murder people.[74] Regardless of the abuse men suffer there is no defense available for men who act in similar "self-defensive" or reactive ways.

Yet, I remember overhearing two women talking in a coffee shop one time. I did not know these two people and I made sure I did not say or make any comment. One of these women, very large and muscular, was talking to her friend about having to put her husband in place with a good kick or punch to the side of the head occasionally. The other woman just laughed. After they had left, just before I left I asked someone behind the counter, who had been making a lot of knowing expressions like she had heard it before, if she knew those two women. She said they were regulars there at the coffee shop and that in fact the woman's husband was about half of her size. This person said the other woman would at times "beat the shit out of him" but because he was a man and she a woman no one even bothered to try to do anything about it. She said most people treated it like one big joke – the battered husband was actually laughed at, by both men and women!

Society is emotionally blind to this reality - the reaction is quite often the opposite of an empathic and supportive one. Sadistically, if a woman abuses a man, he is considered potentially dangerous because he is speaking out against a woman and this makes him a woman-hater…such hypocrisy. I suppose the –

[74] "The Myth of Male Power", Farrell, Pg. 227

sadistic – assumption here, probably unconscious, is that if a man is abused long enough he will strike out in response – yet this same rationale is accepted as a legitimate reason for a woman to commit murder. This double-standard is creating an explosively dangerous situation. Naturally, without a lot of self-control he will strike out in self-defense, as many women have done and as nature probably intended for those who are trapped in abusive, life-threatening situations.

It is time for all freedom loving people to march on behalf of themselves and take back the Day. As I said, it is time to position the pendulum back in the center because now it is swinging too far in the opposite direction from where it came

Labeling and Stereotyping

Once a person is negatively labeled and stereotyped by people, especially by those closest to them, the process can actually have an inducing effect upon the person so labeled. Taking into consideration the contexts I have been discussing I'm referring to induced and conditioned feelings of worthlessness, guilt, self-hate and insecurity. Considering my own experiences, my sensitive ability to become aware of the dynamics taking place is what saved me. In a grotesque kind of way, the physical and psychological abuse I experienced in my childhood, in many ways directly resulting from my sensitivity, enabled me to endure the pain. I learned how to do this in such a way that, with the help of martial arts and meditation I learned how emotionally detach – not repress – in such a way I was eventually able to make sense of it intelligently and with equanimity.

However, using commonsense, what does the effect of being abused – especially being emotionally and psychologically abused – and not having it taken seriously, in addition to socially condoned hate propaganda, labeling and blaming have in contributing to male violence against women? Violence against women obviously has caused them to react in self-defense – are men less human than women? Whoever reads this question, you should be very careful about how you answer it because how you answer or react to it identifies you either as a perpetrator, a victim or a balanced, non-bigoted and justice-oriented human being.

If a person is blamed often enough for something they are innocent of, sometimes, sooner or later they might say "If everyone thinks this, what the hell, I may as well do it." There is both a conscious and especially unconscious collective pressure on a person so labeled. I remember one person – a victim – telling me that these types of unconscious sacrifices to the shadow were and results in a "harvest of the innocents." This person was not talking about men. He was talking about people, all people. He was describing how victims quite often

respond by striking out blindly; by taking their fear, anger and instinctive reactions out on innocent as well as the guilty people.

The most important question we can ask ourselves is, what kind of effect, especially unconscious, does all of this have on our Children, especially the anger? I have seen many examples of parents, male and female, exhibit a total lack of care for the effect that their – especially angry – behavior has on their Children. If we look around at the dramatic changes in the nature of social violence – a lack of respect shown to other people, that stems from a lack of self-respect – among many young people today in the Western world, we see the effects. These dynamics are intimately connected with the social production of scapegoats. We condemn people for actions that are socially induced; by attitudes, assumptions and actions. The psychological dynamics associated with blaming-the-victim are primarily collective but unconscious. Today, this insanity has reached Satanic heights because people who act in accordance with nature, in all her manifestations are being persecuted. All people who have not laid down and given up their freedom since 2020 are now attacked by the elite and their slave army of WOKE idiots – in the Greek sense of complete ego mania and separation from other human beings.

I thought I went through a tumultuous time growing up in the late 60's and 70's. Today, I am amazed at what young people have to deal with. They have available a huge amount of information but very little knowledge or understanding of what to do with it. Imagine what it is like they: have to deal with a culture and roots in shambles - in chaos – even if it is a transitory stage to another level. Young people have very little stability to hang onto. They have to substitute what has made cultures great to satisfying themselves with instant gratification and the latest mind-numbing form of entertainment, normally of a violent nature. Much of this entertainment is poisonous and promotes psychologically unhealthy lifestyles and attitudes. Then we condemn and persecute the children when they act-out because of this.

We have become a people conditioned. Our anger, erupting all around us, is an indication of the unconscious shadow bursting forth. Society's main efforts are directed towards punishment instead of creating awareness, preventative and life giving. Pre-crime technology is the greatest threat to freedom humankind we have ever had to face.

Our present methods of trying to stop the violence make things far worse because we end up becoming more unconscious of the true causes. If you put a band-aid on a wound but don't treat the wound, it may be covered up and look all right but soon it becomes further infected. In the case of society, the infection – psychic and physical – moves beyond the individual so wounded and back again,

in a viscous cycle. You don't teach someone to be non-violent by kicking him or her in the stomach or knifing him or her in the back.

It's unfortunate that the women's movement expected equal entry into the workforce…to provide the necessary ingredients for "life fulfillment." If this activity was so rewarding they wouldn't have to pay people to work. What happened was that important consciousness-raising in the early feminist movement was high-jacked, co-opted and de-railed by the very process that created a need for it in the first place. The social dynamics that caused the dysfunctions in the first place remained in place. The only real change was that this development allowed woman to somewhat gain control within society and reverse or redirect the flow of violence to the targets of their revenge?. As I said earlier, revolutions will not change anything if the unjust social imbalances that gave rise to the revolution in the first place are kept in place. On the upper levels of our current (social) system those who always had control stayed there. In this sense, the poisonous dynamics in place simply kept men and women and now just about everyone at each other's throats.

This dynamic reminds me of how powerful perpetrators are able to produce situations where the oppressed are kept in a position of mutual opposition instead of focusing their attentions on the real culprits – similar to the purpose and dynamics of the ancient Roman coliseums. Today we have sex/pornography and extremely violent entertainment; even S&M "lovemaking" is always featured along with other sex letters in the back of the only free local newspaper left in print: where I live; it's located free at every bus terminal and busy community spot in town, something for all ages in one package…go figure?

This is a new standard, becoming widely accepted as a form of slave/dominance – enforcer domino style, all the way down social structure they are helping to put in place: Antifa will be responsible for their own demise but ultimately who wins has always played this game of thrones.

The various dangerous jobs and "professions" men and now women quite often have to take in order to survive, where they are objectified and treated simply like bodies is really no different than prostitution in the semantic and dictionary meaning of the term. Psychologically, there is absolutely no difference between people who prostitute themselves sexually, putting themselves at risk than people who take on even more dangerous jobs. In both cases there is physical danger. In both cases the individuals involved, men and women are objectified and turned into bodies, not human beings. As with females, male prostitution – any kind of prostitution - is one of society's saddest expressions of self-hate and oppression.

Viewing these Dynamics Objectively

Why is it that, today, women are not cross examined after making allegations against men the same way men are? The rational used by the justice system to do this is no different than the rationales used by any tyranny or dictatorship. There was a reason why it became legal commonsense that an accused had every legal, humanitarian and civilized right to face their accusers. In fact, abusive people are today using this same legislative advantage to get away with their behavior. Consider the immensity of what is being said. A very dramatic fictional example illustrating how some people are automatically stereotyped and assumed guilty regardless of presenting evidence is the story Stephen King created called "The Green Mile". Try to imagine what it must feel like to have instinctively compassionate intentions towards others, as did the victimized character in the book. Imagine being prevented from expressing this; imagine being placed under suspicion or condemned simply by virtue of your sexual genotype or race. Imagine someone who is a healer in every sense of the word while being victimized and condemned simply because of bigotry – because of illusions, false appearances and actual hypocrisy/psychosis on the part of the accusers and those who condemned him The main impact of the book was that those who executed him, when the time arrived they all knew he was innocent, didn't want to do it but "did it anyway because they were simply following orders.

Illustrating the nihilistic nature of the dynamics I'm describing, Farrell tells us that in recent times, once the power within government was redirected to assist women in need, eventually it became in many ways a surrogate husband, provider and support organization that ignored the requirements of men.[75] As mentioned above, the exception to this is if men fall within some other sub-category that just happens to support and protect them, not as men or human beings, but a "worthy" group of people but as a group category, a mental construct not an actual flesh and blood human being. This demonstrates the double standard for men and women in legislation because apparently one sex can be objectified even as the Marxist/feminists go about producing situations that attempt to keep the war of the sexes going when everyone else wants it to end. This unbalanced support for women that borders on mysandry must be reviewed before it is too late and becomes a legal support for revenge instead of justice and equality.

When the statement is made that men do not want women talking about and discussing violence, its dynamics or expressions in their relationship, this is only true in relation to violent men. What is not mentioned or acknowledged by women and politically correct society is that the exact same dynamics are present in relationships where women are the perpetrators of violence.[76] People are people. When men are victims, if they speak up, their violent partner,

[75] "The Myth of Male Power", Farrell, Pg.237
[76] "The Myth of Male Power", Farrell

parents, siblings, etc. may attack them. They are attacked emotionally, psychologically and perhaps physically, similar to women caught in parallel relationships.

With many men being so aware of the new sexual politics that exist in society today, especially political correctness, many feel like and in fact they are walking on eggshells. I've heard many men say just that including my father.

I remember speaking to a young woman who I met at a radical coffee shop in Calgary. She told me about a book she was writing. It was called "Rage". We had a sociable enough conversation. She and I spoke in a pleasant and controlled enough way but the explosive intensity and undercurrent to her manner and speech could not be mistaken. This is an example of the passionate energies loose on the collective unconscious psyche and not just emanating from women. It includes most groups and people. If that energy could be made conscious it could be used for loving and creative purposes. Metaphysically love is defined simply as the force of attraction, unity. The force of hate increases the action of separation -repulsion, fear and bigotry.

Many women, today, project their rage unconsciously and indiscriminately onto men, the innocent men as well as the guilty. It prevents the guilty men from healing. It can have a regressively negative effect on the innocent. Sometimes, only men who completely co-opt themselves into the one-sided view of the extremist woman are accepted socially, one voice so to speak. In these times of WOKE tyranny this has devolved to a new level. Although the apparent intentions behind political-correctness can be appear to be honorable, initially at least, political correctness is like a poison. It forces people into talking and behaving in a hypocritical – neurotic/psychotic - and self-wounding manner, something virtually no one deserves. It promotes illusions and hypocritical ways of living. It promotes doublespeak.

When men accept these social dynamics in today's world and do not recognize the male side of the story and the ongoing genocide of heterosexuals of European descent; they become "Kappos". The dynamics are similar to the dynamics in past times when women compromised and co-opted themselves to survive or rise in the usually exclusively patriarchal power structure. Today, for similar reasons, for reasons of survival many men, conservatives generally do so in the more Marxist political power structure, depending significantly on the geographical and cultural location.

Viewing these Dynamics Objectively

Why is it considered politically-incorrect to take into account how partner interactions contribute to inter-partner violence? It is ridiculous to call this "blaming the victim," especially when the man might be the main victim – from emotional, physical or psychological abuse leading to further violence.[77] The same rules that apply to women have to also apply to men because natural laws certainly do. Some women now use this political and social shelter in order to cover up their own abusive behavior. They say by focusing on bi-directional violence society loses focus of the real issue: violence against women. Hypocrisy aside, by ignoring violence against men and thus a contributing factor in violence against women, then to do so is highly illogical even, masochistic, self-harming or worse. It's that old and ever-increasingly popular' S&M popping up again.

This is similar to many co-dependent/dependent relationships and the way any abusive person can use this sort of manipulation providing shelter to abusers .

When looking at violence between men and women, for example interpersonal interactions and communication patterns have to be examined.[78] Usually, when Men attempt to explain violence as an interactional problem or when the woman is the violent partner or relation, it is downplayed, ignored or reversed.

The book "Women are from Venus, Men are from Mars", illustrates a written example of the hypocrisy and reversal I'm trying to describe. It excuses female abuse and ridicule of men, exaggerates the positive qualities of women and the negative qualities of men. In many cases it talks about dynamics that are present in both genders but applies positive interpretations for women and negative for men; for example, the "mid-life crisis". Generally, the book excuses one sex and blames the other for similar, complementarily comparable and compatible dynamics.

In North American society today psychological, interactional differences based on sex are reduced, neutralized or reversed. In "Women are from Venus…" the positive characteristics of women are exaggerated while the negative traits attributed to men are exaggerated. These ere exactly the type of things I experienced when I was attending a school of social work, a place that was utterly controlled by the Marxist feminist agenda and politically correct dynamics in the extreme. While there I was not treated not as a person who had been abused all of my life. I was treated in the same stereotypical and brutal ways I have been describing throughout this chapter. Today, the above-mentioned book is highly inaccurate in its description of the sexes – it is obsolete.

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[77] "What Causes Men's Violence Against Women?", Michele Harway and James Oneil, Sage Publications, Inc. 2455 Teller Rd. Thousand Oaks, California 91320, Copyright, Sage Publications, Inc

[78] Ditto, Pg. 211

Viewing these Dynamics Objectively

Rational discussions about violence are not attempts to deflate women's justifiable anger.[79] To say something like this today is most hypocritical, obsolete and also illustrates that the rage and hate has gone too far. It is this very anger and rage that prevents people from clearly seeing what is, consciously on the social level, taking into account the collective unconscious psyche.

As the author Edward C. Whitmont spoke about in the book "Return of The Goddess" and other archeological and anthropological sources have pointed out, during the open matriarchies of 6 to 10 thousand years ago men were pushed to the periphery of society – they had second class status and were used for protective purposes and muscle power. They were also the usual selection for [80]physical ritual blood as they represented the yang, fertile and virile masculine `aspects of the agricultural cycle of life., as was common practice during the rule of the Matriarchies. . The other favored people selected for blood sacrifice, ritualized murder were young, flawless virgins a representative of the fertile Goddess, vessel of fertility to bless the crops with her young, innocent blood. This was exactly how they perceived life in the ancient matriarchies…today we appear to be heading in the same direction?

Over time this gave rise to a separation from the matriarchies and the rise of patriarchy. Men were tired of their second-class status and being the main selection for blood sacrifice to "The Great Mother." In much the same way women in the patriarchies were physically pushed to the periphery of society, in a tit-for-tat type of movement. Today, in the West, the unconscious movement is an attempt to return to the age of the matriarchies. Although men are victimized along with women (with male victimization by women usually being ignored) the main sacrifice is masculine energy.

If more people truly connected with others in an aggressive-free manner, feeling the person, in a vibration sense, really seeing the person, their movements, what they really mean when they say something, verbally or otherwise, the road to healing would be that much shorter.

Instead, anger and rage can prevent people from connecting on this level of awareness. On the collective level this anger and rage accumulates and causes even more violence – people against people, one against the other, group against group. It's indiscriminate, not always based on sex, ethnicity or apparent differences. We are indoctrinated to believe that "we live in a dog-eat-dog world", producing a mind-*set* that goes against civilization but certainly promotes empire.

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[79] What Causes Men's Violence Against Women?", Michele Harway and James Oneil, Sage Publications, Inc. 2455 Teller Rd. Thousand Oaks, California 91320, Copyright, Sage Publications

[80] https://books.google.ca/books/about/Return_of_the_Goddess.html?id=HGHXAAAAMAAJ&redir_esc=y

Viewing these Dynamics Objectively

It is against – evolutionary –nature, unbalanced and therefore unnatural. Take a look at domesticated cats.

In the wild, when a cat takes down prey it does it in as quick and efficient a manner as possible. It is just something the animal has to do in order to survive. On the other hand, look at domesticated house cats. In almost every case, whether with mice or any other creatures they kill, there is almost always an element of very sadistic torture involved. In some cases, after they kill the creature or torture it to death, they don't even eat it. Why are house cats different than cats raised in the wild? An educated guess is this. Cats are very sensitive; they can grow quite attached to the people who keep them as pets – they learn how to read them at an instinctual and sensual level far beyond the capability of most people today. Dogs and cats with the same owner for a long time actually come to reflect a similar attitude as the owner. I will suggest domesticated cats learned to enjoy to torture their victims and then not even eat them – they learned this from the thousands of years they have spent time living with their human owners. In other words, they were taught how to be sadistic from the humans they have spent time with. It would be interesting to see the results of some research into this.)

Some women resent the term violent couples, saying it implies that violence is bi-directional, with both people being perpetrators.[81] In today's world this bi-directional violence is totally different from years past when that statement above was made but it did indeed ignore men's side of the story; exactly each one, women and men are one half of the problem that must be addressed in dealing with violence against women and men, today it is very Inclusive! If any targeted individual who tries to defend him or herself – who goes against this royally corporate monstrosity of WOKE control is called the terrorist, perpetrator, etc. and this goes far beyond violence between the sexes.

They are even calling concerned citizens and parents who disagree with local school boards domestic terrorists.[82] This is a classic move for a psychopath. This way of thinking is rather obscene when a person considers all of the evidence. Sometimes people are equal participants. For just one example of the criminality of the situation as it now stands is that in Canada there are 12 defenses for a woman to kill, let alone being excused for various types of partner abuse. I am not saying men should be given the same 12 legal rights to commit murder. I am saying that no one should be allowed to commit homicide.

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[81] What Causes Men's Violence Against Women?", Michele Harway and James Oneil, Sage Publications, Inc. 2455 Teller Rd. Thousand Oaks, California 91320, Copyright, Sage Publications

[82] https://wjla.com/news/local/moms-for-america-national-school-boards-association-protest-domestic-terrorists-president-joe-biden-doj-alexandria-sunday

Viewing these Dynamics Objectively

I am and any one reading these realities should be outraged at this level of social injustice. What happens to a person who is a severely abused and humiliated in relationship? A victim sometimes reacts with violence to the abuse, as abused people do.

As individuals and as a group men have been conditioned socially to be still far below the level of emotional literacy that most women as individuals and as a group have achieved. It is well known that women are able to emotionally manipulate, humiliate and emotionally abuse people far more easily than most men are capable of. As more men are taking on female personas these days, of the more stereotypical, effected and in many ways soap-opera type; actors.

I once picked up some literature in a feminist-run counseling clinic to treat sexually abused clients. This literature supported common knowledge and clearly demonstrated that females usually perpetrated abuse emotionally and psychologically, "because they want their victims to feel the same pain they did". Today throughout all the Western World this dynamic is being used by a lot of self-entitled groups and people acting erroneously on very fake and inaccurate history.

Emotional and psychological abuse can have far more extreme and devastating effects on a person than physical violence. Yet statistics also prove beyond a shadow of a doubt that many women are also physically violent. So, the violence is bi-directional yet there is no defense for men under similar circumstance that women are excused under.

There is no excuse for violence but this can help towards explaining it. As a little aside, I remember one time speaking with a woman who had worked at group homes for delinquent boys and girls. She told me that in the girl's home the knives had to be locked up because of the tendency for these girls to become violent with them. She also told me no such measure had to be taken in the home for delinquent boys where she also worked.

Ignoring the substantial amount of violence within lesbian and gay relationships creates a politically correct illusion.[83] In addition to my own experiences the reason I am even speaking of this is because of the illusions and propaganda that is being generated – I am taking about hate literature. Literature that idealizes groups who used to be severely oppressed and who are now oppressing the group or groups that used to be responsible for most of the earlier oppression. How can man-haters fool themselves so completely they are terrified to acknowledge these truths? Violence is a people problem, it is generic and to

[83] What Causes Men's Violence Against Women?", Michele Harway and James Oneil, Sage Publications, Inc. 2455 Teller Rd. Thousand Oaks, California 91320, Copyright, Sage Publications

say otherwise is pure bigotry. This is bigotry that is no different in its dynamics than the bigotry that used to have two laws in existence – one for black people and one for white people. I remember speaking with a bi-sexual female one time, a friend. She told me she was in a smothering, controlling lesbian relationship that she felt trapped in. Subsequent to being told this, her partner, a radical activist, approached me after a conference I attended at which this radical activist spoke about male controlling and possessive jealousy in relationships.

This conference had focused only on exaggerated, negative male characteristics. Throughout the two-hour conference I did not hear even one positive male trait mentioned, not even in suggestion of what could be done to remedy the fabricated scenarios they were describing. It was an example of indoctrination, of indiscriminate heterosexual male hating, mysandry. Indoctrination, there was not one negative element mentioned in respect to women, lesbian or gay relationships. At a much later date I was not surprised to hear that a professor who taught at this institution resigned from her teaching position because of the severe double standards and high level of heterosexual oppression, mysandry that existed. These scenarios were unnaturally idealized and turned into utopian lands or hells depending on how you looked at it. Walt Disney would have been impressed. The whole conference was about as unbalanced and divorced from reality as one could imagine. Today this problem – propaganda – makes Hitler's and Stalin's propaganda machines look like they had been totally inefficient.

Not long after the presentations ended and the partner of my friend left the podium she confronted me. She wanted to know why I was associating with her girlfriend ("partner") in a tone and manner that left no doubt I was not allowed to associate with her partner, her chattel? You see, her partner and I worked together at the school library and several times she had invited me to have meals and social times with her. This woman spoke to me at great length about the smothering and controlling behavior of her partner. I should also mention that my friend was a girl in her very early twenties. Her partner, who verbally assaulted and intimidated me, was much older than she was. WE all know how so-called feminists react to older men going out with young women. A student at the school told me at one time that today people are considered youth until they are 24. Between these two people there were at least 15 or 20 years in age difference. This has always been a recurring theme with gays and lesbians because psychologically all LGBTIA folk are victims of uncompleted developmental challenges…and you can be sure I am saying this from deep, long-term experience living an LGBTIA lifestyle. This is the very nature of Transhumanism and the elitist premeditated attempt to remake humankind in a totally controllable way, rather like an animal farm..

Viewing these Dynamics Objectively

Throughout all of society the very concept of physical and psychological wholeness, individual wholeness or individual dignity is more and more looked upon as somehow unhealthy because it is “selfish”? This is exact Doublespeak because it is only through the individual that evolution takes place and collectively driven mandates that snuff out the individual simply enslave humans and turns them into corralled herd animals and worker bees - with lots of beautiful entertainers thrown in to amuse the elite.

The main point here is that the very dynamics that have justifiably been found unacceptable in men exist in all people including women and favored minority groups. The activist who had confronted me acted in exactly the same manner she had just finished accusing and condemning men of in her guest presentation. She appeared unaware of this. She seemed unconscious of her own hypocrisy. She was extremely sin (missing the mark)-cere in her own way. This provides a good example of a woman possessed by her animus and the shadow.

I’ll mention an incident of humiliation I was able to avoid. This was directly related to other experiences of extreme emotional and psychological abuse that I was experiencing while attending this school of “social work”. I avoided this humiliation because I wasn’t able to attend a graduation party that was being held by the students subsequent to an accident that almost killed me and landed me in an intensive care ward at a local hospital. At this party I was supposed to accept an award that had been especially designed for me. It was called the PFM award. My initials are PFM. Is that what the letters on the award stood for? No. A schoolmate told me that they stood for the phrase “pretty fucking macho” – such a display of outright psychosis, exactly how a psychopath who targets innocent victims think. Social work?.

DIGNITY

'Self-esteem, self-respect and other necessary ingredients for psycho-dynamic nourishment – encompassing all of the above and so much more, perhaps the most important ingredient can be described as dignity. Today, it is dignity which society most ruthlessly destroys in its mad, materialistic, hypocritical and technological dash into oblivion. We have to fight against this. We have to reclaim our true self, free of the straightjacket of the artificially created histories, personas and behaviors we are conditioned believe and to perform in service to the machine. We have to once again have the structural and organizational aspects of society work for human beings rather than human beings working to maintain the beast.' [84]

"Then I saw another beast that rose out of the earth; it had two horns like a lamb and it spoke like a dragon. It exercises all of the authority of the first beast on its behalf, and it makes the earth and its inhabitants worship the first beast, whose mortal wound had been healed. It performs great signs even making fire come down from heaven to earth in sight of all; and by these signs that it is allowed to perform on behalf of the beast, it deceives the inhabitants of earth, telling them to make an image for the beast that had been wounded by the sword and yet lived; and it was allowed to give breath to the image of the beast so that the image of the beast could even speak and cause those who do not worship the image of the beast to be killed. Also it causes all, both small and great, both rich and poor, both free and slave, to be marked on the right hand or the forehead. So that no one can buy or sell who does not have the mark, that is, the name of the beast or the number of its name. This calls for wisdom: let anyone with understanding calculate the number of the beast, for it is the number of a person. Its number is six hundred sixty-six."[85]

People's physical, mental/emotional and spiritual boundaries enabled humankind, through the processes of natural law to reach the point we have reached in evolution. Evolved over time, semi-permeable boundaries allowed people to express interdependence with the world through natural (instinctive) and conscious choice; in the very same way that the semi-permeable boundaries within a sovereign nation nurtures social cohesion, harmony and stability and

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[84] Paul F. Mitchell, Calgary, 2000

[85] New Revised Standard Version Bible, Revelations 13.11, copyright 1989, by the Division of Christian Education of the National Council of the Churches of Christ in the United States of America, Published by Thomas Nelson, Inc. Nashville Tennessee 37214

also international exchange. The primary reason there has been such a huge increase in the incidence of people suffering from cancers, especially childhood cancers is a result of the loss of people's bodily, mental/intellectual and spiritual sovereignty.

A human being must retain its bodily integrity; the same can be said of a nation and society. The destruction of a nation's boundaries leads to a cancer-like overload and subsequent destruction of infrastructure, harmony and social cohesion. It also leaves the human being or nation open to invasion and contagion.

This lack of boundaries – literally so in today's world of meta-data, Wi-Fi, forced regulations, lack of privacy and immigration control – results in a population of people who bodies, minds, indeed their very souls are invaded – controlled by external, impersonal forces - relentlessly.

The worst part of all of this for humankind is that the resulting issues related to mental health leaves one open to the ravages of being labeled "mentally-ill" by being scooped up in Psychiatry's ever-burgeoning DSM and the pathologizing of the very traits of humankind that enabled us to reach this point in evolution.

What we are experiencing in Western Europe and especially in North America is an invasion of a sterile, inhuman technocracy that treats humankind, and all of nature as inventories to be used or discarded, moved around and mixed up as the need arises. This is an emergence or re-emergence of Nazi/Soviet/Chinese Communist-like use of psychiatry to persecute people who try to retain some kind of physical, intellectual and spiritual sovereignty.

But then… that is what social control is today: induce the very conditions for which people are condemned'

How Society's Institutions Help Perpetuate These Dynamics. The Big Picture: Maintaining the Machine

Anyone with any commonsense, free of superstitious baggage, who possess a little bit of understanding of the psychological processes I have been describing up to this point should be able to interpret this in the light of some understanding besides what they were "taught" in public school…The number of the beast is 666. It does not refer to an individual. It refers not to an individual but to a "person," a person's persona(s). It refers to a personal and collective state of mind, the hypocritical actor – psychotic - who is not a whole human being only because they refuse to "know themselves".

666 – At one time I had been told that it was the atomic number for carbon. That was not the precise truth. However, an independent researcher, a physicist, did some searching and I was told there was a loose connection in physics as it was indirectly related to the atomic number for carbon. As a psychological interpretation in relation to the person who had this vision 2000 years ago, I would interpret it in the following way. Keep in mind that true psychic reality, such that a mystic might have, is beyond the material realm but including it. It would be a reality that has no distinction between past, present and future. It would be beyond those manifest illusions. This is the reality that a true mystic is able to attain. Therefore, as I see it, material = egoism and the stamp of the beast is materialism. It is found on either a person's hand or forehead because the forehead represents where a person or rather I should I say persona is located. This is the brain and psyche containing fragmented states of mind. It may be found on the hand because it is with the hand that we hold and manipulate material objects. It is also how we transfer money and manipulate the keys of a computer – the usual method money is transferred in today's world.

Money is the biggest inducer to any kind of human endeavor today. The image of fingers manipulating the keys of a computer, consider that computers can also represent the epitome of the beast-like or machine-like – empathy-less - characteristics much of society has take on.

The beast that appears as a lamb but speaks like a dragon is the lower level, primordial and reptilian aspects of the psyche. This has taken over the collective human psyche in the form of the shadow-controlled super-ego and WOKE culture generally. The whore of Babylon = the anarchy like affects of an archaic collective psyche in chaos = primordial dragon found primarily in the reptilian and limbic parts of the brain = beast. The beast is disconnected from heaven. It is a mutilation of a healthy and balanced human mind, psyche and spirit. The mindset we are discussing here is maintained and exacerbated by an obsession with "entertainment" and other forms of addictions; control by AI. Most destructive of all is the subtle yet powerfully destructive influence of the psychologically manipulative and addictive nature of the mass media. Fortunately, although there are some powerful media organizations used for propaganda purposes, there are also many truth seeking alternative media organizations as well. The beast is in reference to the collective mass mind and the affects it has on individual

psyches. Technology has given voice to the beast with examples such as video games, movies, audio equipment and the mass media and an "entertainment" industry geared towards conditioning humans to violence generally.

In relation to the electronic media, technocracy, an attempt to possess "needed products" result in an obsession with conformity to artificially created perceptions of need and images. This produces a conformist requirement "to fit in", whether it is dress style, the type of car one drives or other ways of satisfying the empty and false shells we become when we live only from our false egos. The marketing techniques developed over many years of corporate marketing have taught the fascist powers that be – the corporations that control society on behalf of their royal masters – are now using these same marketing techniques to promote a belief in climate crisis, false racial histories, etc. It doesn't have to have any actual relation to a person's unique tastes, actual needs or true self.

"…an image of the Beast that had been wounded by the sword yet lived…" The discriminating sword of consciousness had wounded the "beast" during human evolution – **ego-consciousness** – but this was high jacked and put off balance because of materialism and growth in the false ego. Sense of self has become externalized. When I refer to "self" I am referring to that quality of inner awareness that acknowledges the greater context of life, wholeness – with Heaven and Earth. In my view of things, the beginning stages of meditative consciousness-raising, self-knowledge, first recognizes the contents of ego and superego. This is what Eastern spiritual teachers call the lower level consciousness. In the context I am discussing the ego; it is consciously and unconsciously disconnected from heaven and the whole of the human psyche. Regardless of the name I give it or what has been applied to it, my meaning of heaven is meant to refer to that greater inner, vertical awareness connected to the outer, horizontal awareness – expansive in all directions – something greater and beyond but intimately part of. This transcends the false wounded ego. This would allow for the development of true compassion, loving kindness, generosity and equanimity

Internal awareness has become substituted by, denied by virtue of and in some cases destroyed by an overwhelming obsessive and compulsive need to achieve self-esteem based on the perceptions others have created for us. To review, an example of this is the destructive activity of people pleasing or political-correctness. This has also, in many cases, created a tendency to satisfy our emotional needs by artificial, externalized application of substances, "things", addictions, including a :need" to control other people and nature. I am speaking generally about a societal mindset based on a materialistic government, a technocracy The same can also apply to materialistic "scientific" socialism or communism, minus the marketing but including the propaganda. The most important factors I am referring to are materialism, period. More sophisticated than the blatantly coercive form of force and propaganda utilized in Adolph

Hitler's Nazi Germany or Stalinist Russia, the subtle but powerful influences of consumer marketing are combined with a virulent form of propaganda, most of it subliminal and non-verbal. With the multinationals and the global community this is truer today than ever before.

This maintains and exacerbates many forms of violence and exploitation – exploitation especially of our most important human dimension, our Children. This is expressed through such "products" as, but not exhaustive to violent computer games and movies, which glorify military imperialism, random violence, pornography, through to "paint-balling" which offers simulations of battlefield confrontations or criminal acts. Whether it is in "play" or not, the psychological effect of shooting someone, killing someone or some other simulated type of violence can have the same emotional and psychological affect the real act would produce because it produces or sustains a certain attitude or intention. This is commonsense. I have already pointed out the quantum connection between a person's attitudes and the interpersonal affect that takes place. Children suffer more than any other group in society. I know from personal experience that in children, Attention Deficit Disorder, turrets, absent-mindedness, etc, is a reflection of external control, psychic possession or interference of a child's psychic integrity. Someone who is intimately connected with the child or in close proximity usually does this and today this most vehemently includes all those connected via social media and AI but to the exclusion of a greater number of actual relations and family – a classic move of any cult! The usual result is a psychic retreat on the part of the child.

These are neurological and physiological expressions of children reacting and attempting to rebel against such control – "acting out", emotional eruptions bursting forth from deep within the psyche, fighting against an unconscious and not so unconscious type of semi-possession. These dynamics are precisely what the symptom of clumsiness demonstrates. Being unconscious of this, can you imagine how frightened the Child is who experiences these symptoms? Is it any wonder a child like this might develop nervous twitches and perhaps react to their fear with violence? It's only *people who are fearful that become violent*. Most important, the Child is then blamed for the symptoms of psychic control-interference-rape when they act-out. They are then labeled delinquent, antisocial, mentally ill, etc. As I stated earlier, this is the true and greatest crime of the human race: the attempted destruction of natural development – in all Her glory and transhumanist distortion of our Children. I say attempted, because Heaven and Earth will not let this situation continue indefinitely.

In our "golden age of materialistic achievement" and at the time of writing (the original portion of) this segment of my work the most recent example of the power of this destructive force was most explicitly expressed when the coalition forces, under the coercive control of the United States of America within the auspices of the U.N., massacred thousands of people in Iraq. This act was

committed both by direct military destruction as well as by the longer-term effects resulting from destruction of that country's life-supporting infrastructure. Most of the people in that country had been under coercive control of a madman and a fundamentalist religious base that sent children into combat and brutalized the women. However, two wrongs do not make a right, it simply adds to the negative energies. The two regimes mentioned above are two examples of the same dynamics using different expressions. They rest on different positions on the same continuum. One of them was blatantly coercive. The other one is just as coercive using more covert or hypocritical methods. Both countries were and are heavily controlled and distorted by far right and left wind

Any kind of technocratic socialism that utilizes technology/corporations and their massive power to implement political dictates results in pure fascism. In this type of scenario, so-called communism is a collective myth, impossible to implement without distorting humankind to the point of evolutionary irrelevance or even – as appears to be the case today – to human genocide.

A nauseating aspect of the Iragi war I noticed was related to comments I heard from different people. To many, the coverage of this war was compared to the viewing of "a gigantic video game." This was made possible thanks to that instrument of "democracy", CNN – serious and sarcastic tongue-in-cheek – and the ability of the Pentagon to provide an audience with live viewing pleasure by attaching cameras to the rockets and missiles that destroyed people and other targets. I remember watching footage of the attacks on the Iraqi people and witnessed people around the televisions sets actually cheering when a missile struck a vehicle or other target blowing people to smithereens. They were behaving absolutely no different than people watching a soccer game or wrestling match – a perfect example of machine-like and conditioned insensitivity. The psychological brutality displayed was no different than the brutality displayed by the regime that the Iraqi people were being "liberated" from. The icing on the cake was the pageantry that the U.S. offered its' "courageous heroes" when they arrived home. This, while only months earlier thousands of homeless persons peacefully marched on Washington to protest their squalid living conditions in "the wealthiest nation on earth". However, having pointed these things out be very assured everything has been predominated as it has for many, many years.

I will say one good rationalization in the propaganda machine subsequently put forth by the forces invading Iraq was the physical emancipation of women – but to what end? Transhumanism and a world where the government, medical and corporations have control over your children while stripping people of parental and children's rights under the guise of "liberating" young people – leading them into a non-stop mental conditioning by the State; a world where, in 2021 in a Canadian city a faithful and loving family man can be arrested, beat to death for an unpaid vehicle fine. Fifty years ago Canada was a world beacon of

freedom; today it is the leader in fascist State (covert Monarchical) control. In fact outside CCP Chinese tyranny all the countries of the British Empire ("Commonwealth") are now fully embracing tyranny. However, simply exporting the very materialism that is destroying their own country will not save the people of that country; it will only put in place the same destructive dynamics I have been discussing.

To follow this last statement up, I remember reading a magazine that has a North American-wide readership. I remember reading an article that was written soon after the Iron Curtain of the former Soviet Union crumbled. In the article there were some photographs portrayed demonstrating the benefits of capitalism. Unbelievably, the photos showed the insides of a bar in Moscow. There were people smoking cigarettes, drinking alcohol and watching a woman on the stage performing a strip show – a very warped demonstration of liberation and the benefits of the "free market." Subsequent to the liberation of those people's the main force in that country had become the mafia, a mafia that was never able to exist under the control of the Soviet dictatorship. It wasn't until a leader came down with classical Russian decisiveness - Russia's Putin a former KGB agent under the Soviet dictatorship (ironically this is the way Russia has always been – and at least Putin tried to do the best for the Russian people.) What that dictatorship did was to train people in the physical and psychological art of survival. Once the walls crumbled and capitalism was introduced those survival abilities enabled the development one of the most lethal forms of mafia the world has ever seen but also a culture of survival that has served the Russian people well in the face of continuous invasion and attack and in tandem with the world's greatest threat, CCP China is turning the tide on freedom using economics and the power of the Satanic banking industry?

Below is what I wrote on June 12, 2008 (and have since modified and added to). What has happened in the world since 2008? 'So, how are things now that June 12, 2008 has rolled around? Below is a letter I sent to the Editors of the Globe and Mail after doing a substantial amount of research and reading about a "phenomena" in one part of the world, China. Originally I was writing to a Mr. Rogge of the International Olympic Committee. I did not have the correct email address one so I modified the letter and sent it to the Globe and Mail. This letter is specifically about China but the fact remains that the dynamics expressed and exposed are the same dynamics running through the web-of-life of planet Earth……er, in this case I mean the web-of-death. Evaluate for yourselves. One thing I will suggest. Don't take my word for what I am referring to below. Look on the Internet yourself.

There are various sites about the Falun Gong. Use different variations of words to research: Falun Gong, Olympics, Falun Gong, Torture, Falun Gong,

Organ Harvest, etc. The sites are very much interspersed with Chinese governmental or sympathizer sites. The pathetic-sounding hollowness of the obviously untruthful propaganda (out of context) and complete hypocrisy surrounding the very dynamics they condemn in Falun Dafa is an insult and horror to human intelligence.

All of this notwithstanding the Falun Dafa is most certainly a cult headed by one leader, who expects no deviation from the scriptures that he has written himself. The cult leader's perspective, his organization flows directly out of a dictatorship of control, CCP controlled China. The CCP believe that people in China cannot have more personal power until they learn to become "good" citizens (while the corrupt power brokers CCP - mostly fueled by propaganda totally divorced from reality and therefore health

. The Falun Dafa believes that by the time a human incarnates on the Earth they have sunk to the lowest point of human (Soul) evolution possible – the lowest of the low, rather like your average communist citizen who needs the billionaire Oligarchs of the CCP to dictate to them but as well notwithstanding some very admirable spiritual and human traits that are taken of advantage of, exposited for power. He, his practitioners believe it is only through his direction and words people on Earth can save themselves. CCP and Falun Dafa are the results of generations of hard-core dictatorship that stifles the actual volition and life of the people forced to live under this system of control and oppression

June 12, 2008

To the editor(s) of the Globe and Mail

As an individual who considers himself to be a civilized and compassionate person I am appalled that the 2008 Olympics are actually going to be held in China. Some time ago I had the naïve belief that the world could never stand by as China demonstrates a level of human rights abuses and crimes against humanity that make the extermination camps of Hitler's Nazis actually look pale in comparison, *exactly because we have the history of the second world war, that we are able to recall and reel from in horror*. In China today, as an example, the picture being painted by a huge variety of independent sources, of the persecution of the Falun Gong is absolutely beyond comprehension; especially of trying to conceptualize and visualize, as only one example of the persecution, people who practice in some respects a healthy and life-enhancing life-style (Falun Gong practitioners) being rounded up, kept penned like animals – and perhaps brutally tortured and killed, especially if they are not in mint physical condition – and actually murdered for their organs when someone places an order at one of the hospitals in Communist China – as a way of extermination - and for profit. Doctors actually go to the places where these people are imprisoned and select them for these purposes, very similar to walking into a butcher shop or restaurant and selecting live

food to eat. Except that these are healthy human-beings that these doctors are going to take organs from – they usually take everything that is then salvageable and usable for a transplantable organ market – and provide transplants to unhealthy people who can afford to pay the fees. We are not talking about one or two Joseph Mengele-type doctors. We're talking about thousands and to a technology that has just been adopted in my home province in Canada. This is like nothing Orson Wells or any or the fantasy/horror –writers I am familiar with could have conceived of.

I naively laughed at the thought that the Olympic Games, an event that is supposed to be a representative example of human civilization and achievement would be devalued to the level of a primitive mockery of everything that is humanely descent. Because China is the new emerging economic superpower and the Olympics will be good for business, the world is going ahead with a process and an event that historic posterity will highlight as an example of depravity, greed and sociopathic insensitivity; making our future generations hang their head in shame. My God, don't people realize this is almost a replica, on a gigantically increased scale (billions instead of millions of people) of what happened with the Olympics in Nazi Germany just prior to World War II. Maybe this will be the last Olympics?There is one certainty: given the dynamics, energies and passions set in motion today, on a huge world-wide scale that is unprecedented, this Olympic event will be and result in something like the world has never seen. The 1936 Olympics that took place in Germany will look like a non-event in comparison.

Sincerely, Paul F. Mitchell, Halifax, Nova Scotia

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Consider what it means to be wholesome while considering a look at the many factors, influences and consequences resulting from the most ordinary interactions with others. To implement a realistic approach while working with people as a human service worker, community member and basic human being one must utilize a professional but open-ended way of being with the client. One needs to have a realization or at least an appreciation of the power and affects of mutuality and this is why actual empathy is so important. This is necessary in any approach to the healing relationship.

Consider the at least partial, positive elements that comprise any psychological approach to healing. In addition to the generally accepted approaches, which have demonstrated an acceptable level of efficacy, including the spiritual healing-growth path, it would be meaningless not to use all available avenues and methods. I am referring to an eclectic open-mindedness combined with an appreciation of mutuality. Using it to look at psychology, Wilber's Holon Theory recognizes that each separate approach addresses only one segment of the whole psychological-existential issue. An Integral Approach changes all of them, brings them together and a long way towards working with the whole individual, if a spiritual healing process is included.

I remember working with a population of homeless people, during a field placement while going to a school of social work. Speaking in very general terms, the primary element present throughout was a sense of confused powerlessness. Most of these individuals, although unique and all with their own stories, have had very little influence over their environment, quite often including themselves. Although too many to list here, the processes which help induce and maintain powerlessness are characterized by breakdown in communication and interaction with one's environment. Often cyclical and two-way, this breakdown in communication often results in or is caused by conditioning. Isolated people living only from their egos are easily conditioned. In the cases related to homelessness, it subsequently appears to be a result of "mental-illness" and self-induced isolation. The most despicable aspect of all of this is that once the scapegoats have been forced into their self-destructive behaviors, what is then provided is a concrete and visual excuse for the perpetrators. In this respect we are or have all been perpetrators. We blame the victims. We torture him or her by implementing and applying labels, usually until the individual actually ends up a blood sacrifice - suicide, sickness, total humiliation, etc.

It is always societies most vulnerable who are victimized. I know from personal experience, sometimes the pressure from the very hypocrites who say they are

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trying to help these people actually make them more dependent and disempowered. Used as society's scapegoats, the resulting treatment and attitudes directed their way induces many of them to actualize and realize the energetic forms/labels placed on them. This greatly increases that person's tendency to give up.

There were many times in my life that I experienced severe traumas related to the abusive actions, attitudes and words of other people. I have actually been counseled by important people in my life, sometimes even the perpetrators, to go on disability, accept "the way I am," to become dependent on them and so forth. In other words, to give up on myself and rely on the very perpetrators that brutalized me in the first place. I am speaking about people I had close personal relations with, "professionals", people in the community and elsewhere. This included many people I had interactions with that may have been affected by and in turn used the labels that were placed on me. This type of behavior only reverses and ignores the source or sources of abuse. It absolutely ignores one of nature's most fundamental laws – dynamic and constant change. It ignores the natural ability for naturally living people to heal themselves in the right environment.

As I have frequently been saying, there is no place for blame here, only evaluation. These things happen to many people in the dynamic ways I am describing. Almost no one, perpetrators or victims, are really cognizant of the actual dynamics taking place.

As I said, in my case, and not surprisingly, the perpetrators usually offered this "advice" therefore unconsciously. I have spoken to and witnessed many different people experiencing similar dynamics. The "care" of the individual is quite often in the hands of the very person or people responsible for victimizing in the first, second or third place….. In virtually every case, the person giving me this ad-vise (vice/clamp, get it) had presented their opinions because they "love" me, "care about my welfare" and so forth. They were obviously unconscious of their responsibility in the perpetuation of my pain and the pain of other people like me. More important they were totally unconscious of their shadow-controlled - egotistical/identity politics perpetrator-like motivations.

That's exactly what a person in the sadistic role during sadism and masochism "lovemaking" says as the sadist administers torture to the masochist. Is that why they abused me? In each and every case it had nothing to do with love – it was the domino effect within a sadistically dysfunctional society – with all the clinical details.. I remind people that when one thinks of the term sadism, it does not

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have to refer to some sort of crude and bloody exhibition of violence. It can be and is expressed in the subtlest of forms. Looking around our increasingly authoritarian world governments the apparently induced medical crisis is a continuation of the very same dynamics used by dictatorships during thousands of years of history. As usual, there is a continuum on which these dynamics are situated. and perpetrated.

I do not deny these perpetrators were and are themselves wounded and only partial people, not *consciously* whole human beings. The very nature of evil is mental imbalance/illness. Only mentally unbalanced and repressed ego-maniacs – the very nature of psychopathology – can harm another person and this includes controlling another individual. Because the dynamics I am discussing are actually a manifestation of a reversed, devolutionary and isolationist way of thinking that cannot and makes no attempt to empathize with their victim except in an actual vampire-like way. The core need of a sadist is to control other people because they themselves are literally out of control and can only obtain psychological and actual adrenal energy in this way. Otherwise they break down. The monarchies and their aristocracies have always been this way. They need to steal from other people in order to survive because they're atrophied as actual, living human beings and don't have a clue how to obtain what can only be obtained proscriptively/holistically, spiritually and biologically.

The results of these social dynamics, that filter down domino style and people so effected are not cognizant of the deep (even if denied) connections they have to their self, other people and the greater environment, thus blocking a greater sense of wholeness and health. Regardless, conditioned and addictive behavior has the direct effect of causing their victims to give up life energy. This energy is what the martial artists call chi, the yogis call Prana, and what Christians might refer to as spirit or the Holy Ghost or Christ Spirit – the life force.

Depression and other mental imbalances, ignorance naturally become side effects or symptoms expressed by these people. I remember reading the heading of an article in a large Canadian city where I had spent a period of time living. The article was saying that most all of society's neurotic or psychotic people were "undiagnosed." Since many of these people hold positions of power and influence, they are very dangerous, unlike most of the people that have been targeted and brutalized – the "diagnosed mentally ill." I remember the heading of the article mentioned that these people could be your boss, doctor, teacher or other people in positions of authority and trust within the community. I mention this in another place in this work and say much the same thing. I'm glad I didn't

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read the whole article because I was already searching to find and understand this information first-hand and therefore did it in my own way.

In reference to the scapegoats within society, when a person has their energy or the life force stolen from them, this prevents many of them from remaining focused in consciousness, especially the actual here-and-now, the present. Instead, they fall further into the subconscious or unconscious realms, unconsciously. These dynamics also apply to the people in positions of trust because they learn how to get their energetic requirements, not through conscious connection with higher levels of reality and the limitless source but by theft. Many of these "powerful" people have been conditioned to these dynamics. Society unconsciously operates using very similar dynamics the "church" I encountered used on its members and that I described in the chapter on cult dynamics. Only those people who have been assimilated and conditioned are usually given the accompanying power to wield over other people.

In reference to society's "diagnosed," artificial stimulation like antidepressants and other unnatural medications can produce a neurotic and over time a psychotic psyche as they lose further touch with reality. This atrophies natural psychological healing abilities.

Anyway, the very thieves who helped to bring this condition into being or maintain it will smile patronizingly at their victims, at the scapegoats, many of them thinking they are being compassionate when then tell their victim they can get help – from the damage they cause!

Referring to my field placement at the homeless men's residence much of the above analysis and what I wrote about in part 1 of this book was validated. This population was comprised primarily of homeless men. When I say homeless I mean it in the sense that they were without the "normal" type of familial or friendship oriented support systems including physical shelter. They were forced to leave family and society although possibly unconscious of why they resorted to this type of lifestyle. In some respects they were acting far more intelligently and rationally than many of the people throughout society who mechanically go on as if everything is totally natural. Many of these people were substance abusers, so-called mentally ill, or persons otherwise alienated from mainstream society. These were society's unconscious and sometimes not so unconscious sacrifices to the shadow. I will repeat that alienation and addictions of any kind are a direct result of the pressure of the collective shadow infected superego, expressed through individuals and groups of people by forcing people to speak – and therefore think – act, live, etc. Ultimately this is caused o0r maintained by the

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"umbilical-like", a participation mystique with the coercive, shadow asp-ects of a matriarchal dictatorship. These dynamics are energetic. On the large scale I am talking about, this is only possible when people become trapped, by conditioning, to live only from their small, alienated false egos. This creates a disempowered individual open to manipulation by the collective superego. It is this collective form and its unconscious affects that allows me to assign a matriarchal, vessel-like quality to it. I am a Goddess worshipper (and God) but not of the Devouring Mother and the Old Goat. This in no way has any relevance to gender.

The shadow is contained within the lower levels of the psyche on the left side of the graph on page 47. This is a combination of the upper left interior- individual and the lower left inter-subjective and psychic collective super-ego. Unconsciously, people who are contaminated and/or controlled by the shadow are focused on ego; and therefore, when not in confusion because of ambushed attempts to enter into the left or subjective realms consciously, identify with the right side of the graph. In other words, because the left side of the graph is ignored, in a superficial way, they are ruled primarily by the dynamics located on the exteriorized right side of the graph. The actual psychic dynamics take place and are orchestrated on the left side of the graph, unconsciously.

People who identify with the lower right exterior-collective and the upper right exterior-individual functioning of the psyche represent materialistic, externalized people. Many are people who have lost the ability to obtain the life force in a natural and therefore unlimited quantity. This is only possible to obtain, in a healthy and life enhancing way, by having a conscious subjective connection to the whole psyche, interior and "exterior." Otherwise, the primordial need for survival results in theft from other people – of the life force.

People who have balanced the four quadrants of their psyche – feeling, sensation, thinking and intuition – as a unit, have evolved and embraced the higher levels of the psychic and spiritual abilities. What I am describing is exactly similar to what Carl Jung and more advanced psychologists after him tried to explain, beginning with the development of his ideas regarding the quaternary.. Teachers and masters from the East have taught these realities for a long time.

The human psyche requires the stability symbolized by the number four, a balanced square. If this squaring and stabilizing does not take place the result is, to use a semantic word play, a triangle. This is similar to what people might think of when they think of the Bermuda Triangle, the creative opposite of the Bermuda

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triangle is represented by an upswept triangle – for the very psychological reasons I have been discussing in reference to seeing in reverse.

It is the downward swept feminine, receptive triangle that captures and uses masculine dynamics, in servitude to its vampire-like qualities – especially individuality and health. This is how collective dictatorships work. It sucks ships, people, down without a trace. It sucks away people's ability to become individual's.

An upswept triangle symbolizes masculine, energetic power. Both triangles, the energies they represent, must be balanced. Geometrically, triangles represent dynamic action. They can represent chaotic mayhem when the process goes in reverse instead of forward, when the two dynamics and source does not balance one with the another.

Perhaps the most powerful symbol of human empowerment can be expressed with the Six Rayed Star, Star or The Star of David. In the psyche, when this balanced interplay of energies is not present, the results are the development of energetically starved or explosive and hypocritical personas. These produce actors out of touch with their inner core, their Souls, literally an individual's unique, inner core psyche. In the Judaic-Christian Cabalistic Tree of Life, they become known as shells, hollow and negatively filled with unhealthy, usually aggressive and violence

The human psyche requires the stability symbolized by the number four. Healthy dynamic balance is only possible when the up-swept masculine triangle is in balance with the feminine, down-swept triangle. In this instance, the result is a hexagram, more commonly referred to as the Jewish Star of David. A symbol that can be used to generate power.

Although I was not aware of the above dynamics at the time I was there, while at the men's residence I viewed my main purpose to be that of empowerment. A starting point was in attempting to increase levels of communication, between themselves as individuals and with other people. In addition, opportunities were made available to the homeless residents. Individuals could voluntarily accept offered services that might help assist in areas requiring growth or maintenance.

Keeping the above in mind, the prime functions I performed while at my placement were twofold. In addition to developing human relationships with those

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who were willing to develop them with me, I also developed a staff position for a resource person. The function of this person was to be aware of and have available information about different groups and/or individuals that would hopefully lead to a support or empowerment process. A resource person would be able to provide any basic types of support on a personal level, keeping in mind human limitations and what can reasonably be provided. This would have to include respect, understanding and human interaction – communication. It might also involve crisis intervention and other more immediately required supports or assistance. An important element here is that of resource availability – if the client wants to use the service. It would have to be provided in such a way that an individual who might be interested would not have their control threatened. They had to be free to utilize available services and assistance or not, depending on the element of choice. This would necessarily be conditional upon the nature of situations and whether impending or currently happening events threatened other person's safety or legal imperatives.

The short length of my field placement prevented me from developing the strong relationships necessary to work with many of the residents in a positive, long-term and constructive way. This point illustrates the need that persons working in this area need to have a true, compassionate attitude and so literally, love people in the real sense of the word.They must be professional – not let personal opinions, ideology, etc, affect how they treat their clients. Behavior modification in the way technocracy is implementing it is the exact opposite of professional but very violent and aggressive; evil. Evil can only be committed by unbalanced people which Identity Politics, Transhumanism, etc is producing – conveyor belt-like through the use of technocracy. People have to become aware of these things en-mass if they are going to be healed.

There seem to be two themes that constantly run throughout this analysis. In the most profound sense questions of power and especially communication play most important roles. Consciousness-raising, growth in awareness is what is needed first and foremost, accompanied with resource availability.

Even though "mental illness" – outside of actual physical injury - is caused by society and the various dynamics I have discussed, the recurring perpetration of Blaming the Victim is a constant tool used in harassing people.

Let's return to looking at homeless folk – a situation the world has been convulsed in and perpetrated very purposely recently by the globalists, their militaries/police/secret services and financial interests in recent times, not to mention the monarchies of the world who are behind virtually everything.

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Recently, I was searching on the internet for information about dynamics concerning unethical treatment of homeless people by various institutions and other portions of the population. While looking at the different ways people victimize these scapegoats I came across an appalling article that actually recommended criminalizing these victims of society. The recommendations were actually being put forth by the very institutions that are supposed to protect and heal society – people employed in the police department and people working in the areas of mental health. What follows is a partial excerpt from this article. What it says speaks for itself. The main point being made is that independent, self-sufficient people are being replaced by unproductive, economically dependent people. This creates a population of people under almost complete control and many will be mobilized to do and think what they sre told politically…because they have to service. This is the very nature of how cults operate.

NEWS FROM CANADA

- **Ontario Association of Chiefs of Police calls for study on criminalization of mental illness**

Citing the link between inadequate funding of community mental health services and the increased involvement of people with mental illness in the criminal justice system, the Ontario Association of Chiefs of Police passed a resolution on June 18, 2003 calling on the government to assess and monitor the ongoing impact of deinstitutionalization on Ontario policing services.

The resolution calls for more research based on the groundbreaking study done in London, Ontario last year, which found that deinstitutionalization of mental health services has cost the London Police Service between $1.5 and $3.7 million. Saying that the policing costs ‘confirm the lack of community funding for an appropriate health service response to the needs of individuals with mental illness,’ the resolution calls for the association to address the ‘inappropriate downloading of service and associated costs with the Minister of Health and the Minister of Public Safety and Security.’

The full text of the resolution is available at the Association of Chiefs of Police website at www.oacp.on.ca.

The potential criminalization of mental illness – after using Identity Politics and virtual reality to purposely produce a population of mentally unbalanced people without any empathy for anything or person beyond their own egos or cult - is also being examined at a national level by the Canadian National Committee for

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Police/Mental Health Liaison, which is comprised of police officers and mental health workers. The second annual conference of the committee will be held in Saskatoon on October 26 and 27, 2003. For more information on the work of CNCPMHL: https://www.publicsafety.gc.ca/lbrr/archives/cnmcs-plcng/cn33365-eng.pdf and https://prezi.com/8hxj8vnzugki/mentally-ill-in/

Let anyone who has their eyes open see for themselves the possibilities and ramifications which can be extrapolated from the above article. As shown above, anyone who wants to learn more about this particular article can look up the sources for themselves. What is really appalling is the suggestion of further victimizing people because of fiscal management. This is pure dehumanized and desensitized materialism in action. It is becoming a human factory farm, almost animal-like. What is very scary is that people with true mental extremists – people who are totally dependent on the powers-that-be – while those who view the uniqueness of their own individuality the most important aspect of being a human, healthy thinkers like this are being demonized and called mentally ill in 2022. This is seeing and acting in reverse (to Natural Law). It's not surprising that in Canada our health care system has dramatically expanded who can or can't receive mercy killing; to include people with mental illness – even addictions. https://www.psychiatrictimes.com/view/canada-law-provide-not-prevent-suicide

Much of what follows is to review ground I have already covered, this time in relation to a healing relationship and an environment conducive to this. I will speak of the whole situation however, without sweeping under the rug anything that people would rather not see. I am trying to get people to open their eyes, not get elected to office.

Because of its isolationist and alienating character, the main impact of the modern paradigm of technology is that it takes from individuals the ability to control, in a relative, dynamic and balanced way, interaction with their environment. In many cases communication is not reciprocal but purely one-sided. Because of the division of labor and subsequent deskilling, communication is hampered in the sense that knowledge is limited. This is worsened when deskilling – limiting people's scope of abilities and knowledge – occurs in today's social climate. This climate is dehumanizing by its tendency to recognize as being valid only technical or "hard" and concrete factual types of knowledge. I am referring to knowledge that requires irrefutable, documented and quantifiable evidence to "prove" that something exists or is worthwhile saving. The idea of quality, as it relates to humanity, has been thrown into the garbage heap. Exceptions to this are qualities that have become superficial because of the commercialization of life that has swept throughout society. Without a sense of

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holistic interaction and belonging, society becomes afflicted by an alienated "status quo" which runs through virtually all segments of our society. People become numbers and monetary figures, not human beings.

As an example, a historian studying these things could point out that a TV evangelist asking for money so he or she can afford to save people's Souls is not that different from a Priest in Midlevel times who would not perform the last rights for a dying person unless he got paid for it. In Midlevel times this resulted in Martin Luther nailing his thesis to the front door of a church, the birth of Protestantism and accompanying changes within the Roman Catholic Church. I wonder what will happen to those people on TV who beg for your money with tears of piety in their eyes on Sunday morning but might be playing golf at Palm Springs in the afternoon of the same day; with money belonging to people who are looking for and striving to fill an emptiness that is created and maintained by materialism.

While at the men's homeless residence this dissonance between quality of human existence and the commercialization of social needs was quite obvious. The building that housed the residence was a multi purpose organization that served all levels of society. It had a recreation area, day care and so forth. The men's residence was just one part of its operation. I was at this placement in 1991. Not long after I left this place the men's residence was shut down and the people there were actually turned out into the streets.

The structure of the organization could be viewed as being a microcosm of society because of its hierarchical and segregated nature. In a very real sense the people who lived in the residence found themselves quite isolated and ostracized from the lawyers, doctors and generally affluent, upper class people who comprised its membership. Ironically, the name of this organization reflected the original religious and charitable orientation of the place. It was an organization that had promoted brotherly and sisterly love; of accepting one's neighbor as oneself, without bias or segregation. Now there is hypocrisy and a slap in the face of the founders of the organization. Today, not only does it not serve young men who can't afford to go there any longer, it ran out of spiritual Charity. I guess that is why they kicked out the homeless and added more facilities for the wealthy and upper middle class people who could afford to go there. Within the staff and management sections there was a definite hierarchy and prestige associated with the position one held. This was very reflective of the people they served within the membership and the wider community.

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This state of affairs, in many places of employment, is rapidly becoming even more entrenched in the age of the computer and robot. There are isolated exceptions, flower buds of beauty that will hopefully get enough sunlight to blossom into something that can spread. Unfortunately, people have to deal with the implementation of “systems controls.” We have to deal with the misuse of technology and the ability of management to monitor efficiency and “productivity” by computer systems network monitoring and so on. It was these realizations that were partially responsible for the understandings I came to see. In 1991, that gave me a new appreciation for the statement “The Personal is Political”. By the year 2008, this appreciation has only been strengthened, except now I have a better understanding of the dynamics at play.

Before I continue I would like to relate a story I had the good fortune to read. It communicates extremely well how human beings can learn to be compassionate – life giving, productive and prosperous.

A Story

Once upon a time there was a little town nestled in the mountains. This town was very run down and shabby and all of its inhabitants were very poor with no ambition to be any more in life than they already were. One day the king called all of his subjects in this little town together and announced that he had intentionally switched one of the babies in the town at birth with his own royal child, however the king refused to reveal which child was indeed the royal child and the town would just have to figure it out for themselves.

As a result of this announcement, the town’s people started to treat all of the children as if they were royalty, you see no one who lived in the town wanted to incur the wrath of the king because they had treated the royal child in any way other than that fitting to a prince or princess.

Twenty years later the king returned to the same town only to find the once shabby run down town had turned into a much larger bustling metropolitan area with very proud hard working subjects. The king was very proud of how far the town had come in twenty years, so once again the king called together all of his royal subjects in the town to congratulate them and to tell them who the actual prince or princess was who had lived among them for so many years.

The town’s people bustled with anticipation, speculation ran high, every parent was convinced it was his or her child that was indeed the true prince or princess. At last the king stood and started to speak, “my royal subjects, today I would like

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to congratulate each and every one of you for the excellent progress your town has made and I would also like to tell you why this wonderful transition has taken place."

Twenty years ago I visited your town and told every one I had switched my royal child with one of the townspeople babies, well this story was not true. I wanted all of my royal subjects to learn the value of our children and the overwhelming benefits of training each and every one of our children as if they were princes or princesses. Look around; you see what your efforts to treat all of your children as royalty has reaped, be proud of yourselves for producing a generation of gentle, loving and responsible adults.

A generation of people who have grown up with love and gentle nurturing making them happy, well adjusted adults with the skills and ability to create a healthy prosperous town and to create a cycle of parenting, conducive to the on-going success of both families and business for the future.

This very wise king had indeed taught this town a very valuable lesson about the value of each and every child and the benefits we all enjoy when each child is given all the love and nurturing befitted that of royal children."[86]

The following are simply some of the more technical and scientific illustrations I wish to give illustrating the deep complexity of the mind. They demonstrate that it is comprised of so much more than what we usually take for granted.

In focusing on certain aspects of the psyche as they relate to the shadow, I will speak about a term and terms that I researched in another book, as they relate to this subject. What can be referred to as "the submergent unconscious" contains aspects of the personal psyche that have been repressed and reversed over time and by whatever conditioning and repressing mechanisms I have already discussed. They have become submerged. Once forced into the unconscious realms, the archaic unconscious, much of which is reptilian and lower level in nature, then acts and reacts according to the pleasure principle. These dynamics affect accordingly the personal contents that have been repressed.[87]

Taking into consideration what I have already said about these dynamics, it becomes clear that a powerful, unconscious "great mother" aspect of the psyche

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[86]Reprinted with permission by Mr. David Lague, President of Canadians Against Child Abuse Society, "Child Abuse Prevention Guide"

[87] Pg. 99, "Eye to Eye: The Quest For The New Paradigm", Ken Wilber, Shambhala.

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is left in predominance. This does not refer to gender, nor does it devalue the feminine energetic principle. It refers to an earlier level of evolutionary development. In today's world, it describes devolution in consciousness. This happens when it is developed in the ways I have been describing because the naturally forward motion of life becomes reversed, poisoned. It stops being the nurturing mother – or parents – and instead become the devouring mother – or hag and old goat. Enforced confinement in these areas of the psyche combined with the appropriate triggers act on people unconsciously in much the same way rats responded to Skinner's conditioning. Understanding this it becomes that much clearer how society is controlled. This control is illustrated and maintained by the wide-open scope of addictions found within a purely materially based and oriented culture and society.

Addictions have the affect of keeping both the individual and collective psyche unconsciously in and controlled by a typhonic state of mind. Typhonic refers to a level of the psyche that is archaic, unrefined, primordial and because it is unconscious, totally uncivilized. This is the *asp*ect of the psyche that needs to be uncovered, by individuals and thereby the collective psyche, especially the superego. The superego is expressed through the actions and processes of society. This is "the system" that many people over the years have spoken out about. It is comprised of the various institutions, power brokers and other factors and dynamics that keep it in place. Similar to revolutionaries of the past, a mistake made by people who opposed the system was in assuming the actions of the "system" are primarily conscious and therefore conspiratorial. In fact, these dynamics are primarily unconscious. Therefore, if one wishes to adhere to a conspiratorial theory, it could only apply in an unconscious sense for the vast majority of the "system." Up until now, because of its cyclical nature, it has been self-replicating. Recall the examples I gave earlier where the power elite keep people at each other's throats – society's victims point the finger at and attack each other while the real culprits and dynamics responsible are ignored.

Using a little imagination, consider that part of the collective psyche known as the superego, which is in fact a collective aspect of all people's egos. The superego will unconsciously cause most of the repressing that a person's psyche performs. This repressing mechanism is primarily unconscious but not repressed[88] – it has never been conscious except for those few individuals who are willing to put in the effort of waking themselves up.

[88] Ditto

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Since the superego has such a dramatic affect on all people's psyches, unconsciously, the crisis I have been discussing becomes that much *more* apparent. This is especially true when we take into consideration the poisonous, alienated and vampire-like aspects of a shadow controlled ego and superego. All of these dynamics affect people's "conscious" thinking far more than is usually considered. This is most noticeable on a mundane level of consciousness by looking at the vast numbers of alienated egos throughout society that exist in a relative state of anarchy. This is worsened by society's official encouragement of a competitive society. This results in competition between people for control for most of the social mechanisms and resources affecting us throughout our lives. This is the dynamic responsible for people fighting for control over other people, while leaving themselves out of control. This unbalanced state of the collective or universal human psyche, especially ego, demonstrates how the cycle of the beast is maintained. Something to think about – a hundred years ago there were enough natural resources in the world to support the world's population. Today, there is only a fraction of the resources necessary to support the billions of people on the Earth. What I am doing is pointing out how and focusing on what competition has done to people and why it has to be addressed for humankind to survive. It would <u>appear</u> that the "beast" has finally created a situation where competition is now necessary for survival. In fact, the exact reverse of this is true. The only way humanity and the Earth can survive is by the development of healthy interdependent relationships stemming from independent, individuated and healthy individuals.

We see how the power of the unbalanced human psyche and superego can be healed and turned towards constructive purposes. This can only be achieved through awareness, consciousness-raising, reconnection and a literal soul searching. It is very important to consider the role the false ego and superego plays in society today. We can see it around us. We can also try to see what kind of a role a healthy, balanced, naturally operating human collective psyche would accomplish. As I said previously, people's conscious awareness at the present is in some cases far right wing and in some cases far left wing. What is required, and many are today striving for this in spite of the "norm", is a type of centering. This process has to begin with individuals. However, we need a collective social impetus to promote this on the scale necessary for a transformation of human consciousness – what has been referred to as a paradigm shift.

Extreme examples of thwarting proper human development can be seen when Sensitives, what people tend to refer to as "people who are overly sensitive," are forced to go on medication. They become energetically depleted. With their

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lowered levels of consciousness they become entrapped in their false egos, with their superior consciousness potential apparently extinguished.

I will speak about entrapment in the false ego as it relates to long-term use of anti-depressants. A pharmaceutically induced, artificial and temporary increase in energy can lead to ego-inflation. It can result in an “all out for yourself” type of attitude that tramples over other people if need be. These dynamics are void of empathic connection to other people. It can lead to a deadening of true conscience. From what I have observed in other people and studied the situation or environment that leads to depression, if the appropriate changes are not made, can lead to chemical imbalances in the brain. If any psychological imbalance exists long enough it will manifest itself physically and therefore chemically. Long-term use of anti-depressants or other pharmaceutical products offering emotional and energy enhancing boosts or “cures” usually leads to a need for stronger medication. Long-term use of antidepressants can desensitize people. Long-term use of any psychotropic medication, a type of substance abuse, can also create an addictive personality if the person or psyche is undisciplined. This is usually of an emotional and physical nature. Long-term desensitization and ego-inflation can also lead to neurosis and psychosis.

While using antidepressants, as an example, what develops is the body’s inability to manufacture serotonin due to the effects of serotonin re-uptake inhibiters. This atrophies the psycho-neurochemical processes necessary for healthy psychic functioning. This is responsible for the need for increased dosages over time. This might also include the development of other forms of lifestyle used to compensate for what they are lacking. Quite often this is in the form of some type of addiction. It certainly manifests itself in the way they interact – or do not interact – with their environment. Antidepressants are one of the most widely used and abused psychotropic medications on the market today. These types of medications actually cause people to become desensitized to other people. These drugs induce people to “voluntarily” become more unconscious – they become conditioned to an “ability” to deal with unacceptable aspects of their environment or themselves. Because of unnatural medications they do not have to experience a natural incentive to make appropriate and health-enhancing changes. This desensitization makes them far less sensitive to the impact they have on other people and themselves. Even the unhealthy aspects of the environment seem “all right” to them. It enables and in fact promotes people to become less careful and aware of dangers and unhealthy conditions in their living space. It cuts off compassion and connection to other people. As mentioned, it creates neurosis and even psychosis – pure ego inflation.

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When Sensitives are medicated with deadly neuroleptics for long periods of time they become scattered and fragmented. Because of their sensitivity they may be aware of the unhealthy nature of their environment and the unhealthy superego. Because of confusion induced by medication, conditioning and fear, proper identification of what is actually unhealthy is not usually possible. They become entrapped in the shadow-infested superego. Most psychotropic medications will smother and dampen the actual life force. Under natural conditions this power would push a person to reach outward and upward to higher levels of aware consciousness. The usual treatment of psychically sensitive people, as described above, creates a scattered awareness within a mute-lated and controlled ego and a buried, encaged (medicated) and therefore festering – and in fact because of repression, more autonomous (sabotaging) unconscious psyche. This can have a devastating impact.

These people's heightened awareness gives them cognitive glimpses of the human psyche deep within themselves and beyond. In the fragmented and confused state I am describing there are longer-lasting repercussions because of the forcefully unbalanced vibrational and energetic dynamics that are experienced. This refers to their own psychic environment, between themselves and other people and the wider environment. In referring to people on neuroleptic medications, rather than saying that these medications cause fragmented psyches, it is better to say they shatter psyches. I know this from personal experience and research I have done on the nature of mind. I have researched information gathered from medical texts, written sources of knowledge, testimonials and observation. Some of my insight has been attained through years of meditation. Another source of insight is the study of mythology. The psychological realities these metaphorical stories try to teach people and the roadmaps of the psyche they can provide have been and are an enormous resource. It is most effectively useful if people realize that, although it describes the human collective psyche and its processes, mythology also describes individual psychological dynamic processes and a roadmap to maturity.

People on neuroleptic medications become sitting ducks to any abuse that comes their way - which they end bearing quietly else they "get in trouble". Being in semi-conscious contact with the larger (collective) human psyche (you know, the vibs you feel when you walk into a room full of people or when individuals and groups of people send attitudinal vibes towards the scapegoat recipient), which everyone experiences at some level and to some degrees. In many cases victim scapegoats take on aspects of the collective anger and guilt. Because of systemic violence associated with the various social stigmatisms and ostracism commonly experienced by social scapegoats – who almost always end up being

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labeled mentally ill - these people often (literally) end up taking on fears, ridicule and disgust directed towards them. Never mind safe spaces – some scapegoats are bombarded by these dynamics 24/7. Especially in today's world, the worst of these dynamics and projections most poignantly refers to suicidal. Neuroleptic medications leave victims psyches completely flaccid and open to the full effects of systemic and social violence, attitudes and influence.

In today's world more and more of people who might be included among the above mentioned scapegoats are being swept from the streets (homelessness as with mental illness has been criminalized in many places). However, given the power of social justice warriors, the politically correct and of course social media, the dynamics once apportioned (projected) to society's social scapegoats still apply when applicable – but they also apply more and more to a wider population of people conditioned to be so by the "education system", media and, to put it mildly, peer (various social) pressures.

Considering the origination of scapegoats and what their actual, ritualistic purpose was, we can see that when people commit suicide, quite often they are in fact actual blood sacrifices. Similar to any type of sacrificial ritual, the actual sacrifice has the affect of temporarily relieving other people of their repressed, unconscious urges. It also provides temporary energy requirements to the same people. If a person takes the time to actually research and study the dynamics behind and purposes of blood sacrifice in satanic ritual, what I am saying, in a psychological and energetic sense becomes apparent? Within society these dynamics are maintained by hypocrisy, bigotry and the projections sent out by people towards their target victims. It is also because of these dynamics, especially as they relate to the superego, that an exaggerated and oppressive inner police state might develop. These people usually have been abused, traumatized and conditioned to turn these dynamics inward.

The unrecognized psychotics and sociopaths are the desensitized individuals who project these contents outwards, onto their targeted victims. In a very real sense they become perpetrators in service to the collective shadow of humankind.

Those Sensitives who are medicated and controlled remain in touch but not necessarily tune with society's collective guilt. Many of these people have weak personal boundaries. They don't have an ability to delineate where their personal psyche ends and other people's psyches begin. In a state of such confusion, the affects of scapegoating and labeling cause them to take ownership of other people's projections – guilt, anger, fear and other unhealthy emotions. The result

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is the individual's unconscious or inexplicable anger, suicidal tendencies, panic and so forth. In this confused state, these people become society's victims or they are impressed into service to the shadow. Usually they simply become sacrificial victims providing energy to sadistic perpetrators – neuroleptics have the same deep psychological affect as straitjackets. Try to imagine for a moment what it might feel like to be a traumatized and brutalized person who is frightened to death. Frightened and struggling to break free from the restraints of a straightjacket or being locked up in a severely confined space. These are exactly the same dynamics that are present when a sadist tortures their victims – to steal the pain-filled and frightened energies the victims gives off during such times. These are the same energetic thefts that take place when a woman is raped, a person tortured or otherwise terrorized by a psychopath. When we are told that rape has nothing to do with sex, this is a truthful statement. The motivating purpose is sadistic violence. As outlined throughout this paper, people forced to go on neuroleptic medications tend to carry and take ownership of the projections of the collective psyche. This is what happened with Hitler when the German people, psychologically centered in him, carried the world's collective psychosis. Hitler and the Nazis became psychopathic perpetrators. As I explain in various places in this book, there is a fine line between the psychological characteristics of a masochist and a sadist. In the first instance the pain, guilt and other nihilistic elements are turned inward; in the second they are directed outwards onto other people. Because of our greater connection with each other these dynamics are also two-way.

Consider the possibility that a very sensitive person may experience true mystical experiences. Combine this with the psychic crucifixion that takes place resulting from what I described above. Under these circumstances, it is quite understandable to see why some of these people might experience ego-inflationary times when they feel Christ-like.

The above dynamics are devastating to many people. Many recipients of this "treatment" simply give up. These dynamics occur throughout society on different levels. When psychotropic medications are distributed on a mass scale, this is able to achieve for a short time what any type of traditional dictatorship tries to achieve; until the people rebel against such oppression. In today's society, for the time being, everyone is supposed to pop a pill, buy their lottery tickets and keep a smile on their face while they shop-till-they-drop…ah…those that can afford it.

In the beginning stages of developing higher levels of awareness a certain amount of filtering is required; a certain amount of inattention by the conscious mind. This "prevents the self-system from being overwhelmed by its

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surroundings."[89] This would demonstrate the innate balancing capacity of the human psyche. In our high-speed, mechanized and highly controlled society, this natural filtering and balancing, in many cases, is out of whack: they instead become addictions. On the other hand, the healthy aspects of this process could be speeded up in some traditional societies and certain areas in all cultures that recognize the higher levels of the psyche. In these societies and circumstances, if people demonstrate a potential to reach these higher levels, quite often they find proper guidance. This would safely allow them to explore and possibly reach higher levels of existence, instead of having this natural curiosity killed.

In the case of double binds, and I am referring to environmental ones that are expressed and eventually made manifest in psychological and material ways, repression is a natural outcome.[90]When people are placed in psychic double binds resulting from the above dynamics, the results are not very different from the experiences of people who have been sexually abused. People distort, delete and rationalize the realities of these experiences in order to survive – they filter out a certain amount of reality so that their "conscious" psyche is not overwhelmed. I have come to see that the term "double bind" refers to a psychological state and subsequent action that results in the blockage of healthy, dynamic movement – it also refers to that inner double, our shadow that some people refuse to acknowledge. This is done primarily on the unconscious levels of the psyche – by that aspect of the shadow-contaminated superego we are not normally aware of. Naturally, this is assisted by the physical and psychological actions of perpetrators. Perpetrators affected and controlled by these same shadowy contaminants. This can be referred to as "double speak", the term George Orwell used to describe this phenomenon in his book "1984. " Using metaphorical imagery in much the same way that myths convey psychological reality, Orwell described many of the dynamics I have been discussing in this book. The severity of these dynamics affects a greater depth of the psyche than is usually appreciated. In part three of this book I will explore these dynamics more thoroughly, especially when examining the dynamics of childhood sexual abuse.

Repression exists on a continuum from severe Dissociative Identity Disorder to severe neurosis or psychosis. Neurotic and psychotic people that are undiagnosed are quite often good enough actors to continue operating within society and society's (sometimes) superficial functions. If they do not turn the dynamics inward and resort to societies psychically debilitating inducement to

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[89] Ditto

[90] Ditto, Pg.100

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self-harm, they usually project these dynamics outward in the form of hypocrisy and bigotry. These people become sadistic on a continuum. Their addictions, if they are intellectually talented enough or physically brutal enough, are related to the control and humiliation of other people. When combined with deep archaic structures within the collective, especially the repressed shadow aspect, we begin to see the effect.

Turned inward, these are also the symptoms that might ensue from Scapegoating, bigotry, and manipulation. This is especially true of that severe example of victimization, “schizophrenia,” that catchall category that claims everyone who is undergoing a deeply mysterious or potentially transformative mental process without proper supports. Although a condition referred to as schizophrenia can pertain to an actual psychological debilitation, people usually referred to as having schizophrenia are usually experiencing a process that can’t neatly be fitted into any one category of so-called mental illness; categories of collectively tortured psyches. This can also include people who are under-going naturally induced processes, people who are naturally gifted.

The important point to be made is that certain dynamics cause people to edit their psyches[91]in such a way that repression, projection and other malfunctioning aspects of the psyche develop. When this occurs with people who are in positions of trust and power over other people, over vulnerable people, this is cause for alarm. This statement applies in many more cases to mental health workers than it does clients. Many clients, having control exerted over them from extra-personal sources or being otherwise conditioned, end up in severe double binds. This can so affect the person psychically that they become conditioned to be their own jail guard. I am referring to the development of an inner psychic police state. Imagine a situation where you are having such a difficult time deciding whether you should or shouldn’t do something, even the simplest task. Imagine a sense of panic when you cannot make even the smallest decision to do or say something – you become so paralyzed you cannot even move or talk. Then realize that placing people in double binds for long periods of time can actually condition people to act or react in ways approaching what was just described above. We all know of or have seen examples of people who have been so physically brutalized this happens. Try to imagine this happening from psychological brutalization.

A perfect movie representation of similar dynamics would be “A Clock Work Orange.” In this movie a person’s socially created, violent personality (and his

[91]Ditto

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mind) is massacred by a severe form of behavior modification. He is so conditioned that he will not act in self-defense to even the most brutal physical assaults directed his way. He does not know how to neutralize these things in a non-violent way, so he became a defenseless sitting duck within a severely violent society. As scary as this may sound, Charles Manson was partially right when he stood up in the courtroom and blamed society for creating him. He was only partially right because he refused to take any responsibility for his actions. In this sense he was just as just as guilty as the society he accused, in fact more so. Interestingly, I once spoke to a person diagnosed with schizophrenia who said, definitely tongue in cheek, that Charles Mansion was his mascot for just that reason. The difference was that this person demonstrated a well-defined sense of responsibility. It was simply the dynamics that Manson expressed in the catalytic and developmental sense that he agreed with.

The creation of a condition known as “schizophrenia” is one of the most abused diagnostic tools used to ensnare Sensitives. I have heard horror stories and personally experienced doctors attempting to fit psychic processes they do not understand into some category they can classify as pathological. I have seen people’s minds and bodies destroyed, not from the potentially transformative cleansing process they were going through but from a roller coaster of different types of psychic and physiologically destructive neuroleptics they were placed on. The subsequent labeling and medicating results in the creation of paralyzing double binds – they end up being treated no better than Guiana pigs. The devastatingly sad part is the hopelessness and destruction of hope, self-esteem and the creation of fear. Is it any wonder many of these people may display fear under these circumstances? After a paranoid, incorrect and narrow-minded diagnosis is made, they are then handed a death sentence. They are told they will always be on medication, will only get worse and that the condition is permanent. Most deadly, they are told only to rely on the experts: bang. In other words, they are sometimes destroyed by the very mental health system that is supposed to help them.

Abstract:[92] “Prominent psychiatrists are stating that schizophrenia is a brain disease like Alzheimer’s, Parkinson’s, or multiple sclerosis.’ These statements are disconfirmed by scientific facts: no neurologist can independently confirm the presence or absence of schizophrenia with laboratory tests because the large majority of people diagnosed with schizophrenia show no neuropath logical or biochemical abnormalities and a few people without any symptoms of

[92]“Unethical Psychiatrists misrepresent What id Known About Schizophrenia”, Al Siebert, Ph.D. http://www.antipsychiatry.org/siebert.http

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schizophrenia have the same bio-physiological abnormalities. People with schizophrenia do not usually progressively deteriorate: most improve over time. Psychotherapy and milieu therapy, without medications, have led even the most severely disturbed individuals with schizophrenia to full recovery and beyond. Many people diagnosed with schizophrenia have recovered on their own without any treatment, something never accomplished by a person with Parkinson's, Alzheimer's, or multiple sclerosis." As with many other so – called mental illnesses, so called schizophrenia is one of the most terrifying aspects of psychiatry's attack on mysticism and the human soul. What follows are some selected quotes further contained in this abstract that began with the above quote. Here are some common statements that truly illustrate the misrepresentation about what is truly known about schizophrenia.

1) "Schizophrenia is not "a single disease. Schizophrenia is actually a cluster of diseases" (p. 267). Statements to the effect that schizophrenia is "a brain disease" (singular) are misleading."

2)"Evidence for the brain disease hypothesis is weak. A few individuals diagnosed with schizophrenia show certain brain abnormalities, but the brain scans of most people diagnosed with a schizophrenia fall within normal ranges (Weikert& Weinberger, 1998). The brains of the majority of individuals with schizophrenia are normal as far as researchers can tell at present" (p. 499). In addition, rarely do studies with positive findings control for the effects prolonged use of neuroleptic and other drugs." This last remark echoes my own feelings, personal experiences, and what I have researched and observed. Politically and economically it fits in exactly with what I have been saying about abuses of power.

3) "The 'brain disease' hypothesis cannot accommodate solid evidence that many people completely recover from schizophrenia. Unlike Parkinson's, Alzheimer's, and multiple sclerosis, schizophrenia does not necessarily progress toward life-long debilitation. The belief that schizophrenic psychoses are essentially a progression toward dementia and death... is ... a tragic error. Nearly a third of schizophrenics recover for good."

4) "No brain disease has ever been cured with psychotherapy or the passage of time. Many therapists have reported observing full recovery from schizophrenia with psychotherapy and/or milieu therapy. In the Soteria studies, young adults diagnosed as acutely schizophrenic were stabilized with no medication and non-professional helpers just as well and as quickly as a similar group sent to a psychiatric hospital (Mosher &Menn, 1978). Many individuals

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diagnosed with schizophrenia have recovered on their own without medications or psychotherapy."

5) "Some people diagnosed with schizophrenia progress beyond recovery. A schizophrenic experience may in some cases have a beneficial effect on those diagnosed, leading to favorable changes in personality and psychological growth. For some, a schizophrenic episode appears to function as a breakthrough to a higher level of mental and emotional functioning…with many patients who receive intensive and prolonged psychotherapy, we reach levels of integration and self-fulfillment that are far superior to "those prevailing before the patient was psychotic."

6) "If Andreasen's speculations were true," physiological, biological, genetic and traumatic, "many people with similar 'genetic predispositions" would eventually develop schizophrenia from the multiple neurological trauma caused by chronic smoking and drinking, cumulative environmental toxins, viral infections, poor nutrition, an aging brain, decreased immune system efficiency, and early stages of such brain diseases as Alzheimer's and Parkinson's. Proponents of the "brain disease" hypothesis cannot explain why schizophrenias occur so consistently in physically healthy young adults, aged 16 to 25, but rarely in anyone over 40, regardless of any physiological stressor." I will assert that by that time, over forty years of age, the usual psychological expression of most people is heavily conditioned. Masked neurotic or psychotic behavior, by that time has been conditioned and assimilated into the machine.

I would suggest in this age group, ages 16 to 25, these young people are still in a highly psychically developmental stage of their lives. They are still relatively sensitive and the most sensitive people in this age group would succumb more easily than less sensitive people to society's psychic double binds, chaos and other symptoms that I have been discussing. Once people are past the age of forty or mid-life they have usually become conditioned enough to "the way things are" to not even bother trying to seriously question and search for the meaning of life, even though nature intended otherwise. If they do make a serious search, quite often they mature to higher levels of psychic integration.

7) "There is no "universal" recognition that schizophrenia is a brain disease. Like all other brain diseases... Medical specialties that deal with neuropathology and neurological diseases such as Parkinson's and multiple sclerosis have nothing to say about the schizophrenias. Andreasen's claim of almost "universal" recognition of schizophrenia as a brain disease is also belied by statements from many psychiatrists and psychologists, clinically experienced with the

schizophrenias, who see no convincing evidence for the theory. Even the Diagnostic and Statistical Manual (fourth edition) of the American Psychiatric Association (1994), states plainly: "No laboratory findings have been identified that are diagnostic of schizophrenia" (p. 280). This statement highlights that the "brain disease" hypothesis stands or falls on simple criteria. A true brain disease must be identified and confirmed by laboratory tests. No blood chemistry, neurological, or brain scan test (or any other test) independently evaluated by a neurologist, biochemist, or pathologist who knows nothing about the patient's clinical symptoms is able to reliably discriminate between a person experiencing a first episode of schizophrenia and someone who is not (Andreason, 1997). ***However, such a test might well identify someone who has been taking neuroleptic medications for many years***."[93] Italics and bold letters are mine.

This last statement sends shivers up my spine, because many times I've had a thought to myself, and written it down in places. If I had have taken the tests mental health staff and family members several times tried to get me to take I have no doubt I would not have passed "the test." I was "incarcerated" at a hospital for a short time for an assessment following long-term severe traumatic abuse before and then during my stay there. While there, the extremely disorienting and debilitating medications they had given me at the time and their extreme side effects certainly made me feel insane at the time. This was combined with machine-like indifference and relatively sadistic treatment. My "treatment" would have ensured I was unbalanced enough to have been forced into one of their pathological categories of mental illness. Interestingly, the most important files I requested after this incident were not even given to me until years after the incident. They contained many bogus statements, accusations, evaluations, etc. These were things I could easily have defended against at the time if I had have been told of them. I spoke of these and other terrifying things that happened to me in the preceding chapters. Combined with what I had to say in that chapter, this chapter's focus and perspective should make a few people feel rather horrified.

But now, as I research the topic I find hard evidence for the illusion of a test for schizophrenia. "Schizophrenia" has been manufactured, like any machine, to control and destroy people's lives. The prime incentive for this is profit and to enable some very sick people within society to try to force other people to carry their sickness. I get outraged thinking of the thousands of victims that fall prey to the beastly machine in this manner. I get calmly livid as I research and see there

[93] "Unethical Psychiatrists misrepresent What is Known About Schizophrenia", Al Siebert, Ph.D. http://www.antipsychiatry.org/siebert.http

is no scientifically objective and verifiable test for schizophrenia. I imagine the same holds true for other so-called mental illnesses. After all of the trauma and abuse I had endured, possibly, I might have failed their "test." There was certainly an intelligent intuition working for me that lead me to refuse to take the test. Today, I have recovered absolutely and overcome all of the categories and labels that were forcibly placed on me. The exception to this is a need to use puffers to prevent asthma attacks – symptoms of the long-lasting affects of trauma. After I disproved one label or diagnoses, they would readily find another but eventually even that black bag of goodies ran dry. When their attacks on my character finally came to an end and I pretty well had to live like a saint to do it, then I finally found some space to attempt to develop as a human being, as The Creator intended. Today my most passionate desire is to do what I can to prevent other people from enduring the brutal treatment I have endured.

8) "Treatments" for schizophrenia are often worse than the "disease". Pichar stated that when people stop taking their medications 'the consequences can be very severe'. What Pickar did not report however, is that withdrawal symptoms can be disabling and mimic psychosis (Cohen, 1997) and that long-term drug use may be quite harmful. Neuroleptic medications may cause profound brain dysfunction and frequently lead to irreversible...This is a solidly established fact in psychiatry."[94]

9) "The real "tragedy of schizophrenia" may be that thousands of people diagnosed with "schizophrenia" are led to believe that they have a chronic, debilitating, progressive brain disease like the incurable diseases of Alzheimer's, Parkinson's, and multiple sclerosis. For many, this amounts to hearing themselves sentenced to a slow, painful and early death. Yet no one ever dies of schizophrenia, even when it is untreated (Mendel, 1998). Is this erroneous and misleading information contributing to the high suicide rates of people diagnosed as schizophrenic?" When this is combined with these people being forced to carry the projections and guilt of the collective psyche, the answer to this is yes. The other thing I will adamantly point out is how effective the power of suggestion can be. The power of suggestion can be either a powerful psychic tool or weapon. I will discuss this later but for now I will say it is profoundly irresponsible to ask someone if they are going to consider committing suicide if there is not a substantiated reason to do so. I have spoken with various people who have used mental health services. Many times they have stated they never even remotely considered certain trains of thought until they were introduced to the idea by the

[94] "Unethical Psychiatrists misrepresent What id Known About Schizophrenia", Al Siebert, Ph.D. http://www.antipsychiatry.org/siebert.http

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therapist. I can also make similar claims. The power of suggestion is recognized and restricted accordingly when interviewing children about whether or not they have been sexually abused. The same common sense rules of protocol should be applied in all psychotherapeutic interventions.

This next statement is perhaps the most important statement that can be made in respect of Sensitives – people diagnosed with that catch-all-net phrase "schizophrenia."

10) "A person diagnosed as having schizophrenia is expressing thoughts, feelings and behaviors very disturbing to others and usually, but not necessarily, disturbing to the person expressing them."[95]

The reason this statement is so important is because this population of people are expressing, through their psychic flood, what has been collectively and individually repressed through oppression and conditioning within the machine. This population more than any other has the potential of bringing to light the shadow that has plagued, manipulated and poisoned humankind for hundreds of years. They are treated in a way similar to the way Christ was treated by the Romans. What he tried to teach humankind was politically dangerous to the Roman dictatorship and religious-political institutions of his homeland. Similar to Jesus and his message of true psychic health, this population of people labeled with the condition known as schizophrenia, is perhaps the most potentially powerful political opposition the machine and those powerful people that control the machine has ever faced. These people are more sensitive and aware of humanities collective psychic imbalances than any other members of society's population. As a little aside: many people do not realize that at the time of Christ's death, crucifixion was a method of death reserved for political opposition, for "enemies of the empire". Thieves were not put to death in this way so it is a mythological addition that thieves were crucified along with Christ. This was perhaps a later, religious – or political – installation into the story. In a spiritual and symbolic way this imagery makes perfect sense. It expresses the symbolic crucifixion that, under natural circumstances can eventually lead to individuation and rebirth. The thieves represent the "Whore of Babylon, the emotional and energetic vampires that exist and operate in the manner I have been discussing. In today's political society, the image of crucifixion is not simply a symbolic

[95] "Unethical Psychiatrists misrepresent What is Known About Schizophrenia", Al Siebert, Ph.D. http://www.antipsychiatry.org/siebert.http

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representation of religious meaning. It is reality. People become psychically imprisoned and crucified rather than physically. The point I am getting across is that Jesus was dangerous because of his psychological and spiritual awareness. He was a true revolutionary and healer. He was a leader of people because of his ability to speak to the masses of people – and heal them. Am I comparing Jesus to people labeled with schizophrenia? No. I am comparing and drawing parallels between Jesus and the collective energies breaking through the unconscious barriers of the collective and individual psyches in today's world. This is why many people are being pharmaceutically crucified, only this time on a mass scale. The personal is political.

The above section on schizophrenia is simply another example of the many factors in the creation of a nihilistic society, seething in unconscious self-hate. This can only be overcome by becoming aware of these dynamics on a large scale.

In attempting to raise this awareness, related to the political and social obstacles that are confronted in today's world "He no longer simply translates his self and world via 'normal inattention." This mistranslation results in both a symptom and a symbol and the job of the therapist is to help the individual retranslate" these dynamics; to place "his symbolic symptoms back into their original forms by suggesting meanings for the symbolic symptoms."[96] As Wilber states, true psychotherapy has to involve the ability of the healer to help a person experiencing the confusion with the symbolic symptoms. The client has to be assisted in reinterpreting them back into their proper meaning and context as they pertain to the client's psychic and experiential reality. Today this needed therapy is required for our multiple personality and neurotic-psychotic collective psyche – society at the deeper levels. This means breaking down society's collective denials and subsequent projections. In fact, on a mass level what these symptoms amount to is a devolutionary spiral back to a psychological level where participation mystique rules people.

People are controlled through the unconscious or subconscious levels of the collective psyche – primarily the shadow infested superego – because on a mass scale humanity is locked into a lower-level, materialistic mindset. They are ruled by the material world in the same way primitive people projected aspects of themselves onto their material environment and then worshiped it. If people find this difficult to understand, compare the way primitive people used to look upon powerful manifestations of nature – thunder, lightning, storms, etc – with the way

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modern humankind expresses reference and worship for – first and foremost – material manifestations of wealth, especially money and other forms of "power;" that boost their egos. Egoism is the most material aspect and level of psyche because it only identifies with material aspects of existence, including image, personal power and other forms of illusion. In addition, ego disappears with the material disappearance of the body.

From a health perspective the Soul, individual and world (ahh…is there a difference?), is contaminated by a pissed off and neglected shadow. The energies of our inner man and woman have been sabotaged, by the shadow and by the more primordial levels of the psyche, contaminating the collective super ego. On an individual basis this therapy must begin with the identification of and refining of feelings associated with the symbol-symptoms. I am primarily referring to what has been repressed by conditioning and the unconsciously contaminated superego. These are "mistranslations" that result in the distortion, repression and substitution for what is repressed. In one sense it can be said that this is a decision made by the individual not to remember, even if the decision is unconscious. On one level this might be true. What must to be taken into account are the coercive elements within the collective, both psychically and materially – body and mind cannot really be separated - that contribute to this individual and mass repression. We see the various diseases and illnesses that attack our bodies when these illusions are maintained in a dominating way. It is imperative to always recognize the inseparability of the individual and collective psyche.[97]

When Wilber states that the superego is frequently masochistic and severe, in appreciation of the areas we have already covered, we can also say it is frequently sadistic. Later, in my exploration of these dynamics and imbalances as described in this book, we will see that masochism and sadism are really a mixture of both. When a person is sadistic to another person, then he or she is also being masochistic to an inner aspect of himself or herself. This is because the individual psyche contains within it the whole of the collective as *well.* [98] Looking at and understanding the psyche in this way will assist us in understanding how the development of the "perfectionist police-state within" takes place.

Because the superego is hidden in the unconscious, the usual ego-awareness of a person cannot see it. By consciousness-raising, by becoming aware of the shadow-infected nature of the individual and collective psyche, people can enter

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[98] Ditto, 102

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into a realm of existence where empowered opportunities for choice are actually available. Types of consciousness-raising, either in the form of psychotherapy, meditation or a combination of both can bring dynamics to light on an individual and a collective level that would shock most people. In the absence of consciousness-raising Wilber states unequivocally that the most violent expressions of this forced repression takes on its most pathological and violent forms on the ego level of human development,[99] both individual and collective. All we have to do is look at the violence, greed, bigotry and revenge tendencies prevalent throughout world society to see the truth of these words.

If we do not address this psychic sabotage, evolution will not move forward. We can only emerge into higher levels of psychic reality, individually and collectively, if this forward movement takes place. Under natural conditions, movement to these higher levels would take place.[100] This illustrates the need to put back in balance these natural dynamics and conditions. This applies as much to an individual's inner psyche as it does to the outer psychic and physical environment. So we see that bigotry, with all of the various elements and nuances to the meaning of the word, is the #1 obstacle to these developments. Having been forcefully repressed we have to uncover the true causes of bigotry and hypocrisy for evolution to continue. We have to move beyond the control of people by the collective superego level and through that avenue, individuals. If not an actual awareness, we have to at least consciously acknowledge and appreciate these dynamics. This would have a greater unconscious impact, for the better, on people's conscious experience than one would at first imagine.

Regardless of the multitude of reasons, society's negative attitudes about the possibilities of reaching higher levels of the psyche have taken away the incentive for many people to pursue these goals. Instead, we have created intellectual and social defenses against transcendence and growth into these higher levels of psychic functioning.[101] This is being enforced by the collective superego, contaminated by the enraged shadow. As I am stressing, this can only be alleviated and healed through therapeutic consciousness-raising, individually and collectively. As we will see later, once a certain amount of consciousness is attained, natural developments then begin to operate on their own.

I once read a book that described people's fear of psychic "liberation;" a fear of becoming true individuals (I cannot recall the name of this book). Let's face it: it

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[100] . 103
[101] .Ditto, Pg.103

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takes true courage to flow, in a civilized manner against the womb-like comfort of the herd, against the "normal" functioning of society, especially in today's world. I read that book years before I developed an interest in these things, long before I actively began to research and study them. There are some truly informative and knowledgeable books available that can offer deeper insights with every reading, especially after additional information or knowledge has been gleamed through life-experience.

It is unfortunate that people associate and turn the practice of mediation into some sort of exotic and weird way of life. Some people even think it is some form of religion or only peculiar to certain religions. Meditation provides a natural evolutionary method that can teach the mind – the mind is not to be equated with the real psyche – to reach higher levels of the psyche. Meditation only seems weird or exotic to the ego. This is natural when we consider it is the ego that creates illusions of reality – illusions that have no actual basis of fact within the true psyche. Consider the whole psyche, including the real and true ego working in service of the whole psyche. A whole psyche of this nature would not experience meditation as weird or exotic – intuitively it is probably the usual factor impelling an individual to even practice meditation in the first place.[102] This is the new type of consciousness-raising that is required. Initially, it obviously has to be an individual endeavor and journey. It would promote independence and interdependence. It would also necessarily involve society and the collective unconscious.

The growing number of people today learning how to meditate is on the increase. This has to be encouraged. However, the further along the meditation path one goes, one has to guard against ego-inflation and the hazards of the collective psyche. While guarding against this eventuality the process of mediation, by its very nature will in turn impel the ego, perhaps grudgingly, to go one step further. It can then be put into subtler and less rigid forms, forms that it would rather think about conceptually and verbally.[103] This happens naturally as more of the ground unconscious, the higher subtle realms, is unfolded. In other words, to unite the logical, quantitative aspects of the psyche expressed through the left hemisphere of the physical brain with the more creative and subtle aspects of the psyche and that can then be expressed and made manifest in a civilized manner through the right hemisphere.

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[102] Ditto, Pg.105
[103] Ditto, Pg.106,

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In today's overcrowded and generally unbalanced individual and collective psyche, this process would definitely be more difficult to go through than it was in years past. The simple reason for this is the vastly increased population of people on the Earth today. The fascinating thing to consider is what kind of transition or developments would this have on hypocrisy and bigotry. I would suggest that in the absence of bigotry, a result of fragmentation and separation, many of the dynamics that keep these things in place would not be possible. Today there are so many ego diversions throughout society. These exist primarily in the form of materialism and associated ego complexes. These are expressions of an ego caught in the maternal or womb-like cocoons of obsessive society. These are ego-related obsessions dashing into emptiness, leaving little room for development in the psychic realm; leaving little room for evolution.

True meditation teaches the mind to "clean the house" of the very dynamics stemming from and that create bigotry.[104] I am referring to an area of the psyche that the medical establishment, psychiatry and most areas of psychology, and mainstream society olarchyed. It is now the main area of the psyche that the various psychologies, especially those few embraced by psychiatry, have to recognize and promote if they hope to be healers of society. Psychologies that recognize the realities of the higher realms of the psyche are similar in purpose to some of the methods used by the various living spiritual traditions in teaching and guiding a person towards – what they would refer to – as spiritual evolution. The psyche has an enormous impact upon the ways things manifest. They are influenced greatly by the thoughts within the psyche, conscious and unconscious. This naturally extends outward to include the collective psyche. This is obvious on the most mundane and physically concrete levels in the form of materialism. What is neglected and now has to be taken into account is the power for directing what is made manifest. Responsibility has to be taken for what people build and construct within society, aside from what nature does on its own. First and foremost this refers to mental constructs. We have to consider all levels of the psyche and their impact on conscious thought. They are far beyond what people usually acknowledge. Taking into account everything that has been discussed this far, I believe the urgency for society to do something about this becomes apparent.

The Perennial Philosophy is a tradition that describes the foundation from which all of the mystery and spiritual traditions, all traditions of the psyche sprang. This tradition clearly states that, ultimately, matter is created out of mind. This begins at the lower levels of the psyche, expressed for example by the

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minds ability to physically bend a spoon or affect what is being observed – a wave or a particle. The mental act of perceiving and measuring are the beginning stages of creation because of the affect even this, apparently trivial, process has on matter.[105] This can either result in negative or positive actions. These dynamics can be seen and expressed simply by the attitudes a person or people hold and the affects on the environment. This is profound in light of what science and society promotes or condemns. Society promotes quantitative perception and the "crucifixion" of the imaginative, creative and higher levels of the psyche. Imagination is necessary for unleashing the full capacity of the psyche. When I use the term unleashing, I am not only referring to it in the sense of unleashing an explosion or bombardment in consciousness but also in the sense of taking a leash off.

Beyond the ego level the unconscious and collective psyche has a greater impact on decision making than is consciously understood or acknowledged by most people. Most people would think that their decisions made in consciousness – "I think I will do it this way"- is the first origination of these particular thoughts in their decision making process. But there is a mental-psychic process that takes place, a great part of which stems directly from the individual and collective unconscious. Being unaware of this, the result is the illusion that their first conscious conceptualization of something is where the thought began. In fact it began a long time ago. This last sentence has more and greater truth to it than most people could imagine.

Physics is only a beginning point for understanding transpersonal psychology. It is an extremely important beginning point because it provides the concrete reality of physical manifestation. It provides the lowest but initially most grounded and stable area to work from. In reference to an evolution of the mind, these are the roots closest to the surface into which a person must delve utilizing internal meditation, with a conscious perception. A purely intellectual or ego perspective in the beginning stages is necessary. Then, after the mind has developed to a certain level, a Zen-like process could be used to break down this intellectual perspective. Egos filtered and ultimately illusional reality could be brought to a point of stillness so that clear understanding, without intellectual clutter, can shine through. Regardless of what worldview is considered when the psyche is taken into consideration, the mystic's worldview cannot be discredited.[106] How could it be discredited? It is far beyond what most people are able to achieve in consciousness today, let alone what modern science or medicine recognizes. In

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[105] Ditto, Pg. 131
[106] Ditto, Pg.131

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other words, intellectual pursuits can only be a starting point in beginning to understand reality, including psychological experience, the higher levels of which cannot be put into words and categories. It is segregation and categorization that mutilates and distorts the reality of the psyche. In this sense, modern medicine, psychiatry and the mainstream psychologies are extremely limited in attempting to heal society. This goal is inhibited generally because of society's materialistic and quantitative approach. We must include but go beyond a traditional medical and technological approach. We don't want to learn how to be functional in a dysfunctional society. We want to learn how to promote health, our well-being – evolution.

Once an individual transcends the purely personal contents of the conscious and unconscious psyche, research by a multitude of individuals indicates that an interesting phenomenon is encountered. Because of the holographic nature of the human collective psyche, evidence suggests that "a holographic blur" is encountered by the individual experiencing the journey through to the higher realms or levels of the psyche -[107] the Dweller on the threshold? Regardless of the name, this indicates a requirement that a person experiencing and traveling through these stages have a strong ego; not a false, overly segregated and alienated ego. A strong, healthy ego is necessary – this prevents an individual from being engulfed in this chaotic and abyss-like blur.

Today, traditional medicine treats a person's experiences of these states of mind, stages on the journey to wholeness, as "different" or "abnormal", whatever that means. This is not what nature intended and is unnatural. These experiences are treated as pathological aspects of mental illness. Depression, anxiety attacks and so on are symptoms of abuse. The psychological affects of abuse are related to the sensitivity of individuals who subsequently experience this psychic state-of-mind. These are, possibly, experiences of people touching these chaotic and abyss-like blur – this is not mental illness. Remember the psychic retreats I mentioned earlier that victims of abuse make in an attempt to distance themselves from these experiences. People experiencing the more mystical aspects of these psychic states-of-mind should be guided through these phases and processes by experienced persons who understand them: by teachers. People who have pathologized and lack understanding of the human psyche should not attempt to assist people in this manner. Because of their limited, fragmented and unrealistic understanding of the human psyche they will only handicap and disempower these people. How can they heal people when they only focus on pathology and the pathological ability of being able to

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"function" within, and maintain an unhealthy collective and environmental way of living and being in the world.

Within the human psyche, holography is only possible utilizing the elements of memory, both collective and individual. This holography is accomplished by "mathematical transforms." This creates the ability to make them become manifest and perceived by the filter of the human mind. This is the origination of the "substance" that allows the creation of these manifest perceptions to come from the higher realms. Obviously, this is a necessary and natural process, where the "material" aspects of the human psyche becomes and flows out of "no space no time frequencies."[108] Although most of modern society presents as "psychotic" an appreciation and apprehension of this reality, it is in and from these higher realms where past, present and future merge into an eternal state of being, of "now-ness." It is a realm that contains all potential. It is before or prior to the concepts of these three mundane manifestations. This is wonderfully described by the Judeo-Christian Cabala, the Tree of Life. As manifestation becomes more "substantial" and material the Cabala explains how it takes on the lower level expressions of the psyche and the material world. This is a world that can be identified and objectified by physics. Even the dualities of masculine and feminine, in other words, manifestation, come out of pure potential. Manifestation comes out of, as the Cabala calls it, "no thing," Kether, the 1st emanation and source of all manifest creation including the human mind. Kether is the first manifestation or emergence out of the void of pure potential. It is that from which all else emerges.

Usually, psychologists do not deal with or acknowledge any reality of the psyche beyond the ego levels. As a result they do not adequately understand these aspects of the psyche, the higher realms of existence. These realms of the psyche are areas where measurement and concepts of quantity become meaningless in attempting to understand them. This illustrates that, for example, psychiatry as it is presently practiced, would necessarily reach a point where it becomes obsolete in attempting to explain these psychological or experiential states of mind.

It is well known that person's traveling through these advanced psychological states of consciousness have to remain well grounded in order to prevent mental instability. Similar to the Judeo-Christian cabalistic Tree of life and Western and Eastern alchemy, Yoga is a practice designed to promote integration with all levels and realities of the psyche that is possible for a human being to

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experience. Yoga, in fact all traditions associated with this type of psychic integration, for a long time has known of and taught how important it is for a person to stay well grounded in the here-and-now of conscious reality. This demonstrates society's need for healers who are indeed knowledgeable about the human psyche – people who can guide one through these levels, not cripple and reverse the process. Only those persons who have traveled into these realms themselves can act as guides for other people that might follow them.

When these realities are recognized for what they are, it becomes clear that there is a huge difference between consciousness at the lower levels of the psyche and the material world and states of consciousness that transcend this lower level. In the first instance, the movement is downward toward lower levels of the psyche, towards confusion within a shadow-contaminated superego. In the second instance the movement is upward, far beyond the lower levels.[109] In this respect, society's pathologization of these realities forces people who are expressing potential to reach the higher levels of the psyche into arrested development. Then they are forced into a downward spiral, back into the lower levels they have been trying to become liberated from. These people are forced back into the shadow-infested false ego levels. This is a crime against humanity and the human evolutionary potential that can be found within all people.

Are we beginning to see how important consciousness is while experiencing these states of mind? If a person becomes more unconscious instead of more conscious, evolution is prevented. This happens, for example, with people who are medicated, repressed and mute-lated. When the libido is forced downward instead of guided upward towards the direction the psyche, it is forced towards the primitive, typhonic, and oceanic, the pre-temporal realm of consciousness. This also happens when only the ego and materialism is taken into consideration. Movement towards the trans-temporal can only take place in a state of a consciousness; consciousness that has withdrawn its projections and objectifications of the material world. When these projections are withdrawn, the reclaimed psychic or libidinal energies can assist with this consciousness-raising. This is cyclical in a healthy sense because it is reciprocal and life enhancing, like the seasons of the Earth.

To review, while experiencing the upward and outward movement of the psyche, one cannot lose the foundational contact and stability of the concrete "here-and-now." This awareness is necessary to prevent getting lost in the trans-temporal realms. This ability requires an ego in service of the whole psyche, not

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the other way around. This prevents ego-inflation, confusion and chaos. Ego inflation occurs when ungrounded people touch the higher realms of the unconscious psyche – I am referring to both the collective and higher spiritual realms of the psyche. In a state of ego-inflation a person will take these higher realities to be who they are, forgetting the collective, trans-temporal and all-inclusive nature and realities of the psyche. They won't feel Christ or Buddha-like – they will think they are Christ or Buddha. Staying in the "here-and-now," what the psychologies refer to as reality testing is very important. Ego-inflation and the resulting chaos is a concrete example of the idea of holarchy, where the parts, the foundations of the lower levels are lost, forgotten or ignored. Then the super structure above it will crumble, in this case people's psyches. A more concrete example is a large building. Above the foundation the structure may blaze upward to become like a huge cathedral or office towers, reaching into and touching 'Heaven'. However, if a person begins to take out segments of the foundation that the mighty structure rests on and emerges from, eventually the whole structure will collapse. I think many people have read in the newspapers or seen on television where huge buildings have collapsed because the foundations or lower levels had not been strong enough to provide support to the rest of the structure and its accompanying weight.

Therefore, although we have to emerge from the lower levels of the psyche as nature intended, we cannot devalue or do away with any of them. Respecting and staying in touch with the lower levels of the psyche is necessary to support the loftier heights that a human psyche is capable of attaining. What is fascinating is that a well-grounded individual, who has developed the ability to traverse the various levels of the psyche, consciously, would have access to the "storage bin of personal memory."[110] This would necessarily include humanity's collective memory. This is because of our psychic interdependence and the reality that each individual psyche contains within it the whole of the human collective psyche. Consider the immensity of this reality: at the deepest and most whole levels, the individual psyche is inextricably connected with the whole of the collective human psyche. The collective historical psyche of humanity is a part of every individual psyche as *well*. Based on this reality, I will leave it up to the individual to see other possibilities and explanations flowing from this.

This could account for everything from memories of past life experiences to a psychic ability to work with law enforcement personnel to solve crimes. The latter would be an example of a disciplined and sensitive person's psychic ability to read and identify psychic residues that remain in place after the actual crime

[110] Ditto, Pg.133

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took place. This would be an example where memory is utilized; it would also be a concrete demonstration of the physical reality of brainwaves and the lower level astral or psychic realities in the manifest realms. These are not to be identified with the physical structure of the brain itself. The physical brain is a container, a filter and mechanism for psychic expression. The physicality of brainwaves illustrates how one individual psyche can “materially” and psychically influence other individual psyches. It explains the quantum reality of the wave-particle duality. As I asserted elsewhere, radio waves that are created and sent into space are in a very real sense indestructible – instruments and concepts have scientifically proved this. Brainwaves that can be recorded by EEG are also real. Brainwaves and thought-forms cannot be destroyed but they are different. Unlike the dynamic movement of actively generated brainwaves, thought-forms are the psychic residue of an experiential reality; it becomes an image.

In fact, what I am talking about is the indestructible reality of the individual and collective human psyche. The collective human psyche has a continuous and continuously increasing input of psychic energy – increasing because of the ever-increasing population of the world. The collective is a huge thought-form that is constantly growing and emerging; it is not static.

These potentials and their realities reinforce the importance that an individual searching or extending into these areas of the psyche be as conscious as possible. This prevents confusing their own memories, thoughts and feelings with the collective memories and projections of others. This indicates how important it is for individuals to be as free of repression and repressive attitudes as possible. Consciousness and an awareness of the reality of higher, collective psychic energies/archetypes and universal thought forms will help to protect one against individual ego-inflation.

So, at the deepest and highest levels of the psyche; looking inward and in-depth in order to see outward at higher levels; by appreciating the archetypal levels of the universal psyche, we cannot deny that the personal is political and the political is personal, in the most profound sense imaginable. As all the great sages, saints and mystics have said throughout the ages, we carry the universe within ourselves. Personal consciousness can be a reflection of cosmic consciousness. Our personal reality is constantly being reflected back to us through our environment, both psychic and material. As the mystical and mundane aspects of the Judeo-Christian tradition teach, we are all “made in God’s image”. This concept is both paradoxical, looking inward in order to see outward but also inclusive; it is hierarchical and circular. It is pyramidal and

upward moving yet global and all embracing. We don't look for "God" outside of ourselves, we look within.

Considering the above, it is important to always remember the differences between the transform of space-time objects – lower levels of psychic manifestation – from space-time frequencies. Both can be observed by the human psyche, not only space-time objects but also space-time frequencies.[111] This would indicate a link between the physical, measurable and quantifiable aspects of mind and psyche and the qualitative building blocks, the frequencies out of which physical manifestation, brainwaves for example emerge from. The direction a mystic consciously takes is from the personal into the collective psyche, then transpersonal psyche. At every stage, however, the psychic state that evolved previously, the foundation, must be kept intact, in a constant state of expansion.

Therefore, our senses, which operate primarily in quantitative mathematical terms and concepts, are used to describe the lower psychic levels.[112] Going beyond the lower levels, as explained in the above paragraphs, this presupposes the ability of the mind to "tune in" with mental impressions of primordial and, higher up, archetypal structures. The archetypal structures are the psychic frequencies existing before they become space- time objects. Archetypal realities are universal realities of the human psyche at higher levels of awareness. I am not referring to the lower level, primordial or instinctual levels. Archetypal frequencies have actual physical volume that could be picked up by a mind that operates by mathematical analysis (mathematical transforms) within the space-time continuum or frequency realm – these can be picked up by the collective and therefore individual human psyche at the lower levels. However, an ever-increasing level of consciousness is necessary in order to make any sense of or rather, not to be engulfed in confusion when one encounters the archetypal frequencies. The lower levels of the collective human psyche are also the hardest ones to pass through so as to enter into the higher realms. This is because of the lower level's denser, material and more gravitational reality. This is compounded, given the chaotic nature of the human collective psyche, as discussed earlier.

People can and do develop navigational abilities to traverse safely into the higher realms of the psyche. The tools and conscious awareness that knowledge of these realities of the psyche can provide would allow even more people to

[111] Ditto, Pg. 134
[112] Ditto

develop their true potential, without the turmoil and confusion that most persons of these natural abilities encounter today. These tools and associated knowledge would also provide would-be healers of the psyche to become true guides in assisting people to evolve to higher levels of human potentiality. In looking at one's psychic orientation, expressed by the quadrants of Wilber's graph, it is only when focus is placed on one area of the psyche to the relative exclusion of other areas, that imbalances and disorientation set in.

An extremely important consideration is that within the reality of the lower levels of the psyche, there exists a holographic reality to the collective human psyche. This holography creates a very real ability to experience the reality of empathy – the interpenetration of psyches. The reason why this is so important is because of the very real and direct connection with and impact of one psyche on another. It brings to the forefront the importance in considering the differences between compassion and bigotry. With this understanding we get a better idea the effects these opposite orientations have on people.[113] This can explain the affects that a perpetrator, even a salesman, would have on a weaker mind, especially a mind that has been weakened by conditioning geared towards that end. Interpersonal psychic interaction could also quite easily account for the ability of a person to help someone in a compassionate, supportive, creative and life-enhancing way.

A person's attitude, whether conscious or unconscious will dramatically affect the way a person interacts with their environment, especially with other people. We are talking about an inner psyche that has a direct effect on the outer environment, without the person having to act or respond in a conscious way. This could be related to the phenomenon of synchronicity; it is certainly connected with the affects of hypocrisy and bigotry. The attitude a person adopts will have a significant affect as *well*. Archie bunker was conscious of his bigotry but there are a lot of unconscious Archie Bunkers as *well*. These dynamics exist on a continuum.

Consider the revolutionary impact that will take place when the "old science" that tries to explain the psyche out of existence by pathologizing gives way to the "new science." This is a new science that embraces more real ways of looking at and "treating" the psyche.[114] This statement is primarily referring to shallow attempts to use the holographic paradigm on the lowest level of the psyche (the old science) to explain human integration, forgetting the higher levels of the

[113] Ditto, Pg. 135
[114] Ditto

psyche and beyond. However, indirectly it also reflects the dominant belief in the medical and the systemic establishment. I am referring to a focus only on the lower levels. In pointing this out I am thinking about the dynamic outcome, the unconscious effect of this greater awareness on the individual and on the masses.

This way of viewing the world and the psyche is opposite from the ways the old mystery schools veiled reality in mystery more than they revealed or explained. This was originally intended as a historical necessity both because of ignorance and also to safeguard these higher truths from unbalanced people – from people who would have been considered to be "evil." The development of the black arts was only possible by these mystery schools or the realities they understood, being breached. These schools lost their hold on and control of entry to only "white" practitioners of the arts. However, since this breach has taken place, the only remedy is to blow the doors wide open. At this crisis point in history most people, once they become aware of the true state of the world and the world psyche will embrace wholesome, dynamic and healthy living rather than look at the possibility of human extinction.

In reference to the crisis I just mentioned in the above, I remember, once speaking with an older woman who had majored in psychology in university. She actually ridiculed the idea of an unconscious psyche that had some kind of autonomy. She said what she had learned in university was that the unconscious psyche did not even exist. This was in the year 2000! This fits in perfectly with my picture presentation of a society that attempts to control the psyche; a society that focuses exclusively on the ego, biology and genetics, rather than freeing and expanding the psyche.

In a higher evolutionary sense, the most important aspects of the psyche that have to be acknowledged and added to current theories of the mind and consciousness, are ones that transcend the purely mundane or lower holographic nature of the psyche. We have to include a hierarchical representation of the psyche and consciousness in order to transcend the severe limitations of the Newtonian, physical and material focus of the current sciences.[115] I realize that there are some explanations of the psyche that attempts to do this, for example homeopathy. But they are still of the lower levels and do not recognize the higher levels and potentials of the psyche. Recognizing these higher levels would create an atmosphere conducive to being more careful not to mutilate and devastate those psyches that have potential for higher

[115] Ditto, Pg. 135

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evolution. Wilber explicitly states that our focus on ego is very regressive and does account for the factors I have been discussing throughout this book.[116] We have developed technological abilities far in advance of our current level of civilization. Our machines and machine-like creations within the system we call society are beyond our current human desire or ability to control.

When it comes to people who do indeed bravely begin the search in the psyche, there are many cases where people confuse the purely primitive levels of the psyche with higher levels. I gave an earlier example of this. Primal dancing, drumming and the possible resulting trance, are not evolutionary unless they are used mainly as a beginning point for the adventure through the psyche, moving upward as well as embracing the holography of the lower levels. When this does not happen, those persons caught in the *more* primitive activities become easily manipulated and controlled – perhaps by people who have traveled beyond that level but are controlled by the shadow of humanity because of the influence of their false egos: people unconsciously manipulated by the shadow contaminated superego become tools of manipulation who hold positions of power and "authority." This is how cults operate.

There are a substantial number of physicists, philosophers and scientists generally who do embrace the new science. They all speak about the urgency to open up, develop and implement this more realistic world-view.[117] I would suggest the main reason these people are not given the proper voices and listened to the extent they should be is because our profit-driven and competitive societal structures sense what might happen. This realization is primarily known on the unconscious, shadowy level of the collective psyche and perhaps not so unconscious. In this case there is a realization what a true appreciation for the realities of the psyche could communicate to the masses. People would recognize the destructive obsolescence of a purely material way of thinking. However, it truly is wonderful…

The main purpose of this book is to illustrate the human psyche in relation to people's interactions with others. The higher levels have to be, if not understood then at least appreciated and acknowledged. With a focus on the collective unconscious, the mental interactions we have been referring to throughout, take place primarily at the 1st level of the psyche. That is where most people have been stuck.

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[116] Ditto

[117] Ditto, Pg. 136

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There is a profound difference between stages of consciousness and structures of consciousness. Obviously the lower structures are necessary. It is when humans remain caught in the lower stages that troubles become apparent. In consciously attempting to move beyond the lower levels, an important understanding is required. As a person or people transcend or move beyond the lower levels they actually transcend and leave behind older stages of development. They incorporate in the overall structure all structures of earlier development. The lower level dynamics of these structures are retained as foundations, even though the **total** structure transcends the lower in the sense of ability and awareness. At the higher levels of psychic development, for example moral development,the higher levels don't incorporate them as much as they replace them with something greater.[118] For example, at the higher levels and under natural circumstances, the morals of competitive and self-centered adolescents are replaced with a more mature recognition of people's interdependence and mutuality. Notice that the lower level structures and necessities are on the horizontal axis of movement on the Earth plane. They are very different than the vertical movement into the more subtle realms, as exemplified by the development and maturity of morals.Some very well known and respected psychologists, for example Eric Fromm, have demonstrated the very real connection between people caught in the anal-oral stage of psychic development with sadism and masochism. It is a very early and infantile stage of development. When it remains so in adults and especially on the collective level, the implications become clearer.

Similar to the "hundred monkey syndrome" if a critical level of consciousness is reached within the collective human psyche, consciousness will spread from one psyche to another simply because of the sheer numerological and neurological volume of psyches sharing the same consciousness. In these cases actual verbal person-to-person communication in the physical sense is not necessary. Various scientists of the mind and evolution who have studied this phenomenon have proved this beyond reproach. It has been historically demonstrated by the simultaneous inventions by great scientists and thinkers who, although they live in very different parts of the world, have connected on a psychic level. They were able to share mutual contents of the psyche. I believe trends in various ages and cultures have also shared and expressed similar dynamics. In most instances and examples of this phenomenon there would be a

[118] Ditto, Pg. 242

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combination of factors involved: psychic – cognitive, feeling-toned, communicative, visual and physical.[119]

Consider the realities of the psyche I have discussed so far, especially interpersonal empathy. People cannot help but be optimistic as to the forward movement in the development of the psyche and therefore civilization. This is nature's way. As I mentioned earlier, in spite of all the negativity we are exploring we always have to remember the light at the end of the tunnel. The important point to remember is that the individual psyche, to a large extent, mirrors the collective psyche: I have heard this referred to as "big mind," the collective, Mem, Superego or what have you. If this "big mind", the collective human psyche, is in a regressive devolutionary spiral, most individuals will mirror that process, with varying degrees, depending on the level of consciousness attained by an individual. When people are caught in the downward spiral they see things in reverse and react accordingly. Changing this regression has to begin with individuals. "Democracy" has to go beyond "majority rules" to more of a sense of individual democracy because only then can a true and empathic interdependence with other people develop. This would enable a person to promote his or her free development, not encumbered by the straightjacket of the herd mentality. As I am discussing these realities, try to feel with your whole being. If you are sitting in a chair, as you concentrate be aware of your body, emotions or feelings that emerge as you are studying this material. An overall awareness of what is being said always communicates more that the simple intellectualization of words.

In speaking about breaking away from the heard mentality, it is good to remember that detachment does not mean retreating from the world to escape its responsibilities. It refers to being in the world but not of it. One must not be immersed only in the material – matter, by itself = mother = uroboric = unconscious = materialism – but has to include the higher, masculine, heavenly, conscious and spiritual aspects also. This terminology absolutely in no way is in reference to gender.

Through the use of meditation humanity can be made more conscious. Using meditation, one first encounters the personal and then collective unconscious psyche. During this journey the personal and collective shadow and id will be encountered. As we have seen, a lot *more* will be seen as *well*. Today, especially drug therapy leaves people caught primarily in this stage of psychic development. As I will state in other places, street drugs, especially of the

[119] Ditto, Pg. 247

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psychodynamic types, will also lead people in a downward spiral in consciousness. The only exception to this is if discipline has been learned to counter this affect. However, anyone who has learned to discipline the mind in this way would have no desire to use these types of mind-altering substances anyway. Most of them may be naturally produced but I don't think nature planned that people had to get stoned in order to evolve. In any case, it usually has a reverse effect, literally.

With the application of psychotropic medications, people who have an innate natural potential for achieving higher levels of consciousness, in this case the psychically sensitive, usually become trapped in this level or stage. Earlier, I referred to this as psychic crucifixion. By destroying or preventing society's most gifted people from achieving these potentials – those with the greatest potential for psychic development – most of society's people regress, rather than evolve. Fortunately, this is not 100% true in all cases. Some groups and people are able to escape the lower levels. Psychotherapy could assist with this consciousness-raising. Perhaps it will become the new trend. As people become more focused on wellness and health instead of pathology and disease, perhaps a focusing and concentration of psychic energies will reach a critical level of no return.

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Throughout this chapter I will focus on the dynamics of a naturally functional psychological and spiritual healing. I will do this because in a whole psyche the two cannot be separated – separation can only take place in an artificial and segregating way. True functionality does not just refer to the ability of a person to be useful as a cog within society's systems, operating externally. I am referring to a whole sense and appreciation of the psyche; one that provides a creative ability to emerge as a full and complete human being. This statement applies in relation to the health of the psyche extending far beyond what we would "normally" think of as psychology; it touches on what many people would consider spirituality. Even what we would call the "secular" has to be included because a true living spirituality includes all of an individual's and peoples living environment. This applies to all levels of the psyche – internal, external, within the world and beyond it – to which they are inextricably linked to and ignore at their own peril.

Each religion or spiritual tradition looked at in the context of that particular perspective it is supposed to represent, makes each one of them as valid as the next. They all spring from the same source, therefore each one of them express a reality of that source of creation; but only one aspect of the whole truth. The solution is to include of them they which people find healthy and beneficial. Just as no one individual is able to practice (in practice) all religions, if one is able to perceive the universal truths and themes expressed in all of the traditions, the segregating effect of labels can be dropped. This requires intolerance against intolerance, freedom to express from the heart, to individuate. Then, it becomes clear we were all saying the same thing in the first place. Just in different ways. This natural requirement pervades all aspects and levels of a person's existence.

One of the first things to consider in the healing relationship is the necessity of and appreciation for a two-way interchange between healer and client. Being aware of this while also creating proper dynamic boundaries, to safeguard both the healer and the client, can foster health and empowerment. This can provide access to the vast power within a person's own psyche and self – this can activate natures self-healing abilities. In today's world of "mental health," a creation of dependency resulting in individual disempowerment usually occurs within an individual.

Western approaches to psychology can work well in enabling people to free themselves from the bondage of their past, primarily initiated through the application of external intervention, usually in the form of therapeutic intervention. Today's mental health practitioners know very little about how the mind actually operates. They know very little about how people can either perpetuate or heal their neurosis from within. The focus I am zeroing in on is how people can heal from within. Therefore, we have to address how the main methods used in the practice of mental health today utilize primarily one way, expert client communication, authority and control. This creates dependence and disempowerment. What is required is a two-way movement of mutual exchange,

without the elements of one-way control being exerted by the healer or mental health practitioner.[120]

In the traditional Eastern and Western cultures – in areas where elements of these traditions are still practiced – healing from within is encouraged. This evolutionary requirement and natural development is still a strong living aspect within areas of many cultures where materialism and literalism has not totally stagnated the process. There are provisions within these traditional areas to accommodate aspiring people who wish to awaken the heart and mind.

Practices of applying externally applied methods of control only perpetuate neurosis-psychosis within the client. Sometimes the domino effect clicks into place, movement of shadow begins and the typical cyclical pattern commences or is maintained. Health providers involved in the mental health and medical fields have a responsibly to exercise, consciously, proper compassionate intentions during his or her interventions with the clients if they are going to assist these people in healing their psyches. Importantly, the client has to be the prime mover in healing themselves. Today, many would-be healers simply manipulate client's psyches, a criminal invasion in itself. This usually does further harm to the clients; it affects in an equally negative way the person attempting to "assist" the client, although these affects are more hidden. Many of these health workers are usually wounded psychically, without having healed from their own past wounds. Many healers themselves have a deeply submerged but effectively neurotic or psychotic state of mind. When one considers the interpenetration of psyches and the power differential involved in this sort of relationship we see that the effect on the client can be devastating. This will be further explored and referentially substantiated further on in part three of this book.

Some would-be health workers know how to act, repress and play the game, oblivious to their own dysfunction and how it can hurt others. The danger to the client, seen from this perspective is only commonsense. Harm occurs because of a combination: control over the other person and the action of a would-be healer projecting aspects of their own sickness onto the already overwhelmed and disempowered client. I am not referring to counter-transference here. I am referring to an unconscious, hypocritical projection. Counter-transference, which is the neutralization of negative projections the client unconsciously sends out to the healer, can only take place by a therapist who is highly conscious of the process that is taking place.

Simply ignoring the realities and needs of the psyche is all that is required in order to unconsciously repress one's true nature. A natural development that takes place with people who are good at hiding their wounded nature, to

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[120] "Awakening The Heart: East/West Approaches To Psychotherapy and The Healing Relationship", John Welwood, Shambala Publications, Inc., 1920 13th Street, Boulder Colorado, Copyright 1983 by John Welwood, Pg. V11

themselves and others, will result in the two above-mentioned conditions: projection, control and thus harm of other people. Mental health workers, with their ability to blend in with “normality” and hide their true psychological state-of-mind – and most do to some extent or other – have power that they misuse and apply over other people. This misuse of power usually results in the creation of dependency, debilitation and disempowerment of the clients under their care. The element of power is not usually thought of in this way as it relates to the usually less empowered client – a client who is usually in mental stress. A large power differential is especially apparent between mental health practitioners and poor clients. This power differential between worker and client gives the mental health worker an unusually vast amount of opportunity to do either great harm or great good to the people they are presuming to help.

It is important to be aware of these dynamics and to develop guidelines of criteria that can provide us with indicators when a potentially detrimental situation might present itself to the client. A strict expert-client relationship is potentially dangerous for the client. Of paramount importance is the availability of an interdisciplinary committee of health providers and observers and not just from the hospital if that is where the “therapy” is taking place. At all times, people concerned strictly with the legal and ethical rights of a client should be involved in virtually all aspects of so-called treatment. I am definitely not referring to the patsies who are directly employed and controlled by the hospital or organization.

Just as bad is farcical kangaroo committees comprised of the clients and health workers. Quite often under these circumstances, mental-health workers simply extend their control over the clients. Without the outside observers mentioned above the clients are in positions of being manipulated by the very people they are supposed to act as checks and balances to. I have personally seen these dynamics in action, using a client committee as an example. In this case, the mental health staff that the client committee was supposed to be acting as the check and balance to also controlled the process to a very large degree. Besides the clients themselves, the only other people present were the same mental health workers who controlled other aspects of the client’s lives. Further*more*, the proceedings took place in the very same area where the clients were treated. There was an attitude that permeated these proceeding that was negatively detrimental and disempowering to the process. In addition to this, when I participated with the people in this committee for a while, I noticed and experienced intimidation to a very large degree. Most importantly, the mental health workers demonstrated many times where they would not hesitate to override, veto or halt the proceedings at their own whim if what was being discussed did not fit their agenda.

I have personally witnessed times when the hospital staff held complete power and control over these proceedings. Especially consider the fear virtually all clients would feel in attempting to speak out against the hospital staff. I remembered watching a staff member (not a client) literally dry-washing her

hands in fear of another mental health worker. This worker was in charge of an influential area of the hospital and was the real person who was in charge of the proceedings. She held a very significant amount of power within the institutional setting itself. The person doing the dry-hand-washing was the chairperson for one of these committees. This frightened and intimidated staff person was an employee who worked under the supervision of the person who was causing her to act in such a manner. I remember this person, the big shot, attempting to intimidate me. I received seething looks and other forms of attempted intimidation after it was learned I was not only a social worker but involved in and was knowledgeable about the occult as well.

A person should ask himself or herself why mental health staff will literally attack any client who is acquainted with the occult. Throughout my ordeals with these so-called professionals I was treated adversely in many ways because of my occult interests. I remember when I worked in the helping profession with clients of mental health organizations in the community. One thing I readily noted was the stigma and labeling/targeting of clients who were interested in the occult. In one setting I witnessed clients actually being counseled or blatantly coerced into refraining from or pursuing such interests. This is an infringement on their human rights and self-integrity. Why are they afraid and is this fear primarily an unconscious fear of a deeper insight into themselves and others that a client might, even partially, obtain? In relation to the client committee and other associated people, soon after I witnessed these events, the big shot (who was more like an inquisitor rather than a compassionate health worker) was taking over a psychiatric forensic unit. Now that would be a perfect captive audience to satiate all of the deepest repressed sadistic projective needs this person might have!

The most powerful, and unconsciously controlled, perpetrators will usually work in areas and with people who are most vulnerable – in this case mental health clients. The clients are very sensitive. They are people who, because of their sensitivity and awareness of some of the dynamics taking place, are the most threat to those people who misuse their power. These people also have the greatest potential to reach higher levels of psychic evolution and to expose the unhealthy dynamics we have been looking at. It is good to keep in mind that most people are highly controlled by deeply repressed aspects of their psyche. This amounts to occult control by the shadow. Obviously this includes mental health workers.

In fact there have been documented accounts of people holding these positions of power and responsibility that are knowingly controlled by and are in worship of the shadow: people involved in – blatant or obvious – Hollywood Satanic Cults. However, most of these perpetrators are unconscious of their actions. Terrifyingly, many of the clients are aware of this, at least on some level. But it is precisely for this reason that many of them will not speak out. I did have one very intelligent person involved on the client committee say various things

that indicated his awareness of this. Therefore, many of these clients go along with what they see or hear simply to save their own skin – pure survival instincts. Given the nature of this committee and the dynamics I have discussed so far in this book, it might be said this client committee also acted as a type of “Kappo” to try to cover-up and legitimize what was going on. Of great significance here is this usual situation: who would believe the labeled, stereotyped and “pathologized” scapegoats referred to as “patients” anyway.

I have read many documented accounts and worked with people escaping from very real Hollywood satanic cults. I’m referring to “religious” groups that openly torture, sacrifice and perform other kinds of completely inhuman types of ritual. In the accounts that I researched, those people who escaped and tried to tell their stories were quite often made to look like lunatics. This was relatively easy considering many or most of the cult members held prestigious and powerful positions within a wide area of influence within society. In fact, cults attempt to enroll members who hold exactly these types of credentials. When I was working with a survivor of one of these cults I was briefed on the very same thing: about members usually holding positions of power throughout society.

Hollywood satanic cults are mirrors of true satanic cults that operate strictly from the astral, unconscious or subconscious realms. True cults operate and re-victimize people using one-way control in the same manner but with more far-reaching influences than that of Hollywood Satanic cults. I have experienced and witnessed this intimation in action. These cults exist throughout most of society. I am referring to the shadow I have been discussing throughout this book. In the mental health field, as an example, the usual attempt of the service worker to allow only an attitude of one-way input into the psychological health requirements of the client is what usually takes place. Without paranoia or exaggeration, one of the hallmarks of a satanic or shadow driven cult is that “authority” or control is only one-way: from the top downward. Control is exerted on those persons at any level beneath the controllers. It is like any sort of dictatorship. If people truly look at the power dynamics within society, many of them are no different, in many cases, than the documented power dynamics within Hollywood Satanic cults. However, as I also said previously in this book there are always those who control the controller. Importantly, the dynamics are usually unconscious or subconscious. Exceptions to this are those people who have learned, through discipline, to go into the higher realms of the psyche consciously.

Combined with they’re own mechanically repressed and concealed psyches, when people with the above-mentioned unhealthy psychic characteristics apply unhealthy methods of external controls on others, these mutually interfacing psychic dynamics become exponentially increased.

To reverse this we have to begin by combining traditional wisdom approaches to the psyche with the best and most efficacious of modern, medical therapeutic methods. An effective healer can utilize both natural healing abilities along with

what humankind has been able to improvise through the use of science and commonsense.

Arguably, science can be considered natural by virtue of the brains – psyche – nature provided us with, giving us the ability to develop empirical science and scientific application. However, we have to take the whole of nature into consideration. We have to respect life and demonstrate responsibility for the welfare of everything we have an affect on in the environment. This way we can remain in tune with all of nature, harmony and aliveness.

Let's give the truly best compassionate care modern psychology can offer by helping out the mental health providers. Because of ignorance about the nature of true (psychological) health a crisis in health care has developed, exacerbated by an overwhelming focus on drug maintenance in sterile or abusive "healing" environment. Aside from the clients, this results in a high healer burnout rate because of their ineffectual and/or neurotic-psychotic efforts, compounded by cumulative effects. Mental health practitioners have the highest suicide rate of all professionals.[121] Consider what I said earlier about people's projections, about mental health clients being more easily manipulated while on medication and about their lowered ability to distinguish between their own personal psychic boundaries and that of the greater collective. Working with practitioners in close, intimate and highly controlled relationships, how would the psychic state of a practitioner, whose group has one of the highest suicide rates among professional effect the clients' states of mind, clients who also seem to develop high rates of suicide. In saying this, the reader might keep in minds the other highly negative and detrimental dynamics mentioned earlier that affect mental health clients – labeling and Scapegoating, especially those people labeled as having Schizophrenia.

In reference to therapists, after everything that I have said, can a person wonder? It is nonsense not to acknowledge the possible connection between health workers unhealthy psyches and the fact they work in a profession that necessarily exposes them, day after day and year after year to people with wounded psyches. Combined with many of their own – documented – wounded psychic natures perhaps this is why they are drawn into this line of work in the first place. It is a fact that almost all people that go into mental/social, therapeutic practices, at all levels, either working with people who have been abused, wounded in some way or other people who have wounded and unhealthy psychological natures, almost all of these people have had experiences of a personal nature that makes them attracted to these areas of work. This is certainly true in the practice of social work. These types of people "identify" with the people and the dynamics involved. Unfortunately, people who "identify" with these dynamics don't usually understand them. They have not developed a detached, conscious ability to "stand" back and look at what is going on in order

[121] Ditto

to understand. People who “identify” with something of this nature are usually operating from emotional levels that have not reached an integrated and conscious understanding of the dynamic processes involved. This will be explored in a later chapter.

Like any other group of people, mental health practitioners can develop a bigoted and defensive attitude, characterized by a “we vs. them” attitude. They have a ready avenue to obtain a pathological “remedy” to provide the energetic needs given the situation. How are they “cleansed” of the infected psyches Jung was talking about and vice-versa. It is common sense to acknowledge such phenomena – a mutually interactive projection or transference will necessarily take place within any relationship between people, let alone a client and mental health professional.

In further reference to mental health practitioners and in the ways I am speaking of it, suicide applies to both physical and psychological suicide. Because of the shambles of the mental health of society, at a deep level these people know when they are hurting other people even if they do not appear to be conscious of this. These dynamics apply to all people, on a continuum. There are unhealthy health-care providers who know at a deep level they are hurting their clients sometimes, rather than helping them. In extension they are also hurting themselves, taking into consideration the real nature of the psyche I have already discussed. For people unable to focus on true life and health this would be a “logical” way out and an example of guilt finally taking its toll. It is well known that when guilty people are accused of a crime they are guilty of they are usually unable to hide their anger. How more angry can you get than killing yourself? Take note, this is at the opposite end of the continuum of the victims whose tortured and trapped souls sometimes resort to the same thing.

As I touched upon, many mental health clients, most of who can be classified as victims, have psyches that are in contact with the collective psyche. Remember what I said earlier about many scapegoats taking on society’s collective guilt, both because of collective interaction and because of conditioning caused by labeling, stereotyping and bigotry. As a personal example I remember one time, while enduring a substantial amount of trauma and abuse I spent one night telling myself what a horrible human being I was. It was unbelievable. As an individual I was a complete victim at that time. I had been the constant recipient of several people’s projections of a very unhealthy and guilt-ridden nature. Most of these people had been in close relationship to me. Being an extremely sensitive individual I had actually started to take on and identify with the very traits they and other people denied within. Eventually, I was able to develop an actual experiential awareness of these dynamics – this is something I will never forget. It was a perfect example of a victim, me, being conditioned to in turn blame myself. I was conditioned to blame myself not only for the abuse I was receiving from other people but to also take on their unconscious guilt dynamics as well.

When people attempt to live and work in mental health environments with these dynamics present, this causes a perpetuation of the cycle. In respect of mental health providers, the further they aid the "dispensers of ill-health" the more dysfunctional they become. The cycle of ill health can only be broken through awareness and then acting on that awareness. Can people put their egos aside long enough to acknowledge this? We will see.

Who purifies the health providers of the unhealthy projections they absorb from the clients? A close analogy is clergy who receive a certain amount of projections from their "flock" and vice versa, especially in the areas of confession. Having a greater awareness of the need, the clergy therefore provide opportunities to cleanse themselves of these dynamics to a much greater extent than the mental health providers and for obvious reasons usually do. But in mental health, who "purifies" them? How are they prevented from acting out in subtle or not so subtle ways, from projecting and acting-out their baggage onto their clients? I've never met clergy who got their personal identity confused with what they were taught and how they perceived the identity of God, except in obvious cults. I've met many doctors and professionals who acted as if they were. Regular therapy for the health worker is the only solution to this problem.

Some clients are in a position of complete helplessness in respect of the power differential between the mental health workers and themselves. The lower down the social scale the less power a client has. By recognizing this we can start working toward true healing, in any mental health relationship. Both the healer and the client can learn to see that both can "awaken the heart." In the process of healing, any effective relationship is a mutual journey. If the health practitioner places him or herself above the client, it cannot work. There has to be a two-way flow. There has to be humility within the healing environment. Thinking with your heart, in the Eastern sense of the word, refers to thinking and feeling with the whole psyche instead of only with the ego. This helps create an environment conducive to a mutual two-way flow of healing interaction.[122]

In the above sense, thinking with the heart does not only mean letting others in but also expanding outward to enter into other people, in a mutual form of exchange. If the inward movement is out of balance and too strong the healer can become an emotional vampire or sadistic controller – instead letting, they suck the client into them. A healing relationship can develop by letting the client into them. Expanding outward, by experientially letting him or herself into the client, they will actually give a portion of themselves to the client. This is the origination and method of true healing – as was known during the days of Hippocrates and is still known in some traditional groups and circles of people where this art has not become commercialized, degraded and ineffective. Healing should be a form of empowerment for the client. In some of the more profound examples of healing I have researched, spiritual healing for example,

[122] Ditto, Pg. v111

healing requires the giving of energy to the client or patient for just that purpose.[123] How many healers today could or actually would consciously give himself or herself in this way to a client? I would suspect that in the days of Hippocrates this wouldn't have been a serious question of contemplation because it would have been a natural inclination and prerequisite of any healer dedicating their life to healing others.

One time a friend of mine jogged my memory with a comment about two-way movement within the psyche. He said, after he thought about it, it really had a dramatic effect on the way he interacted with others. It is obviously very important. Naturally, the emphasis is about mutuality. Dr. Martin Luther King Jr. knew what he was talking about because it occurs at all levels and in all areas where there is human interaction; in all interaction with that which comprises a person's living environment.

In the mental health fields, we have to learn how to create an environment conducive to mutual interaction. A healing interaction in which both the client and the healer constantly awaken and learn more about themselves, in a constant expansion of awareness.[124] This can assist both the client and the healer in developing compassion for their selves and for other people. At the moment, in the majority of publicly funded client-therapist relationships the exact opposite takes place. How can more people become aware of, learn and pass on the healthy dynamics of a true healing relationship? Most of the people encountered working in our health systems are very ego-based and this is promoted in our society. This is precisely the barrier that has to be broken in order for true healing relationships to blossom. Not until the healer heals him or herself can they, in role as healer, pass on this needed ability to the client.

Traditionally and naturally a healer should be a teacher and student as much as a technician. Not only should a client learn to see the healer within their personal self, the healer has to learn to see the client within their self. We all contain within us the universal human and as such each and every single person presents reflective aspects of ourselves. We have to acknowledge the client's resistances to open to and be accepting of themselves more fully, to the world and their own psyche. In similar fashion, the healer has to acknowledge his or her own resistances to the same process.[125] I recall personal experiences where, if I asked therapists about their credentials or tried to offer my own knowledge about my psyche, myself, they became defensive. Their egos were threatened by the thought of not being on top and in control of the exchange.

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[123] Ditto
[124] Ditto, Pg. 1X
[125] Ditto

Consciousness-raising can allow us to see that the most effective healing takes place when this mutual interaction takes place.[126] This is well known in true healing traditions that recognize the connection of body, mind and soul. On an unconscious level, how healthy a healer is psychically will affect the clients. It is a far more important factor determining whether a client will be healed or not than most people would suspect. The healing relationship is far more important than is usually appreciated. The vast numbers of unsuccessful healing relationships are quite often a result of primarily unconscious and perhaps not so unconscious ego anxiety and related dynamics.

The affect of a healer – consciously and with detachment – sharing a client's pain during an act of true empathy[127]would obviously have the affect of connecting the healer with unhealed parts of him or herself. In addition, it would also be a way of achieving a better appreciation for the actual needs of the client. In reading the chapter on "Psychiatry and the Sacred"[128] a thought occurred to me. This thought stemmed from two sources. This included the experiences of other people I have spoken with who have had been clients of mental health. It also included my own experiences both as a client and health provider while I was working as a human service worker. From these experiences I learned that if a person makes any kind of comment about religion or spirituality, especially unorthodox, it is considered unacceptable and sometimes psychotic. This is absolutely incredible and criminal because the most important aspects of a person's life quest are primarily spiritual in nature. Usually, it can only be described using spiritual imagery and concepts. These observations are usually taken out of context.

There is also a tendency to extend a diagnosis to include that entrapment term, "paranoia." People who have searched for and made any movement into the higher realms of the psyche will naturally develop some sort of intuitive ability. As I mentioned elsewhere in this book, what has traditionally been referred to as women's intuition has been turned into something called paranoia. In addition, it is precisely problems of an intuitive and spiritual nature that sometimes propels a client into a crisis or stressful situation where assistance may be sought after. As discussed, spirituality simply refers to the higher workings of the human psyche. What I am describing is the generally pathological and childish, although dangerous, viewpoint held by most of the medical establishment. It refers to what I will call control psychology, especially if it includes that barbaric school of thought and method developed by B.F. Skinner, behaviorism – that skinner of people who treated humans like rats, literally.

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[126] Ditto, Pg. X

[127] Ditto

[128] "Awakening The Heart: East/West Approaches To Psychotherapy and The Healing Relationship", John Welwood, Shambala Publications, Inc., 1920 13th Street, Boulder Colorado, Copyright 1983 by John Welwood, Chapter 2

Paranoia is a label that attacks the integrity of the client and usually has its source in the healer or people who create that label. An outrageous and paranoid example, paranoid on the part of mental health, is if a responsible individual wishes to see their files they are labeled as being paranoid! I was told by a psychologist this is looked upon as an indicator of paranoia, even though some responsible individuals associated with the process in some way do in fact recommend that clients look at their files. In looking at files, I have found some blatant misinformation, misconceptions, things taken completely out of context and things placed there that were not obtained from the client-therapist relationship but outside hearsay. A client might be acting responsibly, perhaps demonstrating an expression of and desire to be pro-active in reviewing and following their own progress, to have a role in their own healing process. Or, they may simply be displaying and acting on a healthy intuition that is considered paranoid. How would you, reader, feel about these things if they happened to you? Don't just think about it, picture and imagine it happening to you; feel it. Close your eyes and picture a movie with you in it. View these things happening to you as I have just described in the above. What would your intuitive gut feelings say? What would you do, with the label of "patient" stamped on your head, really no different than a tattoo burned into your arm?

A responsible person wishing to see their files will be able to review and monitor the progress of their own healing process. As just mentioned, a great many files contain gross errors of view and I am sure a lot of this is a result of the wounded natures of many of the mental health workers. These people sometimes literally project their own wounded natures and paranoia stemming from their threatened egos onto the client by doctoring the files in ways that, although false, supports their "diagnosis." The "doctoring" of the files might be more a result of distorted perceptions held by the therapists, distortions they may be primarily unconscious of, *more* than anything else. I have witnessed this personally in quite dramatic fashions, both as a client and as a social worker. I was certainly instructed in the importance of looking at files from different sources: professional, friendly advice and sometimes intuitive observations that I was being treated quite differently than I should have been given the ways in which I had been "presenting" myself. In fact, I found many inaccuracies and blatant lies in files that produced a false perception of the client, in this case me. Most important, if a client is responsible and wishes to take a pro-active and intelligent approach to their own healing, viewing their files and monitoring their own progress is commonsense. Speaking as a social worker, long before I became educated to the realities of the nature of some of these dynamics, I remember automatically treating clients as paranoid, disbelieved their stories and had not developed true compassion for them simply because of the labels that had been placed on them. Although this exhibited my own lack of professional and self-knowledge at the time, importantly, I had learned this way of viewing these people from the very front-line workers who were supposed to be training me to assist these people.

So, the medical establishment has declared war on spirituality and mysticism, a commonsense attempt at connection with the world and the creator of the world. When clients speak in spiritual or religious ways they are using imagery that is the only way some of these higher aspects of the psyche can be approached. These levels of the psyche represent the most important ones, the higher elements of growth and the most important reason for existing in the first place. Criminally, a client acting responsibly and then being prevented from using a psychological method to describe what really cannot be put into words, attempts that actually tries to liberate the psyche, is then pathologized.

With the advent of modern medicine spirituality has been turned into pathology, as has so many other natural expressions of what it means to me human. Spirituality has been the main purpose of human existence, as deduced by most of human civilization since the dawn of humankind. Historically, this has been humankind's most important quest, a natural need and impulse. These examples I have given and their descriptions represents nothing less than control of human beings, forcing them to remain locked into the lowest levels of the psyche – the material realm of the ego.

I remember when I was a young child watching a television cut. There was a large, close group of friends gathered in a living room having a get-together. Everyone was talking, mingling with other people and having fun. Suddenly, a person clearly and audibly simply said the word "God." Everyone looked at him and there was total silence. Picture this in your mind and you will approach an understanding of the general view of society. A blatant hypocrisy attempts to cover it up, especially the "official" one put forth by the powers that be. The people in the television cut were portraying people who were taken off guard. They reacted honestly, not having time to present an appropriate persona. Except in a very narrow and sometimes hypocritical way, provided through established churches that support dominant society, orthodoxy and the status quo, thoughts about God were foreign to them. I am referring to "God" in a living, growing and evolving way – spirituality of the psyche.

As mentioned earlier modern medicine, especially psychiatry has turned into pathology most actions and thoughts that do not fit nicely into the machine. If a client in a mental health institution is considered sick because of an orientation of this type, what does that say about all the "bible thumpers'" and religious right. People who preach hellfire, damnation and war against anyone different from their viewpoints? These are people who actually have the power to lead countries into war and control billions of dollars and lives. I've actually seen froth at a preacher's mouth as he ranted and raved on television about damnation and hellfire and the need to make war against the agents of Satan. He was referring to other religions, traditions and their members, some of whom do not even like to kill pesky insects because they are a form of life that were created by God! Can you imagine if a client acted this way? He or she wouldn't receive the

millions of dollars sucked out of the population that some of these people do. He or she would be medicated or locked up.

I do not place labels on myself when it comes to spirituality. However, having been raised a Christian, from everything I have learned and the way I view things, Jesus taught true, non-sentimental love. He taught connection, unity, the art and road to enlightenment. He was a true psychologist – "Love thy neighbor as yourself." This statement is truer than most people realize. The millions of dollars sucked out of people for purely materialistic and egotistical reasons, regardless of what that religion might be, is an insult to the true spirit of life. What about murdering people in the name of God? Obviously, these actions and warped perceptions apply to people and religions that are contaminated or controlled by the shadow of life… ah…or is that death.

Much of the freedom to experience spiritual development or become psychically evolved is dependent on what person or people you work for. This applies to all people. If it is within the established system of churches and the status quo, most people see "no problem." If it is done in the spirit of freedom and more importantly, authentic individuality, it is frowned upon. No wonder there has been a proliferation of anti-religious or non-orthodox cults. It is a natural rebellion against established institutions that, for the most part, disempower people instead of empowering them. However, being conditioned by the very forces they try to break away from they usually end up in groups or organization doing the same thing, only in different guises and sometimes more destructively. Attempting to break away from the herd and truly become individually conscious is a hard thing to accomplish.

In the name of healing, people will recognize that the very domain that has been under attack represents the heritage that belongs to all of Humankind. It is a heritage bequeathed to us by the creator – to everyone not just the self-"chosen." When only those people who are self-chosen or those selected by the herd are in control of the condoned spiritual outlets, they sometimes become instruments of control. Yet, think of the example I gave earlier about clergy sometimes causing the very thing they are trying to prevent. In looking at their conscious intentions, they are usually innocent. But the unconscious "Beastly" cycle grinds on. Importantly it is the very members of these allowable communities and most particular those in control of them who perform in all the other functions and interactions of society. These people simply take along their baggage and need to control others with them.

The people have to take back their power, individual and collective, which they have allowed to fall into the hands of a few. This is the message. On a continuum, most of us are simply unaware instruments used to maintain this state of affairs. We have to open our hearts to the realization that each and every one of us is our own and unique spiritual expression of the powers of Creation. As long as these expressions help create and protect life, not take life away we

have to safeguard them. We have to take off the blinders that have been placed on us.

Students of psychiatry and science have to re-unite many of the traditional and proven psychological realities into modern and intelligible ways in order to regain the balance that has been lost. We have to expand the areas of "allowed" inquiry in order to admit into our cosmologies what is truly possible for humankind.[129] Speaking from a North American perspective, we have to include what the East has to offer us in respect of wisdom and to regain and utilize the wealth of Western wisdom, both in science and spiritual psychology. Much of what has been "banned" from mainstream medicine is because it threatens the way things have been; it also threatens profits. In reference to that creature known a human being this results in only using a tiny fraction of human psychic potential. Humans become partial people.

Importantly, the Eastern cultures were living in their Golden eras producing spiritual and philosophical literary and architectural masterpieces when we in the West were literally still living in caves. This is a spiritual and political statement in the most profound sense because it will affect us at our deepest human level. This realization will shatter the egos of people in cultures who look at many of the other cultures in the world as somehow backward or inferior. It was imperialism and invasions, physically and psychologically, that indeed did push many of these cultures into decline.

We have to, if not reverse – we don't want to repeat past mistakes – then at least re-balance and repair the shambles of the shamed and nihilistic trend of modern science and society. It will be difficult to repair the rest without healthy psyches available to assist the healing of society. We have to empower people, giving them the strength to recollect their whole, integral selves. Our mental health system can, if it chooses, become an instrument used in a historical healing, producing an era of great healers. They can do this if they open their hearts and eyes.

One of the prime psychic divisions society must heal, through awareness, is the reality of our dual natures. We have to consciously unite the masculine and feminine energies, our Earthly and Heavenly natures. In addition, many world famous and influential psychologists and thinkers over time have warned humankind that we have to see, accept and integrate both the "divinity and the animal" within ourselves.[130] Naturally, this necessarily includes all people. By ignoring these aspects of ourselves we create the neurotic or psychotic shell, the shadow that has taken over the systems controls of society. When I speak of shell I primarily refer to that part of the psyche that has lost touch with the wider, deeper and greater qualities of life and what it means to be human. It has

[129] Ditto, Pg. 6
[130] Ditto, Pg. 8

become an empty shell; similar to the way the Judeo-Christian Cabala refers to shell.

I will mention a reference made by Edward M. Podvoll[131] in respect of diseases that mimic Psychotic disorders. These "diseases" are really transitory states of mind that are unrecognizable. They cannot be understood from a narrow scientific mode of thought and are so labeled, in this instance, masked schizophrenia, latent schizophrenia, psychotic character or schizophrenic personality.[132] These are catchall phrases that do nothing other than very nicely – criminally – net certain mental processes that resemble mystical experiences. These processes have been pathologized by a narrow-minded medical model that refuses to acknowledge a mechanical, materialistic and quantitative model cannot explain them. These processes threaten the egos of those persons who do not recognize them from their small medical scope of reference.

True psychosis, in the medical pathological sense, is the result of acute and or chronic imbalance. This is normally but not always induced from sources outside the individual so affected. This can be caused by psychological torture for example or because of a prohibition against expressing or acknowledging all that it means to be human.

Following from this is the idea of a shell-hardened personality, as I described above. In this instance, I am referring to this concept as it applies to aspiring healers. Podvoll makes reference to the idea of becoming bound up with a psychotic experience. One of the most usual ways to become bound up in a psychotic experience is to try to hang onto a specific persona in trying to describe or identify one's self. Usually, this would be a persona that one idealizes or one that has been forcibly conditioned into the person. In the case of would-be-healers, I am referring to illusional personas and idealizations some of these people take on to glorify themselves. They can also be used to rationalize the abusive control they sometimes impose on other people.[133] This produces a rigid mindset that stifles a flowing and spontaneous nature that a healthy psyche and individual should embody and express.

Boom: Consider that, within society most people are conditioned to perform roles and many people take their roles and the power that comes with these roles to represent who they are. It becomes elemental and obvious to see why we have developed a neurotic and psychotic society en mass. The Dali Lama makes a compassionate mention of this, only using different words in his autobiography.

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[131] "Recovering Sanity: A Compassionate Approach To Understanding and Treating Psychosis", Edward M. Podvoll, M.D., Shambala Publications, inc. Horticultural Hall, 300 Massachusetts Avenue, Boston Massachusetts 02115, www.shambala.com, copyright 1990 by Edward Podvoll

[132] Ditto, Pg. 147

[133] Ditto, Pg. 151

We are talking about people who live these personas and roles, these falsehoods, as if as if they defined who they really are. Instead of saying “I am a young woman or man,” the self-dialogue states, “I am a doctor or baker.” For falsely powerful people this applies to roles that give them some kind of image, power and control over others. They fall apart when that role or the power associated with that role is threatened. I have personally witnessed these very dynamics when I have, in a very civilized manner, challenged people who hold this view. I have done this simply by offering my own opinion. Within society the other type of shell hardened person, the conditioned and victimized person, usually already has fallen apart. This is sometimes induced by those other, more powerful persons who maintain their shells by projecting onto and controlling other people, as in the example of some would-be-healers.

Within true psychotherapy it is this type of challenge, done in an empathic and compassionate manner that can wake clients up as to their true natures. The hypocritical projectionists and controllers sometimes require more of a shock to awaken them. This is necessary because of their harmful natures in conjunction with the power they hold over other people. I have personally spoken with and directly or indirectly challenged people who are in the habit of trying to control other people. I am referring to people, not just those in the mental health professions, who refuse to treat others as equals. I am referring to those people who demonstrate an almost sadistic pleasure from manipulating, humiliating or otherwise hurting those persons they believe to be below them. In every instance during recent years my calm, sometimes more intelligent and knowledgeable approach left them no room to exert the control they would normally try to enforce over other people. They would start fidgeting, blinking, squirming and even sputter as their anger increased. In other words, they fell apart when their false personas were threatened. It further increased, as I demonstrated absolutely no reaction to their direct or indirect threats.

Panic attacks that I had experienced originating and resulting from past traumatic events I have learned how to conquer. Through the use of meditation and martial arts I acquired an ability to discipline my mind. I learned how to express equanimity. With this ability, in every instance that I challenged abusive people one of the first physical gestures or symptoms I would see them perform when challenged in this manner would be a defensive crossing of arms, thinning of lips and other very obvious and demonstrable examples of defensive anger. Anger, that sure fire indication of guilt when exhibited by people who hold positions and express abusive power over others. The crime is that these people were in positions of power and entrusted to help wounded and hurt people!

In all fairness, many people, not necessarily abusive people will respond in a defensive manner to some extent when their egos are threatened, because they have become conditioned to this. A crossing of arms, for many people, is a very unconscious act and is an indicator primarily of unconscious dynamics rather than conscious. It is the degree and expression of anger, aggression and other

physiological indicators that determines the level at which an individual is affected by the dynamics I am speaking of.

In reference to the abusers, the truly appalling thing about these examples is that if the disempowered people under their control demonstrated the same types of behavior, they would quickly be “dealt with” by whatever methods necessary. I remember one time when I was speaking to a rather nasty mental health worker. I refer to this person in another section of this book. I related to this person in the way I described above. I remember reading my file later. It stated that during this interview I had been “presenting” to this person with a flat demeanor (no animation), was argumentive and so forth. In the first instance I could only have been described as having a flat demeanor after I was threatened, humiliated and forced only to listen to her and other staff. It was before I was forced to become mute that I was described as being argumentive. Before the interview I had taken a weak tranquilizer at the emergency general hospital ward I had arrived from. I had gone there because of a panic attack that had resulted from being severely emotionally and psychologically abused by someone. I “presented” myself in an absolutely calm, animated, intelligent way. It was the mental health worker who presented all of the indicators that had been placed in my file. This person had projected her dynamics onto me, forced me into one of their categories of diagnosis and symptoms. Then I was called paranoid for wanting to see my file, the contents of which verified absolutely what I am saying right now. They contained some outright, bogus lies. This was pure projection on her part. Criminally, the treatment I had received from this person would indeed have caused these very symptoms in the usual type of individual that would have been sitting in my chair. However, I went into the interview knowing what to expect and had turned the tables substantially in comparison to what would usually have unfolded under those circumstances. The only accuracy in the file was that I had stopped trying to offer my opinion – a flat demeanor – and this was labeled as a symptom. Offering my opinion about my own self was labeled as argumentive. Sort of a catch 22 situation don’t you think? In this manner the “the-rapist” unconsciously (psychotically?) shut herself off to her projections and subsequent hypocrisy and still wrote down into the files what she wanted to believe.

Of note: while I was with this mental health worker she briefly left the room to greet a young woman who was coming into the hospital under a lot of stress and verging on panic. Soon after this worker went out to greet this person, the young woman started screaming and had to be dragged away by security. The worker then entered back into the room we were in with a grim and severe look on her face. Keep in mind she took time to “comfort” this young woman, who needed compassion and support, while she was in the process of talking to someone who was, in a very civilized manner challenging her usual way of throwing her weight around. She then took her frustrations out on this young woman just arriving at the hospital. Interesting that both my self and the young woman were there because of panic attacks. Mine certainly resulted from being the recipient of abuse. From my experiences, both professional and personal, I can bet the same

was true for this young woman who needed someone to love her rather than make her scream in terror resulting in her being dragged away. It occurred to me that the young woman would have been a good synchronicity representing my raped and abused inner woman. Compassion in action? My blood runs cold when I think of society's victims being re-victimized and tortured like this. Anyway, I dealt with this worker's superior in the same way I described above and he reacted accordingly: a very defensive and fidgety reaction. Similar to the above, he calmed down and resumed a patronizing demeanor when I stopped offering my opinion. Dear reader; use your imagination and feel yourself experiencing what I am describing. Feel what I am describing with feeling, not with emotional sentimentality. Use your intellect and commonsense to decide for yourself how you would act in similar circumstances.

I have seen clients and ordinary people treated this way so many times and not just in hospitals. I don't swear to often but these types of *x/t5#m types of people are in charge of society. They are literally wolves in sheep's clothing. They are in charge of "helping" or directing the very people they are supposed to be healing and offering comfort or guidance to. These are profound examples of blaming and re-victimizing the victim. Not only are they responsible either for disempowering them in the first place they are also responsible for attempting to ensure they stay there – a perverted form of job creation and maintenance. It's like asking a pedophile and rapist to baby-sit my son or daughter.

How do we deal with the above? To heal the earth and its people, all of us, we have to spread awareness and take a stand against the fragmentation of society. Fragmentation: this is easy to understand thanks to computers, chuckles. For the most part this is a result of the severely fragmenting affect of repression, specialization and prescriptive rather than proscriptive, technology. Flowing from these dynamics we end up with fragmented and weakened human psyches and bodies. I've heard many employers refer to their employees as bodies rather than people. It's easy to see why people's immune systems have been compromised generally throughout society.

We can try to heal this by providing an effective gestalt-inducing therapy possibly utilizing an element of a meditative nature for practitioners working in the mental health and medical services. This would be the first step in repairing the fragmentation that has taken place in society. Healer, heal thyself. Where else would you start? Many of these "professionals" would be quite startled, if not worse, to experience what their true psyches are really comprised of.

In looking at the process of meditation used in gaining self-knowledge, if one is able to quiet the mind long enough to have an insight about oneself we have to remember, it is only a fragment of the total self. In meditation or therapy we will see that initially one must guard against incidents of increased fragmentation. This is because of the unknown areas of the psyche one may enter, some of it seeming quite chaotic and frightening but this is necessary, this is the sea

journey. That is why it is important to distinguish between consciousness and the contents of consciousness. As I learned in my own meditation experiences, the thoughts that flitter through ones mind are derived from a combination of the Devil on one shoulder and an Angel on the other. Is that why this image is so popular and everyone recognizes it? This is why looking at ones emotions, thought patterns and so on have to be delved through and put in their proper perspective in order to help heal the whole person.

Everything within the whole person has to be honored. As for the contents, they are valid only in their proper context, in their relationship with everything else. We are learning about the psyche; there's a lot of stuff there. So a very important technique to learn is detachment, where emotions are transformed into refined feelings rather than being annihilated. I am definitely not talking about turning off one's feelings, especially empathy - quite the opposite.

What I'm referring to is not letting the feelings one encounters to rule or control them. This is the process of transforming one's archaic emotions, whose energies can be pretty useful at times, into identifiable and refined feelings. This change is assisted with the understanding obtained from being directly connected with the higher aspects of the mind, physically represented by the neo-cortex. Synchronizing the whole mind and brain, a balance can be struck between the left, discriminating, egocentric, logical part of the brain, in a flowing and balanced interaction with the right side. The right side contains the vast portion of the psyche most usually referred to as our Soul, our core. This connects us with the larger psyche of life. It connects directly to the world Soul and beyond. This contains and connects us to the collective, historical and psychic total of all expressions of the cumulative mental energies throughout the ages. Outside of intuition, this is as close to the creative source as is possible for the human psyche to attain, accessed in the right hemisphere of the brain. It also contains most of what modern science and society pathologizes. The logical left side can be used to enlighten the depths of the right side. Once these energetic energies have been enlightened, one can move beyond them to touch calm, pure potential. Have I experienced this pure potential? I have only felt glimpses of it in this lifetime. Fortunately I have learned how to remain calm.

The subsequent ability to detach in the way mentioned above changes a person's perception and connection with life. Resulting awareness will allow a person to actually stand back and look at a picture of ones-self without emotional reaction to fog the understanding. This will be conducive to developing more compassion than was possible before, to some degree or other. Of utmost importance is the element of consciousness to prevent what, at some other time, would perhaps result in mild disassociation, absent-mindedness or repression – because the ego wants us to do this.

When we accept all our thoughts, feelings and other contents of mind, in whatever ways they manifest within us, then we begin to become whole. By

becoming tolerant in this manner we also begin to see what a constant effort is required.[134] Discipline is necessary because otherwise there will be a tendency to become overwhelmed. At first there will be a, partially conditioned, impulsive tendency people to shut down or block out unfamiliar territory. This is why a true knowledge of the mind helps prepare one for the true nature of mind. It is really quite wonderful and fascinating. In this respect the apathy and mechanical blinders that have been placed on people have to be gently taken away, allowing a recycling and reconstruction to take place, one that is not overwhelming.

In traditional cultures or the traditional areas of most cultures that have learned these realities of mind, they are structured to prepare and accommodate these aspects of human nature, especially in relation to the higher realms of the mind. With people who are knowledgeable of the higher realms, the fireworks and kaleidoscopic panorama do not sidetrack them. They do not become enamored by the paranormal abilities of the lower levels of psyche, known as Maya. In traditional cultures "psychotherapy" would consist of guiding people in such a way they are not captivated or sidetracked by these lower level contents. They are taught how to return to the true natures of themselves, peacefully.[135] In mental health today, especially if you are poor, the exact opposite usually occurs – except in a very *restricted* and *confined* sense, puns intended. We are a society modeled on blueprints of an inanimate technology – a machine, and conditioned by the herd mentality accordingly.

I think I can see now why Jesus has been portrayed as a rebel. He questioned society to a radical degree – radical because it strikes at the familiar way of thinking and living, especially in a political and religious sense. He was profoundly against and outspoken about the hypocrisy and empty form of people. We have come to see how these types of people gain from others what they are unable to find within themselves. Anyone has the potential to be exactly like the Pharisees Jesus went against. I would say it is far worse in today's World. I think Jesus, not the Christ within him, would have found tackling today's world a little more difficult than it was 2000 years ago, a time when everyone was deeply aware of forces greater than themselves. In addition, the world's population was only a fraction of what it is today.

In psychotherapy, we have to accept the above realities. Once this is done, it will be easier to recognize the difference between pathology, between thwarted "normal" psychological functioning and a natural process: its symbols, imagery and other ways that a greater yearning for higher evolution of consciousness expresses and realizes itself. Many of the "problems," difficulties and other issues that bring people into psychotherapy might be ways the individual expresses the

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[134] 'Awakening The Heart: East/West Approaches to Psychotherapy and the Healing Relationship", Pgs. 9 - 10
[135] Ditto, Pg. 10

unsatisfied yearning for development of a higher nature.[136] The difficulties expressed would be a temporary immobilization of life movement and growth. By learning how to move beyond this immobilization, what might be seen or experienced are various forms and expressions of what we in the west might call eccentric behaviors. Eccentricity is as unfamiliar to the ego as is the higher realms of the psyche. Therefore it is easier to understand the parallel between eccentric behaviors and the more cosmic and subtle levels of consciousness and the psyche. I have read that many saints, holy people and other spiritual masterpieces from other cultures, perhaps in different times, might have been considered crazy or at least eccentric according to the standards of a materialistic, mechanized society. .

We all have to look at our blinders. Once we realize that healthy functioning on the material plane cannot be separated from an appreciation for the higher realms of reality, we can accept the development of true, healthy and conscious psychological development. This awareness may not fit in with what we would usually consider "normal" or "well-adjusted."[137] In fact, what we consider "normal" functioning is not necessarily healthy living. In most cases the "treatment" of a psychiatric client is usually considered successful if his or her behavior is reprogrammed to fit a cookie-cutter type of persona. Usually, it is a persona that will help maintain the machine, even, perhaps as a scapegoat. Machines have no compassion about the welfare of people. This type of treatment is not dissimilar to the nagging monthly reminders (even if we have already paid!) and other junk mail we receive, all because it is done by computerization.

Many people feel the discrepancies between what they sense at a gut level to be false about how they have been conditioned to live in society and what true healthy living is really like.[138] Another major problem society has to heal, in this case decrease, is the hypnotic effect of so much of what we take to be culture and useful technology – it has to be re-evaluated. We are much less aware of our actions and especially our true motives-intent behind them than we think we are. This takes a lot of work.

In a world dominated by fast food and quick fixes, you know, the drive-thru mentality, very few people even want to make the effort. In regards to mental health professionals, it is the responsibility of these people, I'm sure initially well-motivated, to not only set a healthy example but as well to expand their professional knowledge to an efficacious level. Most of them are failing in this miserably.

Instead, the mental health worker can actually work to attain an actual wisdom of healing. I am referring to the kind that could be passed on to the client, like a

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[136] Ditto, Pg. 11
[137] Ditto, Pgs. 11 - 12
[138] Ditto

teacher passing wisdom on to a student. The teacher practicing the art of teaching has to have the hope that the student will surpass her or him in ability and knowledge. This is the sign of true love and nurturing. This is the true mark of a teacher – a teacher of life. Effective psychotherapy is only possible when teacher and student accurately interact in an empathic, living and connected way. When you teach, because that is what a therapist should be doing, you have to have intimate knowledge of that which you presume to educate and empower the student with. In reference to psychotherapy, I'm also referring to the actual experiences that a client would be going through. Without this proscriptive, intimate knowledge how could the teacher presume to explain this? That is the trademark of Carl Jung et al and why they were master healers of the whole psyche. Noah, Moses, Lao Tzu, Jesus, Mohammed and other masters can also be included.

Consider the idea and subsequent benefit of quieting the mind. A recurring theme throughout society that we see obviously manifested within areas of mental is that most people learn to perform in conformity to many different sources of messages, most of them subliminal and subtle, others not so subtle. This creates people who are "multiplied and scattered." These people are dissociated from their true selves. They learn to live a lie demanded of them by others and because of their egos they demand it of themselves.[139] This is why true psychotherapy does not involve solidifying the false, artificially created personas that are only useful for interacting on the mundane level of reality or for maintaining the machine. The development of true self-knowledge can be described with the image of peeling back the many layers of an onion to find the true core of the individual underneath.

As it stands today, the individual and collective psyche mutually interpenetrate each other, solidifying and exacerbating the dissociated splits within society and the individual. It is the undiagnosed neurotics and psychotics employed in the mental health field and other areas that hold positions of authority, trust and importance throughout society that pose the greatest threat. It is these very capable actors who hold the most powerful positions and therefore carry the most responsibility.

The apparently dual natures of our psyches, masculine and feminine, light and dark, hot and cold, high and low are illusional. This is nature's way of creating a dynamic tension out of which a new self can be born.[140] This alchemical integration has been the goal of the various Eastern and Western wisdom traditions for a long time. In depth psychology, the psychoanalytical result of this higher integration of self is called individuation. This is a necessary prerequisite if a person is going to become a whole human being.

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[139] Ditto, Pg. 14
[140] Ditto, Pg. 16

We can look at this from the perspective of imagery and geometry. The above statement is a perfect description of the following: subsequent to a naturally developmental maturing of the psyche, that is after the ego has matured to a level where its orientation and energies support the whole psychic structure in all of its apparently different manifestations, a geometric representation would be an upswept triangle representing spirit, consciousness, masculine energy - in other words, a trinity. However, this has to be combined with the energetic manifestations of woman: receptiveness, a container expressing a form – the down-swept triangle. Both triangles together represent stabilized but dynamic movement. Carl Jung developed an image and concept that could be viewed as a precursor to the image I just described. The quaternity is delineated by the number 4, represented by the square – it expresses stability but in a different kind of way. From my perspective and experiences, the quaternity is comprised of the female, earth-bound triangle. The fourth point that makes up the quaternity is really an expression of masculine consciousness. The main difference between the quaternity and the two triangles superimposed within each other are the levels of development each image and concept expresses.

I find it interesting that the trinity (3) and quaternity (4) comes to a total of 7, throughout human history a number having important spiritual significance and power.

However, there is another number that can also be used to represent the unity of the lower realms with the higher in a more stable but mutually dynamic, interacting way. The number 7 plays a large role in the psychological imagery of the Book of Revelations in the Christian New Testament (and many other Holy books from other traditions). From the way I understand things, it represents breaking down the rigidities in the psyche, resulting in the lower energies re-connecting with the higher realms. This gives way to the new birth of something that emerges out of this integration that, under natural circumstances, would follow. A higher level is attained and the number 8 represents this. Energetically described with geometry, this can be visualized as a down-swept triangle overlaid by a covering upswept triangle. Some people recognize this symbol as the hexagram, the Star of David and in other traditions simply called the six-pointed star. In fact, there are traditions that represent this energetic development with an 8-rayed star, the eight directions. I have also read many accounts that refer to the Christ being represented by the number 8 or 888. It represents the golden centre – balanced but dynamic feminine and masculine energies. This dynamic triplicity, 888, represents dynamic movement inherent in the constant uniting and mutual interaction of the higher with the lower, almost like a type of breathing. The number 7 represents “stable” earth energies combined with dynamic heavenly energies that eventually causes the lower earth energies to lose their stability, separate, then rearrange themselves, to reunite into a higher integration. A good metaphor or image for the number seven is a plow being pulled through the ground, breaking it up and preparing it for new growth. An image for the number 8 might be a farmer’s harvest; and I am not

talking about a harvest of innocent victims but of conscious seekers who intuitively search for a meaning to life beyond the materialism from which they emerge.

The number 8 is a much more powerful expression of total psychic energies, Spirit and Soul, without being squelched, dampened or flooded with the lower level primordial Earth energy – instead these energies become the waters of life. In this sense, the number 7 represents the old ethic where Earth was consciously pillaged, raped and controlled, initially meant as a way to civilize, in favor of the higher energies. Psychologically this was a necessary illusion on the journey to higher integration and evolution but it eventually backfired? – or signals that the time for higher integration has arrived. What the number 8 represents is a unity of the Earth or lower level energies working with the solar energies – a unity or marriage of the "god" and "goddess." This represents true creative energy and power, without any separation of the two. In this sense we transcend duality and become whole. This is why the number 8 also represents infinity.

As comfort and stability is learned, as one becomes more comfortable with opening up to the contents of the lower psyche, and subsequently higher, a natural and grounded stability can be found. Not with the old sense of stagnant but frantic activity (or panic) resulting from lack of creativity but in a natural dynamic and constant interaction of movement, eventually uniting Heaven with Earth represented by the number eight.

Dream: Calgary, 2001 – In this dream I am outside pitching horseshoes. In real life I am pretty good at playing horseshoes. In fact I have won a few trophies from time to time. In this dream as I pitch my horseshoe, for some reason it ends up in a nearby lake. As I try to retrieve my horseshoe, not only am I not able to do this, for some reason I am unable to get out of the water after I had purposefully walked in. As I start to develop a sense of panic, suddenly I see movement from my left. Moving towards me in a right-hand, sun-wise direction is a rather primordial looking man. He is friendly enough, very muscular and certainly rough around the edges. When he reaches me he offers me his hand and I reach up to him. As I am hauled out of the water I somehow seem to have got hold of the horseshoe. As soon as he has assisted me in this method he seems to disappear without a trace. I am left with my horseshoe and find myself able to get a ringer now that I have my horseshoe back.

I have thought about this dream for 6 years. For some reason I feel it appropriate to place it in this commentary today, 2/25/07.I can only say that for me this dream illustrates the way an earthbound but dynamic movement, represented by either the quaternity or number seven, can help lead one to a higher level integration and balance represented by a centered position, as symbolized by the number eight. It represents the use of powerful, primordial masculine Earth energies that are sometimes necessary to access in order to overcome the severe environmental challenges one faces in rising to higher

levels in the psyche This especially refers to escaping from the earthbound feminine waters of the psyche and their attempt to keep a psyche immersed and enmeshed in materialistic, womb-like earth and herd-like mentality. It refers to escaping from the gravity of the Earth. Immersed in the tri-dynamic feminine, the conscious use of real life-enhancing masculine power, not force, enables movement to a higher level of integration where the tri-dynamic feminine energies are successfully balanced with tri-dynamic masculine energies. The horseshoe represents taming the wild horses of passions and other primordial energies. With the horseshoe an individual can get a ringer, can become centered.

I'll relate a recurring dream I had for most of my childhood, adolescent and young adult years. The dream I just described denotes overcoming or conquering the state-of-mind and condition of life symbolized by the following dream.

In this dream I find myself stuck in a type of tubing that is open at both ends. I am stuck and am not able to maneuver or get out of this tube. I am resting on the edge of a bank that drops into a body of water. Suddenly I start to roll down the bank and fall into the water where I sink to the bottom, unable to escape in order to reach the surface. Although I felt trapped, I did not experience the fear associated with not being able to breath. I find it interesting that when I had the above horseshoe dream in Calgary, I also saw a television program that resonates with this second dream. It was a science program and it portrayed experiments where mice were injected with some form of stabilized oxygen that allowed them to breathe underwater for a certain time period. I can't remember the exact details of this program. It not only resonates with this second dream I just related but was also synchronized with the living situation I had been in when I saw the program and in fact was synchronistic with most of my environmental living conditions for the vast portion of my life – rather like a lab rat. For some reason, in the countless times I had this dream over the years I never experienced it as a night*mare* or developed any kind of panic, either in the dream or when I woke up in the mundane world. Perhaps some part of me knew that eventually I would free myself from the confines of this straight-jacket-like tubing and reach the surface of the water so that, breathing, I could climb out onto dry land.

This can also be conceptualized by utilizing the image of a pyramid within the circle, a model of hierarchy and upward movement, emerging from a solid and intact foundation, in an evolutionary sense.

What modern psychiatry does is stamp out this necessary, evolutionary and psychic struggle to be reborn into a higher realm altogether, unless it's in service to the machine. Some people, who go to seek help because of mental difficulties of a psychological-spiritual nature, usually brought on by some sort of trauma or crisis in their life are especially re-traumatized. This is primarily in reference to

poor and isolated people. Most all of these people are classified into that catch-all-nets called schizophrenia, obsession-compulsion, bi-polar, borderline personality and so fourth. I will say that some of these people do demonstrate unhealthy, perhaps even abusive characteristics and precisely for the reasons I have already discussed in this book. We have to break this cycle.

For example, anyone with any common sense can recognize that the condition known as bi-polar is a condition artificially caused by conditioning, fragmentation and the subsequent prevention from being able to integrate apparently dual aspects of a whole psyche. The condition known as bi-polar is an expression of a psychological attempt or struggle in trying to unite those two energetic and psychological expressions – expressions that society over time has coercively and violently split apart. What this prevention results in is the actual murder of part of that person's psyche and Soul. Many of the drugs used, Lithium for example, actually destroy the person's body as well. The natural outcome of this is further stagnation and fragmentation that leaves most of these people far less alive and human than before they went to seek help.

The self-motivation for the health professional during client-therapist interaction should be for a mutual interaction, where the healer learns as much about him or herself as they do about the client.[141] If a psychological healer approaches any healing relationship in a humble and mutual way he or she can actually learn as much about himself or herself as they can assist the client in learning about their own true selves. This is much more preferable than the professional learning vicariously about themselves through their clients – by projecting and hypocritically condemning in their clients what they repress within themselves.

The present situation is a compounded one where some clients, usually the poor, are treated like criminals or sub-human, especially if they end up in an institution. This happens to a lot of people who are scapegoats within their families and society – the "black sheep" or "the ugly ducklings." We have to help these ugly ducklings turn into the swans that they really are. This institutionalized prevention can primarily be attributed to the labels that become attached to them, a form of bigotry and the ease with which they can be controlled because of all the factors discussed so far. This affects both those labeled and the labelers in a most unhealthy way.

Most mental health professionals, ignorant about themselves adopt an expert persona. Their treatment is usually nothing more than forms of control combined with a patronizing attitude that boosts their own egos. They do this instead of attempting to understand what the psyche of the client is really trying to say. Usually, it is the core of a client's psyche and existence trying to be expressive. It is trying to expand consciousness, to understand. I wonder what the actual

[141] Ditto, Pg. 19

statistics might indicate. Is it a desire to help others or an unconscious desire to control others that usually prompts a person to become a mental health worker or caregiver? I remember one time when I was working in an institution providing societal integration training for mentally challenged adults, primarily in the areas of employment. Another staff person I was working with looked at me and said working with these people made her feel powerful – at another person's expense. It demonstrated an awareness that needs to be promoted. I will stress, that when I refer to examples expressing unhealthy or harmful psychological dynamics, gender is absolutely not an issue. As I have said during this commentary, I have met many people from both genders who express these dynamics. It is a human issue not a gender issue.

As stated above, meditation or psychotherapy can be a way to open up to, to re-collect and finally still the chaos of the inner mind by reaching for a higher level of awareness and integration.[142] If society begins to actually start to learn how to do this, eventually we can heal society. We can stop producing the traumatized scapegoats and fragmented personalities of today's society. Meditation allows one to accept and not reject or repress what arises – and then release whatever arises, accepting all as valid aspects of a an individual's whole psyche. This will effectively motivate and allow people to stop from acting-out that which they repress.

It is amazing when one considers the huge amount of accumulated human wisdom that is available to address these aspects of psychotherapy – knowledge that can guide humankind in the evolution of psyche and soul. It is one thing to attempt to use a cohesive, organized and scientific approach in psychotherapy. It is a crime against a human civilization that struggled to gain this knowledge, to have it discarded because of a few years, in comparison, of arrogant modern science. Let us combine the best of what ageless wisdom, homeopathy and alternative medicine has to offer with the best of what modern medicine has to offer.

One of the natural consequences of learning how to love oneself in this manner is the ability to love individuals outside of our material self. I have already pointed out this reality of the psyche. Each psyche mirrors and contains the whole of the human collective psyche. The ability to love others when one finally learns how to love themselves is simply a concrete expression of this.[143] In the context of the spiritual arts, this is no different than a person who has been on the path and learned from it. Someone who has learned the walk can teach a new student or client on the path. Intellectually trained people only know how to talk the talk – most of them have not learned how to walk the walk. The psychic power that humanity can unleash, as in taking off a leash, would dwarf the mechanical and technological achievements and abilities our egos have

[142] Ditto , Pg. 22 - 23
[143] Ditto, Pg. 23

produced. The hidden resources within the psyche are truly astounding and this has been demonstrated by many peoples and cultures over time. We just have to remember how to access them, by becoming aware of how these resources have been forcibly hidden and then learn to uncover them and bring them into the light.[144]

In my varied experiences with the mental health system both as professional, client and from talking with and observing others, the exact opposite usually occurs. As a rather dry humorous aside, many times while offering my own opinions, I later read where I was described as "rationalizing" or arguing. I mentioned this above. This is a perfect example of hypocrisy. I was speaking from an experiential, spiritual (living) as well as rational and academically educated perspective. I will say that I do not argue with people today – I state my case and if people don't want to listen, that is their prerogative. However, if it is related to me or harming other people, I then I have a natural and healthy right to express myself. The people who accused me were operating only from an intellectual-rational approach, contaminated by an immature and emotionally charged shadow: repression, projection and the subsequent hypocrisy.

My own experiences have been ones of having extremely confining and constricting interpretations of what it means to be human placed on me. That one rather vicious mental health worker effectively prevented me from expressing any knowledge about myself. Imagine: after years of practicing meditation-Yoga, various martial arts especially in the philosophical sense, obtaining two university degrees and years of conscious searching in the areas of psychology and spirituality. I've talked to many, many people over the years from varied backgrounds, traditions and perspectives. In addition I've personally taken part in many of these tradition's rituals and studied their philosophies. They cannot be learned or appreciated unless they are studied and practiced. I have never practiced Satanism. Given the dynamics I have described above, I have been on the receiving end of those dynamics, rather than administering them as a practitioner.

Yet the above-mentioned person called me arrogant and did not want me to give my two cents worth **about me!** They put a muzzle on me, just like a dog or other pet. What was done to me is a prime example of how people are mute-ilated, psychically and physically by the beast in the machine. This was pure projection and rejection on her part. It expressed a need to control others while leaving her self out of control. As described, she displayed many physiological and verbal expressions of defensiveness virtually every time I tried to express myself. I also know why, now. I threatened this person's flimsy ego while speaking about my experiences of the abuse – when I spoke with knowledgeable explanations and understanding about real events. Having knowledge about these dynamics, my verbalizations were exposing her to her lack of knowledge

[144] Ditto

and ability to heal her-self. I also prevented her from controlling me beyond a certain point. Perhaps I also – unconsciously – tweaked her guilt for committing the same types of invasions and psychic rape I had experienced from other people. These were the things I was attempting to relate to her, especially the specific incident that had caused me to go there in the first place. Interestingly, this very same person had taken part in one of the most traumatic events of abuse I have ever suffered, several years earlier to the above conversation.

The most destructive aspect of this was their attempt to instill a dependency in me instead of trying to empower me. As I said, this was a time when I had gone seeking help for a very severe panic attack that occurred precisely because of the abuse I had received from this system and other related parties – parties = part = fragmentation. The "treatment" I received actually worsened my well being. I was attacked and intimidated: that was the very reason I was there! I was "treated" in such a way that might have forced a reaction from me that supported their perception of what I was experiencing and why. As I stated above, fortunately for me, as difficult as the experience was I was prepared for it that time.

Instead of compassionately assisting me in my time of crisis, my factual disclosures of abuse were turned into delusional hysterics, exactly similar to the way the majority of women used to be treated in similar abusive circumstances.

The above last five paragraphs say more than simply what the semantics of the words suggest.

As another dry and humorous aside, this organization had a business run by the hospital –clients under the hospital's supervision bag and package marketable selections of pet supplies. The company name refers to animals in transit and the name is stenciled on the side of the vehicle that delivers the products. Perhaps the people who thought this name up were unconsciously referring to the clients who produced the products. This vehicle carried inanimate pet supplies and clients – it didn't carry dogs, cats or any other pets that I know of.

Today, the dynamics of this abuse cannot be attributed to gender when taking into consideration the scope and regularity of its prevalence throughout society. It can only be understood from a primarily psychological and spiritual stance in the manner I have been putting forth. It involves people. We have to let go of the separation that results when we segregate humanity based on biology, life styles, beliefs, culture, geographical location and especially differential power distributions.

I once met an intelligent, attractive young schoolteacher who had a rather debilitating experience with the mental health system herself. Although dramatically different in content from what I had experienced, the same theme

was present. This caused me to think of a question. Is the system providing for the client or is the client being used to help maintain the system and people within the system, at a cost to the clients' health. I pointed out a long time ago that in the outer world today, the human being works for the market, not the other way around. This is simply another institutional setting where this statement is demonstrated.

Her therapist, a very good-looking and experienced worker, had a reputation for leaving his female clients in a state of crisis when he broke off therapeutic relationships. Prior to beginning therapy this woman had attempted suicide. At the time she was seeing this therapist she was in an extremely vulnerable state. My friend told me that during counseling her 'the-rapist' would initiate very private topics about her sexuality. She said that after repeated questioning she admitted to being sexually deprived. Eventually he initiated the idea of her being infatuated with him although she had shown no signs of this in the sessions and had not breached the topic. His suggestions naturally got her thinking about this question and diverted her attention away from what really mattered. This type of leading and suggestive questioning led to admission of her physical attraction to him – after she thought about it as he asked her to do.

This continued but now he began saying he would have to end the therapeutic relationship because of her infatuation with him. This woman said this went on for a while leaving her in a state of uncertainty and fear. Combined with the natural psychological phenomena of transference, this particular type of relationship would produce an inappropriate and unhealthy dependence of the client onto the therapist. This would significantly increase the pain she was feeling already in her life. After making her worry for a while, without any type of proper closure, he terminated her as his "patient." This woman said she went into crisis after this ordeal and has been obsessed with thinking about him ever since.

Very important, as the woman was telling me about these events she physically became nauseated by the memory. She said she still goes through a hellish time because of it. She said she had spoken with other women who had similar experiences with this 'the-rapist' and for the same reasons. He had a reputation for having a huge ego. Is this why he would initiate into female clients an obsession with him? He was harming his clients in order to massage his own ego. It is also a subtle but very powerful example of the dynamics of sadism-masochism in action. This is all very similar to the other themes running through this book – manipulation and using of other people to fulfill the manipulator's own ego-energetic needs.

What would have happened if this woman went to speak to another therapist or employee in the same institution where the above-mentioned therapist worked? I will give a personal illustration of how the buddy system works, sometimes, where one professional will cover up or defend another colleague, even at the expense and well being of the client. A health

professional's first and greatest concern should be the client, according to the Hippocratic Oath and according to a commonsense interpretation of compassion.

I remember one time a General Practitioner I was seeing tried to cover up a mistake he had made. He knew I had been involved in mental health and he knew my intimates. He tried to cover up his oversight by brushing it off. He was saying that the reason for an earlier visit was different than what I was saying it had been. In an earlier visit I had gone to see him about my breathing and chest area. I had told him I was worried about all of the stress I had been under – because of trauma and abuse. During the visit he ended up placing me on medication for panic attacks and the resulting physiological symptoms – the real reason for my visit was shoved aside. He placed me on a psychotropic drug (Paxil), with the implication that that was my only problem. He treated me as if I were hysterical. During the visit he never even listened to my chest with a stethoscope. At a subsequent visit, he was insinuating that my memory was faulty. When I said to him I had gone to see him during the previous visit because of my chest, he denied it. I did not argue with him but the reason I had gone to see him was also the reason he had sent me for x-rays at a local hospital subsequent to the first visit. This visit to the hospital would never have taken place except for the reason I had told him I had visited him in the first place, yet he denied it. He seemed to think I was unable to put these two logical factors into the proper perspective and a very simplistic logical equation it was. He tried to dissipate any focus and concern for this oversight I might have. He gave me some free samples of medicine that I would otherwise have had to pay for out of my own pocket. He was quite aware that I had very limited financial resources. If I had have been a disabled person he was dealing with, I might have listened only to him, thought it was my own mistake in memory and have gone off happy with some free samples of medicine (antibiotics to clear up a chest infection), never thinking about it again.

Some time later I remember seeing another doctor at the same clinic. I told this doctor, in a clear, friendly and detached manner, with irrefutable logic what had taken place. The Doctor I was speaking with adamantly defended the doctor I was referring to, abruptly filled out a prescription for me – she increased my psychotropic drug medication – and rudely stormed off close to the front of me as she left the office. There was not one once of compassion displayed by this doctor. There was absolutely nothing in her manner present that would make one think of the high standards of the Hippocratic Oath. This was a female doctor and she happened to be defending a male Doctor. The fact is gender was in no way a factor in any of the dynamics I am describing. This is a perfect example how gender does not have to be a factor with many of the dynamics I have been discussing throughout this book. The bigotry in this case was not gender related but simply power related. It was simply a case of one doctor covering up the unethical practices of another, at the expense of the client. It was a simple case of the medical system re-victimizing the clients. Remember the importance that anger plays in indicating guilt.

In these examples, how might a person's psychological frame of reference or state of mind be affected? How many clients of mental health are treated in this manner? These are the sorts of questions I would like to see people asking themselves. Whoever is reading these words; as I have said before, try to imagine yourself experiencing something like this. Especially think about the example I gave earlier about my visit to a hospital because of a panic attack and the young woman who had been suicidal that I spoke about. How do you feel deep within as you read this. What is moving inside, beyond but working with your intellect or ego?

I feel it is appropriate at this point to insert a thought of mine in the above context about the woman who speaks out about the leading comments her therapist made to her. I am considering how vulnerable an individual is during therapeutic counseling and how the power differential places the client in a situation very open to the power of suggestion, especially when it involves leading comments. There were several times I experienced this, with a few different therapists, where blatantly suggestive comments were made. **This is the worst: I believe, simply asking a client if they are or would be thinking about committing suicide might introduce that very thought to a client who had never even entertained the idea**. When questions like this are asked there had better be good reasons for asking. I mention and explore this in another part of this book. The power of suggestion can be very powerful.

Speaking for myself, I had never even remotely considered the idea until the question was asked to me, after I made contact with the mental health services. Combined with the past and at the time current and ongoing severe trauma I had been experiencing, this question had a dramatic affect on me. Subsequent to these suggestions, on one occasion I very briefly entertained the idea but in that short time I had done this – I am talking about seconds – I became totally nauseated by the thought very quickly. In the midst of all of this, the only thing that protected me was my dedication to protecting and nurturing life, which had almost been destroyed during the course of my long-term and traumatic odyssey. Even then, it was not until that question was asked of me that I had even entertained the idea. Think of this in relation to what I have been saying about the true nature of satanic cult dynamics. In relation to mental health, as an example, I remember a time when I spoke with a very intelligent person, a client of mental health services. He told me that, based on research he had done, approximately 1/3 of all people with so-called schizophrenia ended up committing suicide, depending from where the statistics are obtained. I wonder how much the power of suggestion plays a role here. People labeled as having schizophrenia – being among the most sensitive people to be found anywhere and usually the very ones in society who have been most brutalized and traumatized – are the most easily influenced by these irresponsible types of practice. They also carry most of society's collective guilt.

Here is an important question and thought to consider. As I mentioned earlier, these sensitive types of people have access to and can actually carry much higher levels of energy than most other people because of their openness to and connection with the larger psyche – the limitless energy source. The greater and larger scope of reality the psyche is consciously in contact with, the greater the amount of energy carried by that person. Anyone who has read anything about satanic sacrifice knows that the purpose of blood sacrifice is to obtain energy from another life form. Use some imagination to complete the rest of the equation – it should provide some food for thought (In extension, consider the nature of wars).

Although mental health professionals say otherwise, from a professional perspective I do not think it is appropriate to ask a client if they are thinking of committing suicide unless there are proper indicators present suggesting such a possibility exists. Even and especially then it is of the utmost importance and responsibility that the health care provider involved make damn sure what they consider to be valid indicators are completely verified and proven before they dare ask this type of question to an individual undergoing dramatic and painful events or changes in their lives. Clients are conditioned to look only toward these people as experts with all the answers. As I indicated above, most of the "experts" I have encountered, not all of them, have actually attempted to induce the very behaviors that would support earlier diagnosis. The same applies to other client-worker interactions that I have observed, whether as a professional or otherwise.

The editor and contributor of the book "Awakening The Heart", whose knowledge I have combined with my own information in the commentary above and below and someone I have found to be a valuable research tool is an instructor of students of psychiatry and psychology. He and his various contributors make a point illustrating the need for the would-be healers to have undergone the same sort of experience they would presume to guide their own clients through. In-depth analysis should actually be part of their educational curriculum and then on going during practice, as a form of debriefing and deactivation of any accumulation of unhealthy psychological energies and complexes. How else can a true state of empathetically assisted healing, within an atmosphere of mutuality and respect take place? It can't. In order for someone to teach carpentry they have to learn how to actually do carpentry. Intellectual knowledge of the process by itself is useless.

According to one contributor in Welwood's book, Robin Skinner, as the patient matures it is hoped that the "transference" is dissipated and while some regard and gratitude may remain, **persistent dependency and acceptance of the analyst's authority are taken correctly to indicate incomplete treatment.** This is utter common sense and usually a complete reversal of what usually takes place in the world of "mental Health.

True mental health involves a recollection of life's horizontal elements and contents, the mundane world plane, with the vertical upward movement that includes and encourages psychic evolution – connection with something larger than ourselves. I am referring expansion, empowerment and the ability to initiate and use the natural self-healing ability of a whole person. This implies the achievement of greater independence, not more dependence.

The vertical axis today is systematically and officially being pathogised. Is this to create jobs and most especially to increase profits? A perfectly necessary life drive for meaning, for "God", is constantly being murdered by our "Age of enlightenment" and I say enlightenment tongue-in-cheek. In the way I am discussing it, psychotherapy and its practitioners could learn from the various traditions that honor and recognize the importance of the vertical movement "beyond the world". Existing for thousands of years, some of these traditions provide vital psycho-physiological requirements and nourishment. We need to have effective mental-health requirements to be available to people. This is only possible by embracing a life-enhancing awareness of a vast, expanding psyche and universe that we are a part of. This is necessary for healthy living.

Becoming conscious of both the vertical as well as the horizontal movements of the psyche represents a psycho-physiological centering: this is necessary for psychic balance. This can dynamically balance apparently opposite but complementary psychic realities and requirements, comprising humankind's whole make-up, physical and psychic, individual as well as collective. Society is cutting out a vast portion of the areas covered within Wilber's' diagrammatic representation of psychic realities. I am describing requirements for wholeness, both individual and collective and how to achieve them. Within the individual and collective, to split one half off from the other is to leave half of an individual or collective mindset. This applies to men and women and it also applies to heaven and earth, the higher and the lower psyche. This is mirrored in the dynamics of society and vice versa. What this does is deny humankind and the world its birthright. I am referring to an expansion of unity, collectively and individually, in freedom and thus in interdependence. This can only be achieved through the attainment of independence.[145]

Unless a person is open to immediate experiences, with every way they have of perceiving, they cannot truly be alive in the real sense of the word.[146] These words speak of what the spirit of healing should be all about. It speaks of the two-way interaction that has to be present if the relationship is to be truly effective in a life-enhancing way.

When we use spiritual tools derived from Eastern and Western spiritual practices and use them in medical psychotherapeutic approaches, some things

[145] Ditto, Pg. 29
[146] Ditto, Pg. 30

should be kept in mind. Since medical therapy, usually, only deal with ego and ego aspects of "fitting in," in the Western world, when Eastern traditional wisdom and spiritual methods are used they can cause further regression and solidification of the neurosis and psychosis already prevalent throughout society. Remember the effects I mentioned earlier of getting lost in the panorama and fireworks of the lower levels of the psyche when people learn to access them but in an undisciplined way. This is no different than many New Age groups that use practices that try to utilize Eastern spiritual techniques to further their growth. Because people have been conditioned to operate from the mundane ego-plane of existence, many of them are regressive rather than evolutionary.In psychotherapy, when medication isn't used by itself, new age-like techniques are sometimes used for adjustment of personality, the persona, rather than the true individual. [147] They create better actors not better human beings. These techniques simply become another form of a mind-numbing drug. They actually prevent the concentration necessary to achieve higher levels of consciousness.

Based on my research and what I have personally witnessed in people over long periods of time, medications such as anti-psychotics can prevent the ability of people to concentrate or become aware of psychic reality beyond the ego. I already touched on this. Anti-depressants can cause disconnection from other people and a higher sense of purpose, except perhaps in an ego-inflationary way. Sometimes both antipsychotic and anti-depressants are prescribed, one to counter the side-affects of the other! Considering this artificial production and maintenance of psychic *double*binds, imagine the confusion, the devastation of mind and body and the effect this has on a person. Based on my research, especially anti-psychotics have a very destructive affect on the body and mind. I have witnessed in other people I know well, how, over long periods of time ant-depressants can actually cause psychotic, borderline, sociopath type personalities. This occurs because of ego-inflationary affects, severe disconnection from other people and the subsequent prevention of the development of empathy and compassion. Obviously, these affects prevent any ability at developing equanimity - balance of the whole psyche – especially the ability to develop compassion for and tolerance of other people and themselves.

Current mainstream psychological approaches simply are not capable of recognizing the dangers inherent in their present ways of practice. Very few of them offer guidance towards transformation, rather the opposite.[148] Most mental health approaches completely ignore these aspects of growth in development. They ignore the potential for the expansion of consciousness – bringing to light the subconscious and deeper levels of the psyche.

In the limited number of approaches that are available for transformation, for the few individuals who are fortunate to access them, they found that they were

[147] Ditto, Pg. 35
[148] Ditto, Pg. 36

actually gratified for the appearance of their neurosis or other problems they developed. This was because they were propelled into a greater and deeper inquiry of the mind and life.[149] This type of healthy therapy is only available to those who can afford it. Even the very few Jungian psychologists I have found locally charge substantial amounts of money, leaving the vast majority of people at the mercy of the "free" mental health services available. Neurosis can be seen as a natural – or unnatural depending on how you look at it – reaction to unhealthy conditioning and an unnatural environment. What could be an opportunity for growth instead becomes a tortuous spiral of abuse. Today, those persons who cannot afford effective therapy are looked at as the problems, not the results of a problematic living environment. Nor are they appreciated for having the evolutionarily developed minds or potential that they have. This potential is demonstrated by them being sensitive enough to develop awareness of or express symptoms of their unhealthy state of mind that results because of the environment they *exist* in.

True mediation is a technique that could bring many people to the very roots of their problems by making one aware of just how confused and defensive the contents of most people's minds really are.[150] Because of the lack of supports, encouragement and true guides available, only a few people are able to withstand or have the strength and courage required for a transformation. The mind is constantly manufacturing defenses that prevent us from experiencing life. The mind has been conditioned to do this. Instead of seeing through this conditioning during the process of meditation, most people retreat and regress into a deeper mode of defense. This is because most people cannot withstand the blow or shock to their false egos. During meditation, at first, the false ego is usually shocked when true psychic reality is experienced.

In the West, successful treatment in mental health is said to have taken place when the false ego has been strengthened. This increases alienation, expanding the influence of bigotry and scapegoating. Medication <u>can</u> be misused to lower consciousness. Without going deeply to the source of psychic manifestations we only end up using the band-aid approach while the deeper wounds fester.

I earlier mentioned one way that well motivated individuals would be able to navigate around these obstacles or begin to. Some forms of easily available psychotherapy, cognitive therapy for example, can begin to achieve this. However, there are two things people have to safeguard themselves against: 1) that the therapist and particular cognitive method used does not cause further splits within the psyche or use 2) behavior modification approaches to the psyche that focuses exclusively on the ego. For example, some types of neuro-linguistic programming – the word programming speaks volumes! – could be misused by other people who instruct clients how to utilize this method. The cult I described

[149] Ditto, Pg. 39
[150] Ditto, Pg., 46-47

earlier who used “treatments” during their services describes perfectly how these methods could be used for illegitimate control of people. Therapists and other people can misuse the same dynamic method. However, healthy cognitive therapy can be used as a way of stabilizing the mind and ego to a strong enough degree that meditation could then be used to go beyond the ego into the higher realms of the psyche.[151] As mentioned, the supports available may not be sufficient for an individual to obtain true growth. I have even seen people come out of reputable centers of meditation and the meditative lifestyle who had not been able to truly heal and liberate themselves, even though they have been quite involved and apparently dedicated. They were not able to escape the neurotic and ego-centered way of life they had been indoctrinated into.

People I have known like this had actually increased their false ego orientation. In the examples that I am thinking of some had been business people before they became involved with a certain meditative community and from what I could see that was why they got involved: it was good for business. The people I am specifically thinking of – who provided me with personal examples that demonstrated a very unprofessional and mean-spirited type of business ethic – used what they thought they had learned to make profits. I saw examples where the people they presumed to help grow actually regress, expressed primarily by increased levels of addictive personalities and lack of health in general, especially a strengthening of egotistical sentiments and expression. Incidentally, this applied both to those that presumed to instruct other people and the few other people that availed themselves of these charlatans. The persons that had been given instruction expressed an almost pathetic subservience – dependence – to the “instructors”. What was demonstrated, on a very small scale, were the same dynamics that are present in a cult where there is a leader who tries to take on the persona of someone who is highly advanced, spiritually, intellectually and otherwise. We see examples of this sort of thing throughout society. They were very good actors. In meditation communities there are usually masters and teachers to instruct the proper methods. However, in this instance, because the classes are large and do not involve deep one-on-one student-teacher relationships, in the traditional way, what I describe above is sometimes inevitable. True meditation does not just refer to learning how to calm the nervous system. True mediation involves the development of true self-knowledge, free of the ego and all associated dynamics.

In review, a simple but profoundly effective way to initiate psychic growth is the simple practice of mindfulness – watching and following the thoughts, emotions and breath. The individual learns how to constantly and consciously let the thoughts, emotions and feelings come and then just let them go. This encourages fluidity and prevents obsession or compulsion, although at first these dynamics become more hectic and frequent. Eventually a person learns how to consciously control and use their energies for constructive purposes. This occurs

[151] Ditto, Pg. 47

when they no longer lose their energies to dissipation or have them consumed by the ego during its constant manufacturing of contents. Eventually the ability to escape from the effects of the small, personal and collective ego extends outward. In this way one is able to escape the gravity-like, conditioning effects of the collective super-ego and therefore of the herd. Eventually we learn how to ride the horse: the energies related to unbridled thoughts and the emotions associated with these thoughts. They can then become harnessed for constructive purposes. We can learn how to befriend them and turn their energy to life-promoting use. When we do not end up getting caught up in them, we become comfortable with them. When we do not become attached to them, we can go beyond them. By gently letting them go we may find our way to a source of greater sensitivity, stability and strength. We can be grounded and anchored in mundane reality yet fluidly adaptable. By remaining open to whatever enters the mind and then letting it go, in effect what is happening is that the person is learning how to become more tolerant of their selves and thereby others. It is a way to begin combating bigotry on a conscious level. This can eventually, positively affect the collective level of the psyche. Given the growing numbers of people utilizing mental health services, it is with those people who would presume to heal us that would be the obvious place to begin a large-scale transformative healing process within society; to initiate a greater potential for collective psychic transformation.

If a person has the courage and perseverance to delve through the negative and chaotic flood of emotions and overcome the fear associated with them, what they eventually would find is a core of strength and wholesomeness the individual never thought that they had.[152] In meditation, the practice of being with parts of ourselves that we would rather not look at builds confidence as one realizes that nothing inside is as bad as our avoidance or our rejection of it would be. Once we have seen these contents, lovingly embraced them, heal them and consciously put into the garbage what is not recyclable, we learn not to be controlled by them. We can more easily see and encourage our more positive traits and natural abilities. We can become creative.

One special point should be made clear. Because it is a rare thing today in the world to find an actual master or guru to act as a guide in a long-term one-on-one relationship, in almost all cases, some sort of analysis or effective psychotherapy should be used before or in conjunction with serious meditation before it is pursued. This is because of the literally mind shattering points and glimpses of awareness and realization one may arrive at during the course of psychic expansion. This will take place if a person is truly dedicated in the search and moves upward in an evolutionary sense. We always have to keep in mind the difference between true evolutionary meditation and a trance that results in lowered levels of consciousness. The latter is a type of enmeshed trance with the

[152] Ditto, Pg. 51

environment. The former refers to rising above the lower level environmental dynamics, our foundations but remaining consciously connected with them.

As I said, although there are many good psychologists out there, only a few are publicly funded. People usually end up with psychiatrists who are “guided” in diagnosis and treatment by symposiums funded and hosted by the pharmaceutical companies. In addition, there are few psychiatrists available who are open-minded, individual and free spirited enough to go beyond the traditional medical model. This model tends only to look for or create “pathology” rather than looking for well being. In medical school and within the medical-model there is not enough focus on preventative medicine.

In respect to virtually all mental-health clients in group homes and other facilities operated for people who are “mentally ill”, psychiatrists almost always resort to some form of medication therapy. “Counseling therapy” usually only consists of one-way communication and control and is used for purposes of functionality. There is a trickle down affect where all levels of staff trained to work with this population of people adopt similar methods. I described this above in my experiences of being trained to work with these people. I am not referring actual psychotherapeutic practitioners. However, I am referring to most levels within the staff hierarchy where there is not a whole lot of training or education required. The level of training required is especially important when one considers that these people are in positions that can highly influence and affect, for either good or ill people who some of society’s most vulnerable. I am especially referring to the acquirement of self-knowledge.

I remember speaking to one person who was working with this population of people in a group home. While working there, he was also taking courses at a drug-dependency clinic for some major addictions. He had also recently gotten out of prison after serving a sentence for severely physically abusing his wife. I’m not condemning this person. What I am evaluating is his unqualified status to work with this population of people. The main reason the memory of this individual case has stayed clearly in my mind was because he had at one time told me about a person with “schizophrenia” at the group home where he had worked. He told me that one night he had to “corner” this resident and lecture/counsel him on certain issues of lifestyle. Importantly, these issues had nothing to do with things that infringed on other people or their space – nor was it related to personal hygiene. The individual telling me this said the biggest reason he gave him this lecture was because he was embarrassed for the client because of how he presented himself. In other words, the resident was being counseled to adopt the personality preferences of this counselor, who was a severe drug addict and also had a history of violence. I witnessed this anger in him during the several times that I interacted with and had conversations with him. To finish off with this reference, I will mention the main reason why this story bothered. This “schizophrenic,” as this person referred to the client, who had been “cornered” had also been a quadriplegic in a wheelchair. The reason this

violent person got the job in the first place was because he was a member of a protected and favored minority group. Even though he had a severe drug addiction, a violent history and related criminal record, none of which he had healed from or risen above, he got the job. Get my drift.

To counter this cyclical pattern I am discussing, especially in the highly industrialized and technological societies where the false ego reigns, meditation by itself loosens the boundaries of the ego. Possible confusion from this process could be avoided by clearing up baggage and other emotional problems through the use of effective psychotherapy or guidance, providing a more solid foundation from which to work. Psychiatry as a general rule is counterproductive because of intolerance and the only real treatment offered is mind-numbing drug therapy. Depth psychology tends to have a much more open-ended perspective to the potentialities of the psyche. Depth psychology views the psyche in a more natural, wholesome and healthy way as does transpersonal psychologies. When possible, traditional spiritual wisdom traditions should be used with common sense and following the traditional guidelines.

Psychology, as opposed to psychiatry, tends to be friendlier and more open to in-depth analysis and tends to look for health and sanity within a client. Of course, this depends on the psychologist and the approach used in practice. I think it is very important to note that psychologists cannot prescribe medications. This in itself promotes a greater effort for them to use effective psychodynamic counseling in their efforts to help their clients.

The other, vastly important point to be noted can be demonstrated by looking at the second law of thermodynamics: entropy, the dissipation of energy. Entropy can only take place within closed systems. In a psychological sense, entropy can only take place where bigotry exists. This is caused by and further creates separation from others and intolerance generally. Being closed creates rigidity and constricts the definition of what and how the psyche should be. Following from this is society's or a person's bigotry against him or her-himself. With people who hold positions of power and authority over others this can result in bigotry, control and the ability to obtain their energetic requirements from others. The flip side, with the client or scapegoat, is the creation of a nihilistic tendency for self-destruction. However this can, through different expressions, apply to both the therapist as well as the client.

This next statement pertains almost exclusively to societies "undiagnosed" psychically wounded, including people on antidepressants. Almost all clients within the mental health net are so conditioned and controlled that extremely few of them resort to violence. Exceptions to this would be when it is directed at themselves, as they have been conditioned to do. This especially applies to the ones that are more destructively labeled as people with schizophrenia. It is well documented that many people who are on anti-depressants, and most of these people receive absolutely no counseling or effective therapy, do resort to

violence. This is especially true when their use is long-term – in these cases the violence is on a continuum. Consider what I said above. Rather ironic is it not that most people only exhibit fear towards those persons diagnosed with the various schizophrenias and similar forms of “pathology.” I will elaborate further on these dynamics later in this book.

It is primarily the undiagnosed people who are unconscious enough to pretend to be “normal” who are the real threats within society. I am primarily referring to these types of people who hold positions of authority, trust and responsibility. Look at the number of wounded but undiagnosed people who take others along with them in acts of multiple suicides or murders where the perpetrators eventually turn the gun on their selves. In the category of perpetrators, the most dangerous are those person’s who prime concern in life is to glorify themselves and make monetary profits, using whatever competitive advantage they can use and at whoever’s expense. These perpetrators are all wounded people themselves. When many of these people inter-act or use other people, those other people sometimes become expressions of societies’ unconsciously conscious sacrifices to the shadow – “a Harvest of the innocents” as one man called it. I find it interesting that this insightful person, who philosophically and very seriously used this expression, had a vast experience of the mental health system as a client under his belt. From what he told me, it hadn’t been a good one.

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How to Recognize Survivors of Ritual Abuse in the Healing Relationship

As I read and interpret the material in a book on treating satanic abuse survivors[153] it focuses on blatant Hollywood styles and the different types of abuse they perpetrate: these are cults and groups that perform satanic and ritual types of abuse consciously. I will extrapolate and make interpretations that take into consideration my knowledge of the deeper layers of the psyche. Rather than the higher levels, I am here focusing primarily on the more primordial, shadow contaminated ego and superego areas and levels of the psyche, their dynamics and the subsequent, severe types of abuse that exist on the unconscious or subconscious levels. This most certainly involves sexual abuse. I will be speaking about psychic invasions that are perpetrated in a ritualistic, satanic and sadistic sense. They are sexual invasions and abuses of the most severe kind. Necessarily, I will compare these dynamics with healthy psychic dynamics and what they are comprised of.

Approximately 50% of psychiatric in-patients have been sexually abused. Within society and on the unconscious levels of the psyche this picture would be close to 100% because almost no one within society or at least a miniscule number are consciously aware of the psychic and subsequently psychological traumatic events taking place.

Many clients admitted to the dissociative disorders units have been sexually victimized by doctors or therapists.[154] In real life, for most people at the deeper psychic levels, this figure would be astronomically higher and would be totally gender neutral in respect to the victims. There are psychically traumatized people who make claims to have been sexually abused. Although this is later disproved in a material sense, on a psychic level I have no doubt these people are telling the truth. The difficulty is that many of them have a tendency to confuse these psychic invasions with physical ones because of the trauma and mental confusion they experience. It is a possibility that in real life there are more females who are psychically, semi-aware of these realities than are most of the male victims. In general women seem to feel more comfortable within the deeper levels of the psyche than many men; exceptions to this are men who are naturally psychically sensitive.

I think one reason why women are more comfortable or at least have a more natural access to intuitive abilities is because their inner psyche contains the masculine element known as animus, the masculine and consciousness

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[153] Colin A. Ross M.D.- Satanic Ritual Abuse: Principles of Treatment. University of Toronto Press, incorporated 1995

[154] Ditto, Pg. 104

producing energy within a psyche. This would naturally give a greater innate ability to make conscious the inner depths, something men have to consciously cultivate under normal conditions. In a psychic sense, people who have the physical body of a woman, on the flip side within they can primarily be looked upon as being male. On the other hand, people who have the physical body of a male, although many would not like to admit it, female. In fact, this has been an esoteric truth in many of the mystery traditions for a long time.

Regardless of gender or even the balance of masculine and feminine energies, these sensitive people, men and women, are more than likely people who the medical establishment have labeled mentally ill, possibly schizophrenic. They would have learned that to speak of or acknowledge their awareness of inter-psychic dynamics or that they are conscious of these in some way would only "get them into trouble" with the mental health staff or other people. This would be an example of how perpetrators operating on these levels of abuse force their victims to remain mute.

This is a good reason why healers of the psyche, especially, have to begin to accept and openly acknowledge the realities of the psyche or those dynamics that prevent them from doing so. Given the high levels of power and control these people have over their clients this is the responsible thing to do and only makes sense.

Most of the psychiatric conditions found in the DSM-IV, the Diagnostic Statistical Manual, have been caused by childhood trauma of some sort or another.[155] In relation to the unacknowledged psychically wounded, even though Ross is referring to substantiated childhood trauma in the material sense, he points out that some of these victims of severe childhood trauma can appear well adjusted in a casual encounter – for example, in the workplace, despite serious ongoing personal problems.[156] I am referring to those actors and people who are able to play the game, to ignore their psyche, adopt appropriate personas and instead get swallowed up in the greed of the false egos. I would say it is these survivors who are the most threat, to themselves and other people. Many survivors, consciously and on the physical level have victimized people because they want people, their victims, to feel the same pain they did. Or, they feel threatened by anyone they feel may not be as wounded or weak as themselves. When you take into consideration the unconscious levels of the psyche where abuse takes place this is a red light, in the sense of alarm.

[155] Ditto, Pg. 105
[156] "Ditto

How to Recognize Survivors of Ritual Abuse in the Healing Relationship

On an initially unconscious level of decision making, consciously many people will choose careers, professions and so on where they can victimize people. Importantly, they are not usually aware of it consciously. This is where one has to look for true “Satanic” or shadow-driven ritual abuse. Most of our decision-making processes are made on the unconscious levels of awareness. This is more than proven in true schools of psychological study.

We are talking about sadism. So, where are people as those described above likely to involve themselves in careers, professions and other areas of societal involvement? Obviously they will choose areas where they will hold positions of power over people, usually over society’s most powerless and vulnerable people or in places where they hold authoritative positions. In respect of professions, common sense says where these areas are: law, law enforcement, teaching, the helping professions, especially medicine and so on. I remember when I was working with someone I knew very well in a sheltered workshop that instructed mentally challenged individuals appropriate live-styles and a certain amount of vocational training. This person was a very insecure and emotionally needy person. I know that in her family life and life outside work she would have been referred to as an “emotional sponge.” This was a person who manipulated others for the purpose of gaining energy from them to compensate for that which she was not able to obtain from within. I remember she looked at me one day while we were at work. With a look of excited animation on her face she said to me “Working with these people make me feel powerful.” I mentioned this earlier in this work but it was worthwhile mentioning it again.

I even remember one time when I was in a large Canadian city in the western provinces. I saw a group of day care children being taken outside for a walk. Unbelievably, I will never forget when I saw that one of the people “escorting” the children was wearing a satanic symbol around the neck – a Christian cross, suspended in a reversed position. Obviously this person was consciously and openly a member of a Hollywood satanic cult or had adopted a satanic perspective. Yet this person, who purposely chose to worship Satan, was working with pre-school toddlers! Obviously and what was more disturbing was that since he openly wore this symbol the people that hired him must have known this. One possibility was that the people who placed their children with this day care, perhaps even the people who operated it were all members of a satanic cult. I know there is such thing as freedom of religion and all that but these cults, behind doors physically closed to the public, openly torture their children to become fragmented, dissociated sadists just like them. This type of thing is extremely well documented. Considering how prevalent it is for people to consciously adopt these anti-life perspectives, what does this say about real sadism and Satanism that operates on unconscious levels? It makes things look very serious and scary indeed.

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How to Recognize Survivors of Ritual Abuse in the Healing Relationship

One may consider a history of severe childhood sexual, emotional or physical abuse whenever there is a history of acting-out.[157]I would say that when psychic abuse is taken into consideration, whether unconscious or subconsciously perpetrated, this would explain the increasing incidences of conditions such as asthma, ADDT, Turrets, etc. These conditions can be attributed to emotional, psychological and other forms of childhood trauma, as separate from or in addition to demonstrable cases of physical and psychological trauma, in addition to a life-long history of conditioning. This causes dissociation and violence among our youth. Usually, the medical establishment and the children's parents downplay the true causes of acting-out among our youth. They usually attribute it to genetics or some other physical predisposition or cause. In the true study of psychology it becomes almost impossible to deny the emotional and psychic abuse that takes place on levels that most people are only subconsciously aware of, if at all.

As I mentioned above, survivors who want their victims to feel the same pain they experienced are going to choose the most vulnerable people to victimize. Subsequent to proper research it would surely become obvious that many of the parents in our society are victimizing their own children. They are seeking revenge on their own children for things done to them, usually by their parents before them. As an example of this cyclically and medically sustained abuse, Joseph Chilton Pearce, in his book 'Evolution's End: Claiming the Potential of Our Intelligence" gives a very clear example. Among Afro Americans, especially living in the ghettos of the United States of America, a lot of this child abuse, actual child hate, as he refers to it increased after WWII when the medical establishment took over most childbearing practices. Of special note is the importance that the unconscious levels of awareness play in all of these dynamics. Before the medical establishment took over, the bonding, love and solidarity between Afro Americans was demonstrably stronger and more prevalent than in any other area of the American population.[158]

This can and will change as people become more aware of their own wounded natures on this level, especially those people who wish to heal others. Then, people can be healed in the same way anyone who has been physically or emotionally-psychically abused is. This requires compassionate and conscious attention by those people offering support; it requires a demonstration of knowledge in their healing practices.

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[157] Ditto

[158] Joseph Chilton Pearce, "Evolution's End: Claiming the Potential of Our Intelligence", Copyright 1992, HarperCollins Publishers, 10 East 53rd Street, New York, NY 10022

This professional requirement can only be attained by therapeutic consciousness-raising. It has to be done by people who are psychically conscious enough to have raised themselves beyond the level of their previously unconscious, usually wounded natures. This can also be achieved by individuals who may not have experienced psychic or physical abuse and are conscious enough to have attained higher levels of awareness beyond the usual lower levels of the false ego.

One of the most prevalent forms of acting-out by people who have been unconsciously or consciously abused – physically, emotionally and psychologically, is any form of addiction and, masochistic self-abuse or sadistic practices or predilection. Dynamic examples of masochism would include people who allow others to harm them. The flip side, are people who have a sadistic predilection. In the case of the former, this would be an expression of self-hate and guilt turned inward. In the case of Sadism, hate would be projected outward onto other people. In the case of either, this could be expressed physically, emotionally or in purely psychic way. In all cases, people are expressing both sadism and masochism – inwardly, outwardly, individually and collectively.

Parental abuse of their children begins early in a child's development. To break the will of a child is to split the child's self-system.[159] This is the period, usually during the "terrible two's" when a parent increasingly invades a child's psyche: a form of psychic rape. They expect the child to be on the same level of conceptual understanding as them and consider the naturally inquisitive and apparently impulsive desire to learn as a behavioral problem. I remember seeing a couple and their child a few days before revising this section of my book. It was a young couple and the child that was with them was perhaps 2 or 3 years old. One of the parents, a large person, screamed at the toddler when he started to inquisitively wander behind them when they started to walk down the sidewalk. What did one of the parents say to this toddler? She screamed at this young child and said she would beat him all the way up and down the street if he didn't keep up with them. The other parent, a slight, quiet looking individual, seemed to ignore this and was looking the *other* way. It is during this period of time that the majority of adults, in their reverse mode of thinking, create the problem. The impulse to learn and especially to develop the psychic self-system in such a way that a healthy development and thirst for growth can develop is a natural way for the child and later adult to look at the world. Having said this, take a moment and look at an image I describe on page 311, an image of children being lead down a city street connected to long central harness. In relation to what I just described above, consider the psychic affects on the children.

[159] Ditto, Pg. 146

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It is the first two or three years of a child's life that are the very most critical in shaping them either to become machines or to become human beings. Punishing and directing anger and rage at a child during these years can so wound the individual that they become handicapped. In many cases they become incompetent and lacking in confidence because of the resulting splits within the child's psyche. These splits prevent the integration of emotions, thoughts and actions: for example, they think one thing and do another.[160] How is a child supposed to rationalize and not psychically retreat from this type of behavior, perpetrated by those persons they instinctively know should be their unconditional protectors. This initiates into existence the devastating condition and subsequent situation of psychic double binds. This is a factorial, factory-like example of how society, especially on the mass level, has developed into a "sociopath" society, literally.

Although the imposing of negative verbal messages in a psyche begins in the womb, it is during the first couple of years of the child's life when the natural will of the child is destroyed that people begin to turn the child away from the path of becoming a true human being. Instead, we begin to turn them into "robots." To train them to maintain the machine-like existence they are being indoctrinated into. Society later blames the child or adult when they "act-out," when in fact it was early conditioning, especially breaking the child's will that caused this potential in later life to be realized. Society's sadistic ritual and practice of blaming the victim begins very early with most children.

In relation to creating splits, conditioning the child to experience fear and breaking a child's will, I remember reading a science fiction book years ago that actually touches on this topic. In this story humans had traveled to another planet to settle. I read this book at least 35 years ago but if I recall, it was for mining purposes, to rape the planet of its wealth. The planet had a jungle-like environment populated by ultra deadly animals of all descriptions and types. The human settlers on this planet developed extremely effective weapons to protect themselves from the multitude of dangerous creatures. Towards the end of the novel these humans learned that in fact what caused these creatures to attack them was the fear they sent out in the form of thought waves, the fear they had brought to the planet. After they realized this they were able to contain their fear and finally control it. When these humans learned how to be human again as nature intended the fears lessened and then finally stopped. So did the attacks by the planets creatures. This dynamic is no different than a dog attacking some one who is sending out thought-waves of fear directed to the dog when they see it. This is so amazingly simple and obvious. The above description not only

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[160] Ditto, Pg. 146

describes some of the dynamics I am exploring, it also points a finger in the general direction society has to move in order to heal.

It is well documented that a connection exists between the manifestation of physical problems and people who have experienced physical abuse and trauma, as children and as adults.[161] This demonstrates a mind-body connection that transcends the purely physical. It is simple to extrapolate and extend this to say that persons who experience psychic invasions might also demonstrate or express physical symptoms consistent with psychologically invasive experiences. Consider people who have experienced physical but especially psychological trauma. In a scientific and common sense way, the resulting exhibition of physical symptoms can usually be attributed to those experiences and the resulting deep psychic affects. This is especially true about people who express physical symptoms with no genetic or other biological explanations.

I would suggest that if a person's psychological experiences were truthfully explored there would be supporting evidence to show that psychological traumas and abuses are factors that might explain the physical symptoms. A very important factor here is the testimony and psychological explanations by the person experiencing the symptoms. Although people may not have the courage, due to past experiences or the inability to put into realistic words the exact causes, if these individuals are sensitive enough to have some conscious or quasi-conscious awareness of psychological invasions, they should be listened to. This is similar to the situation not that many years ago when individual's who stepped forward to speak up about being physically sexually abused, be they children, adult men or women, they were not believed. This also applied to people who stepped forward to speak up about all forms of psychological and emotional abuse, regardless of its severity. They were accused of lying or imagining the abuse, of being hysterical.

Given the reality of the higher realms of consciousness[162]and the evidence that psychic invasions are a common event on an individual level, considering the collective inter-subjective realities of the psyche, it is totally irresponsible for the medical establishment and other related institutions to ignore these dynamics.

As I have stated in other places, psychic invasions are a type of sexual abuse. They are forms of illegitimate control and /or harm, exerted over and perpetrated against people in the most profound sense. This is because it strikes at the very

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[161] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 106

[162] Ken Wilber, Joseph Chilton Pierce, Carl Jung, and on, and on…….

core of an individual's existence, in a deep psychological sense. Obvious examples: family enmeshment, co-dependent relationships and so forth. They are really types of psychic possession.

The reality of psychosomatic causation or cessation of symptoms, for example the ability for placebos to have the same affect on people as those taking actual medications, in double-blind experiments, demonstrates the power of the mind that affects or transcends the purely physical.

As stated earlier, there is a direct connection between people who have experienced physical sexual abuse and other forms of physical and psychological trauma and those persons who exhibit most of the psychological symptoms listed in the medical DSM, especially the so-called schizophrenias, borderline personality, bi- polar disorder and depression. The psychological connection cannot be ignored. People such as the above-mentioned are victimized twice as badly because the true causes of the abuse are ignored by orthodox medicine. Instead, what are looked for to "treat" and alleviate these conditions are the biological expressions of psychic traumas and imbalances that develop as symptoms. It is interesting that genetic predispositions are sometimes looked upon as the cause of certain conditions. As I have stated elsewhere, genetic predispositions should actually be looked upon as evolutionarily advanced examples of biological dynamics that are working properly in providing a sensitive awareness and alarm system that something is amiss in the individual's environment. In all of the above examples, these people are treated with medication for a supposed biophysical origin of the condition or a resulting, supposedly permanent, biological result of the abuse. In fact, there is substantial evidence to support the awareness that psychotropic medications, especially neuroleptics, can mimic the diagnostic condition they are supposed to alleviate. This is true especially during withdrawal from the medication.[163]

One thing id (I'll leave in this Freudian slip-typo) for sure. While on psychotropic medications people become much more susceptible to the power of suggestion. Neuroleptics, especially, lowers the average conscious awareness level of individuals on this type of drug. This turns people who are using this type of medication into malleable experimental playthings of those people or persons making the diagnosis and providing "care and treatment." This causes further trauma and victimization and fails to liberate the victim in a cathartic sense. As I said, in today's usual medical approach only minimal lip service is given when taking into account possible psychological or emotional trauma as being the

[163] "Unethical Psychiatrists misrepresent What is Known About Schizophrenia", Al Siebert, Ph.D. http://www.antipsychiatry.org/siebert.http

causes of certain psychological conditions, even when it is known that those experiences happened with the individual. In many cases, experiences that are disclosed are later looked at as examples of their “sickness.” I know this from personal experience. It only makes sense that if psychological conditions can in fact be attributed to psychological trauma then the use of psychological – not pharmaceutical – therapeutic intervention can help remedy the condition; but only if a self-empowerment process is involved. Speaking for myself, people used every opportunity to ignore the traumas that had happened to me; every opportunity to look at and treat me in negative way, treating me like I was psychologically unbalanced while ignoring the glaring psychological imbalances of my abusers was perpetrated. I was treated in ways that were totally contrary to my nature. I was in many cases treated like a criminal or wild animal when in fact I was, during those past times, a victim of criminal acts. I never expressed myself in anything except a peaceful, if sometimes fearful manner. As I mentioned earlier, this had continued until I was able to disprove one label after another and I was forced to live almost like a saint in order to achieve this. Interestingly, many people who attempt to escape from Hollywood satanic cults are also railroaded in this manner. Using me as an example, when acknowledged abuse took place, even then, the resulting conditions are treated as being psychological illnesses, usually of a biological origin, while the true causes get pushed aside after the fact of so-called “diagnosis”.

After people have been traumatically victimized, during the medical treatment for the resulting conditions, the label or diagnosis made usually results in an attitude that impairment is permanent and requires ongoing medication. This is disgraceful and criminal to say the least. I have mentioned the outrage that supporters and counselors in shelters for people who have been raped, sexually and/or otherwise abused would express if their clients were told that the symptoms would be permanent. This would be a blatant discounting and refusal to appreciate the innate strength and ability to heal that all people possess. That would be like allowing their clients to be handed a death sentence, although it is a death sentence that medicine quite often gives these victims when they are treated only by orthodox, psychiatric practices. It ignores the natural ability of the body and mind to heal itself..

Since survivors of physical sexual abuse indicate a tendency not to respond to standard treatment for the disorder[164] this indicates a much deeper psychological origin and nature of the wound, a power beyond the purely physical realms. It also illustrates, perhaps, an intuitive survival ability to guard themselves against

[164]Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 107

many of these co-called healers. I know from my personal experiences, if I had have followed much of the "advice" they gave me, in fact commands backed up by threats in some cases, not only would I have been further entrenched in diagnosis, I would have given up any natural empowerment I had available to me. For a while I actually and unquestionably listened to them. It wasn't until a deeply entrenched intelligence within pushed me to rebel against the diagnosis that I truly began to heal; especially against many of the psychotic and possibly sociopathic people that were trying to keep me under their sadistic control. I actually have voluminous records of documentation and because of past professional training I am well qualified to accurately do this. I am referring to information that solidly supports these statements I am making. I said earlier, I will be very blunt in much of what I say.

What these dynamics consistently illustrates is the power of the mind to hinder or heal a person. Importantly, it consistently points to an inability or refusal of orthodox medicine to acknowledge the power of psychic influences on an individual. These dynamics either affect the individual or the collective in a two-way movement. They are both intra-psychic and inter-subjective. A purely intellectual focus on psychological intelligence and awareness cuts us off from the greater intelligence of the psyche, for example intuition and collective wisdom. A primarily intellectual or ego-material focus develops an alienated state of mind. It places people in primitive defensive postures locked into the lower levels of the psyche. The more intellectually intelligent a person operating from lower, *more* primitive levels of existence is the more dangerous to themselves, other people and the greater environment they become.[165]

Importantly, most forms of childhood trauma usually result in some form of memory loss.[166] Obviously, that is a truism for most forms of severe trauma that includes physical as well as psychological-emotional abuse and manipulation. This is especially true when combined with other types of externally applied forms of organized cult or group mind-control: better known as (re)programming. For people who do not take what I am saying seriously, consider the political and civil rights records and documented histories of some of the worlds more obvious dictatorships and the way they used these types of dynamics to control people living within them.

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[165] Joseph Chilton Pearce, "Evolution's End: Claiming the Potential of Our Intelligence", Copyright 1992, HarperCollins Publishers, 10 East 53rd Street, New York, NY 10022, Pg. 152

[166] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 107

Consider the more subtle forms of behavior modification that takes place from the family right up to levels of government. This includes propaganda, advertising, peer or community pressure and so on. As mentioned above, the more subtle forms of mind-control and behavior modifications take place primarily on the more subliminal and subtle levels of the psyche; that's the only way they can work in the first place. This can cause further memory loss, a form of externally forced repression. It can result in a form of acting, denying aspects of an individual's true psyche and self. The major causes of this are the repressing mechanisms of the group or the collective superego, especially administered by its primarily unconscious agents. As mentioned and in addition to the above, the superego is primarily expressed through the avenues of propaganda and mass media, advertising, the entertainment industry, group pressure and other instruments of control. The collective superego and control exerted by the lower psychic levels of the mass mind is not necessarily to be equated with conscience. The control, ultimately, is usually wielded by those persons in control of the higher, elite levels of society, especially those who control the financial purse strings.

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In many cases, people who were sexually abused as children learn how to live and operate from emotional and age appropriate levels that correspond to the age when the abuse took place.[167] I will also add that the more subtle forms of psychic invasion, which is a type of sexual abuse and more profoundly traumatic because it is usually is hidden, also has similar affects on a person's psychic and emotional development. Many victims of childhood sexual abuse react to a review of the memories of the abuse, cognitively and therefore consciously at an age-appropriate emotional level and respectively, in an age appropriate manner. I am referring to a personal review of the abuse during a much latter time, usually during counseling. Sometimes aware of it as they speak and sometimes not, they might speak, and act in a manner that is age-appropriate to when the abuse took place. I have found evidence for this in research, as mentioned in the above and have personally experienced this, although I was able to do this from a detached perspective. This was a detachment I had learned through the practice of meditation.

From my own experiences during counseling as I explored the actual emotional dynamics, by recalling the physical contents in awareness, of being sexually, physically and emotionally abused as a child, I remembered them and expressed them at an age appropriate emotional level to when the abuse took place. In my case, I was able to view and review them from a detached perspective while feeling the actual emotions and biophysical reactions as I expressed outwardly the abuse that had taken place. This especially applied to my post-counseling review of the process. On my own, this also included a review of other extremely traumatic forms of physical, psychological and emotional violence that I experienced as a child and subsequently as an adult.

Of note, the later violence I experienced as an adult was sometimes related to my childhood abuse. This occurred as I interacted with the same people who were at least affiliated and perhaps even guilty of the earlier abuse, sometimes directly or sometimes only indirectly. It also involved me being the recipient of abusive violence from people I associated with who themselves had been victims of childhood trauma. These were examples of me being, in some cases, a masochistic participant and enabler for someone who tended to repress their memories and pain associated with their wounded natures. These were people who instead tended to express those dynamics by externalizing them in sadistic forms.

This involved and was related to the wounded psychological dynamics that had resulted from childhood trauma and led me into other areas and forms of violence. A lot of this was violence directed inward to self, causing behavioral

[167] Ditto

and situational expressions of an abused and shame-based personality: expressions that were masochistic and self-destructive. This extended to attitudinal and subsequently to consequential situations I found myself in. This most profoundly applied to the subsequent results of labeling, scapegoating and further victimization that was leveled towards me because of the acting-out behaviors I expressed as a child while the sexual, emotional and physical abuse was taking place. This continued when I was a teenager and young adult, leading to later forms of emotional blaming-the-victim. The very worst and most criminal aspects of the later forms of abuse were related to my natural drive and incentive to heal when, because my methods were unorthodox by a wounded social perspective, were condemned. This resulted in other people expressing this condemnation in various forms of perverted humiliation and victimization. The areas most guilty of this were the very institutions supposedly responsible for assisting and healing people: the mental health and social work systems. Here, I am referring to the reactions to the various ways and methods I used to awaken blocked memories and energies; I am also referring to the presumptions, gossip and other forms of miscommunication that presented me as someone that I wasn't.

My unorthodox methods of healing were usually implemented through the use of various forms of meditation, sometimes of an "occult" nature. Earlier on I indicated the persecution people sometimes experience who utilize these methods for awakening themselves. A person is usually persecuted by the medical-mental health system, groups within the community and by a society influenced by these perspectives.

During my early years of meditation training and utilization of other forms and methods of psychologically recollecting myself, I went through an experiential movement up the emotional ladder towards maturity. The fragmented aspects of my psyche that I recollected during this process involved the reclamation and reintegration of repressed memories and associated emotions that I had or that had been snuffed out of me: this had usually been done by blatant forms of abuse perpetrated by those I trusted but also by the more subtle forms of abuse. This included mind-control and conditioning perpetrated by the wounded superego and shadow of society; was perpetrated by society's various instruments, both human and mechanical, along the avenues I described above. As a little aside and in all fairness, I remember one insightful psychiatrist I had at one time who actually supported this recollection, not necessarily my methods. He also supported my conclusions, most of which I have been expressing throughout this book. Obviously I would not have expressed them to him in such a complex way. It is important to note that he also told me that he could not support what I was saying officially. He pointedly told me he unofficially agreed with me but not officially. In other words, for reasons of "professional" survival he

had to go along with what the systemic process that had done this to me in the first place.

He told me I had to "pick up the pieces." Interestingly, he was an immigrant from another part of the world outside of North America.

"Repetition compulsion" is a classic psychoanalytical concept. This compulsion is well known to be a symptom expressed by people who have experienced abusive situations. These are people who go from one abusive situation to another, situations that create a similar feeling. Some knowledgeable people believe this is an unconscious attempt to master the situation.[168] I would add that what in fact this dynamic expresses is a masochistic tendency that is primarily unconscious and learned. Speaking from my own experiences, I know that these experiences cannot be overcome without a conscious re-experiencing of the dynamics. However, if they are not re-experienced in a conscious and knowledgeable way, they become repetitive and masochistically compulsive. All we have to do is look at the dynamics that people who have obviously been sexually or otherwise physically or psychologically-emotionally abused adopt. They are usually self-harmful and highly expressive of a shame-based personality.

The basis behind any type of cathartic process, consciously re-enacted or performed is for the purpose of reconnecting with and rising above the formerly repressed emotional and contextual memories. That is the only way these dynamics can be overcome and a person healed: emotionally, psychologically, spiritually and in extension physically. The same also holds true for a cathartic healing from the psychic mutilation caused by society's shadow contaminated superego and subsequent shadow-conditioning. I will repeat an important comment here. Although meditation is the most profoundly affective method an individual can use for this purpose, most people I have encountered want and require the support and guidance of other people during this process. There is a necessity that the guide, therapist or other form of support person or people be non-invasive. It is imperative that the therapist or support person refrain from" identifying" with the client because that increases the likelihood that the support person will influence the client to adopt and carry their emotional and psychological baggage. Instead, they simply need to be able to offer a knowledgeable empathic presence that can provide a safe environment for guiding the individual being healed. When I say knowledgeable presence, I am referring to the support of a person(s) who are knowledgeable about the processes of the mind, especially the healing process. The required empathy can only be offered by an individual (s) who has gone through the healing process

[168] Ditto, Pg. 108

themselves or who have experientially explored the actual psychological process during their own training as a healer, through life experience and so on. This was discussed in the chapter 13.

There is an element of addiction in the compulsion process.[169] I won't go into the relationship between terror and the releasing of endorphins. The process is primarily unconsciously motivated and involves a lot of neurological and brain chemical processes. My purpose in this work is not so much to deal with biological or material processes. A focus on biology and genetics is one of the main problems with our medical system when it applies to knowledge of and healing the psyche. I assert that the primary unconscious dynamic involved, with addictions especially, is the mother or Oedipal-complex, a classic psychoanalytical term that is well known. It usually represents a developmental stage a person must pass through on the journey to maturity. Today, it represents a major obstacle achieving psychological maturity because of a sabotaged emotional development that an abused and conditioned people experience. This can only be maintained when people are kept locked into the lower levels of the psyche, the materialistic world. As an example, this is maintained by a mind-set that focuses on specialization and one that creates a dependency on the "expert." These dynamics are lacking in masculine consciousness-producing libidinal or spiritual energy.

This dynamic applies to both men and women. It can be put or kept in place because of an absence of healthy female and male role models being available to teach young females or males balanced masculine and feminine dynamics. We should keep in mind that in the early stages of life, children and young people are very visual and literal. They identify with feminine and masculine energies by applying them to the physical representational analogies of these energies. The parents or other role models in their lives represent what in fact are psychological dynamics and energies. An Aboriginal woman who worked with children told me that Native Aboriginal parents are aware of this psychological truism. This is usually prevented or distorted because of childhood trauma, dysfunctional parental relationships and life-long societal conditioning.

In this state they have not matured past the emotional need to be connected to some form of emotional placebo, a placebo that relieves them of the pain caused by an alienation from self. This subsequently extends outward to include, or should I say, exclude others. They have not, in these instances, released themselves by moving beyond the womb-like emotional satiation that is obtained from the early and lower levels of the psyche. They become entrapped in an

[169] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 108

artificially created and maintained uroboric[170] state. This is a state characterized by an unconscious participation-mystique, resulting in a constant but unbalanced pull of opposites. Both men and women remain caught in a double bind, a type of mental prison. I am referring to a halted developmental state that is artificially maintained while nature pulls from the other direction in an evolutionary sense. Psychologically, it is illustrated by a cyclically malfunctioned and frustrated attempt to emerge out of a double bind, one that is produced by the opposing forces of apparent opposites. There is a pull to maturity and a push back into the womb. At this stage, intertwined in all of this is a narcissistic alienation from self and others. These dynamics exist in varying degrees of strength on a continuum. People end up being continuously pulled and pushed from one extreme to another without being able to achieve some sort of dynamic balance. Under natural evolutionary circumstances, this can be illustrated in alchemical terms. This can be symbolically represented by the imager of a flask being heated over a forge; heating the contents of the psyche until a refining takes place. A simple illustration of a successful resolution to this process is to remain connected to our roots from which we emerged but to individuate enough to become our own unique person, a person that is able to evolve into higher levels of psychic reality.

In normal psychic developmental conditions this heating in the fires of the forge, represented by a salamander in some traditions, is the method nature intended for the psyche to develop, up to a higher level of being. It is identical to the form of Zen that uses a koan to neutralize the life-denying aspect of the false ego. When addictions are used to cover up and keep a person unconscious and unconscious of the psychic need to transcend this condition, what is artificially maintained is the very prison that is only supposed to be a temporary condition. Under natural conditions this is used by nature to frustrate the ego. Within natural conditions, this would induce the ego to let go of its immature hold on the psyche and thereby allow movement up-wards. When this condition is forced on individuals and maintained, in many cases it creates an inner violence directed in-wards toward the self in a masochistic way or out-wards towards other people in expressions of sadism and violence. It can also explain, in addition to the proliferation in addictions throughout society, the epidemic-like outbreaks of violence and anarchy occurring throughout society and the world.

Addictions increase rather than decrease consciousness, resulting in an oceanic and womb-like satiation that prevents a conscious desire and motivation to move beyond this state. Throughout society this will actually strengthen and

[170]Uroboric- A dynamic state that is circular, not evolutionary. It is a lower level, reptilian aspect of the psyche. It is circular because of an inability or frustrated ability to emerge from this lower level psychic immaturity into a higher level of consciousness and integration.

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cause people to become more entrenched in their little false egos, disconnected or fragmented, dissociated from their larger psyche. Even a primarily left brained, logical thinking person actually becomes less conscious. This is not the way nature intended.

This unnaturally and artificially forced or induced mother-complex is one of the primary dynamics responsible for the creation of and maintenance of an addictive and violent personality. It also provides a perfect atmosphere to manipulate people in the subtle ways utilized by the superego and its instruments of power and control. In some ways most people are kept at the emotional level of needy children and equally malleable –whoever is reading these words, the way a person responds to these words might speak volumes. It is one of the primary causes of neurotic and psychotic behavior when it is long term, when theses dynamics are not identified. I assert that the people usually identified as such are the psychically sensitive individuals throughout society. These are people who have demonstrated the greatest natural potential to move beyond these immature and, in the long term, subsequently unbalanced states of mind. This is also the population of people least likely to be violent, unless they are controlled by the dynamics I have been discussing. In that case the violence they exhibit occurs primarily on the unconscious or subliminal levels of the psyche, domino-like and perhaps Kappo-like but usually directed inwards, towards themselves.

In my own experiences I can verify Ross's assertion that a terror element in reliving similar experiences causes a perverted form of pleasure. With me, this was experienced by performing sometimes quite dangerous daredevil acts, usually in the form of "showing off" in front of my peers, to try to bolster my mutilated self-image.

Although the mother-complex is one of the primary causes of addiction in all its various guises, perhaps unconsciously the terror-endorphin factor is present. I remember speaking a few times to a young woman who told me she loved to do things that actually terrified her. This physically very attractive person made a living by acting. Based on what I have discussed in this book so far, I think people can put the rest of the equation together. Speaking for myself, my tendency to perform daredevil acts and especially my various addictions did not leave me until I consciously, both psychologically and physically in the form of independence and individuation broke away from my mother. This was an earlier and lower-level psychological dependence and womb-like existence. Importantly, I had to do this without actually repressing or denying the foundational roots from which I sprung, mother. In real life this disentanglement, ending the psychological enmeshment from my biological mother in this way, also had a profound psychological affect of releasing her from the burden of having an adult child to take care of. I just realized, as I wrote this last statement, that this is probably the

origin of the semantic meaning behind the term “Adult Children (of alcoholics, for example).

An important element in the dynamics I have spoken of in the last few pages produce a shame-based personality in which a person feels “bad” for the abuse that they experienced.[171] This is a perfect example that the affects of Scapegoating and blaming-the-victim can have on abused people. Similar to what I said above, this can have two dramatically, seemingly opposite affects. In the first instance, when turned inwards it can create a repressed, depressed, masochistic type of personality that seeks situations in which they are devalued, humiliated and so forth. An extreme quasi-conscious example of this is when people become sexually aroused when taking on a masochistic role in the bedroom.

The seemingly opposite expression of these dynamics occurs when people repress them and project them outward in the form of hypocrisy, Scapegoating and virtually any form of bigoted attitude toward other people. An extreme quasi-conscious expression of this is when a person acts-out and acts as the sadist in sexual bedroom activity.

On a physical and a subtle psychic level, the less obvious forms of masochistic-sadistic activity will become an expression, a form of psychic sexual activity. Many myths, fables and folklore produce imagery describing these: the more subtle aspects of the psyche, not just sadistic-masochistic expression. In the “real” world these dynamics are usually expressed in the form of sexuality while they are still at a wounded or immature level. When emotional levels have been identified consciously and refined into civilized feeling and expression, they can be expressed in the form of sensuality. In no way am I devaluing or pathologizing sexuality. I am just placing it in a healthy perspective, free of compulsion or addiction.

Ross explicitly points out that the more blatant forms of abuse can cause the victims to fall into a double-binded way of living. They can become trapped in and/or disconnected from themselves. They become fragmented, confused and think in ways that can be expressed sexually.[172] I have just spoken about sadism and masochism, although Ross makes mention of incest and other forms of sexual acting-out. The prevalent subtle levels of psychic abuse and therefore psychic sexual abuse are the major causes of sexual deviance throughout society. Most forms of sexual deviance, either of the physical or subtler psychic

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[171] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 109

[172] Ditto

types, can be referred to as types of sexual rape. I think the most despicable and deadly of these dynamics especially in a psychic sense is the perpetration of pedophilia.

Understanding everything I have discussed so far, I think one of the main psychic dynamics responsible for causing the epidemic of pedophilia, wherever it is found, is that the perpetrators of these crimes have themselves been psychically abused and wounded. This may have included actual physical abuse or not. People caught in the mother and for females, father-complex, psychologically and especially emotionally, express the main symptom of this, – they become possessed by their wounded inner natures. These are people who have not cut the parental umbilical cord. These are people who have been emotionally halted at an early age and are attracted to young victims because they are emotionally threatened by people their own age. They also identify with the emotional age of the children they victimize. Men, being conditioned to express themselves primarily physically and in physical ways will sometimes express this by physically abusing children. Female victims and subsequent perpetrators usually express identical dynamics of their wounded nature by primarily committing emotional and psychological abuse, usually in the form of incest with their own and other children.

As a personal example, I grew up in an enmeshed, co-dependent and violent family. In respect of the immediate psychological dynamics mentioned, I could have been characterized as having a primarily masochistic, shame-based personality. As I mentioned, most of my shame-based characteristics were turned inward resulting in various forms of direct and in-direct self-abuse. I remember as a child actually doing things to myself that caused pain. If I had a loose tooth I would antagonize it until the pain brought tears to my eyes. I would push my hands into my stomach until I felt pain to the point of nausea. If I needed to have a bowel movement I would hold it in until I could hardly function the pain was so great; this latter expression was also conditioned by having been sexually victimized by a male pedophile. I would pull the hair on my head until the pain was almost unbearable. I would force myself to go long periods of time until I could hardly swallow before I drank something to quench my thirst. To be fair, I had been additionally conditioned in this particular example. When I was a child, because I wet the bed, the doctors told my mother not to give me any liquids after suppertime. Some nights I would lie in bed so thirsty I could hardly swallow. I mean, one of the body’s most important things to take in is water! Although I always carry a bottle of water with me today for health reasons, I wonder how much this early conditioning played a role. When I was introduced to smoking, at the same time I was being sexually abused by someone else, the person who gave these to me was someone who should have been looking out for my welfare. This person talked me into taking a smoke so that I could not then turn

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around and “tattle.” I remember for several years afterward, if I finished smoking a whole cigarette, I would become quite sick to my stomach. After a few years of this I was relieved when I could finally smoke a whole cigarette without becoming green with nausea.

Anyway, my self-destructive behavior was most poignantly expressed by substance abuse, daredevil antics and “fighting” with my peers. Many of the “scraps” were directed towards people I perceived as being bullies or abusive in some way. The masochistic element was present because quite often these bullies would end up put a beating on me, usually when I was drinking. When it came to sexual activities, in my early years I was attracted to young women a few years younger than myself. Without the knowledge of any of my peers or family I was fairly promiscuous in a bi-sexual way. On a personal level and speaking on behalf of me, the psychic dynamics associated with this temporary sexual acting-out were related to my history of being sexually abused by both males and females. Today, I still consider myself bisexual, in a psychological sense and not in a physical sense. This psychological bisexuality has eradicated any homophobia. I can express very human and compassionate, some would even say feminine qualities equally to men and women. From my scholarly knowledge of history, I equate this with a true masculinity that men in ancient times were able to express. I am thinking of some soldiers of historical antiquity. As a child it was the ancient Greeks, Romans and other masculine examples from those time periods, people who were able to shed tears as easily as they could physically defend with ruthless precision and courage that I idealized and was awed by.

As I grew older and began the journey to “know myself” in a psychological way I tended to study my attraction to women younger than me. As I became an adult and progressed towards my thirties and then forties I was consciously able to detach from and look at my visual – never actually physically – attraction to young women. These women were sometimes quite younger than me as I grew older, for example women in twenty-something. I know this is a very common phenomenon and applies equally to both men and women. There is a natural element involved as *well*. However, that natural element is of the lower psychic levels of development, exactly as I described above.

I encountered many women much older than myself who were sexually attracted and actively interested in me. I remember when I was fourteen years old, two years after a two-year stretch of being completely sexually violated in the extreme by a man on my paper route. I went to a party held for staff of a restaurant I worked at. It was held at the assistant manger’s home, a woman. I remember a woman who was close to forty who tried to sexually assault me. When I was too fearful to get an erection she laughed at me and for the

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remainder of the time I worked at that establishment all of the other, especially female staff humiliated and ridiculed me. This was because of my physiological reaction to being assaulted by an adult again while I was still a child. I remember at the same party, after this incident occurred I went looking for my friend and workmate I had gone to the party with. I found him in bed with a married woman about the same age as the woman who had sexually assaulted me. My friend was the same age as me.

These dynamics were a physical and therefore psychological causation and incestuous expression adding to the mother-complex that had kept me “tied to the apron strings.” Overly dominant mother figures and weak father figures add to the creation, increase or perpetuation of this dynamic. I will say overly dominant fathers and weak mothers have the reverse affect on a female although, as a male, I haven’t studied these dynamics in-depth to the same extent as the former.

I remember when I was16 years old I met a 32 year-old woman at a party. I remember she came home to my parents place after the party. My parents were away for the weekend. We tried to have sex but I was not able to perform. After being ridiculed by her, after she spent the night, the next morning I actually went to a friends place to get a vehicle to drive her home.

The point I am making here is the deep psychological effect these experiences had on me. On the one hand I developed a people-pleasing, masochistic personality; on another I developed anger related to deep humiliation and emotional immaturity. It was primarily the stunted emotional growth that kept me “tied to my mother’s apron strings”, especially expressed through addiction.

Speaking in relation to myself and my sexual activities and interests, eventually I began to see these dynamics for what they were: a psychological expression of me that had been emotionally halted at the age (s) that I had been sexually abused. I also went through a period of time, age 12 to age 32, when I was addicted to pornography. I remember I spoke to a therapist who worked at a Victims of Sexual Assault Service centre one time. I remarked to her that this type of activity actually lead me into a type of unconsciousness. I later realized this activity apparently shielded me from the reality of my wounded nature and the associated psychological dynamics during that time.

Before I speak further about sexual abuse, both physical, psychological and its dynamics, I would like to make some further comments about the nature of the psyche. I will speak primarily in relation to the inter-penetration of psyches and the capacity for abuse and control. In his book “Multiple Man: Explorations in Possession and Multiple Personality” by Adam Crabtree, he explores the reality

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of group mind possession.[173] Crabtree says the (psychic sexual – *my addition*) affects and influence on a person's psyche can range from family right up to national levels.

Most of the effects of these dynamics will be unconscious or if a person is more aware, subconscious and chaotic unless a person is very sensitive and consciously aware. Most of a person's thoughts, words and actions are primarily determined and unconsciously formulated before they reach the conscious domain of the ego. It is not difficult to imagine how these dynamics can actually dictate how a person speaks, acts and feels. The more aware people are, the more they may become conscious of feelings of negativity, fear and impulsiveness of various forms. Although they are somewhat aware of them, they can't understand where they stem from. Higher levels of awareness lead to identification of, not with, these sources.

In thinking about sexual abuse, especially pedophilia, we should remember how minds interpenetrate. Then remember that quantum reality is such that a person's attitude actually psychically affects the object or subject being observed. It makes perfect and complete sense that a person's attitude will affect other people – other people who have become objectified, stereotyped and scapegoated. Common sense says that if a human mind can affect objects in such a manner, it follows that one mind will also have an affect on other minds. These are minds that produce brain waves: brain waves that are material enough to affect objects – waves-particles. They are material and substantial enough to be recorded by material instruments.

In relation to sexual abuse and especially with children, when a person objectifies and looks at someone in a sexual way or with a sexual attitude, it becomes a type of sexual invasion or assault. This can affect an individual who is being sexually invaded in this way to act in the way they are being objectified and perceived. With children who are relatively defenseless at this age, especially in a psychological sense, this can result in promiscuity, sexual flirtatiousness and so on. A parent's attitude or modeling can have an even more powerful affect because of the emotional connection between them.

The mass entertainment industry is almost completely saturated in and with the dynamics of objectification and suggestion, especially of pedophilia in the form of subtle suggestion. It is literally criminal. Consider that there has been in

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[173] A dam Crabtree, "Multiple Man: Explorations in Possession and Multiple Personality", Pg 274 Copyright 1997, by Adam Crabtree, Published by Sommerville House Publishing , a division of Sommerville House Books Limited, 3080 Yonge Street Suite 5000, Toronto, Ontario M4N 3N1, Website: www.sombooks.com, E-mail: sombooks@goodmedia.com,

recent years a proliferation of child beauty pageants and so on. If one truly studies and looks at the mass communications industry, especially so-called entertainment, it can be seen that it is saturated with pedophilia types of communicative suggestion, even in so-called children's cartoons. The use of imagery with direct and indirect and therefore subliminal insinuation towards this perversity has prospered, as usual to fill the pockets of the elite.

Ross makes the comment that there are multigenerational satanic cults that survivors have escaped from and later gone to therapy for.[174] In this context he is referring to survivors of blatant Hollywood style satanic cults. Considering the unconscious dynamics that take place within society, in the same context, I will say that real satanic cults or shadow driven societies have existed for hundreds of years. In the "Age of Reason", especially with the advent of the industrial revolution, because of a parallel increase in higher levels of unconsciousness this dynamic and the human situation has sky-rocketed and multiplied exponentially. As Pierce says, with the advent of modern medicine and especially since its solidification and societal saturation since the end of the Second World War, this way of life has become the "norm".

I remember talking to a young neo-Nazi some years ago and saying that what was considered unacceptable in Nazi Germany, by the rest of the world that was anti-Nazi in perspective, has become commonplace and considered acceptable in much of today's society. This especially applies to societal and individual conditioning and control. I also remember telling this young individual that many youth attracted to the neo-Nazi movement today and think of themselves as such would been considered as unfit for Hitler's movement. I mentioned some of the historical ways in which the Nazis of that era dealt with undisciplined or "undesirable" people. I will never forget the gradual look of shock that appeared on this young man's face as I described the realities of Hitler Germany at that time. I will add, this conversation took place not long after he and his associates had surrounded me and severely intimidated me. I was working with these people in a rather isolated area outside of a large Canadian city. In one or two cases they came close to hurting me severely in a physical way. I worked with these people in an isolated rural area after I had "escaped" my hometown to get away from unbearable conditions that I described earlier. This reality that I had experienced is not unlike similar situations where youth try to escape from one cult-like or abusive situation only to fall into another.

Ross says that in the development of Dissociation Identity Disorder, three basic types of personalities dominate those victimized and traumatized people –

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[174] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 110

a child personality, a persecutor personality and a protector personality. I find these three classifications extremely interesting, primarily because they can belong to one of the two classifications or divisions I have identified and discussed: the individual who represses but turns their contents inward and the individual who represses but projects them outward. In addition, I will say that extreme or obvious dissociation dynamics do not have to be in place.

As described in my own experiences, although I classified myself as the masochistic type, I can easily include within that class a sub-category resulting from being an abused child – the protector. In a psychological sense what I would say my protective dynamics were doing, picking fights with the bullies, was an action I subconsciously chose to perform in order to protect my inner child. I did this usually when I was drinking, a time when inhibitions are lowered and inner psychic contents burst forth. However, considering our individual yet collective existence within the human psychic realm, not only was I protecting my own inner child, I was also protecting the collective human child. This was concretely expressed because I started fights with real bullies who operated on the exterior, collective level of society.

The persecutor personality, obviously, can be classified and placed in the same group or category as the sadist: the two classifications are identical. This also described the collective superegos inner policeman.

One can make psychoanalytical comparisons in which there exists the category of God in the place of the protector, Christ in the place of the victimized child and Satan in the place of the persecutor.[175] This is not that different from the psychoanalytical way in which I classified the same dynamics in the first part of this work. Whatever classifications one wishes to make, it is clear that an individual will assume a classification or identity specific to their culture and upbringing. Many of these personalities are not consciously performed. In fact, most people are not even aware of any personas or personalities they perform. Most people are so completely dissociated from who they really are in the first place. This only makes sense, given the dynamics we have discussed so far.

I mention earlier the prerequisites and requirements that a person must complete if they are going to reintegrate their fragmented and mutilated psyches back into a complete whole and individuated self. How, if they wish to accomplish this they must “defeat Satan” and redeem or save the child. This is no different than the fables and myths where the warrior knight defeats the dragon and rescues the princess. This is where the myth of the “Search for The Holy Grail”

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[175] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 110

originates. This is exactly how an individual or people have to reintegrate themselves and reclaim those aspects or things about themselves they do not like. Aspects they have so repressed because their little false egos cannot handle the realities presented to them. The false egos that humankind en mass, indeed on a worldwide scale has developed, are weak and brittle shells. They are imitations of what a true and strong ego in service to the whole psyche should be, as nature intended. As I have consistently said, obviously, there are always exceptions to the general way of things.

Having viewed these developments, another factor can be introduced. It is somewhat paradoxical but then I have already indicated that what seems paradoxical on one level makes perfect sense on another. In most cases one individual holds all personas and psyches within their own psyche and this applies to all people in existence. This is a natural way of looking at the psyche and also a natural way for the psyche to actually be. The individual psyche contains within it the whole of the human collective psyche. Consider when a persecutor attacks or victimizes the scapegoat, the receptor of their repressed and subsequently projected psychic contents. What in fact they are doing is attacking and persecuting aspects or parts of their own shame-based inner psyches as *well*: including their inner child (this might be looked upon as being a negative and inverse expression of synchronicity). I indicated this above when I mentioned how I recognized a masochistic personality within my self. I was acting sadistically to the inner aspects of my own psyche: that is the nature of masochism. However, I acted out the personalities of protector and “God” by picking on the bullies.

Virtually everyone has these aspects or capabilities as part of their own psychic makeup. I am referring to individual psyches containing within it the whole of the collective human psyche. To think otherwise, to think they are special or “God-like” when they touch or connect with these larger realities would be a direct example of ego-inflation and what can truly be considered a psychotic development. Within society, most of these ego-inflations are not recognized for what they are. A mundane, everyday example are those doctors or other powerful people who think they are the next best thing to God, similar to actors who take their stage personas and fame seriously, people who consider those illusions to represent who they really are.

I believe my emerging awareness of these dynamics was the prime factor that induced me to enter into the helping professions and specifically the field of social work – the protector personality and desire to protect my child within, collective child and the oppressed.

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In some cases the protector personalities appear to have an almost divine power associated with them and in fact at times demonstrate a definite ability for paranormal abilities,[176] a six sense or whatever one wishes to call it. I would suggest it goes beyond the idea of intuition. There is substantial evidence of these powers being available within the higher realms of reality – within the human psyche – individual, collective and beyond. Especially within psyches that have been pushed to the limit, by trauma and other forms of intense psychic experiences.

Now let us consider the double binds that many victims find themselves in during experiences of physical and therefore psychological abuse. These "binds", these dynamics can arise when an individual is abused by someone they are dependent on. This occurs when the abuse is being committed by someone who is in a psychological and material position of responsibility as protector and nurturer. On a mass psychic level, this is apparently similar to the alchemical description I gave earlier of the individual trying to reconcile the two apparently opposite dynamics within themselves. However, I briefly mentioned above they are very different dynamics. The alchemical image is one that occurs naturally during the course of natural psychic development. As I said, it is very similar to a symbolic and representational image of a person being heated in a test tube over a Bunsen burner during the process of – cooking – integrating apparent opposites. This is necessary to reconcile, as an example, Satan with Christ in order individuate into a whole person – although there are elements of Satan that cannot be "recycled." This is one of the main purposes of therapy in treating people with Dissociation Identity Disorder. The difference with the alchemical process and with the abusively and artificially produced double binds is that they mutilate the psyche rather simply frustrating it. The psyche becomes imprisoned, unnaturally conditioned and repressed. Because of this extreme mutilation, as different from naturally produced frustration, therapy – or some type of psychological yoga – is usually required instead of or in conjunction with nature's usual ways of providing stimulus leading it to a higher level of integration.

Considering how I described this when I first discussed this alchemical image, it simply supports even further and indicates the scope and magnitude of society's crisis and the challenges they have confronting them. This is because most people have been imprisoned in this state-of-mind by society's artificial, mechanical and addictive dynamics. This also magnifies the importance, indeed the necessity that areas of the mental health establishment throughout society learn these realities. Those people who would presume to heal people in a psychological sense have to learn to recognize and begin to address these

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[176] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 110

pressing issues, beginning with themselves. Proper integration is only possible when this recognition takes place.

Integration is sometimes threatened because of a treadmill-like compulsion. This is exacerbated by the pleasure principle and other unbalanced elements being present, when the act of abuse is taking place, either receiving it or giving it.

Ross is referring to people who have been identified as victims of abuse when he says that the dynamics of repetition compulsion can follow an individual into many areas of the person's life, right into adulthood.[177] Obviously, this can be applied on a larger scope embracing society and people in general. Something that has to be addressed in therapy are dynamics that the victim uses to rationalize, as a survival mechanism, in believing some aspects of the abuse make them important or special in some way compared to other people. Ross refers to the case example of a father who repeatedly rapes his daughter; a father who the victim is emotionally and physically dependent on. He speaks about the psychological and physical ways in which she then rationalizes the abuse to somehow try to normalize and excuse it, so that she can live with it.

Speaking from my own experiences, the fact that an important family member quite often made me feel "special" and before that another important family member, simply allowed them and me also to rationalize and "make it okay" when it was not okay, the fact that I was the family "whipping boy." We all suffered, but eventually, everyone took his or her repressed frustrations out on me, the domino affect, with me at that time, being at the bottom of the totem pole. Ironically, this increased, as I grew older instead of the other way around. Because of this conditioning, since the time I was a child I had taken on the persona of the protector to rationalize all of this. As an example, I remember one time, when I was about 8 years old my family had gone camping for the week. I remember I tied a rope around my chest and shoulders in the same pattern that the 18th century Soldiers wore a white crossed leather apparatus as part of their uniform. I cut a stick to allow me to pretend I was holding a spear. I realize today this also symbolized me being tied up and in a double bind. I was always daydreaming and at these times I was the family protector, standing guard duty. Similarly, I remember during the same time period, many times, I would stand at the busy corner intersection where I lived during rush hour traffic. This was in 1964 – I remember seeing the date above the door in the corner store at the same intersection – and I would stand there for an hour or so saluting every military personal that drove by, about every second or third vehicle. This persona

[177] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 112

was adopted to protect me but I projected it to include my family as I had been conditioned to do.

It has been said there is no difference between cases of Dissociation Identity Disorder where ritual abuse has been established and cases of Dissociation Identity Disorder where there has been no ritual abuse established.[178] I would suggest this statement is only possible to make by using a type of psychological materialism. This only takes into account material or concrete example of ritual abuse, ignoring the unconscious dynamics that take place throughout society that I have been discussing. A point has been made that on certain important Calendar dates many people exhibit increased anxiety.[179] It was discovered that these dates coincide with solstices and significant dates within the calendar of secret societies. He also mentions that within certain victims there is a programmed suicide date implanted.[180] Keep in mind, secret societies operate not only on the conscious level of the material world, they also and primarily operate on the unconscious levels as *well*.

I will repeat that I have explored consciously, especially during periods of deep meditation and contemplation, many of the dynamics of the various esoteric schools of thought. Subsequent to many years of abuse, there were many factors including employment and intuition that lead me to study many of the secret societies. By that time, my already substantial intellectual and practical exploration of the various esoteric traditions allowed me to better understand exactly what the purpose and mandate of some of the various secret societies were all about. Without elaborating, one very wise person whose work I studied and who I refer to later in this work is the medicine man Chokecherry Gall Eagle. He made a very clear statement to the effect that virtually all aspects of the so-called esoteric or mystical areas of human life and existence are the heritage of all human beings. The crime is that they have been made secret to be used for and by a few.

This is not only a crime, it is the danger and enemy that all people must fight and rebel against. I say this for a very important reason. At one time, many years ago, groups that taught people how to reach the higher realms of the psyche were closely guarded so that only “white” or well-intentioned people could gain entry. Since those times they have become infiltrated by many people expressing and promoting negative energies. In addition, many of these secret societies were used for revolutionary and covert reasons. Society tries to prevent people

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[178] Ditto, Pg. 113

[179] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg.14

[180] Ditto, Pg. 114

from learning, on a conscious level and on a mass scale, the apparently mystical heritage of all human beings – higher realms of existence. If this knowledge and conscious awareness of it was available on a worldwide mass scale, this very enlightenment itself would do away with the reptilian lower levels expressed by greed and violence.

Ross states that one of the important programmed suicide dates is a person's 33 birthday, which is a date that is supposed to represent the marriage of the "Beast and Satan" of Revelations. In making this next statement, I am thinking of the affect of and interconnection of all psyches on the human collective level. In what I say next, it is very important to keep in the proper context everything I have talked about so far in this book.

I remember at that age in my life, 33, on one occasion I had a fleeting thought of suicidal ideation. Consciously, the idea nauseates me. Subsequently, very shortly after that, on July 25, 1991, I almost killed myself. This was from exhaustion, intoxication and dehydration as I cycled for many miles on the hottest day of that summer, while consuming alcohol instead of water. Recall what I said earlier about my experience as a child when I was not allowed to drink water after suppertime until the next morning. For years, I have been in the habit of always having a bottle of water with me and I drink copious amounts of water on a daily basis. In addition to that I have been cycling all my life and can therefore call myself an experienced cyclist, if not the greatest mechanic! This type of behavior, even given the nature of my addictive personality, was totally out of character for me. When the ambulance arrived I had actually stopped breathing. The only reason the ambulance had even arrived in time to save my life was because a woman with a cell phone saw me go down on the rural road I was traveling. I later heard the doctors were amazed that I had even lived. I was told that under the circumstances, I should have died. Subsequent to this experience, even though I never wavered in my fight to live and live in an evolutionary way, many times I felt I would be better off dead. This was because of the subsequent series of horrendously traumatic events and circumstances that happened to me.

The main reason I recall this experience is because a close relative had been a member in high standing of a secret society. Like some similar societies, this particular society operates publicly and ostensibly on a conscious level as a charity organization and fraternity. Considering the psychic dynamics I have discussed so far, I wonder what the unconsciously driven agenda is throughout society. I know from research I have done, this particular secret society is more steeped in controversy than most other secret societies. I don't know if there is a connection here or not but I find it interesting that just before my father was killed he asked me to transcribe onto computer the history of the chapter he was a member of. I guess this was just coincidence and possibly is not related to the

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subsequent years of research I did. I will leave this topic at this point, although I will unambiguously state that when I somehow and seemingly miraculously survived this experience, when I didn't die, that heralded in the most traumatic period of persecution and abuse that I have ever suffered. Because of this persecution and abuse, there were many times I had felt that I had died. My psychological health and character had certainly been attacked and assassinated ruthlessly. During this period of my life the only thing that kept me alive had been a promise I had made to "the source" to protect life in any form and expression I found it. Since I am the closest source of life I can protect, obviously this protection begins with me. I suggest people should explore and bring to light as many esoteric areas found within society as possible. As I said earlier in this introduction, I thank the Creative source of the world for creating individual and courageous people, even rebellious – in a liberation sense – like Martin Luther King Jr., Galileo's and Einstein.

There is a history of many different secret societies that have operated within all societies of the world for hundreds of years. Many of them operated in conjunction with the established religions and governments of the world in which they originated. Now consider society and culture. What develops is a particular cosmology of psychological imagery associated with the culture or belief system from which people within cultures operate. As I stated at various places throughout this work, whenever these long established psychic creations, these thought forms and ways of looking at the world exist for a long period of time they become deeply entrenched. They become embedded deep in the unconscious depths of the individuals, groups and cultures that live and exist within these systems. In fact, it has been more than documented that these thought forms do not even require human vessels in which to contain them. The appearance of the Lady of Fatima is one such example; perhaps the Bermuda triangle is another. That is why, as I have said earlier, that over a period of time a place can actually take on a holy or unholy vibratory and affective character. This is why seemingly miraculous things, either good or bad, can take place within the bounds of these areas.

In respect of the human psyche, the collective contains within it and in extension individuals, images, feelings and emotions associated with these thought forms. This, of course, is taking into consideration the fact that each individual psyche contains within it the whole of the collective human psyche, with the collective acting as a mirror of each aspect of that psyche and vice versa.

When it comes to individual memories associated with ritual abuse, that is, long-term abuse and trauma, the contents of those memories vary considerably according to the specific context, cult or culture they have been affected by or

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within. If the ritual abuse has been perpetrated primarily unconsciously, in looking at the psychic contents within the individual recovering lost memories, this conscious recollection will use imagery specific to the culture or group within which the abuse took place. An individual may also modify these memories. Thought forms from different psyches can also intermingle with and modify an individual's viewpoint. As mentioned above, thought forms can develop within a well-defined group atmosphere that has been created for a specific purpose. For example, it may have been comprised solely of scholars and academics whose sole purposes were intellectual and academic pursuits. Regardless of the group or its purpose, a very important element to be identified is that virtually spiritual or cultural worldviews stem from the same ground source. However, some have become distorted because of fragmentation stemming from all of the causes and reasons I have been discussing.

As the Perennial Philosophy makes clear, as do other pioneering psychologies and knowledgeable people of the psyche and mind, virtually the whole of the human collective psyche contains certain common elements. If they stem from the higher levels or realms of the human psyche they will be archetypal in nature. They reflect very real common energies and imageries associated with them and the collective and therefore individual human psyches. As the archetypes are filtered down into human consciousness and awareness, they might take on specific imagery associated with developed cosmologies, personal and collective. Some however remain the same, in their core, regardless of the cosmology associated. Examples of this type of phenomenon are mandalas. The basic structure is the same, although the contents of the mandalas will vary within the associated cosmology, whether individual or collective. Symbols that do not vary are those symbols that are of a geometrical energy pattern such as squares, triangles and so forth. It is the geometric shape and the mathematical associations of these shapes that actually determine the associated energies, not necessarily the contents that are placed within. As is true with so many other things in life it is the process that is important not the contents within that process. This latter statement is a universal statement of truth as it applies to the human psych2

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Whenever a strong dependence is created between the clients and "healers," this becomes a type of "Destructive Psychotherapy Cult."[181]I reviewed these dynamics above and throughout this work. In their own way Ross and other responsible and ethical researchers and psychotherapists validate the realities I am putting forth, in addition to my own substantial research. In addition, it is by virtue of my own very personal experiences that I am further able to substantiate what I am saying. People who have visited a jungle with all of its textures, tastes, smells, feelings and sounds are much better at describing it than someone who has only seen it in a book or video.

In most research however, what is not acknowledged to the same degree are the unconscious dynamics that lead these types of practitioners into areas where they have unconscious sadistic control over people. As I keep hammering home, these are dynamics that are conscious on an unconscious level within the shadow-contaminated superego and larger psyche. Any type of protest or expressing resentfulness and resistance to "treatment" on the part of a client is looked on as a sign of illness and dysfunction. Even a responsible client's wish to see his or her files is labeled paranoid. This in itself is criminally irresponsible and disempowering. These are examples of control and coercion that can only be interpreted as cult control. Although primarily unconscious, consider the mutually reinforcing "pact" between the mental health professionals and the pharmaceutical megalith, extending outward. It might be of interest that I remember speaking to one very intelligent and sensitive individual who had contact with the mental health institution in the same geographical area that I lived. I remember he rather tongue-in-cheek referred to the unconscious dynamics taking place as the "continuum" on one occasion when he was speaking to someone else. He was referring to unconscious dynamics. I didn't believe what he was talking about then. Many years later I do.

The mental health "experts" involved in this type of cult have even in some cases tried to say it is Satanic cultists that were trying to induce the victims to break away from the institution, in some cases from the true people responsible for cult activities. These are examples where mental health "experts blame on cults what is an Instinctual and intuitive survival attempt by the client to break free from enforced dependency and control.[182] These are also classic cult counter-maneuvers and dynamics. Now there is a prime example of the sometimes very paranoid or simply criminally coercive, controlling and hypocritical ways in which these "professionals" try to entrap and further victimize their clients. This is a very criminal example of blaming-the-victim, very similar to when an abusive person blames their victim for the abuse.

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[181] Ditto, Pg. 123

[182] Ditto

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I know from personal experience the word “entrapment” has entered into my mind many times over the last several years. People involved in the mental health areas, social work, family and other connections treated me in ways that might have induced the behaviors associated with the labels they were trying to place on me. I spoke about this earlier in several different contexts. Aware consciousness was the only defense I had. The worst example was when I was presented as being ill when I tried to speak up about very real and concrete examples of abuse. Of importance, this was only possible after a label had been placed on me. These dynamics also involved me working with a survivor of a Satanic Cult prior to all of the other developments. In all cases, there was a direct link between all the parties involved. In almost all cases people within government were involved. It also substantiated everything I had been briefed and told, by therapists and other people working on the case, might happen when I was working against the satanic cult on behalf of the survivor. It substantiates everything I have researched about satanic cults. In a personal sense, the worst example of this was someone in the family who had an extremely violent history, having assaulted virtually everyone in the family physically at one time or another. This type of behavior even included an important family member being attacked when holding an infant – holding an infant! This occurred while he was practicing social work. On a personal level, he tried to project his sadistic history of assault onto me during all of the persecution I endured. Because of his position within society, the family and the image of success he portrayed in comparison to me, it had worked. As I said above, what I am describing and discussing is sadistic projection onto innocent victims. I will not give the details that I have in my journals in most cases. I will not mention this person again. Earlier, I provided a succinct chronological unfolding of important events, with some events being detailed more than others. Having said this, I also want to reiterate and say that in all of the experiences, situations and events that I have described, judgment and blaming the people involved is not possible – only evaluation.

As I have written earlier in this work, even the anti-psychotic medications so-called mentally ill people or rather victims are placed on can be conducive to producing symptoms appropriate to the labels and diagnosis. These dynamics do, criminally, occur within medical and other institutions within society. As I have mentioned several times being placed on any psycho-tropic medication and especially anti-psychotics puts the “subjects” into a state of mind very susceptible to the power of suggestion.

Ross does support this assertion, in a less detailed way than I do, by speaking of the arsenal of different techniques, physical, pharmaceutical and psychological that mental health practitioners use to achieve mind and physical control over

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their "clients."[183] Also mentioned is the fact that this is a hierarchy of control, from the top down – or should I say from the bottom up –in exercise of control.

In evaluating counseling environments, I will again mention an incident related to the above. I remember as an adult when I briefly mentioned some of my experiences of being sexually exploited as a child to a therapist at a center that provided support services for victims of sexual assault. When I was relating the incident of the male who assaulted me for a period of two years, she barely seemed to believe me. This therapist seemed more interested in trying to assess whether or not I was dangerous. When I tried to relate the times I had been abused by older females, what I was saying was totally ignored. It was most amazing. I wonder how conscious this person had been of the dynamics that had taken place. I will say I found the five sessions I had with this person very informative. However, I found them extremely difficult. I know I would not have benefited from them if I had not been as conscious as I had been, with the ability to detach from the proceedings in a conscious way and later being able to review them.

[183] Ditto, Pg. 124

Problems Inherent in Treating the Client as Different, or Special and other professional points of interest

Ross places special emphasis on not treating the client as special in the sense of being treated as “different.” I would further state how very important this is. Every human being is unique and fundamentally a separate individual and respect for that individuality is important for creating a sense of self worth, dignity and a sense of personal boundary. There is especially a need for many people who are in the process of recollecting themselves to see their individual selves as falling within a common element of mutuality. I remember when intimate people in my life and community made a special point of treating me as being “different.” Sometimes they specifically verbalized these sentiments, at other times it was demonstrated simply by their actions and other forms of nonverbal or indirect communication. I had a difficult time trying to deal with the affects of those suggestions and projections.

I was a person struggling to shake off the fabricated burden of feeling like damaged goods. The attempt to make me feel different combined with the messages, both verbal and nonverbal, about what it was that made me different, a maneuver that represented a dynamic where the power of suggestion was utilized to have the appropriate impact on me, was amazingly difficult to neutralize. As I became conscious of the dynamics that were taking place this also included the reasons for their attempts to project these things onto me. In fact, it was the latter realization that allowed me to depersonalize and detach from these dynamics with a heightened conscious awareness. Although emotionally trying due to the close emotional bonds present within the family and community, enough detachment was possible so that I was able to stand back and see them for what they were. It was all of these latter dynamics in fact that gave me the strength to actually leave the province of my birth and go out to the western province of Alberta for a two year period, from the years 2000 -2002. I worked to sustain myself physically while psychically developing my masculinity to a more mature level. I also took this time to begin to address the abuse and associated dynamics I had experienced over the course of my life. This was with someone I had hoped would have been able to provide a neutral yet professional viewpoint. Someone who could provide support to help me with what I was working to overcome and recover from.

It was not until I became strong enough, in a masculine energetic sense that these projections and abusive practices lost their ability to have the desired affect of the projectionists. The desired affect, whether consciously or unconsciously motivated and perpetrated, as I describe throughout this work was to attempt to induce within me and through those dynamics, actions that would exhibit the behaviors associated with the labels being forced on me. I had developed the ability to actually see pure examples of hypocrisy, the resulting bigotry and in a scholarly way understand them. My practice of martial arts and the associated psychological understanding of the dynamics that were taking place gave me the ability to neutralize and successfully deal with what might otherwise have resulted in a continuation of victimization. I was able to look at them not with

blame but with an academic and feeling-toned appreciation for the dynamics taking place. It also had a political affect on me that transcends and goes beyond the usual idea of how people usually think of politics.

Obviously, these dynamics can and usually do have a devastating affect on people. This is rampant throughout society and can result from any type of actual physical, emotional or psychological abuse; abuses especially demonstrated through the various types of hypocrisy, bigotry and resulting scapegoating. Considering that most people are alienated and out of touch with their true selves and therefore living connections with other human beings, within society the affects of bigotry become that much more effective.

Within the therapeutic relationship the crisis that brings the individual in for counseling makes it important to dispel these feelings of being "different," especially in the negative ways that the abused client has usually been conditioned to adopt. In dealing with the dynamics of being treated different or special, if these guidelines are not adhered to, the end result will always be the same: reinforcement of same debilitating abusive dynamics and conditioning that the client and therapist working together are supposed to neutralize. If this does not happen, it becomes similar to the dynamic process that was perpetrated against the client in the first place.

In speaking about abuse Ross is considering physical sexual abuse and therefore emotional and psychological abuse as well. He is focusing on how being conditioned by the perpetrator to feel "special" is a type of abusive mind-control that attempts to bend the victims mind to look at the abuse as somehow acceptable or right. In this case Ross is using the example of an incestuous father abusing his daughter *or son I will add*. There is an attempt to induce the victim to think that the treatment makes them special, with praise and other brainwashing attempts to make the victim think they will somehow be a better person because of the abuse. This will create within the client, on the conscious level, a deep reversal of the conscious dynamics the victim is experiencing. Ross also used an example where a therapist tried to get the client to rationalize that the abuse would make them stronger.[184] This is precisely how hardcore, blatant Hollywood Satanic style cults operate. It literally creates people who are drastically split between their conscious perspectives and the subsequent deeper layer that will indeed become beastly and Satanic in nature by virtue of the cruelty being imposed on the victim.

My viewpoint and reasoning is somewhat expanded and more inclusive. The conditioning I am referring to, on a mass scale, uses identical dynamics but not to the same physical extreme or degree. The subtle insinuations, comments,

[184] Colin A. Ross M.D., Satanic Ritual Abuse: Principle of Treatment, University of Toronto Press, Incorporated 1995, Pg. 121

treatment by other people and so fourth are usually perpetrated in a less conscious way. Usually it is of a longer duration and affects the victim in a more gradual, less obvious and therefore more deeply effective in a much more subtle way depending on their sensitivity. Rather than create a drastically split off psyche causing severe dissociation in the forms I am describing the affects will appear to be less severe in a psychic sense: depression, addictions, obsession-compulsion, so- called “schizophrenia,” neurosis, psychosis and so forth.

Both types of abuse are characterized by an enforced double bind. The deeply split individual will be able to, apparently and sometimes easily, operate and function on a daily basis. The more subtle types of abuse and conditioning that affects most people within society will actually have a more debilitating affect on the holistic functioning of the individual because the splits are not as deep. In these cases there is more of a psychic connection closer to the level of conscious awareness. Being closer to the level of conscious awareness there will be a greater tendency for conscious confusion. The split is not as violent and unbelievably traumatic as the dynamics that are present where individuals subsequently suffer from Dissociation Identity Disorder, at least not in the way we understand Dissociation Identity Disorder. Viewing these dynamics on a continuum, neurosis, psychosis and expressions such as depression, absent-mindedness, panic attacks, ADDT and Turrets, etc. are the exact same dynamics as those exhibited by Dissociation Identity Disorder simply not as obviously extreme.

As an illustration, I can develop the above assertion by using the condition known as depression and the way it is usually treated. The use of anti-depressants can actually drive the divisions and splits I am referring to even deeper. This is precisely why I asserted earlier in this work that long-term use of these pharmaceuticals can actually induce not only severe neurosis but also psychosis and even sociopath tendencies. The artificially produced feeling of euphoria caused by serotonin reuptake inhibitors allow individuals to repress even further those aspects of themselves or their environments they could not otherwise accept or deal with in a healthy way. Not quite to the same extent as obvious dissociation? Perhaps the split is even worse. In an extreme or obvious example of dissociation the dynamics are more extreme and therefore more easily observable. In the other instance, in an observable sense they are more subtle, more hidden and further away from the surface where they cannot be dealt with. They can be covered up by the multitude of addictions and short-term “cures” offered people today. These latter dynamics are also more “socially” acceptable and considered somewhat “normal” because society is so saturated with them today. In this sense the less obvious forms of dissociation, the undiagnosed psychotics, are more dangerous both to the individuals experiencing the condition and especially to potential victims.

In fact these are people who exhibit Satanic or shadow poisoned tendencies. I have witnessed and seen these developments in people who have been on antidepressants for long periods of time. In the DSM describing the manufacturer's information on these various pharmaceuticals most of the indications for their use are for short periods of time. Antidepressants are one of the most widely abused psychotropic medications on the market. I have known people who have been on antidepressants for 20 years or longer and who do exhibit signs of psychosis and in some cases behaviors belonging to a sociopath. I have even heard of antidepressants being used to help a man maintain sexual potency with an abusive partner. This latter example is a demonstration of what I just spoke of in the preceding paragraph.

Considering the huge number of people within the population using anti-depressants it becomes more apparent and understandable how this creates, on an individual and because of the numbers of people involved on the collective level as *well*, people who are lacking an empathic connection and compassion with themselves and other people. Recently I came back to North America after working in Asia. In the area I was working, although I have never seen such amazing respect exhibited between people and witnessed such an unbelievably large population of people work together in such a harmonized and healthy manner; there was however another element present I had never noticed before. At first I misinterpreted what I saw. I finally realized that in that part of the world there was a need for people to learn how to develop superficial boundaries close to the surface, to allow their selves to have some kind of individual living space. Although to an observer from the western part of the world people in this environment might appear cold to other people at times, what is actually seen is a people's ability to give themselves some sort of living space when there are a great many people in the same vicinity as themselves. I initially confused the above dynamics of empathic desensitization with of the individuality I saw in this Asian country. In this instance I was experiencing my own expression of a conditioned hypocrisy. I wasn't able to see these dynamics for what they were until I temporarily returned to the Western hemisphere and reflected on them. I say these dynamics are close to the surface because in a deeper psychological sense people in this part of the world naturally, because of long-held cultural traditions have very powerful bonds, in a deep psychological sense with other people. Being a person from the Western world, at first I viewed this as a type of herd mentality and could not understand why, on the one hand I saw powerful indications of a strong group cohesion while on the other hand I witnessed many instances where people seemed to block themselves off from people around them. In fact what I was observing was a culture of people and their ability to balance in a relatively admirable way – given the population of people we are talking about – the need to have separate and individual lives and living space while at the same time living in a very bonded and harmonious way. Importantly, I am referring to a country of people where the Western dynamics of individuality and self-assertion have become entrenched over the last 50 years to a greater

extent than they had been at an earlier time. During this 50-year time period people have further evolved from a culture where most people did not experience any real kind of individuality to a culture of people where they are learning to balance the human need for individuality with interdependent and harmonious living. In the country I am referring to incidents of violence between people are almost non-existent. It has one of the lowest crime rates in the world when it comes to violence between people and destruction of other person's property. In addition, pharmaceuticals are not used nearly to the extent they are used in the Western hemisphere of the world. I am pointing these dynamics out to create a contrast. Throughout this book what I have been speaking about are people's deeply conditioned and increasingly prevalent tendencies to further fragment from and become severed from themselves and other people in their environment. The main point I am making is that this fragmentation and cutting ourselves of from other people, this desensitization is being dramatically affected by all of the dynamics I have been referring to throughout this commentary. As I just described, if a country with a huge population of people can live in harmony while also learning from people in the west how to live as assertive, individual human beings, what people in the western hemisphere of the world can do is learn how to live in harmony with other people, instead of being disconnected from other people and therefore from themselves. My experiences in this Asian country demonstrated to me a people's ability to indeed develop as independent human beings who are also able to live as interdependent and peace loving people.

I have demonstrated the dynamics of both perpetrators and victim's unfortunate circumstances and feel for them both. However, I am looking out for the safety of people. Remember the differences I explained between blaming and evaluation, something similar to the differences between idiot compassion and true compassion.

Speaking about doctors, I find it ironic and their prescribing very hypocritical when one reads the medication profiles of these drugs. Most of them are indicated for short periods of time or only as long as necessary. Yet it is common practice for doctors to tell their clients that this drug and condition will be permanent. Considering what I have already presented in this work so far, we can see that in most instances doctors usually try to give their clients a death sentence of permanency.

In review and in more concise terms herein lies the importance of what I am describing. Blatant types of physical and therefore emotional and psychological abuse can create people who suffer from hardcore Dissociation Identity Disorders. The more subtle and widespread types of abuse I am describing create larger segments of the populace who suffer, literally, from psychosis and sociopath imbalances that usually go unnoticed and unacknowledged. This is why I was able to see headlines in a large Canadian newspaper of an article

saying there are many people within society who are usually considered balanced, intelligent and authoritarian. It was referring to doctors, teachers, lawyers and so forth that might also be people suffering from undiagnosed psychosis. I only wish I had of read more than the headlines. However, I suppose if I had have read that article I might not have been impelled to find these things out on my own. Let us not rely on the expert and be led like sheep or cattle – let us show our own initiative and find things out for ourselves.

In light of the above statements the latter type of abuse and more widespread consequences will create one segment of victims who either turn their resulting negativity inward towards themselves or the greater likelihood that the victim will disown and project them outwards. Psychologically the latter is usually in the form of bigotry, scapegoating or outright forms of sadism. I once read where the Dali Lama referred to modern society as being characterized as being highly neurotic. I would suggest that today widespread psychosis is developing.

Supporting this assertion, again picture what I said early in this work about hundreds of people being able to walk around a wounded person laying bleeding on a sidewalk in a large North American city. In this vein I also remember and I may have alluded to or mentioned this earlier, about a news item that showed and described an incident where a person was threatening to jump off a bridge during rush hour traffic. I saw the picture in a newspaper. I imagine the reporters who caught this incident on video were pleased with the bonuses they probably got. People stopped their vehicles and actually encouraged the person to jump. They applauded when she jumped to her death. This is a perfect example of the psychosis I am referring to; road rage is another example.

Around the same time I remember working with some people in a heath facility and club in a large Canadian city. I remember having a conversation with a young person who worked there about someone who had jumped to his or her death from a busy intersection overpass the day before. The young individual I was speaking with, who was extremely attractive, intelligent, came from money and apparently had only the limitless sky to look forward to expressed nothing but pitiless ridicule and contempt for the other young person who had jumped to their death the day before. There was an absolute lack of empathy or compassion and you know what? I don't blame this individual. This individual is a victim also, only the self-hate and blame is projected outwards just like the individuals in the above story I read about. I am describing an individual, who was a very personable and likable person in most every respect, who has not yet been forced into a crisis where they will have to seriously look at and question things, as everyone must do eventually. No blame, only evaluation is possible given the dynamics I am speaking about. Gandhi's quote at the beginning of this work, "If everyone keeps taking an eye for an eye, pretty soon the whole world will be blind" says it all.

Problems Inherent in Treating the Client as Different, or Special and other professional points of interest

I will make one other point of interest. During the recollection of one's integral self, Ross uses exorcism as an example to demonstrate how greater divisions and splits within an individual could be created. In the case of exorcism, a type of occult ceremonial high magic, rituals are used to create dissociated splits within people's psyches. Similar to the theme running throughout my whole commentary this is an example of an outside coercive manipulator, with the best of conscious intentions, using power to cause repression and splits within an individual. This is true even if it is an apparently voluntary ritual and in many cases it is not. I remember I spoke on two different occasions to two men of the cloth about having exorcisms performed on me. This was during the times before I learned how to consciously understand and control my psychological processes and understand the psychological processes and motivations of people around me. It was subsequent to and during the time I was having a multitude of severely abusive experiences. It was subsequent to the times I was heavily involved in spiritual, deep arcane occult practice. Being primarily of the ceremonial kind this practice is better known in occult circles as high magic. Supposedly I was dealing with the higher, not quite Earth-bound spirits. One thing I know today, whatever you would call them, I was dealing with and activating aspects of my ego and unconscious psyche in ways I was not fully aware of. I also took part in many arcane rituals involving low magic. In a few instances I foolishly participated and took on roles that were assigned to me that I did not understand, with people I didn't really know and in rituals that were created and directed by a few individuals. In at least one instance, I now know, I took on the role of a sacrificial victim. Sacrifice seems to be the story of my life – serious tongue in cheek.

In two instances when I requested an exorcism from members of the clergy they refused. One of these persons, without explaining to me why, said that exorcism could cause more problems than they would solve in the long-term. The other person seemed more uncertain even unbelieving of my experiences, to the extent that I wondered how he was able to get in the pulpit and practice a religion that believes in the forces of The Prince of Darkness, forces which could be countered by the saving Power of Christ, The Madonna and the Creator. How he could then express disbelieve to someone expressing similar sentiments as he himself believed in. In the first instance I now realize the individual was expressing wisdom but in the second instance it was blatant hypocrisy.

However, understanding what I know now I can see and realize that if I had have been allowed to have that exorcism performed on me the integration I have achieved might not have been otherwise possible.

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Dream: In this dream I am looking at myself. I have a black, bruised and swollen face from having my face mercilessly battered. As I look at this image I reach out and clean the sleep out of my swollen and bruised left eye: the eye responsible for letting consciousness and light onto the other half of the primordial but more all-encompassing right hemisphere of the brain that can be civilized if brought to light. January 11, 2005

For the reasons indicated throughout chapter 13, the more open-ended and wholesome views, the ones focusing on health and sanity rather than pathology are the ones most likely to be of helpful assistance to provide a model for effective psychotherapy. In the most useful traditional forms of effective psychotherapy, not necessarily the most widely used and depending on the purpose of the client-therapist relationship there is recognition of different levels and functions within the psyche.[185] To enable functioning in a world serving the mechanical roles within society, most forms and practices simply focus on prescriptive or functional goals. True psychotherapy should help guide a client into a deeper relationship with him or herself. Ultimately the true and most noble purpose should be to assist the client to break away from or through the protective shell that creates and maintains alienation. This will create an atmosphere conducive to inter-psychic connection and mutual interaction between the client and therapist, other people and the world.

If any mental health practitioner hopes to teach and pass on psychic health to a client an important point of practice should be made – they have to experience this very process themselves, like any teacher, in order to be effective. In order to be effective with clients a therapist, teacher or other health professional has to be in touch with the real nature of health. This is only possible after a sense of health has been experienced from within. Then, based on experiential knowledge they can teach the same understanding and insight to clients, and quite simply to other people as a way of life.[186] They have to put their egos aside long enough to allow *the*breath of fresh air that can enliven and awaken enthusiasm – an enthusiasm that can transform themselves, their clients and the world in which they live. If they cannot do this they cannot be called healers.

True health recognizes a need to balance, to move dynamically and spontaneously between a clear sense of self-identity that has solid boundaries, with a somewhat porous ability to open up to, reach out to and receive others.

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[185] Ditto, Pg. 153
[186] Ditto, Pg. 157

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They can do this only if they have a strong, true ego in service of the whole psyche. This provides them to with a confident individuality giving them the strength and courage not to be threatened when they reach out to others. This has to be spontaneous and flowing, backing up when need be and extending ones-self when the opportunity presents itself.[187] This allows healers to be able to be with the client one minute and then to detach enough in the next to realize there is more to the presenting situation than at first indicated. This describes an ability to be with the client but not to identify and become emotionally enmeshed with them. It allows them to accurately feel the client but to remain detached. Their intellect remains balanced with an intuitive felt-sense that can accurately see what is going on with the client. People employed in the mental-health field have to expand their awareness and realize, in most cases, the clients that come to them do not automatically present to them the root of their problems or the causes of their symptoms. The various symptoms that usually bring clients in to see a psychotherapist are usually outer experiences that manifest within the client from something deeper. This deeper causation is usually deep alienation from self and therefore from other people and the world.[188] Today, many of these symptoms are treated as the problems and the usual therapeutic goal is to try to make the person more functional within the machine. This ignores and allows the real problem (s) to fester. As usual, exceptions to this statement can apply to those people who can afford to pay for more effective and health promoting guidance.

Balance and peace, harmoniously interacting with the world, beyond egocentric involvement can create a whole sense of self, other people and the world. This is the true meaning of rebirth.[189] If someone presumes to be capable of instructing others in the art of life, they must first learn this art themselves. This is the way of thinking and type of awareness a healer would naturally develop in learning the true art of healing - by first learning to heal them selves.

The only way to become a whole individual is to cut the umbilical cord from the various attachments one develops over the course of one's life – especially early life. If the umbilical cord is not cut, stagnation and dependence sets in. Therein begins the development of alienation and frustration that will fester and only get worse when it continues for too long. True healing can reverse this reversal of life. People can be taught how to truly live rather than experiencing a living death. People can learn how to experience the pleasure of being in the world rather than trying to posses the world. The latter will result in greed, a desire for status,

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[187] Ditto, Pg. 58
[188] Ditto, Pg. 60
[189] Ditto, Pg. 61

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image and power over other people.[190] The true art of life is to never stop emerging and growing. It means to continuously expand outward and upward – to become more inclusive and tolerant of the world in which one lives.This individuating process is the only way an authentic independence, interdependence and an empathic connection with other people and the world can develop.

When people become dependent on various external sources in order to fill an emptiness of purpose within, using the personas and illusions they create and identity with, they have a difficult time, if ever, in overcoming this alienation of self. It then extends outward (into the collective) as much as it encompasses the person's inner world. Artificially extended stages of narcissism prevent a person from severing the umbilical level of connection with original dependencies, such as mother and father. The narcissistic stage is characterized by a struggle to attain independence and is therefore identified with a very egocentric stance.[191] This stage is characterized by the struggle for individuation. When this stage becomes regressively entrenched and artificially maintained, the deep psychic reality I have been describing presents one in which independence has not been achieved. This results in the frustration of becoming trapped, literally. This is the nature of people who demonstrate forms of egoistic and therefore exteriorized aspects of themselves, subsequently forcing others to be receptacles of their projections; this also the nature of those people who are forced to be the recipients of these projections.

Projection and the resulting self-aggrandizement will produce people who have dissociated from aspects of themselves. This represents pure fragmentation of self, especially in respect of the associated libidinal energy given up to the objects of their projections. The very giving up of this libidinal energy then induces the need for retrieval of that lost energy by the act of theft known as bigotry, Scapegoating or sadism. These objects can be the local heroes, the city scapegoat right up to the national flag at international events. This is how the power of any powerful charismatic leader or individual operates: by using the energy of other people. Predatorily retrieved lost energy is how the cyclical or domino affect becomes activated. On the other hand, transcendence of the egoistic state is characterized by an ability to simply <u>be</u> in the world as it is, rather than chasing the illusions of image, greed and power over other people.[192] It enables a person to remain whole and complete.

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[190] Ditto, Pg. 61
[191] Ditto, Pg. 62
[192] Ditto, Pg. 63

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One of the hallmarks of repressed people, used to maintain the ego-inflated state is over-reliance on intellectualization or sentimentality. This process begins by them objectifying and disowning parts of themselves and then objectifying other people, thereby projecting energy onto the objects of their "choice." This is why sadists must control and traumatize those individuals they objectify. They then steal and rip away a larger portion of the energy they originally invested in the "object" of their projection and subsequent manipulation. A simple example of this is the quantum physical reality that whatever is objectified and viewed, depending on what is being looked at and the attitude of the observer will change its characteristics to accommodate that objectification. Masochists achieve a similar goal by way of a reverse procedure. They invest their energy into the object of their control, the sadist. They "control" the sadist by providing a need for the sadist to control them. In a sense, they introject a small amount of energy with a form of co-dependent manipulation but in an extremely pathological way. It is one that ultimately depletes them more than it depletes the sadist. In either case, energy is not obtained from within but from without. Intellectualization is simply a subtler and apparently more civilized way of achieving the same thing – it severs them from the deeper psychological dynamics taking place.[193] A typical symptom of co-dependent manipulation is the emotionally charged atmosphere within a family that is enmeshed. Obviously, these "objects" may be ones of aggression or adoration. In both cases, the result is a loss or theft of libido – life force, Prana – to or from the objects of projection.

The above gives us a clue as to why a person is taught to forgive others. A person prevents the transgression from happening again. However, the real reason why forgiveness to others is important in the first place is because the conscious decision to forgive releases the forgiver from the forgiven. This also releases one from the incident, situation and resulting psychological entanglement that had previously existed. True forgiveness frees up blocked or projected energy. A person who is unable to forgive gives up energy to the un-forgiven. These dynamics are very similar to the sadistic and masochistic relationship just described above.

However, the other person is also part of us in a whole psychic sense. When an individual forgives another person this also results in the individual forgiving a part of their personal self, what some people will think of as their soul. This is seemingly paradoxical but understanding is made possible by realizing our dual nature: united but individual, feminine but also masculine. Loss of life force can be stopped, what was lost can be reclaimed – by reclaiming our self.

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[193] Ditto, Pg. 65

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Overcoming the conditioned and repressed state, in a very real sense, is a return to a state of innocence, a child-like innocence. The return is not as an immature child un-separated from the world umbilical cord but re-connected, only this time with a mature sense of individuality and consciousness. This statement puts in technical terms the exact same message that is to be learned in the story of the "Prodigal Son" found in the Christian New Testament.

Health is not the absence of symptoms it is the presence of wholeness. Similarly, instead of saying or thinking that a person's glass is half empty, it is healthier to think of it as being half full. This produces an attitude and an appropriate quantum reality. It recognizes a connection with the world and everything that comprises the universe within us and outside of us. This is the definition of well being.[194] This is understood by the world's wisdom traditions, both Eastern and Western. Well-being is and can only be "known" in consciousness and necessarily involves being conscious or at the least appreciative of the higher realms of existence. This is also a description of love in the true sense of the word.

The highest attainment possible for a human being, said by historically well-known wise individuals, is to base life upon a conscious understanding and connection with the "world," both as a relative, as an individual and as absolute.[195] The term relative relates to connection with others; 'as an individual' means to recognize our unique self-identity and containment of the universe within ourselves. To base it on the absolute refers to an understanding that the two prior ways mentioned are simply forms that, within the absolute, transcends and is prior to form. This refers to the formless point and source of all that is manifest in the mundane world. Remember the paradox of reality. As many wise people who were truly able to fully individuate have said, in this case Jesus, in order to find yourself first you must lose yourself; in order to love yourself you must then find yourself again. You withdraw projections, from people and objects. You do not increase separation from the environment but rather you re-connect. Beginning from within, we lose ourselves by crossing the oceanic abyss but once out of the abyss we then re-unify with our inner psyche and self. This positively affects an individual's well-being and is displayed by self-acceptance, by finding one's self. We then find ourselves by not identifying with the contents of consciousness. We reconnect with our true inner core and our true ego – an ego in service of the whole psyche. It is precisely this tolerance that can spill out into the environment. Think of it as contagious love of the right sort. We unite inner and outer, Heaven and Earth.

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[194] Ditto

[195] Ditto, Pg. 73

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A true healing environment between a client and therapist exists when the therapist is able to still the mind enough that ego and its contents can be quieted. The therapist stops trying to use technical judgments to make the client fit into his or her sterile model of diagnosis and "treatment" plan. Then a mutual healing can begin. In this "empty" state, full empathy and connection can be established with the client. As soon as the therapist's ego begins to judge his or her technique and tries to observe changes in the client; when the therapist manipulates the client and judges what is taking place, the healing environment ceases to exist.[196] The therapist should be a guide and teacher. Ultimately, the client has to do the work of healing in order for it to be affective. When the healer tries to manipulate the client as described above, it is this self-contradicting process of ego taking credit for that which results only from being in the moment that stifles true presence. The healing presence in the therapeutic relationship requires the therapist to constantly monitor him or herself, instead of monitoring the client. Constant monitoring of the client and the therapists ability to fit the client into a preconceived, diagnostic category prevents the healer from being with the client. In these instances therapeutic "progress" is determined by what the therapist (ego) wants, as different from what is best for the client and what the client is trying to say. Instead, during moments of emptiness and true presence, a state of ego-less-awareness can be present and the therapist can be a true guide and healer.

We can do away with what I call psychological materialism, similar to a parallel that Trunga Rinpoche refers to as spiritual materialism. It can be done away with – the neurosis recognized. This neurosis is a type of subtle neurosis. It sometimes prevents recognition and creation of an open presence. This neurosis provides a base for the development and maintenance of separation, the false ego. It is a source of bigotry. Once we are able to see this subtle and sometimes not so subtle neurosis and act upon in a conscious way, true healing will begin.

Being able to simply feel and experience things instead of reacting to them will teach people to develop greater tolerance and confidence in whatever life confronts us with. This especially relates to things people perceive as threats or nuisances. By not reacting but instead by simply "being," (in the moment) a person expresses sanity and well-being.[197]

Speaking from personal experience, I have difficulty accepting and not reacting in some way to injustices and attacks on innocent people. When I see them, I have difficulty accepting what I know are types of servitude and

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[196] Ditto, Pg. 76-77
[197] Ditto, Pg. 79

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dictatorship-like dynamics, dynamics I perceive and experience within society. This is true even when I know they are primarily unconscious on one level although very conscious on another level. They emerge from our shadow-contaminated superego and from darker realms. I cannot stand by while innocent people are brutally victimized and re-victimized and traumatized. I sometimes have a difficult time not reacting with – controlled – anger when I witness these dynamics. When a person reacts with anger the powerful emotions produced distorts and prevents effective and healthy ways of dealing with whatever one is confronting. These are the dynamics of emotional identification. By becoming aware of these feeling, over time I have finally learned not to allow them to trigger me into reacting but instead just to let them be. Instead of getting angry, I evaluate; instead of acting out, I use my whole psyche to make sense of them – and then I do what I have been doing in this book. I haven't allowed my anger to cause me to act-out; instead I am acting on it. Subdued – tamed – anger can be refined and redirected.

Having said this, when emotions are avoided they tend to control a person, they are projected onto other people. Emotions have to be embraced along with so many other life experiences and thoughts, completely and within consciousness. Then one is able to move beyond them without disowning them. Once a person takes ownership for these dynamics then the energies can be refined, turned upward and the life force will then be available for living. The need to obtain those energies in the illegitimate ways we have discussed will be done away with.

I will give an example of how this process can operate and how much work can be involved. A few hours before writing these last few lines I was walking down a city street. I saw children out "walking" with some day-care workers. All of the children, about 20 or so, were connected from one wrist to a central rope or harness. There was one person in the front of the control rope at the head of the column. She was pulling on it in such a way that she was leaning forward pulling her weight towards the front. As she was looking straight ahead pulling on the rope behind her she actually appeared out of breath and was straining at the harness. All of the toddlers were walking with their arms outstretched, being pulled along. Except for some looks of strain, they were all expressionless. They seemed to be putting all of their effort into just keeping up with the person in the front hauling them along. One person was at the rear of the column yelling at them to keep in line and pace. One very small black child caught my attention. He had a somewhat strained look on his face. I would say he was about 3 or 4 years old and was simply struggling to maintain the pace. There was no nurturing, no sense of play, no friendly banter and no sense of individuality. Over recent years I have noticed more often parents walking down the sidewalks with

similar apparatuses attached to their children. This activity expresses a total lack of nurturing contact or anything verbal except orders to pay attention or a yank on the harness to pull them back in line. This is very similar to walking a pet. In respect of the above example, the only time I have seen images of this nature have been in movies portraying prisoners being lead somewhere, or slaves. In fact, the closest image I can relate it with is a time I saw a painting of black slaves being lead in a similar manner. The only difference in the painting was that instead of a person being harnessed at the front, it was a horse. The only thing that was missing in the street scene was that these 3 and 4 year olds didn't have leg shackles.

The above event was a perfect example of a time when I had to use discipline to refrain from being affected by emotions. It was not a case of me trying to contain my own hypocritical and judgmental behavior. Rather it was an example where I was witnessing a dehumanizing aspect of the way we are conditioning and treating our children. It was an example where I had to consciously become aware of the anger I felt, the feelings it brought up in me in respect of the ways I have been abused, sometimes quite brutally – sexually, emotionally and psychologically. The important lesson for me in this instance was not to identify with what I was witnessing and react emotionally but instead simply be able to perceive the dynamics taking place. Although I knew I had to refrain from reacting emotionally in a judgmental manner I also knew I had a duty to evaluate what I saw for what it was. There is a distinct difference between the two. Judgment is usually a reaction and projection of emotions. Evaluation is more of a detached appreciation for what is.

As I said, when emotions are avoided they tend to control a person and this can obviously be projected onto others. Emotions have to be embraced along with so many other life experiences and thoughts, completely and then one is able to move beyond them without disowning them. Once a person takes ownership for these dynamics then, the energies can be refined, turned upward and the life force will then be available for living.

By lowering defenses to a realistic degree, by letting the world in, creates a certain sensitivity and aliveness that at first makes us vulnerable.[198] Over time and with discipline, especially the development of a detached ability to refine raw emotions into higher-level feelings, this vulnerability is maintained. However, the vulnerability can be refined in such a way it does not result in victimization. Instead, it can simply be a vulnerability that refers to a dynamic openness or porous-ness that prevents us from being blocked off to the world. My response to

[198] Ditto, Pg. 81

the scene described above was the opposite of bigotry. The only difficulty I had was to not get angry because of the social and psychic dynamics that condition our children in this manner, especially as related to my own experiences. It was a perfect example of what Mahatma Gandhi was teaching when he made the comment "If everyone keeps taking an eye for an eye, pretty soon the whole world will be blind." Once we become emotionally literate, in touch with our emotions and thoughts by achieving a comfortable rapport with them, they become life. Emotions do not need to have a type of hold over you because of their fight or flight tendency, lacking in foresight. They can become a "felt-sense," a wealth of information. Refined into feelings one can and is able to use them in conjunction with thought, intuition and sensation. This is the result of the centering process that is portrayed in Wilber's graph. The energy is redirected to the whole psyche, made conscious through the ego, not for the ego.

In context of the above example, by unfolding the affects of emotions, by being able to refine them into what can be referred to as a "felt sense, demonstrates how a person can look at the feelings and thoughts that flow from the associated event or image and then to understand what it means for the individual experiencing it.[199] In this case the above image made me think of the conditioning we all experience during the course of our lives that infringe on our birthright: our liberty. It infringes on our freedom to be ourselves and to develop as fully as nature and the Creator intended. A felt-sense results from and refers to an ability to reconnect to an underlying emotion or feeling, forgotten or repressed within the body structure itself, usually connected with something traumatic. The goal is to connect consciously and cognitively with the event or experience associated with that emotion – to re-experience without fear. This will activate the felt-sense and release the energy block that had been put in place when the incident, trauma or whatever occurred that was too painful to assimilate in consciousness at that time.

The discipline to develop emotional literacy to the point where one does not react to something emotionally can allow one to bring to light previously repressed material and memories. This can be achieved only by repeatedly exposing ones self to the emergence of them as they arise. I am not referring to repetition-compulsion – the mind's tendency to (induce people) to repeat traumatic events in order to deal with them.[200] As I pointed out much earlier, most forms of psychotherapy that do not rely on medications or behavior modification

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[199] Ditto, Pg. 82

[200] http://www.cla.purdue.edu/english/theory/psychoanalysis/definitions/repetitioncompulsion.html

can open the door for the development of emotional literacy. Meditation is the only way to develop this to the point where an individual can move beyond the contents of mind and into the higher realms of psychic experience.[201] As mentioned earlier, a conscious, purposeful detachment or distancing may be necessary at first until a certain comfort level is attained; after a comfortable ability to do this has been achieved it becomes more natural and less forced. T becomes second nature. The key is to remain conscious with feeling; to retrieve and refine the archaic and the primitive. This is how one is able to reverse the devolutionary movement that has resulted in domination by that part of the psyche that has been repressed by the ego, represented by the physical reptilian and limbic brain structure.

We can compare this with the evolutionary movement towards the higher-level archetypal energies and awareness of them. Then we can start thinking with our higher mind, physically represented by the neo-cortex, instead of having this potential ability of the greater psyche being high-jacked by what has been repressed. It is important to experience any emotion fully. By learning how to stay with it in a detached manner it does not overwhelm the individual. Eventually a person learns the ability to simply "let it be," to the point where it almost feels like it is in front of you, with you calmly looking on. You might even be in the picture. There are definitely elements of the Zen process in all of this. This ability allows the person to become emotionally literate, not controlled by the emotions or their sources. This frees up the higher abilities of the mind to expand awareness – expansion becomes the vehicle for tolerance and the defeat of bigotry. This would not be possible with unrefined emotions, especially the repressed hidden ghosts lurking in the closet. Refined feelings are then more easily decipherable as to their deeper meaning.

Occasionally able to untangle emotional problems and strengthen ego identity, the usual forms of psychotherapy[202] are not sufficient. We have to learn to go beyond this in order to open up to a greater aliveness. Most types of psychotherapy focus on the individual in a false and isolated ego sense. The transpersonal elements that have been forgotten, ignored or outlawed by pathologization cannot be ignored. If we continue to do this in today's world, we do it at our own peril. The vertical and horizontal planes of existence have to be consciously re-united. This is what psychological approaches like transpersonal psychology attempt to initiate. With the energies breaking out throughout society today, this is precisely one of the most important areas to inquire into. Instead of getting lost in chaos, people can go through these stages in safety to reach

[201] Ditto, Pg. 83
[202] Ditto, Pg. 84

higher levels of awareness. This most definitely has to be an individual journey but consider the possibilities.

Carl Jung learned about the psyche primarily through his own psychological experiences. He then learned as much from his clients as they learned from him. Today, therapists could actually assist their own journey through the psyche by using the knowledge that is available: literature on depth psychology and other sources of wisdom combined with self-reflective forms of meditation. They could then start working in a mutually enhancing way with clients. Both therapist and client can act as mutual spiritual guides, obviously with the therapist having greater ability but also greater responsibility. A properly trained and knowledgeable therapist will assist a client to stay grounded in the reality of the here-and-now but there would have to be an understanding with the therapists that they would have to continuously learn, grow and become more knowledgeable. I will give clear and concise examples of this a little further on.

Real mediation can empower a person to explore emotions and associated feelings without getting caught up in them. In other words, it creates an ability to feel them in full sensitivity and aliveness; to do this without having the tendency to emotionally react or cut off them off completely by intellectualizing and pathologizing.[203] A person learns simply how to just let them be; to let them flow on by. "Judge not least ye be judged," then we can learn to redirect energy towards consciousness and creativity. I will repeat what I said above however. These dynamics really only apply in respect to a person's threatened ego. When other people are being oppressed and brutalized or when their liberty to become self-individuating people is threatened, then evaluation and justice is necessary in the name of health.

When a person accepts the thoughts, emotions and feelings one experiences, the discipline used to prevent the ego from taking hold and judging is like blood being shed by the ego.[204] It can also be likened to a sort of crucifixion. In fact, this is the true meaning behind the symbol of crucifixion. This is where balance has to be used to create equilibrium between tensions caused by apparent opposites. This is when the polar ends of a continuum are recognized as being ultimately illusional and then brought into a unified and centered position. This is an equilibrium comprised of a comfortable dynamic and alive balance within the center. The important point to be made here is that a realization of this state, beyond the ego, allows for an expansion and inclusion that creates conditions conducive to true compassion for self and others. We begin developing

[203] Ditto, Pg. 84-85
[204] Ditto, Pg. 86

gentleness, beginning with our individual self and then expanding outward. How? In respect of the inner police state an individual might experience, by acknowledging both the individual and collective psychic nature of that which is known as the superego, we can let go of it, become free. As history has demonstrated over and over, if people do not support a dictatorship or unjust ruler, the dictator eventually finds it impossible to maintain control. The eventual fall of any dictatorship throughout history proves this. The same dynamics apply to the psyche. It is the responsibility of those people who would presume to assist other people in healing their psyches to first learn how to do this with themselves.

We have to balance the masochistic and stern, opposing views held by the contents of the psyche. This will challenge the ability of the individual to accept and honor him or herself exactly as they are.The ability to use gentleness with one's self during this time allows the essence of time to eventually run its course.[205] Eventually, when the time of the torrential flood has slowed, progress beyond the lower psyche and its contents becomes a naturally progressive affair. Once a person begins to question the validity of false ego reality, the process cannot be stopped. When the finger is first taken out of the dyke holding back the water, at first it is like a torrential flood. It later slows down and flowingly brings back the nourishment that had at one time been dammed up. At first it would be like any revolution – revelation - documented in history, only this time, instead of being a physically violent one it would be a psychological and spiritually transformative one. This illustrates the need to go beyond ego, beyond repulsion and avoidance and learn to hold hands with and embrace our inner self. This will naturally extend outward. That's how a person connects with what is found outside themselves – by connecting and becoming friends with what they find within.

In the book "Recovering Sanity: A compassionate approach to understanding and treating Psychosis" attention is made to understanding the reference to selves. This applies as much to a client as it does to a would-be healer. The illusions of the transitory aspects of self that constantly manifest within an individual during interactions with his or her environment, internal and external, only cause problems, they can even cause disasters to the true psyche and Soul of a person, when they are hung onto.[206] This is usually when fragmentation and repression sets in. It is also a time of opportunity and potential by recognizing these truths.

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[205] Ditto, Pg. 92

[206] Ditto, Pg 160-161

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In a sense, everyone is comprised of a multitude of selves. Their purpose is to create the ability within a person to navigate, if you will, through the various situations one faces from moment to moment during everyday life. As with any roles one assumes, it is only when a person identifies their self with a particular role, a role that should only serve a momentary practical purpose, do problems arise. If a person does identify with that role and that role is challenged (usually by nature or an outside agent or force) we can see the disastrous affects and havoc this can wreck. Some obvious examples apply to actors of screen who attempt to hang onto their stage personas off-screen as their life moves ahead without them. The fictitious lives they sometimes end up leading may cause them to fall apart when the addictions, mechanical fixes and crutches they use to support their illusions no longer work for them. Creating awareness of these realities, from what I have studied and subsequently the way I understand it, is how Jesus healed people. He healed people who were crippled by the illusions they manufactured. He empowered them to throw these crutches away and walk on their own by guiding them to self-knowledge. They were crippled in the psyche, not physically. However, understanding the psychosomatic connection, it is quite possible that the psychological or spiritual healing that Jesus provided people with in fact might have healed actual physical ailments that were present as *well*. Not everyone he tried to heal was able to withstand the shocks to the ego, the blood shed by the ego. Rather than heal the Pharisees, he simply sent them off the deep end where they exploded in anger and revenge. In a sense, they were like the actors mentioned above who fell apart. We can learn from history: the Pharisees died with filthy interiors even though they appeared to be clean on the outside.

Using a similar line of thought, one chapter in "Recovering Sanity" speaks about people who develop a conviction and certitude of opinions they makes, "as in the dream state." While a person is night dreaming, within the dream, the ego will interpret what is being dreamed as if it is real.[207] In this instance he is comparing this phenomenon with dreams induced by hallucinogens, regardless of the fact they might be perfectly accurate in a symbolic way. In the way I speak about this I'm not referring to night dreams but a person's actual waking dreams, without drugs. I am applying another dimension, level or way to what Podvoll is saying this. Supporting this is the belief among many spiritual traditions that life is in fact nothing more than a waking dream, Maya, the dance of illusion. If people hold onto the illusions they create for themselves during the world of the waking dream, the illusional personas we create for ourselves are also neurotic or perhaps even psychotic. What I will add for clarification is that night dream messages are only meant to be indicators for psychic balancing, during waking

[207] Ditto, Pg. 161

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hours, to help re-balance imbalances in the psyche. If accurately interpreted, night dreams should be taken very seriously. A dream element might suggest implementing a little less severity in one's waking life by instilling a greater amount of mercy or tolerance. A dream of being punished or harshly treated when unjustified may indicate a need for such a compensatory re balancing. This is also how the tree of life, the Judeo-Christian Cabala, can be used as a guide for achieving wholeness and balance in one's life. If these re-balancing mechanisms are prevented, serious imbalances and then illness can result. So let us learn how to properly interpret our dreams, both of the night variety as well as the daylight ones.

In respect of our delusional waking world, negative situations one constantly finds one's self in or constantly running into difficulties with certain people may indicate a rebalancing that has to take place in the way we interact with others, by changing the way we interact with our selves. If one constantly runs into problems with, for example, policemen or frequently gets in physical or verbal fights, perhaps they have to re-evaluate themselves. Or, if a parent, either the mother or father finds him or her resorting to frequently punishing the children, then perhaps it is they who have to reevaluate themselves and not the children. Especially in the latter case I have seen this many times. Children are truly born innocent, in respect of their egos anyway. If problems arise with people's children, this could be a result of anything from invasive psychological incest committed by the parent(s) with the child through to simple hypocrisy -"don't do as I do, do as I say." Parents are the number one source of learning for the children. Parents therefore hold the bulk of responsibility for problems that children develop. Paradoxically, children are also the main source of learning for the parents.

In modern society there is a tendency for people to become extremely limited by the roles and labels that are placed on them or that they voluntarily take on. This effectively prevents people from becoming whole. Today, prescriptive technology is displacing proscriptive ways of living. As specialization displaces more empowered and whole ways of living and being, we end up with people who can only maintain these fragmented and unnatural ways of living by utilizing the multitude of addictions and distractions society readily places at our disposal. So let's do away with the roles, the personas and the make belief. I'm sure Disney Land can still make plenty of profits without us taking it home with us.

To develop awareness of ones bigotry, one begins by exploring habits of thought and expressions that have become unconscious simply because of their ingrained conditioning and accompanying familiarity. When Podvoll speaks of the psychotic ability of being in two places at one time, he is referring to what he

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considers the unbalanced and psychotic type.[208] I will expand upon this by saying that people are forced to retreat from the here and now, individually and collectively. Unable to do this in a healthy manner we end up constantly obsessing about the past and worrying about the future. So, by this definition of psychosis – or neurosis – everyone is affected to some degree or other. A process as simple as following one's breath and thoughts can be a very powerful way to begin the process of liberating the individual, the whole human being – by learning to live in the present.

Fear is the major element utilized by the shadow. Witness the proliferation of the various types of insurance policies available to people who attempt to attain unfailing insurance, whether this is monetary, material and in extension for emotional purposes. In a society saturated with fear this indicator simply expresses the profound paranoia that permeates society. The highly criminal element to this is that most of us project this paranoia onto our targeted scapegoats, forcing them to carry and suffer under these burdens. In addition, this maintains the vicious cycle where everyone points the finger and is at war with everyone else. This is reinforced when the ego is trying to "fit in," indeed to survive. People think, unfortunately, that the opinions other people hold about them are important. What is important is to note that when an individual learns to be true to their selves, their true inner core, healthy ethics and morals will naturally be adopted. They will achieve higher level of conscience than before individuality was attained. However, when we are more concerned about the superficial and usually hypocritical opinions of other people, it is at these times it can be said one is not being true to oneself. This produces a psychotic effect because individuals cut themselves off from their true inner selves. Thus we end up with our "schizophrenic" or otherwise neurotic-psychotic society.

Podvoll speaks about something called "reorientation." [209] He provides us with examples how society is constantly preventing people en mass from living in a consistently smooth and spontaneous way because they are constantly checking themselves – the inner police officer. In other words, they cannot accept themselves as they are. Flowingly being and living from moment to moment is the only true reality, the eternal now. This inability to live in the eternal now logically prevents people from experiencing what Podvoll refers to as "the waking zone."[210] I believe he mistakenly refers to the waking zone as being psychotic. What I understand him to really be describing when he talks about "the waking zone' is a form of healthy detachment, a way of letting be and letting go.

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[208] Ditto, Pg. 161
[209] Ditto, Pg. 161
[210] Ditto

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People can experience this on different levels depending on their experience and psychological maturity. When the mind continuously attempts to monitor and ascertain where one is, Podvoll refers to this as "micro-operations." He tells us that micro-operations causes people to ignore or interfere with the ability to experience a "waking-zone;" a waking-zone he refers to as a psychotic ability to simultaneously experience past, present and future within a moment of the eternal now. If this is a form of psychosis, then every master of meditation, saint and holy person that ever lived, according to this definition, was psychotic. I find it interesting that the process of "micro-operations" describes a very disturbed mind that is unsettled and constantly monitoring and questioning itself. I agree with Podvoll's obvious analysis of this process, yet, in the same breath he tells us that if this process of "micro-operations can be stopped the result is a "psychotic" ability to experience the waking zone. In fact, what Podvoll's image of the "waking zone" describes is a type of clear sight that can be attained once an individual learns how to stop the illusions and contents of the mind that are continuously manufactured by the ego. We should remember that just because an individual is experiencing a psychotic episode that does not mean that 100% of that individual's psychic processes are psychotic. Similarly, all of the psychic processes of "normal" people are not necessarily comprised 100% of natural, healthy dynamics.

The ability to allow past, present and future coalesce into the eternal now, especially at will, is a state-of-mind only psychologically mature people are able to attain. On one level, this is how intuition works: awareness of the past, living in the present and having the intellectual and imaginative ability to visualize the future. At a higher level, what this describes is an ability to transcend the materialistic characteristics of those three aspects of mind and ego. However, with true psychotics, these glimpses of the eternal now are usually chaotic and certainly not attained through meditation and mental discipline. In that sense, touching those higher realities in an undisciplined and ego-inflationary manner could in fact be referred to as psychotic. When done in a disciplined manner, it is not psychotic but transcendent. To experience the past, present and future in the internal now within a waking zone, that is, from a position of conscious detachment, represents a moment of true sanity and health.

As John Welwood and Povoll both make clear, it is during the moments of client's sanity that healers have to focus on. Clients can then be nurtured in those areas and that is the nature of true healing. This also supports my assertion earlier in this work that sensitive people who usually end up being labeled schizophrenic or otherwise branded mentally ill, in fact, have the greatest potential for achieving much higher states of psychic health than the average

individual. As I said, in that sense, they could become the forefront impetus to a collective human transformation in consciousness.

Therefore, what is referred to as a psychotic ability by Podvoll can, if disciplined, in fact develop into what Zen practitioners have been striving to attain for hundreds, indeed thousands of years. By actually being fully in the here and now the past and the future naturally become part of the present without obsession, without destroying our being grounded in the here-and-now. This is the natural state of expansion that nature intended. It is only when one thinks about the past or the future to such an extent that it interferes in their concentration and experience of the present that it becomes a problem. That is the true meaning behind the term "letting be" or, half humorously, "being there" as portrayed by the movie character Chancey Gardner in the movie of the same name. In the movie they tried to make him appear crazy but mistaken for being enlightened. Even if he was a little eccentric he did not let his ego affect him in the usual neurotic way that most people do. In fact, it is that type of ability to "simply be' that is a true characteristic of enlightenment and sanity. Anyone who has researched the personality characteristics of people who have been honored for being enlightened surely knows that most of them never even came close to blending in or being "normal" in the sense that most people consider the term.

Let us not manufacture a deathblow to a potential to actually experience a truly mystical and thus evolutionary experiential development in the psyche. In a true mystical state there is no separation between the past, present and future. They are all one because these contents of the mind – ego – are in fact transcended: they become meaningless. I believe there are aspects of modern physics that also demonstrate this reality. Having said this however, I am realistic enough to also acknowledge that there are a relatively few number of people who have or even ever will experience a state like this. Maybe it is only reserved for a very few. Only God knows and we are not Gods, only made in God's image.

In attempting to reach the calm waters of the eternal now I have heard it said that the way there is like traveling on "the razors edge." Until one learns how to quiet the mind or find "the waking zone," the mind is like "the whore of Babylon," as the Christian Bible would refer to it. To find the still waters is very much a Zen process. It indeed can be very tortuous and painful as if one is traveling along a razors edge, being tricked out of one's energy by the whore of Babylon if one does not know how to protect it. Actually, the way to safeguard it is by not reacting emotionally but rather to learn to refrain from responding to this aspect of the psyche, by maintaining a wakeful detachment. The pain is only the false ego attempting to grasp and possess something that is only an illusion. Thinking along these lines, one may simply look and see that the victories and attainments

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one achieves in life, all the possessions and money one acquires are lost when one dies. Physical death is perhaps the most final – for this life anyway – loss of ego. Death of form is death of the ego. It is for this reason that physical death is the most intense fear the ego can experience.

So, it is not until one stops trying to grasp and hang onto the impermanent products of the dance – the play of mind and of ego – that the razor sharpness of the blade ends its' painful cutting and slashing. When this play ends and calmness arises, then one can appreciate the calm smile we quite often see portrayed on images of the Buddha, Jesus and other saints and holy people. These are people who have reached the other side of chaos – the other side of Leviathan. Actually, many pictures I have seen of Carl Jung portray a similar image.

In respect of trying to hang onto the illusions and personas our egos manufacture to define who we are, they lead to a form of madness. One of the most important ways to protect us from insanity is to realize the impermanence and transitory natures of these illusions.[211] Of paramount importance, as I've said before and will continue to stress, this process is only possible with a powerful healthy ego in service of the whole psyche, solidly grounded in the here and now of the temporal, mundane world, in a practical sense. However, it has to be open to the soul and transpersonal aspects of the psyche, without grasping and becoming inflated.

Mental speed can cause a psyche or person's mind to become even more unbalanced than the ways I have been discussing so far."[212] I am referring to grasping and trying hold on to that which cannot be possessed. This is a basic insecurity that is produced by ego. Related to this, consider the abuse of psychotropic medications and addictions of all types. While under these types of restraints the mind will naturally panic in a hidden or not-so-hidden manner. This vastly increases the amount of confusion and other destabilizing aspects of a persons' psyche that is already oppressed. Everything possible must be done to help release the poisons – of the ego - instead of unnaturally keeping them in. This is the only way to get rid of humankind's "Satan," the beast in the machine. This is not imaginative or wishful thinking. True sciences of the mind, free of the machine, certainly support this common sense view or should I say this uncommon sense view.

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[211] Ditto, Pgs. 164, 165
[212] Ditto, Pg. 167

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People, who have allowed their selves to see and deal with this potential, for madness, found within us all are the best qualified to compassionately assist people who are experiencing the tortures of madness. This is why those who wish to be psychotherapeutically helpful to other people must undergo these experiences themselves.

Podvoll focuses on the psychotic person's aloneness but I disagree with this to a certain extent. Experiences of psychosis can be strictly of a personal nature. However, it is also an expression and experience of connection – albeit, a chaotic and confused one – with today's collective psyche. It is when the contents of the psyche cannot be disciplined and allowed to flow away, when they are not recognized for what they are that psychosis sets in.

He mentions the potential for madness within all of us that has to be recognized, especially by aspiring healers. If a healer can recognize this then a true sense and therefore reciprocal feeling of empathy can develop. Any client who is psychotic will definitely be able to sense a real empathic presence, especially when their heightened sensitivity and sharpness is taken into account. This is true even it is infected by fear and confusion – in fact the fear, confusion and sensitivity might make them more aware of it. It is very important to remember that a lot of neurosis or psychosis is quite often successfully hidden by people who have become adept at playing their roles and hiding their true selves: hide = Hyde as in Dr. Jekyll and Mr. Hyde

A mistake is to discount the collective, universal human psyche and how some people are more psychically aware of this reality than others. This is especially true of people going through the throws of mystical experience, perhaps even mystical experience gone haywire. Being true to how you are meant to naturally express yourself, by being gentle with one's-self, once this is learned a natural tendency flows outward to include others. Tolerance and acceptance creates a dynamic environment conducive to a reciprocal exchange of energy. There is no need for people pleasing when this stage is attained. There is no need to control and manipulate. Nor does one become overwhelmed and unbalanced.

A person who does not live from a strict ego perspective does not become rigid. People like this do not make the attempt to meet the expectations of others, especially if this conflicts with who they are; importantly this necessarily will express itself with the same individual not expecting other people to meet their expectations, beyond a certain realistic and civilized extent. They would not block off the flow to spontaneous and creative living-in-the-moment because of being bogged down by baggage and detail. A person finds what may be called a type of living space within the mind.

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If people are allowed to be who they are and be true to themselves, they tend to allow others to be who they are. Tolerance towards self and others develops.[213] Above I mentioned the difference between people expressing and discovering bigotry within their selves or dealing with it when they see it outside themselves in the form of oppression. I also mentioned the difference between judging people and evaluating situations where they witness people being controlled, abused or stripped of liberty. The fact is, anyone who has developed freedom and tolerance within themselves would be betraying themselves if they ignored the oppression of others. We are our brothers and sisters keepers, not jail guards.

When people learn to quiet the demanding and greedy aspects of the psyche there develops a respectful and gentle appreciation for even the smallest details of life, in a living textural sense not strictly in an intellectual and categorical sense. This develops from true tolerance; one doesn't block out and repress. This allows the individual to develop an ability to oppose oppression. Oppression is not defeated with more violence and aggression but with patience and communication. A person who operates from this type of stance is using an expression of a strong ego in service to the whole psyche.

An expression of egos' greediness can be described as the "Babel of sensations."[214]Podvoll introduced me to this term but what I consider it to refer to is something analogous to the "Tower of Babel." In the Judeo-Christian Bible this was reputed to be a place housing a collection of conflicting and chaotically opposing views, practices and ways of being that were not able to exist in harmonious mutual existence. As described in the Judeo-Christian Bible, it is a psychological description of someone who has not developed tolerance. They have not learned how to accept everything their psyche and therefore what the collective psyche might contain within it. This also describes what a person will encounter when they seriously delve into the contents of their psyches. This might be during meditation or any of the spiritual arts that can be used to enlighten a person's unconscious psyche.

Most people in society are out of contact with their bodies – ungrounded. People suffering from obvious insanity or confusion are even less grounded. Many of the pharmaceutically produced medications and their over-use can increase this confusion. Abuse of medications almost always ensures that these

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[213] "Awakening The Heart: East/West Approaches To Psychotherapy and The Healing Relationship, Pg. 94

[214] "Recovering Sanity: A Compassionate Approach to Understanding and Treating Psychosis, Podvoll, Pg. 168

people, the client-victims will become almost zombie-like and easily controlled because of the profit driven prescribing of these drugs. In this sense, the pharmaceutical pill pushers are no different than crack dealers and other street-drug pushers. At least the street pushers aren't pretending to help the people they sell the drugs to. Indeed the Pharisees are to be despised and pitied far more than the tax collectors.

With the above in mind, being gentle with ones' self allows a person to recognize negative emotions and thoughts rather than hiding them.[215] Instead of aggressively denying them and pushing them underground, they are brought to the surface and gently dealt with. Non-acceptance and aggressiveness with oneself causes repression. Awareness of ones feelings of anger and aggression enables a person to let them go when the reason for them is seen, because one has learned to let go. Gentleness allows room for breathing. Energy can then be used for constructive and creative use. With this attitude of tolerance and gentleness the negativity looses its negative affects and finds appropriate avenues of expression.[216]

I have already been touching on the way people's psyches can be interpenetrated. In many cases what takes place is a type of rape, an uninvited invasion that weaker psyches find unable to fend off. Children are normally the first victims to suffer these types of invasions. I have witnessed many situations where this type of invasion takes place. Think of the number of children suffering from asthma and so called Attention Deficit Disorder. In reference to personal mindfulness of thoughts, when a person becomes distracted or possessed by inner thoughts, breathing becomes affected in a smothering way.[217] Our psyches contain within them the whole of the collective psyche and therefore all other psyches. When a person experiences what I described above, it is an inability to identify and therefore control their inner psyches and prevent possible invasions from outside. Most children have not matured to a high enough level that they can do this. What they do not recognize and this also applies to a lot of adults, is that the aspect of his or her psyche that is literally sucking the energy – air – from them does not have to be an aspect of their own individual, personal psyche, in a mature ego-sense. It is their larger psyche, emanating from the poisoned collective and other people, usually intimate people in close proximity. This is what causes the symptoms of asthma, attention deficit disorder and so fourth. All

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[215] "Awakening the Heart: East/West Approaches to Psychotherapy and The Healing Relationship, Welwood, Pg. 96

[216] Ditto, Pg. 97

[217] "Recovering Sanity: A Compassionate Approach to Understanding and Treating Psychosis", Podvoll, Pg. 168

of these conditions have reached epidemic proportions in today's society, caused by either apparently physical experiences or psychological ones. However they affect both an individual's psyche and physiology and they all result from psychic invasions. If and when people experience these physiological symptoms, I urge them to become more conscious of their surroundings and combine this with an increased awareness of the dynamic contents of their psyche. I think people will be quite surprised at what they discover.

Every individual psyche that experiences these invasions becomes imprinted with a real experiential memory. It is also imprinted in the memory of the deep body structure. Therefore, these experiences can also express themselves in obvious physical form. The psychic and physiological dimension of the experience effectively creates an imprint that can be called upon to alert or cause a person to take notice during future times when they are threatened. This can be an example of true instinct; instinct using other factors related to memory and logic. Even in the absence of imprints from past invasions or wounds, a powerful intuition can operate in people. Countless testimonials of police officers or firefighters say an intuitive, unmistakable gut reaction caused them to react in an appropriate manner necessary for their safety. This cannot be ignored. People who have to survive on the street or in living environments that are not safe develop a combination of safety dynamics – what I will refer to as psycho-physiological intuition.

Following logically from the above this can explain and describe, in the sense of physiological processes, the symptoms of panic attacks that have been caused by physiological or psychic traumas. The real explanation of these symptoms is that when people suffer "attacks," they are forms of instinctual intuition alerting them to invasions. It is because the situation triggers memories of the original trauma and the individual recognizes the same patterns and atmospheric vibrations. Even if they forget the actual memories of past invasions, **the pattern of the "vibes" pulls the alarm. The prospective invader sends out these "Vibes". They "pull the trigger" because there is a similar physiological and psychological recognition of affect or intent behind the current incident and the human interaction that created the imprint on the other person's memory and deep body structure in the first place.** This is especially true in respect of a person's deep body memory. This is connected to a deep level of the psyche and Soul of a person that has an accurate memory capability far beyond what is possible at the ego or usual conscious level of the psyche. The brain-wave patterns that are created by the (prospective) perpetrator are sent and received by the (potential) victim and match the brain-wave patterns and their affects that are stored in memory. Modern mental health tries to say is that this is a reaction to a similar event or situation because of

something called "cognitive dissonance", perhaps combined with an unintelligible mechanical bodily imprint or some other such foolishness. They say that the event that triggers the response it is not necessarily justified in alerting the person to danger. This is irresponsible and devalues a person's ability to recognize these invasions or potential invasions for what they are. It totally devalues the power of a properly and naturally developed instinctive survival intuition in people. It even pathologizes what has historically been referred to as female intuition. Therefore, even the word intuition, having become pathologized in today's world has now been changed to the word paranoia. It is a reversal of truth and manifest reality. In 2001 I even read an article that tried to blame panic attacks on genetics. It tried to say that people were genetically predisposed to this "illness"! As usual modern science attempts to olarchyed reactions and ways the human species has developed over a huge span of time for survival, protection and transformation. The application of this pathological, paranoid and criminal diagnostic tool is being perpetrated against people who have genetically advanced and sensitive biological capabilities. This is reversed thinking in action: isolating and pathologizing a genetic ability for the body to alert a person to environmental dangers. Use your own commonsense and think about it. The pharmaceutical companies are constantly coming out with genetic reasons – isolating the genes responsible – for a continuous array of biological reactions to unhealthy living environments, followed up with their pharmaceutical cures. All this does is artificially enable the body to become numb to toxic and other environmental dangers. This allows patterns of abuse - environmental (material), societal and group or individual – to be ignored. We end up with a situation of blaming the victim. This is criminal.

I know from experience, study and talking to people that the intuitive physiological reactions to dangers I have been speaking about in the above are not based so much on conscious memory but an actual psychic recognition, normally subconscious in most people, that an invasion is taking place. This cannot be ignored. I have witnessed children who have been "diagnosed" with ATDD, who have very emotionally needy and enmeshed parents. I have seen these children go nearly squirrelly while with the needy parent or other adult. The child is unconsciously fighting against this invasion. When the child leaves the immediate area where the parent or other adult is, usually after being scolded or otherwise chastised, and goes over to an adult or someone else who demonstrates no such needy tendency but instead a (primarily unconsciously recognized) protective manner about themselves, they might become totally calm, relaxed and focused, if they don't fall asleep from exhaustion. I am describing examples of emotional suffocation, types of theft. I am referring to emotionally immature and needy parents who have probably suffered the same types of invasions and continue the cycle with their children. These wounded

people, living from their false and wounded personal psyches and egos tend to objectify their children as emotional providers for themselves. This will be changed once people learn to become acquainted with their own psyches.

All of this demonstrates the effects of a powerful interpenetration of psyches. It also accounts for peoples heightened levels of stress. Stress, especially chronic stress, depletes the body of badly needed oxygen and this has been scientifically and medically documented. Oxygen deprivation has been proven to be a major cause of disease and various types of bacterial and virally based infections.

Focusing on your breath actually increases the power of concentration.[218] Consider the magnitude and importance of this statement when you consider what I have been saying throughout this paper about psychic invasions, of all sorts. Then consider the explosion of statistics of children with everything from so-called Attention Deficit Disorder, asthma through to turrets. Consider: cancers thrive in oxygen depleted body tissues. There has been an explosion in recent times of the incidence of child cancers. We, the parents, whether directly (consciously) or indirectly (unconsciously) are responsible for doing this to our children. In consideration of such things as Attention Deficit Disorder, criminally, the doctors in cahoots with the pharmaceutical companies jump in, blame it on some sort of biological pathology and then pump very poisonous chemicals into our children. Ritalin, for example: it works because it is so powerful that it short-circuits the child's central nervous system. Adults sell this drug on the streets for its "upper" or amphetamine like affects!

You know, when you talk to people about the explosion in so-called mental illnesses today many people say that in years past most of these people were hidden behind closed doors. They certainly cannot say that today about all of these later statistics. In addition, I've read and heard statistics in the public news media, reporting the number of people on anti-depressants, etc has increased astronomically. It is no exaggeration that introducing the art of body mind and spirit into our culture at an early age, as they do in some places, among some groups or even with certain individual people where these traditions are still maintained, would greatly reduce the incidence of both physiological and psychological disorders. By teaching our children how to do this we could set in motion the beginning of a healthy cycle that would eventually become self-perpetuating. Do we have enough love for our children, ourselves and in extension for Heaven and Earth to do this? I think we will have to whether we like it or not.

[218]"Recovering Sanity", Pg.168

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True love is not characterized by passions and sentiment. We can become possessed by these dynamics, like poisons.[219] We see extreme examples of these dynamics all through society: stalking, murder-suicides and so forth. True love is not sentimental. It is based on respect and mutuality. Passion can also poison and suffocate a child. This can be perpetrated by an emotionally needy adult onto a child or even on another, weaker adult. In reverse, if people can learn to recognize and not give in to this type of emotional thief, when they attempt their theft, it backfires on the thief. This happens when the intended victim does not respond to the emotional demand. This will result in the emotional thief experiencing an emotional rebound or after-shock to their attempted break and enter into the targeted victim's space. I have personally witnessed and experienced this, especially in hindsight after successfully withdrawing from enmeshed situations where the above-indicated dynamics had become commonplace and expected. However, adults might be capable of developing this ability: children are too vulnerable and inexperienced to do so.

In crude form, crude because it does not teach the people how to move beyond their own selfish ego-needs, people are sometimes counseled to improve, leave, or otherwise deal with co – dependent relationships, enmeshment and so fourth by leaving them or by becoming more selfish or masochistic. Usually in ways that increases the needy ego requirements. I have seen this many times in some 12-step programs.

Interestingly, I remember attending a presentation of a 12-step program hosted by the group's members. I will never forget the woman sitting next to me – she was a student also – turning to me and saying that the way members of this group spoke and acted made the members sound and the group look like a cult. At that time I could not fully appreciate her accurate observations: today I certainly can. I do not want to ignore the positive benefits some of these groups can offer. I simply want to make apparent to the reader that these types of groups can and many times do become a substitution and enabler for the specific type of addiction and dynamics they are trying to overcome. They can maintain and perpetuate the very dynamics that initiated and perpetuated the addictions: the dynamics that lead to the creation of these groups in the first place. I have spoken to many people, ex-members and professionals, who felt the same way. In many instances these groups can become a substitute addiction for the one it replaces, even if it is apparently psychically and physically less harmful; in many cases it is psychologically worse because it actively targets other people as the cause of many of their problems – even though the exact opposite is supposed to

[219] "Recovering Sanity:, Pg. 174

happen. In these cases it simply becomes another form of addiction and repressing mechanism.

We have to learn preventative medicine:Podvoll speaks of "mindfulness."[220] Because of a seemingly limitless number of distractions and addictions our society attempts to prevent this, and up until now has. When I use the feminist term consciousness-raising this is the preventative medicine I am referring to, for a start. I personally have used a combination of various yogic and martial meditative techniques and been eclectic in my study of science and philosophy in my quest to become aware. Ultimately, to initiate a transformation in consciousness people will simply have to start asking the question: Why? Without becoming obsessed. Not asking the question leads to numbness, obsessing the question leads to mania. The main balancing feature we can use in this is tolerance in unity in thought, action and spirit; consciously and necessarily as individuals not as robots, zombies or clones.

I remember a child, the closest thing to a daughter I ever had, used to look at me sometimes, with her intense intelligent look that she had about her. Simply out of the blue she would look at me and say "Why". She could never explain to me what she meant and I am sure it was related to things I am not aware of. However, even at that age her mother and I noticed she had similar interests as I have. I have thought about this many times and have actually come to a possible symbolic realization as it applies to me certainly and perhaps to her. In addition to what I just said in the above, I honestly believe she was subconsciously motivated by her soul to say this letter, Y, in reference to its symbolic meaning. A y represents a forking or separation: one to the left the other to the right. The ultimate meaning is separation. I also remember having a dream that described this understanding perfectly.

In my dream I was walking with a woman, my anima and at one point this woman and I parted our ways, she downhill to the left and me upwards to the right. I realize this today, many years after this dream: I realize it represented a separation of my ego-self from my soul. I also remember that at the time I had that dream I very much had only been living in and from my ego. By reconnecting with this inner reality the process of rejoining changes the movement of this inner part of the psyche. A leftward or anti-sunwise motion instead changes to a sun-wise and creative motion to the right. I can only hope that this young princess always follows her heart and always continues to ask questions.

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[220] Ditto, Pg. 176

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For centuries Asians have realized the fact that any kind of repression, splits or fragmentations of the psyche results in psychological imbalances that manifest themselves as insanity and physical dis-ease. In traditional areas this is still how mental illness is viewed and it is from this perspective that they work with people who suffer from these imbalances. These imbalances and the resulting blockages of energy disconnect the body, mind and Soul-Spirit unity. This is what causes the manifestation of insanity[221] or physical dis-ease. Whether you think of this energy as Prana, Chi or Spirit it is the blockage of this energy that causes the problems. Understanding the quantum affect of the psyche, demonstrated by the wave-particle duality, when people exist in a fragmented or repressed state of mind it is not surprising that this will eventually manifest itself physically as actual blockages within the body's energetic system. These physical, energetic blockages eventually manifest as actual physical illness.

Therefore, psychic imbalances can be caused by physiological energy blockages. Certain aspects of the psyche have parallel physiological systems within the human body. These physiological counterparts are known as chakras, energy points and so forth. They all have both psychological as well as physiological expressions, illustrating the connection between mind, body and Soul-Spirit. The sciences of yoga, the various martial arts, acupuncture and acupressure know this. People should not be surprised by this…. Or perhaps they should? This type of knowledge, geared towards health and preventative medicine does not fit in with the medical-pharmaceutical business that focuses on pathology; focusing on the nature of well-being is not good for profits. With an almost exclusive focus on pathology and enough imagination to create pathology where none exists, it is not surprising that their artificially synthesized pharmaceuticals quite often create far more harmful side effects than the job it is supposed to do. Rarely do pharmaceuticals heal the cause of illness or dis-ease. Some of them can be looked upon more as being Band-Aids instead of cures. The side effects of many of them create spin-offs in the form of increased revenues by creating problems where they didn't exist before.

A naturally derived product as simple as stabilized negative ions of oxygen or breathing in pure oxygen (in some places in Asia people can breath in pure oxygen from dispensers in much the same way one can get a can of pop) have been demonstrably proven to be effective in healing a huge number of illnesses, physical and mental, with absolutely no side effects. Many environmentally created imbalances of the psyche can be successfully treated with a commonsense combination of oxygen, amino-acids, to repair damaged body tissues and Ginkgo Biloba, which creates a greater amount of blood circulation,

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[221] "Recovering Sanity", Pg. 179

especially in the brain. These are all naturally occurring substances in nature and have no side effects if taken properly. They can improve mental functioning and either repair or prevent physical damage caused by a destructive environment. Natural products as simple as these can give a person a better equipped physical vessel in which to live.

In speaking about neurotransmitters, Podvoll speaks about the sometimes manic or psychic bombardment caused by administration of L-dope, a naturally occurring substance in the brain that is sometimes deficient in people.[222] During experiments with patients who had been severely handicapped from mental illness, after being administered this neurotransmitter they appeared to heal from their previous state. However, eventually most of these patients became psychotic, returned to a handicapped state of mind or developed physical problems like Parkinsonism. Based on these experiments, it was suggested that their outcome demonstrated that mental illness is primarily physiological in nature and caused by physical disease. I will suggest that what was described above was caused by the same psychic fragmentation and production of imbalances we just spoke about resulting in similar and parallel physiological blockages. Common sense says that administration of this substance to a client, without psychic preparation and knowledgeable guidance, would result in previously psychically starved and energetically blocked people experiencing a flood of previously repressed material, much of it of a primordial level. L-dope is released in the brain during meditation, in a very controlled and disciplined way. L-dope would be like any hallucinogenic drug when it is haphazardly taken or administered to a person who has been divorced from full psychic reality for most of their life. It only makes sense that a flood of psychic action will take place. In no way do these cases demonstrate that physical pathology always causes mental illness. All that is demonstrated is that the human psyche has been oppressed, repressed and conditioned like some caged animal ever since we became ashamed of ourselves and started to wear a fig leaf.

When one considers the huge mass of humankind on this planet, it is not far-fetched to consider that the massive collective psyche, especially that which has been brutally mute-lated for centuries, is finally starting to break through in torrential ways with some of the more psychically sensitive. The criminality of the situation is that the machine-like materialism that controls society is torturing these potential front guides for collective transformation by scapegoating them, medicating them and turning them into zombies. We make them believe they are somehow handicapped when in fact they could very well be the saviors of humankind and the forerunners of human transformation.

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Psychotherapists who undergo psychotherapy themselves sometimes have some very enlightening experiences. Some have been known to have transformative changes in their professional viewpoint. They realize how much of the psyche they had been ignoring. They also begin to realize how much their attitude would have a very real impact on those persons they were counseling.[223] This is an example of a healer undergoing and experiencing the same process a client might experience. How many would-be healers have the courage to become humble enough to experience this? One thing is for sure: if a would-be healer experiences this process and the ego pain involved and heals from it, humility will naturally follow. They have to be sincere about their desire to become healers. This will happen because they will realize they are no different than their clients or other people when looking at the psyche in its entirety. That realization and acting upon that realization is what makes a truly great healer.

Psychotherapy allowed one psychiatrist to see that people already possess much of the knowledge and information they seek. All we have to do is to let go of the defenses and blocks that prevent us from accessing them from the higher states, levels or realms of the psyche. The professional can also began to realize just how limiting and incomplete most forms of modern psychotherapy are today. Most importantly, he or she can realize that some of the higher realms and states of mind are pathologized by our present systemic worldview. This deadens and thwarts those persons sensitive enough to access and recognize these potentials.[224]

Much of what I write now is taken from ideas about centering; ideas that recognize and bring into unity the four quadrants and everything that can be extrapolated from this approach. This groundwork provides the most stable base from which to operate. Especially important are the ideas of the all-quadrant approaches to psychotherapy. From what I am able to see these ideas are quite compatible with the ideas put forth in "Awakening The Heart" and certainly with almost all of the world's wisdom traditions.

It had been pointed out that men and women develop through gender-neutral stages of psychic development, although there are differences in respect of emphasis on characteristics: men – left brained, justice, the whole context, vertical dimensions, evolutionary growth; women – right brained, horizontal relationships, care and connection.[225]I would modify this statement to say that this was true when strict gender stereotyping was in vogue. Today, these

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[223] "Awakening The Heart

[224] "Awakening The Heart", Pg. 106

[225] "The Eye of Spirit", Ken Wilber, Pg. 189

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qualities can and are indeed to be found between both genders in mixtures that have nothing whatever to do with physical appearance, at least not to the extent it used to. Indeed, many of the healthy and nurturing aspects listed above have become poisoned by the vast hate that has contaminated many areas. This is important to realize when one is trying to understand others in a constructive and helpful way. Having made that qualification, the above statement of Wilbur's, in respect of gender is useful common –sense only to an extent. In most liberal and progressive areas of the world it is not true like it was say, fifty or 100 years ago.

This next statement is rather important, in respect of gender and especially in respect of the dynamics of femininity and masculinity. When only the lower level of the human collective is taken into consideration when studying the nature of "reality" – the horizontal and holographic dimensions of the web of life, it can become pathological because it tends to trap people into the lower levels of the psyche. It is a horizontal line, flatland touched with anarchy - it is incomplete. This feminine (only) and incomplete view of reality that only considers and validates the horizontal Earth plane of existence is just as unbalanced and incomplete as the masculine (only) or patriarchal viewpoint that only considers as valid the vertical, heavenly and intellectual sphere in its approach to reality.[226] In other words, an exclusive focus on the matriarchal aspects of nature is just as pathological as an exclusive focus on the patriarchal aspects. A matriarchal or horizontal viewpoint has to be balanced with the masculine or patriarchal vertical plane, thus creating a dynamic that spirals towards a central balance, individually and socially.

Some radical so-called anarchists and other radical groups hold an unrealistically non-hierarchical view that is based only on communion in a manner that resembles a meltdown, a lowering of consciousness. An exclusively lower-level, holographic perspective actually produces situations and perceptions inducing people to see in reverse. This makes sense when one considers that materialism focuses on downward and outward psychic movement as opposed to outward and upward movement, represented by the vertical plane of existence. Our energies move in the direction the mind is focused. As a result of this exclusively ego viewpoint (unconscious of this viewpoint that ego is) it is regressive rather than evolutionary. Rather than appreciate the environment and living ecology, it perceives only in a flatland and a non-evolutionary way. As a result, destruction of the environment predominates because it is an exclusively materialistically or matter = mother based perspective. Because of this, it

[226] "The Eye of Spirit", Ken Wilber, Pg. 189

becomes the devouring mother rather than the nurturing mother.[227] In addition, because this viewpoint reverses the direction of evolution, it is also nihilistic and almost completely results in a hypocritical mindset. Evolution is characterized as much by an outward movement as it is by an upward one. This has nothing to do with gender, only energetic patterns. As many men hold these worldviews as do women.

The "devouring mother" – Two stories that speak of this psychological process, both on an individual and collective level are "Little Red Riding Hood" and a recently composed story that has been made into a movie "The Chronicles of Narnia."

The Oedipal complex – Freud had it backwards. The Oedipal complex claims it is the son who wants to kill and replace the father, in a psychic sense. On a conscious, ego level it might look this way in some cases. However, the more powerful unconscious dynamics from which conscious thought flow are responsible for these processes. The son doesn't desire the mother; he doesn't want to get rid of the father and take his place in an incestuous relationship with his mother. The lower level, backward pulling dynamics of a devouring mother is responsible. These are the dynamics of a repressed society or one that has not evolved beyond enmeshment with the Earth. What many people would consider evil. Freud developed the Oedipal Complex theory in Victorian England, one of the most repressed periods in European history. Then as now, this is expressed throughout society by the collective ego and shadow's attempts to keep people at disempowered, lowered levels of psychic development. Freud was premature in his abstract development of the thesis of infantile repression. He was expressing the collective psyche of his age that obsessed about sexuality because it was severely repressed, notwithstanding his revolutionary development of the theory of the unconscious psyche. In these instances people are expressing psychic reality in the same way that small children learn fundamental psychic process in literal, material ways.

He expressed a very addictive personality as illustrated, for example, by his addiction to cocaine and his obsession with sex. This remark can be qualified by acknowledging the fact that archetypal realities, as expressed in myths for example, quite often use sexuality to illustrate psychic reality. I have also drawn a parallel between psychic processes, especially psychic interpenetration between people, in sexual terms. What Freud was expressing was an archetypal reality of the society in which he lived. However, because he was immersed in the collective psyche of that time and to a certain extent experienced and expressed himself on that level, his theory and the researches he did to develop it was also of a sexually and addictively obsessive nature.

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That is why he claimed that all repressions and their effects were of an infantile sexual nature. As is true for probably any person that lives in the world, especially when it comes to people who affect human history, Freud was an archetypal expression of huge magnitude and energy. He made the scientific mistake of thinking he could objectively study the subjects and objects of his interest. Although he did attempt to study and objectify his own experiences as well as his patients for the purpose of research and theory development, he failed to consciously realize that he was an integral part of the very archetypal processes he was trying to objectify. This is where he and Jung parted their ways and where Jung made leaps and bounds beyond the revolutionary and psychologically transformational structure Freud had put in place.

People's expressions of addictive personalities are symptoms of lowered levels of psychic development. They haven't cut themselves away from the womb-like satiety resulting from an uncut world umbilical cord. This will quite often translate into and effect the psychic development of individuals and the relationships between individuals, especially within families. In this case I am referring to people caught in the emotional, instinctual and shadow contaminated levels of the psyche. As discussed throughout this paper, these lower level expressions of psychic development can actually perceive "reality" in reverse because of ego's focus on these downward and regressive areas of psychic existential reality. Instincts, emotions and infantile sexuality are expressions of the down-swept, feminine triangle and associated dynamics without a balancing of masculine energies. They have not been balanced with the tri-dynamic nature of the up-swept, masculine triangle. This latter triangle requires a longer period of conscious, intentional striving for and development in order to enable humankind to escape form the gravitational pull of the Earth; in order to escape from the Earth's natural attempts to keep humanity in its maternal womb.

Another well-known fable that speaks of the overall dynamics indicated above is the story of "Cinderella." In all cases, these "myths" describe the young, fresh new growth of life that is attacked or prevented from emerging by "evil" processes of the psyche. Attempts are made to divert and use the vital energy of the "Princess", "Perl", or the "Treasure beyond Price" for the maintenance of the aging and fading "devouring mother" and "old goat." In all cases a young, vital masculine figure that rescues the princess is to be equated with renewed = masculine, consciousness. The weapon that can then be used to defeat the stepmother and her daughters, the evil, life devouring witch-dragon or the grandmother that turns into a wolf is the discriminating sword of consciousness.

Under these circumstances the psyche becomes dominated by energies of the dark "goddess" and by Satan: the dark wife and husband, even though they hate each other because that is their nature. However, because of their natures,

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sooner or later they'll eat themselves out of hearth and home. Tin this psychic environment the immature ego becomes controlled by a reversed feminine aspect of the Earth (the devouring mother) while the reversed masculine aspect thinks it is in control and because of unbalance the masculine dynamics become aggressive rather than healthy and strong. In its own way it too becomes twisted and reversed in its unbalanced and insane attempts to control something it has in fact lost almost total control of.

A true appreciation and connection with the nurturing Earth on the horizontal level of the psyche is only possible by a conscious union with the vertical, higher levels of the psyche in dynamic flow, top constantly moving downward and bottom eternally moving up ward in sunrise movement – a rhythmic, seasonal flow that can never be mimicked by machines

Personally, I have always had greater faith in the more civilized tendencies of humankind, rather than the barbaric idea of survival of the fittest. I had always associated Darwin's mangled words as applying only with lower evolutionary creatures. However, maybe the Hindus are right. Only the Creator knows.

Let men learn from women about the powerful benefits of close personal relations with people and the Earth. Let women learn from men how to detach in a manner that allows them to reach a higher and more universal awareness that transcends the ego, Earth and its materialistic nature rather than lowering and further becoming enmeshed in matter.[228] People can learn to connect more on the horizontal Earth (ego) plane while simultaneously connecting on and moving upwards on the vertical Heavenly (psychic) plane. Further, in today's world masculine or feminine stereotypes can be applied to fewer and fewer identifiable groups of people – what does continue and is of immense importance are the relationships between these energies, within each and every individual. As earlier mentioned, these comments I'm making don't necessarily apply strictly to biologically and genetically applied gender determination. For example, when I refer to more men reaching into earth, I am also referring to those women who are possessed by their animus and their unbalanced masculine sides. In a similar way when I say that more women should learn how to reach upward into "Heaven" I am also referring to many men who are possessed by their animas = possessed by their unbalanced feminine sides. So, rather than gender specifically, I am referring primarily to masculine and feminine energies and dynamics and the profound need at this time in history to balance these energies within individuals. Internally, more people will have a greater ability to unite the

[228] "The Eye of Spirit," Ken Wilber Pg. 201

inner feminine and masculine within, without misunderstanding what these energies are when they experience them.

When these processes and evolutionary developments do not take place, men are not whole people, women are not whole people and Earth finds itself disconnected from Heaven. So let us make people whole and unite all of nature. I find these last comments fascinating. Until recent years I had been totally enmeshed with my family and most of the usual celebrations and holidays. It was not until I truly made a break with that enmeshment, when I cut the maternal umbilical cord, of which I was totally expected to be part of and help maintain, that my mind became clear enough and balanced enough to express true equanimity. I had been striving for many years to obtain this through the use of meditation, martial arts, Yoga, psychology and other forms of esoteric studies. Although I had a profound desire for justice and the liberation of human beings it wasn't until I made that separation into independence that I was able to utilize a mental capacity clear of the subconscious emotions I had been struggling to control through use of the various disciplines. In fact, I had been struggling to extricate myself from the final remnants of a shame –based personality and a character traumatized by scapegoating and the various forms of institutional abuse I described earlier. Many times in the past I have made the statement to myself and other's that if a person is going to be a protector and nurturer of life they have to start with themselves.

This final cutting of the umbilical cord allowed me to have the equanimity to honestly begin the development of a truly empathic connection with other people, completely free of the remnants of sentimentality and other baggage that had been still there to be removed. Although my family and intimates did not recognize it at the time, I expressed love and understanding to their opinions but was only able to receive exclamations about how selfish I was, how much I had hurt them and so forth. From my research into the topic these were classic example validating just about everything I had read and learned on the topic. In keeping with much of the premise put forth in this book, it wasn't until I actually experienced it that I transcended a purely intellectual understanding of it.

By understanding the developmental processes, by cognitively recognizing them within myself gave me the ability to move into higher levels of a more integral structure. What is important is to appreciate watching the process unfold rather than minutely dissecting the contents. In fact, by watching for the "progress" and thereby judging how one is doing, ego and intolerance of ones self develops. This is exactly what we are trying to overcome.[229] (Given my own

[229] Ditto, Pg. 215

tendency to analyze everything, this has been one of the most difficult things for me to overcome – and I still struggle with it every day!) All of this powerfully points to the value of Wilber's centering graph and illustrates the importance of balancing, without emotional rejection, anything one may encounter. This applies especially to conditioned responses, triggered by the individual and collective superego. This allows recognition of a person's artificially created personas and through this recognition, of their true individuated self. During this process, although there is no place for judgment there is definitely room for evaluation

After everything I've discussed so far, how many people, I wonder, go through the multitude of stages that would transpire under natural conditions? I would think not too many. Most psychiatrists don't develop beyond cognitive and egoistic levels – pre-conventional: what I wish is right. I think though as more people become acquainted with, for example Wilber's research and books and I know they are very popular, more people will pass on the knowledge he offers. I am referring to The People, not just the scientists and philosophers who are already in the fields he discusses. I would like people other than those who want to stay in positions of power with their "esoteric" knowledge to become familiar with this wisdom. Since the category of power "freaks" and controllers who think they are next to god obviously does not apply to all health professionals or people in these areas of work, the more people in the mental health professions and similar areas who become acquainted with this knowledge, the better. The really important audience is the common person, The People, to become acquainted with what he and others like him have to say.

In essence, there are various stages, structures and associated dynamics that an individual ideally evolves into, up to and through. All of these are contained within the whole self-system.The important thing is the effort made, not the progress. It is similar to the martial art known as Kudo, a type of archery, what is known as a type of moving meditation. The point of the exercise is not to hit the bull's eye or even the target. The point is to meditatively concentrate and aim for the target. It is this concentrated effort that will naturally result in the target being reached eventually, providing there is no ego involvement beyond a consciously concentrated effort. I believe this also takes into account what Podvollwas referring to as the psyche being comprised of many different self's, all working together as a unit. This is also similar to the reference that I made about the various personas people adopt to accommodate the various situations and needs they find themselves in from moment to moment during waking hours, interacting with other people and the environment. In these situations a meditative or aware effort could be made, after the fact, so that interaction is not impeded – simply to review how the interaction took place. Personally, I developed this ability to a high degree by learning to later review the interaction in a detached manner. The

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only evaluations I made were in sociological, legal and psychological ways. During the interactions themselves I was totally spontaneous and tolerant.

All of the above psychic development exists on a continuum of consciousness. As each stage is solidly recognized and transition into the next higher order level is begun, each successive attainment is only possible when the earlier levels have been realized, without obsession. It is to be acknowledged and recognized there may at times seem to be overlaying and interconnected processes taking place. As I said earlier, this is because as a person develops outward and upward, although the structure, integration and organization will differ, it will always contain within it everything that preceded it. Here reference is being made to Wilber's idea of olarchyand the necessity to keep intact the structures or foundation that preceded the higher structures from which they emerged. This refers to the lower levels working to the benefit of the higher evolutionary levels. A mature ego works in and in service to the whole psyche and not the other way around. An extremely important aspect to acknowledge is that people cannot truly connect with the larger world until a person's mind and worldview expands in a similar fashion.

Research and study of the psyche in the whole sense, beyond the purely physical, points out that the self, as the balancing system of the psyche, the center of the four quadrants, is necessary to consider when the whole psyche is taken into consideration. The spiritual - conscious – connection, unifying all, runs through the various levels.[230] During an individual search, and in this case I am including an eclectic, scientific approach, if the process is done with or recognizes the ever increasing levels of consciousness it blossoms into a complete whole with an aware consciousness permeating and putting into the proper context the whole psychic image. Unfortunately, this self or center of the individual is almost totally ignored in today's mental health system. Obviously, this applies to the perspectives of workers in mental health, the social system or worldview that educates them and subsequently the cyclical perpetuation of all dynamics involved.

During this process a person attempts to achieve a centering - of gravity, a centering of focus and concentration; as is done in many traditional practices of many different cultures and people's – martial artists, people who meditate properly, spiritual practices, etc. What's important is to hold a balance of dynamic tensions, represented by the four quadrants, that sometimes recognizes conflicting messages, paradoxes of awareness, etc. Not only is this a process of waking up and bringing to light repressed or unconscious elements within the

[230] Ditto, Pg. 219 - 228

psyche, it is also a process of refinement. Archaic emotions are refined into identifiable feelings and eventually one is able to transcend them, in the sense of compassionately appreciating the feelings without getting caught up in them.

This is the way to develop true compassion towards others, without personal emotional and sentimental baggage to misconstrue the object of one's empathy. Psychically, this represents a movement from an emphasis on the archaic reptilian and limbic system control of the psyche - the primitive and emotional aspects – to a predominance of control by the neo-cortex, with the more archaic parts of the brain under the direction of the higher levels. Using the concept of olarchy, this is a more centered aspect of the psyche. It represents an evolutionary movement that allows for the development of a balanced psyche, with the self-system in control – not the ego.

Evolving unity, both horizontally and vertically, is the exact opposite of what has been happening throughout society, thereby increasing separateness. This is an immature and narcissistic stage representing the lowest level of development. It is through recognition of the evolutionary process, described above, that the mental health of society can to be transformed by developing this model for mental health. This is the conscious goal to aim for.

Society seems to be trapped in a confused state of narcissistic anarchy in its attempts to escape from enmeshment with the collective psyche. The unfamiliarity of the ego with transcendence is no different from a small child attempting to differentiate his or her body from the environment. At this level of development there is no sense of individuality. To the child, the various objects it experiences around it seem to be part of its integral self. In this way it projects parts of it psyche and psychic energy onto the various objects around him or her. This is called participation mystique and is quite descriptive of the child's early, first couple of years before it can differentiate its own existence from the existence of its mother and environment. That is, before the child begins to develop an ego-identity, separate from its mother.[231] This is also the nature of hypocrisy. In early childhood development this stage is natural. When this stage remains into adulthood, this unconscious enmeshment becomes the very foundation that leads to unconscious hypocrisy. This demonstrates the need for people to become aware of this enmeshment and the "naturally" subsequent development of ego aggressiveness.

Without a cultural context and the use of semantics, language and words to place it into a contextually conceptualized framework of understanding,

[231] Ditto, Pg. 239

consciousness cannot develop with the use of the physical brain alone. Acknowledging the interpenetration of minds, it is this collective human psyche, stemming and growing from cultural semantics and meaning, that consciousness develops.[232] The discoveries of "wolf boys" who have been raised in the wild without any surrounding cultures or groups, demonstrates this reality. This is similar to what is described in the book "Lord of the Flies," a book that describes how people, before they reach mature levels of development in the first place, could sink back into primitive levels of existence because they do not interact with a surrounding culture.

In thinking of differing cultures, languages and associated dynamics, I find it interesting that virtually all accounts and experiences of inter-subjective communication on the subliminal levels, actually transcend language in the usual everyday sense. This would indicate a universal mode of communication that transcends the sometimes-clumsy world of semantics on the physical plane. In various holy books these experiences are expressed and presented as examples of spiritual communication – people are able to communicate regardless of the languages they speak verbally.

If one considers the affects of an alienating and nihilistic way of living and study this in relation to what is being said in the above, it is possible to extrapolate and see that an inability to escape from the cocoon-like enclosure of our false ego is the reason for today's growth in violence and loneliness of all types. In addition to bigotry, this is the reason for the collective ostracism of people as described throughout in this book. This reality is communicated, for example, in the Bible and other great books of spiritual reality. In addition to rule by the shadow, the devolutionary effect of people living primarily in isolated egos will logically result in what might be termed the wolf-boy affect. This possibility is not that far fetched. It would also explain the existence of "wolves in sheep's clothing." Think of it people: living in a city, surrounded by thousands of people yet actually feeling alone as so many people actually do! This is astounding if one really thinks about it. It demonstrates perfectly how separated, fragmented and reversed society has become en mass.

The fact that consciousness exists on a continuum has to be constantly made, to emphasis it's importance during development of the psyche. To look at one level or stage and say "there is consciousness" mutilates and distorts the contour of consciousness in the same way that the psyche can be fragmented by using a persona to describe who and what an individual is.[233] The "wolf-boy"

[232] Ditto, Pg. 273
[233] Ditto, Pg. 274

affect illustrates the inter-subjective nature of the psyche and what happens when it is not nourished. On a more positive note, combine the holographic with the holarchic nature of the psyche, the circle-like inter-subjective with the pyramid-like, individual movement upward in a cumulatively more complex and highly integrated structure. Consider what would happen to group entrainment – synchronized harmonic inter-subjective dynamics - subsequent to an escalation in the numbers of people experiencing greater and higher level of this integration. Imagine the complex and subtle interpenetration of all minds and the affect large-scale individuation would have on humanity subsequent to that entrainment. Group (psychic) entrainment is simply another way of explaining the hundred-monkey syndrome. When humanity and the human psyche reach a point such as this in evolution, the explosive and transformative potential would be exponential. We aren't talking about a few monkeys located on neighboring islands now. We are talking about a relatively small planet that is populated with billions of people with very powerful psyches. We have an idea of the affect the "Big Bang" had on the universe. Once a critical level of pressure, tension or force has been generated within the human collective, a psychic parallel would be a quantum jump of comparable scale within the individual and collective human psyche.

A mundane and very small-scale example displaying the energetic dynamics I am referring to would be walking into a room and immediately noticing an atmosphere that is electric, heavy or otherwise certainly "alive" – one that could be "cut with a knife" so to speak. If there are several or many people present in the room, the pyramidal aspect of holarchy may be demonstrated – the focusing of collective energies - by being able to rapidly zero in on the cause for the concentration or focusing. This might be two people debating or arguing, a person lecturing and so fourth. The most important thing to recognize is the definite inter-subjective penetration of mental energies - brainwaves. In the case of a lecturer of speaker, with the people focusing their energies on that individual, this focusing would be readily noticeable even if this recognition is primarily unconsciously motivated. There might be a form of manipulation or instruction taking place or a reciprocal and mutual interplay of psychic energies as might be expressed during a question and answer period.

The power of a balanced psyche centered within all four quadrants or the unbalanced dynamics of a psyche that has not been centered can be demonstrated.[234] Consider the interpenetration of minds mentioned above and the heightened ability to use the four abilities associated with a centered psyche: intuition, sensation, thinking and feeling – all combined in unison. When they are centered an individual can use all four abilities to create a much sharper and

[234] Ditto, Pg. 274

clearer picture, logically, imaginatively and therefore intuitively about the dynamics taking place. Imagine a blind person who is balanced and centered. This person would be able to walk into the above room and quickly zero in on where and who or what people's psychic energies are focused on. I have heard it said that some people who are physically blind are able to magnify and sharpen their other senses and abilities because they are not distracted by their sense of visual sight. They can more easily become centered. The ability to zero in on psychic dynamics can be achieved by most people but on a primarily unconscious level. Only a centered person can do it consciously.

The natural centering of the human psyche has been mirrored in the collective psychic history of humankind. I am talking about evolution and the existence of great civilizations during the course of human evolution. At all times, the collective state of psychic development is mirrored through individuals, then through the masses. Most people within society psychically develop according to the condition of the collective psyche around them and from which they emerge. However, people also act as mirrors to and for the collective psyche and what is sent out returns – it becomes cyclical. Obviously this is far more than the ordinary conscious psyche is usually capable of being aware of. For people who have developed this ability, it demonstrates both the holographic and holarchic dynamic nature of the psyche – outward connection with an upward movement and growth in consciousness.

Acknowledgement of this has to make an intelligent person humble enough to recognize the minute differences between themselves and others, while recognizing the natural tendency for there to be individuals around who will pioneer the ignition of further human evolution by virtue of their evolved brilliance. The healing ability this humble recognition can help manifest is expressed in a true, healing interplay of energies. It is a humbleness a true healer should attain to.

Recognition of the difference between health and lacking in health can be paralleled with the recognition of the difference between compassion and idiot compassion. Idiot compassion is a product of politically correct and shame-based societies that fail to develop a discriminating sense of evaluation, between what is healthy and what is not. Idiot compassion is the abdication of discriminating wisdom and the loss of moral fiber to voice the truth and is too often equated with spirituality. Trungpa Rinpoche, a very wise Buddhist Lama makes these distinctions.[235] This is certainly not to say that everyone is not worthy of respect, in recognition of our vast similarities compared to our minute differences. What

[235] Ditto, Pg. 277

this is saying is that in looking at health, a purely ego and selfish standpoint, especially in relation to favored groups, has to be evaluated when taking into consideration the health of all of society. This refers first and foremost to our children. Anything that lowers the achievement of high standards within society, that lowers the levels of "civilized" society in a health and psychic sense, does not make sense. It is devolutionary, quite simply. It destroys the upward, vertical and evolutionary movement of humankind. Individuals, followed by the masses, can only achieve this.

Ironically this "idiot compassion" is expressed and encouraged, usually, by people who are disempowered or allowing themselves to become disempowered. Although it appears to be a question of choice, it is primarily conditioning that induces people to abdicate their power, especially to the "experts" and specialists. This is something our prescriptive conditioning has done to us. This is the result of lowered consciousness, less autonomy of individual psyches and a co-opting and caving into the politically correct status quo. This is the nature of idiot compassion.

This is a prime example where psychotherapy should be able to begin, if it remains true to the Hippocratic Oath, to address the problem of the herd mentality and truly begin to heal society. Widespread awareness of our ultimate mutuality can result in the development of interdependent psyches, capable of evolving to their full realization of individual psychic potentiality and in extension, of the collective psyche of humanity. When people become aware of the interpenetration of psyches, in a disciplined way, they will also learn to differentiate their individual personal psyches by creating healthy boundaries.

There is a modern scientific understanding of "multiple luminosities, as researched and explicated by Carl Jung. Some of these are of a lower nature and some of a higher nature. These fall within the realm of the usually unconscious psyche. These luminosities are contents that can be activated by symbols and symbolic ritual. This understanding has been the basis behind the various wisdom traditions, for example, Kundalini Yoga, the Judeo-Christian Cabala and spiritual alchemy. These and other ritualistic methods are associated with the unfolding and bringing to light aspects of both the lower and higher realms of the psyche.[236] There are two types of ritualistic or practical magic. The "low magical arts" are practiced by people to manipulate, for whatever purpose, on the lower realms of the astral and material world. The "high magical arts" are used to activate the luminosities mentioned above, to illuminate the lower and

[236] "The Basic Writings of C.G.Jung, Edited and introduced by Violet de Laslo, copyright 1990 by Princeton University Press, First Princeton Bollingen Printing 1990. Pg. 62

higher realms and levels of the psyche. The high magical arts are used to unfold consciousness and connect with "God" because they activate the higher archetypes of the universal human psyche. The high magical arts are also very dangerous, as with any magic, because there are always aspects of the psyche involved or activated that one is not aware of. The only practice that is truly safe is the active practice of love – and I do mean this in a ritual sense. Love is also the active ingredient in mysticism.

As an individual focuses on higher levels of the psyche, fewer material objects are used to attain the desired focus. The lower arts use more objects and in the process more psychic energies are projected onto those objects. As the number of objects used for this purpose diminishes, more energy is retained and can be used for intra-psychic evolution.

The world Soul, seen consciously, becomes "The light of nature."In this case, Jung draws a connection between the world Soul and the archetypes. Jung equates the multiple luminosities, especially the Lumen Naturae, with archetypes that can be used to enlighten the unconscious realms.[237] When Jung refers to archetypes, what he is referring to are, usually, primordial or lower, instinctual levels of the psyche. I prefer using the term archetype to denote a higher, universal level of the psyche. When Jung uses the term here I believe he is misusing his usual meaning and instead, in this case, he is referring an actual archetype, the "Sun" center, a primary archetype representing consciousness, centering and evolution. This is the illuminating centre of consciousness, made possible by achieving a conscious centering of the body, mind and spirit. This represents the balancing of libido energies, female and male, the Son and the Daughter. This produces what I call the fifth element, symbolized by the center – of the quadrants on page 35. It is very nicely described by achieving a centering balance within Wilber's all-quadrant approach to the psyche. It is the fifth because it is born out of a balancing and centering of the four quadrants and areas of the psyche. The illumination Jung is referring to, the Lumen Naturae would only be possible by there being present higher levels of energies or archetypes to create the light, by uniting all four into one. This is only possible when a person's consciousness is not diffused within an unbalanced psyche, awash in one or the other quadrants at any given time. It is only possible when consciousness is focused within a steady and laser-like beam in the center.

The quaternity, represented by the number four, is an expression of the female trinity balanced and illuminated by a fourth point, masculine consciousness. Out of this balancing emerges the fifth element. Although I went into explanation to a

[237] Ditto, Pgs. 63 - 64

certain degree earlier, I will elaborate by saying that the fifth element is very different from the quaternity. It is best described as a dynamically stabilized expression of the downward pointing, feminine trinity and the upward pointing, masculine trinity, both of which are very active by virtue of their tri-dynamic natures. For a stable and balanced psyche to exist, both of these trinities have to be balanced, each with the other. Either one of the trinities in isolation cannot produce a stable psyche. Psychologically, this necessitates a conscious connection with the masculine up-swept triangle, representing and producing consciousness, with the down-swept trinity, representing the reptilian and limbic aspects of the psyche. This, *more* primitive nature of our psyche is contained within the larger portion of the psyche known as the Soul. It can be civilized and united in consciousness, directed by that aspect of the higher psyche that is housed in the neo-cortex, the most highly evolved aspect of our physical brain. The fifth element, visually represented by the hexagram or Star of David, represents life-enhancing energy. This sounds paradoxical but it is not. It has to be realized to be fully appreciated. In this sense, trying to explain it through the intellect is rather clumsy.

Because the higher-level archetypes and energies create the light of awareness, as far as the physical brain is concerned it includes not only the neo-cortex but also complex neo-cortex and higher levels. A development of this nature on a mass scale, would effectively deal with the problem of the psychotic shadow, individually and collectively by all of these elements coalescing into the fifth, the sun center. It would "deal" with the psychotic shadow because it would illuminate it, both to itself and to people, collectively and individually.

One symbolic way to look at it is the image of the Sun being the center of the Solar system with the planets orbiting. Then take a parallel image of the human body with the heart representing the center of consciousness and symbolic location of the Sun. The different planets represent different levels of the psyche, lower levels and higher archetypal levels. The planets can be symbolically located on various areas of the body and represent various levels of consciousness within the psyche. As an example, the planet Saturn represents the lower earth bound levels while Mercury and the Sun represent higher levels. The Sun represents the center while Mercury represents Hermes or Raphael, "messenger of God." This is the psycho-pomp, and uses the communicating and connecting energies illuminated by the Sun center, thereby connecting Earth with Heaven. The Eastern Chakra system and the Judeo-Christian Cabala-Tree of Life use good representations of these mind-body-spirit parallels. The ability to realize the truths described in these traditions belong to everyone.

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Podvolltalks about the history of treating mental illnesses, especially psychosis.[238] He speaks about a profoundly compassionate and spiritually alive religious group that had been actively dedicated to humanitarian work in Europe a few hundred years ago. I am referring to the Society of Friends, better known as the "Quakers." A few hundred years ago, their founder George Fox, became involved with this population of people. He tried to initiate humane treatment of the insane in Western Europe at a time when admission to a hospital, for whatever reason, was usually a death sentence. He recognized that the heart of mental (health) illness was primarily a spiritual problem of confusion, in much the same way that Jesus did two thousand years before. This is the way Native Americans, shamans and other wise people, worldwide, look at mental "illness." He believed that only mature people, in a spiritual, psychological as well as medical sense, could address the needs of and heal people who were suffering from mental illness. Attempts at humanitarian work like this were short-lived because of the vehement opposition by asylum psychiatrists. I've read other accounts about the huge profits made from these cages of human suffering and this was one of the prime motivating factors behind this opposition. This also sounds similar to the connection between today's pharmaceutical megalith and the medical establishment. In both cases it boiled down to profits, at other people's expense.

In constructing a blueprint for his own type of treatment plan based on true human compassion and science of the mind,Podvoll has done considerable research on the history of treating the mentally ill. He discovered that hospital files usually exaggerate a person's condition. This negatively influences a person's mental state, especially the resulting treatment of patients by those who have access to the files for purposes of treating the individuals. The affect of the treatment received and the accompanying labels and attitudes can have a devastating affect on the client.[239]

The first time he saw a potential client for his new center[240]Podvoll recognized a confused but definite "divine anxiety," the person was undergoing. The compassion and care that Podvoll expressed when he first met this person was noticed, even though she was in a state of psychosis. Because of the empathy he expressed in his evaluation of her, Karen, she immediately included and connected with him in the type of relationship that has to be established if a true

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[238] Recovering Sanity: A Compassionate approach to Understanding and Treating Psychosis", Pg. 215
[239] Recovering Sanity: A Compassionate approach to Understanding and Treating Psychosis" Pg. 217
[240] Ditto, Pg. 217

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healing is to take place. Importantly, by trying to relate with this person, Podvoll actually underwent and experienced some of the anxieties his patient was experiencing. Because of his discipline and knowledge of the mind he was able to handle the situations in a constructive, compassionate and healing way. This verifies the interconnection of psyches. It also validates John Welwood's assertions that only people who are intimately acquainted with the dynamics of the mind and healing process can truly work with and heal spiritually and mentally confused people. This is the healing affect a psychotherapist or any mental health worker should have on a client; instead of hiding behind a wall of egotistical superiority and ignorance that usually results in unhealthy projections from the therapist and further disorientation of the patient. It is unlikely that a client will recover from psychosis without the healer undergoing a mutually empathic cleansing and healing of his or her own imbalances.[241] The healer has to become as much acquainted with the clients inner world as the client is accepting of the healers', hopefully, grounded within the material world.[242] This demonstrates the ability to reach out to the client and allow them to enter into their "space" and to withdraw in a more detached way when necessary.

Podvoll's initial treatment of this woman involved demystification of her micro-operations: the minutely detailed contents that were continuously expressed by the patient. The term "micro-operations" and its meaning I spoke about earlier. A combination of respect, compassion, patience and discipline that has proven to be quite effective with aggressive mentally handicapped (physical) individuals has been referred to as "gentle teaching." Podvoll used a similar approach. Seclusion, punishment or other types of harsh treatments will only exacerbate the client's confusion. Nothing destroys and causes the patient to regress to a greater degree than isolation, restraint and brutal or sterile treatment, for example, being placed in a seclusion room.[243] At all times and in all circumstances, Podvoll was able to catch glimpses of sanity with this woman, even during the worst of situations. This reflects Welwood's informed teaching that potential healers of the mind look for a client's sanity rather than focusing exclusively on their pathology. Whether he realized it or not, Podvoll was displaying a positive expression of the quantum affect that the mind has on what is being observed. He was expressing an attitude that would result in a positive affect rather than negative outcome.

An extremely important point to be made is that in true healing practice clients experience and will express periods of sanity when the therapist is able to relax

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[241] Ditto, Pg. 218
[242] Ditto
[243] Ditto, Pg. 219

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control of the interaction. That is, to consciously prevent or to retract any judgmental and therefore attitudinal and aggressive energies. The therapist prevents them from being directed to the client and situation, or retracts them from the client if this has already taken place.[244] True compassion recognizes and empathizes with the interpenetration of minds. This interplay of psychic energies is noticed and recognized by the recipient of the compassion, even if that person is severely confused mentally. Sometimes during these moments Podvoll recognized that the **client herself knew better than anyone else "what she needed to do to get well."**[245]

During these moments of sane clarity, Podvoll says that her awareness and compassion included herself but extended beyond the false ego to include all people's suffering in similar ways. This woman caught and experienced a glimpse of psychic reality beyond the ego. This was a moment of potential psychic transformation beyond the illusion of the confines created by the small ego, because it included all people and expressed true compassion. This was a true glimpse of joining Heaven and Earth, the universal human. This person that Podvoll describes also illustrates what I said about these people, sensitive people, representing the leading evolutionary point of human potential.

Another important observation of Podvoll's was that any improper increases in medication while she was experiencing highly agitated moments only caused a greater fragmentation of the mind, to a severe level, greatly exacerbating the situation.

Podvoll had training in the Buddhist technique of mindfulness sitting meditation as practiced in the Shambhala teachings and community. After visiting Native American healing environments he truly began to appreciate the wisdom of Aboriginal healing circles and communities. These communities represent and express the health of the entire community and this healthy energy has a definite positive effect on the person requiring healing. In his own development of a healing household, Podvoll noted that the healing, growth and expansion of the psyche included and affected virtually everyone involved in the healing environment. This helped provide a foundational blueprint to be used in his treatment of psychosis.[246]

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[244] Recovering Sanity: A Compassionate approach to Understanding and Treating Psychosis," Pg. 219
[245] Ditto
[246] Ditto, Pg. 222

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This knowledgeable awareness was used during the creation of a naturally balanced healing household.[247] The household and experiences of all people involved was looked upon as being an interconnected and inter-subjective spiritual journey. It had to be because it involved far more than just the tiny egos of the people involved. Because an actual household was created, in extension we can add further understanding. A household that a person lives in – all aspects of its environment – reflect a person's inner household, in a FengShuisense. Although Podvoll does not expressly mention this, he displays an understanding of these dynamics when he counsels individuals to treat their bodies and physical appearance with the utmost respect, thereby reflecting health and well-being. Feng Shui is the Japanese art of structuring and creating a healthy physical living environment. People use this as a reflection of and to positively affect their inner psyches. This is also similar to the alchemical example I gave at the beginning of this book where what a person does with their hands, the attitude they have, especially if it is done with conscious intent, can have a similar and parallel affect on the inner psyche.

It is interesting and equally important to note that a client experiences fearlessness while in a state of psychosis or simply during mental expansion but they can become extremely fearful when in a state of non-psychotic awareness.[248] This is important because it shows that during psychosis a person is connected with the collective, universal human psyche and its accompanying energy and scope. After true healing has already started to take place, during the phases of recovery when integration and grounded orientation is being developed, the client would naturally be more fearful. It was precisely during these times that the client was back in her small ego. Perhaps a more mature ego than she had experienced before Podvoll's involvement but it was at a stage where the newness of this transformation had not yet solidified and taken root in a balanced and comfortable awareness. Obviously, this would happen with any person undergoing transformations of this scope. Even in traditional master-student relationships where one-on-one instruction might take place for years under very strict discipline this fear might be displayed. Even then, it would only be after the psyches experiencing them adapted to these dynamics would this fear dissipate.

A wonderful term used to refer to the energy that caries conscious awareness to enlighten the psyche is "Windhorse." It is a Tibetan term used to describe the directing of energy in a disciplined way to uplift and enlighten the individual or people upwards into the higher, evolutionary levels of the psyche. It is said this

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[247] Ditto, Pg. 222
[248] Ditto, Pg. 224

energy could be used to heal depression.[249] This only makes sense because it refers to a renewal and refueling of libidinal energy, the loss of which leads to depression. When a person learns how to retain this energy and redirect it, then can be used for renewal, of self and others..

In Podvoll's healing households, regular meetings were held. These included the clients and other "householders," the treatment staff and others. It involved the health of everyone involved. There was no segregation or separation between the clients and therapists. In this process there was a two-way, reciprocal exchange of information, knowledge and energy that necessarily benefited the health of not just the clients but the healers as well. This was a natural expression of compassion, empathy and true interdependence, similar to Aboriginal healing communities. This exchange of health also expanded to include the families of those therapists involved.

Could this be a blueprint or model that could be used for healing society at large? It is a model that is certainly working within traditional Aboriginal communities. Podvoll noted that there had to be a continuous self-monitoring on the part of the healers, to prevent them from shutting themselves off. This might be induced by an egotistical and superior expression of fear. Aboriginal communities can serve as a useful example where this self-discipline becomes second nature to the community, in a natural form of community humility and healing. Over time a model was developed at the "Wind horse Project" for the disciplined development of a "therapeutic home." Similar to the monitoring required by the household team, because of the distractions that could transpire because of the "business" that comes with the administrative aspects of any type of hospital environment, constant monitoring had to be maintained to prevent the integrity of the healing process from being adversely effected. Podvoll's guidelines and the wisdom displayed by them have provided people with a way in which modern culture can unite with primordial wisdom in working toward the healing of the human race.

[249] Recovering Sanity: A Compassionate approach to Understanding and Treating Psychosis," Pg. 224

In this last chapter I use spiritual imagery of two well-known spiritual traditions: Christianity and Native American Spirituality. This is because it is primarily spiritual or religious imagery that best reflects the workings, emergence and realities of the higher realms of the psyche. In some cases I will necessarily be reviewing many of the dynamics and processes mentioned earlier. However, using spiritual imagery I will place the dynamics in a higher level of meaning and understanding. In this sense although of the Earth, using images, awareness and understanding the dynamics mentioned earlier as a whole the human psyche can be uplifted from the Earth into Heaven. In other words out of the mud and silt, the material, similar to the way a lotus flower emerges out of the mud and silt that gave them birth without losing contact with that from which it emerged.

In this section I focus primarily on the Christian perspective in a psychological sense and use a comparison with 1st Nations Spirituality simply to illustrate that the various spiritual traditions, if they are embraced in a living way, have much more in common than most people would admit. Considering everything I have discussed so far this would also reflect a greater realism of the whole nature of the psyche.

"The Kingdom Within: The Inner Meanings of Jesus' sayings"[250] and the very insightful author of this book, John Sanford, has expressed very logically and with heart a common sense explanation of the deeper understanding of Jesus the Christ and a living spirituality. When I read this book the second time several years after the first time I felt a vast amazement at the magnitude of what was being denied and done to humankind. Especially after deep reflection I easily combined the main message of John Sanford with what I and countless other people and many seemingly different traditions have been trying to express for a long, long time. Sanford combines professional common sense with a great insight into a living Christian perspective. He is a Jungian analyst and Episcopal priest and author of a variety of other books.

As well I have used 1st Nations Earth Spirituality to demonstrate the compatibility and vast similarities between the two spiritual traditions – indeed the fact that understanding the message and living truth of 1st Nation's Spirituality can assist us to unite inner with outer, Heaven and Earth and the potential Christ consciousness that can result. A foundation on rocks not sand is provided for those who wish to find their roots in the earth from whose solid foothold they are able to rise into Heaven. It is a reflection of everything I have been saying

[250].The Kingdom Within: The Inner Meaning of Jesus. Sayings., John A. Sanford, Harper & Row, Publishers, Inc., 10 East 53 Street, New York, NY 10022,

throughout this book. Only now we focus primarily on very positive messages although, as I said, comments and reviews from previous statements might be mentioned. The wise Native American medicine man Chokecherry Gall Eagle in the book "Beyond The Lodge of The Sun: The Inner Mysteries of the Native American Way"[251] provided some very powerful words and insights into Native American Spirituality and Christianity in such a way that I was able to agree with and also draw many parallels between what he and Sanford said and what I have experienced in learning what I consider to be my own living spirituality.

Survival is more than simply staying alive. If we walk in Spirit and wholeness with dignity, integrity and recognition of our connection with all of life, the higher an eternal part of ourselves known as Soul will be uplifted in the songs of the Spirit.[252] Understanding this we can see that the Soul is like a deep well. When we are disconnected from it and do not use it we will separate and fragment and it will go dry.[253] When it goes dry or stagnates it goes into hyde-ing. This happens when we "consciously" cut ourselves off from it. Spiritually the whole psyche suffers and if it does not die it at least takes on the appearance of death. We have to open up to the contents of the Soul, the vastly greater part of our psyche, in consciousness so that a greater aliveness is attained, as nature intended. One has to look inward and initially into the nature of Earth in order to get past the ego and the oceanic abyss, to gradually emerge into higher levels of consciousness.

Considering my own experiences I would not suggest this is an easy task. It can and usually is one of the most difficult things a person can do within their lifetime here on earth. That is why a strong healthy ego in service of the whole psyche not in service of itself is required. Having said this I must say a strong ego is also necessary in order to stay consciously grounded in the reality of the here and now so that one does not get lost in psychosis, ego inflation and other types of illusion.

I will now repeat three dreams that I had within a short period of time soon after I had begun the journey in uncovering what had been covered, hidden and repressed over time within myself. When I presented these dreams in chapter ten I did not interpret them. This time I will offer some of my own impressions of what they were trying to tell me. Throughout this last chapter I will present other dreams and possible interpretations for them. They will not necessarily be presented in chronological order. Instead they will be given at times I feel them appropriate in the context of my commentary. Lack of chronology will also reflect the reality that progress outwards and upwards sometimes seems to overlap and be a part of other stages. What this really demonstrates is the fact that in order to

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[251]"Beyond The Lodge of The Sun: The Inner Mysteries of Native American Way", Chokecherry Gall Eagle, Element Books, Inc. 1997, PO Box 830, Rockport, Ma 01966

[252] Ditto

[253]The Kingdom Within: The Inner Meaning of Jesus. Sayings., John A. Sanford, Harper & Row, Publishers, Inc., 10 East 53 Street, New York, NY 10022, Pg. 8

expand in consciousness in a healthy manner we have to emerge from solid foundations, the Earth, because everything that occurs in life does not always appear in black and white terms. There are many different shades, colors and contrasts we can get lost in along the way.

1st Dream – I see a man standing in a stark, pure white room. He is a tall, powerful yet gentle looking young man with long flowing black hair. He is dressed all in white. He is pulling his hair and crying and there is a sense of profound loss for he is mourning the death of his mother. As I look at this scene I know the man is I and I feel a profound sense of mourning and loss as well. I remember for a couple of months after having this dream that I was a worried sick about my real mother's safety. During that period of time I made the egoistic mistake of interpreting the dream literally.

2nd Dream – shortly after the 1st Dream In this Dream I am standing outside at night. I am looking up into the starry night sky and above me is the most brilliant full moon I have ever seen. I was happy because I knew that mother was alive but I was sad as *well* because I knew that she had been forced to go into hyde-ing.

3rd Dream – I am standing on a field of what used to be rich and beautiful, rolling farmland. Now the crops have been burned and there are various buildings scattered around in smoking ruins. The main homestead building is in the background: the damage done to it is minimal and there is only a small amount of smoke issuing forth from it. Scattered around the war-ravaged area are many people who have been massacred. But the figure that captivates my attention is that of a woman who is lying on the ground. She has been violated and murdered along with everyone else. When I see her, my eyes widen in absolute outrage and then I develop a sense of sheer terror. I run towards the main building with the forest behind. I run around the main homestead building and notice there are a few lights on inside as I plunge into the darkening woods, fleeing from those who would commit such an outrage.

What these dreams describe were the attempted destruction and murder of my Soul. The first two dreams are self-explanatory. The last dream is the most important because it described an inner reality of what happened to my Soul in the material world. The outrage is the anger and outrage that is exploding throughout society on an unconscious level within individuals and the collective human psyche. The few remaining lights on in the main homestead represented a part of my psyche or Soul and a healthy grounded ego that could not be extinguished. Fleeing into the woods was in reference to the psychic retreat in defense of the destruction that had taken place to my psyche, both ego and Soul. It was a retreat into a scared and subservient, less conscious attitude that almost extinguished my thirst for searching my Soul, my world and my living spirituality. Obviously there are many dynamics that could be explored here however these are the most important ones.

Next I will describe another profound dream I had on a recurring basis during the years 10 to 12 years of age, during a time when I was experiencing ongoing instances of sexual abuse. It is really 2 dreams and each dream always followed the other in the same order.

In the first dream I find myself walking through space on a path or highway that winded and spiraled through the cosmos for eternity. It had the texture and appearance of white velvet. I would just walk and walk with no end in sight. I would usually wake up crying at which time my mother would come into my room, try to console me, tell me it was only a dream and go back to sleep. When I was finally able to get back asleep I would have the second dream.

In this dream I am walking on a plane, in a geometric sense that stretched in all directions as far as the eye could see. It had the texture and appearance of stainless steel. Evenly spaced and placed as far as the eye could see were Greek or Roman columns. As I was walking through and amongst these columns they would suddenly begin to fall on me. At that time I would usually wake up again crying, with my mother sometimes repeating her actions and words mentioned above.

I will only say that what these dreams were trying to show me was the eternal nature of our Souls. The second dream is in reference to mine and to humanities fallen natures, away from the whole and sacred nature of our psyches. I will let the reader find other symbolisms and meanings for themselves.

Having described these dreams I will now describe a very profound dream that I had before I had the first 3 dreams mentioned above. This dream was actually a prelude to the journey that was indicated by the above dreams. It also described the difficulties I had to overcome in order to heal the above-described destruction.

In this dream a white hand appears holding and presenting me with an image of an event. I am witnessing an event that is taking place in what appears to be a medieval dungeon. There is a rack and on the rack there is a man spread-eagled and held down by manacles and chains. There are two people dressed in medieval clothing torturing the man. One of the torturers is using a torture device, a set of large pincers and applying it to the man’s genitals and attempting to rip them off the man. The man being tortured is twisting his head in agony. Suddenly the white hand brings the image closer so that I can see more detail. It is then that I recognize the man in the picture undergoing almost unbearable agony. I recognize the image of the man and recognize him as myself. The man’s face is the same as my face in the material-waking world. Suddenly I feel absolutely nauseated and sick to my stomach. At this point I find myself lying awake in my bed on my back, feeling sick to my stomach that passed as I oriented myself in the “conscious” world.

This was the first dream I had had that immediately preceded my journey to consciousness. It represented the torture that our Souls undergo in today's world of repression, the shadow and life in the machine. Most importantly it expressed the torture and opposition I would endure during my odyssey in the material world in searching for consciousness. That is why the image being tortured is a man and why the figures in the dream are attempting to rip of the man's genitals. The genitals represent yang energy, masculine energy that is required for consciousness – for raising an individual's consciousness and psyche to a higher level of awareness. This represented the different attempts at destroying my masculinity, primarily and initially through the rape of my inner Soul by the repeated childhood sexual abuse I experienced. Because of the early ages at which the sexual abuse took place, those periods also represented the beginning stages of life's attempts at destroying my masculinity and balanced expressions of me as a man. These were attempts at keeping me caught within the Oedipal Complex. The genderless figures doing the torturing represent aspects of the shadow, the masculine and feminine aspects of the dark couple.

I will say that although genderless, for some reason there seemed to be more of an aspect of masculinity than femininity in the figures. The feminine was definitely represented by the vampire-like aspects of the draining of yang or libido energy, the ripping away of my genitals. The masculine energy was represented by the masculine aggression and coercion I encountered during my years of struggle. This is precisely what I described earlier about the definition of black magic – the stealing and use of masculine or yang energy for ultimately destructive and vampire like purposes – the destruction of life. It is interesting that according to the Hindu way of looking at the cycles of life we are presently just at the end of what is known as the Kali Yuga stage of the cycle of life. This is not very different from either the Christian or Native spiritual traditions. Kali can represent destruction, Christians speak of the "destruction of the world" preparing for the second coming of Christ, and Native Spirituality speaks of world changes.

This represents very well my description of black magic and the fact that it is primarily feminine in that it sucks life away like a black hole while using the masculine energy it steals to accomplish this. I will stress throughout this chapter as I have in prior chapters that it is of paramount importance to refrain from applying gender to these dynamics. I have met just as many men as I have women who display these types of dynamics once I learned what to look for, even if these people are not aware of them. I have also met people who are very aware of them and the roles they play. Fortunately nature and the Spirit in all things have a way of rebalancing things within the world. The beautiful thing about it is that in the end everyone is redeemed. That is the reason we are here in the first place. It absolutely has nothing to do with gender. I'm sure people can also interpret and see other dynamics related to what I spoke about in the preceding chapters and will be able to find many other things to say in interpretation of this dream(s).

When Natives speak of the “Fire Teachings” what they are referring to are the sacred teachings that belong to everyone. They are meant to create light, consciousness and by creating this consciousness thereby connect us to the wider, deeper and higher realities of the whole psyche.[254] This inner Light is the Light at the end of the tunnel after the abyss has been crossed so that clear and untainted Light is visible. As Sanford says this is how the Christ potential, in fact reality, is finally found within each and every person. It is what Jung referred to as individuation, a recollection and integration on a higher level than previously existed. It is a description of psychic integration that can be attained by immersing oneself in the Judeo-Christian Cabala, to give just one example. It also is a model for the eradication of separation and bigotry. People around the world simply use different ways of seeing and then attempting to describe that which is not possible to adequately be put into words.

I will mention a dream I had several years ago that demonstrated what happens when a person goes into these living areas of the well of life, eventually to immerge into the higher realms known as Heaven. This dream occurred at a time when I was heavily immersed in the study and practice of the Judeo-Christian Cabala. It was also subsequent to the above dreams.

In this dream I was at the base of a tree and had begun a journey upward in a spiral that took me higher up the seemingly never-ending height of the tree. As I continued my upward journey I seemed to be on an energy path the color of bright red while the color of the tree was green inter-mingled with other colors. I remember the journey increased in speed, as I got higher. I remember at one point at a great height I felt a sense of anxiety that left as I reached a certain height. The thick, deep, red color become lighter as I went higher and corresponded with the increase in speed.

In the sense that Natives speak about the “Fire Teachings” and Christian parallels I have read about I consider the red color to represent both the fires of “hell” or purgatory and Earthly manifestation. I felt the increase in brighter and lighter hues as being the upward expression of the higher realms, the fires from heaven. Can one really be separated from the other?

The tree itself, in addition to representing the Judeo-Christian Tree of Life, expressed the upward movement away from the lower levels of the psyche and earth plane into the higher realms but including the lower; “in the world but not of it.” The tree also represented a rooted, living spirituality: rooted into the Earth but extending upwards into Heaven. This is why the color green is present. Green represents fertility and life in the sense of the chlorophyll that is manufactured by the presence of sunlight within the Earth’s ecosystem. It represents the life of the creator on this planet. It also represents being solidly grounded in the Earth, of

[254]"Beyond The Lodge of The Sun: The Inner Mysteries of Native American Way", Chokecherry Gall Eagle, Element Books, Inc. 1997, PO Box 830, Rockport, Ma 01966, Pg. 9

the here and now. A wonderful living image that expresses this is the Green Man of Pagan traditions. Of importance is the increase in speed as I went higher. For me it represents an escape from the gravity of the earth plane and in that sense it also represents the escape from materialism and the ego. In this sense the red color also represented blood that is shed by the ego (Welwood makes such a description in his book) but also bloodshed by a mute-lated Soul. This is a paradox on one level but more understandable on a higher. When a person lives exclusively from the small or false ego this mute-lates the Soul. Escaping from the material aspects of the ego requires that the small ego shed some blood also. In respect to the anxiety, I have read in Welwood's book what might be a possible parallel: divine anxiety. How would someone feel in the material world if they were climbing a tree of great height or the sheer face of a mountain for the first time seemingly leaving the stability of the lower levels of the flat Earth behind?

What I have just described in the above dream also indicated for me the need for a strong ego, one that can only be obtained by increasing consciousness in order to make such a journey. Many people think that meditation simply results in a feeling of peace and bliss. In fact, if that happens before a lot of hard work has been done, what that usually represents is an unconscious regression back into the womb from which one emerges. It is what Wilber refers to as the pre-trans fallacy. It would be a movement downward and into an enmeshed participation mystique, similar to what newly emerged babies might experience or very primitive people. Instead, through hard work and the conscious movement upwards through the sometimes-difficult contents of consciousness, escape from the womb eventually can happen. This is only possible by a conscious cutting of the material umbilical cord that keeps us in the lower levels of ego consciousness.

At first there can be great anxiety because of what a person encounters as one travels through the contents of the psyche, both individual and collective. When people feel bliss and a satisfied peaceful paradise sort of feeling at first during what they think is meditation, I would suggest that, especially if they experience it within a group, they had better radically question what they are really experiencing. I will state that this premature "bliss" would be an illusion presented by the lower levels of the psyche, including the shadow. In that sense it would not create liberation but ego inflation and dependence on the group or that level of the psyche. It would be similar to the initial times people use powerful drugs; drugs that eventually result in dependence and misery. It would represent sinking further into a womblike sub-mergence, a regression rather than emergence into the higher realms. In the appendix at the end of the book this sort of thing is mentioned in relation to cults and I indirectly mention this sort of thing throughout my book. This is especially true in relation to the experience that was described earlier on the section on cults and group dynamics in chapters 6 and 7. It would be an expression of a return to the maternal womb, the dynamic

expression of any addiction, instead of an upward movement toward the "father" in heaven, the masculine energies of consciousness.

Real meditation and the uncovering of unconscious dynamics that have to precede any movement into higher realms of consciousness are usually anything but blissful. American Aboriginal people intimately acquainted with the practice of Sun Dancing would know this. In order to experience the journey to wholeness we need structure within ourselves. This discipline cannot be imposed from without but has to be developed and practiced by the individual from within. Without discipline and structure we project and look for it outside ourselves. Understanding this reality, for a Christian or anyone else, recognizes the personal nature and relationship to be found with the Christ within. Other traditions will use different terms and semantics to describe the same thing. In this sense understanding the reality of the inner psyche, in a whole sense, can be considered the most important "religious fact of our time."[255] Christ represents the bringing to light of that which has become darkened. Regardless of semantics or the terms used this reality is true of any spiritual tradition encouraging inward awareness and outward and upward connection and evolvement.

Individual and collective recollection is an example of how Jesus was able to take a few loaves of bread and turn them into many. This represents taking the contents of individual psyches and Souls and using spiritual "food" to enlighten, transform and then reunite individuals with the greater universal world Soul and source of creation. Through transmission of spirit to the gathering of people Jesus provided enough spiritual light to feed everyone gathered, as described in the Bible's gospel story. He re-united them with the spiritual source of creation where energetic sustenance is endless. What Jesus did was break down the segregating affect of the ego, individual and collective. He transformed individual segregated egos and integrated them into one – he turned a few loaves of bread into many. The seeming paradox is that this was only possible by those individuals in the Gospel story truly developing personal relationships with their inner selves, their inner Christ, by individuating. By becoming free from the herd they reunited as people not as goats or cattle. This is the personal relationship with Christ that we learn about in Sunday school. Jesus was a master psychologist and spiritual healer; he was an adept. He demonstrated his ability to provide effective group counseling on a mass scale. He provided a grounded ability for people to begin the journey of consciousness into higher levels of psychic reality.

A purely materialistic worldview has negated New Testament experience. Today, with a more widespread knowledge of the whole psyche, if people want to look, this negation can be changed and Christianity can again become a living spiritual reality. What I am talking about is archetypal in nature and is common to

[255] "The Kingdom Within", Pg. 9-10

all humanity, not just people who claim to be Christians. This living reality is why Jesus expresses himself in metaphors and parables as recorded in the Gospels. They are not historical, because the realities they describe are beyond time. They are drawn from the well of time itself.[256]

I believe what Jesus did was to demonstrate and try to teach the universal structures and realities common to all human beings initially operating from the lower, collective level of the psyche. However he also tried to connect people to the higher archetypal realities of the psyche, connected through spirit. When we look at the Christian message in this way it is very clear that, indeed this method of understanding and living life would provide a wealth of living energy, creativity and of health.

For a long time Native Americans have recognized that taking part in any kind of ritual or ritualistic type of activity has an affect on the individual and the environment. A proper understanding of Albert Einstein in his study of mass, energy, light, time and other dynamics associated with the universe can only produce a sense of religiousness.[257] Einstein and later physicists discovered there is no such thing as a casual observer. As modern physics has demonstrated, the above is true because our minds, both conscious and unconscious, affect what is being observed. However physics only provides mathematical glimpses on a material level. We have to connect with the higher realms beyond ego – we have to escape the gravity of the Earth. Our minds affect both the lower material plane as well as the heavenly plane of existence. Most people are not aware of it but the two are connected in a profound way. I would suggest that once the speed of light is passed a person approaches this other, heavenly reality. When I refer to the speed of light in this way I am implying that the idea of speed is only compatible with a materialistic or ego worldview. This is a view that has not escaped the gravity of the lower levels of the psyche, the material. The idea of speed can only be associated with mass, matter, materialism. Going beyond materialism frees the psyche to move into the higher realms of light. Beyond the speed of light, the light itself has itself escaped from the gravity of the earth and then there is only pure spirit, consciousness. This is also a way to describe the natural tendency within a psyche. This is a desire to expand and to grow, to reconnect with the source of creation. A human psyche immersed in the material world has a natural desire and tendency to want to escape it, to grow and expand. In this way, through humankind and through nature, the creative source can know itself.

As one progresses along the road of Native Fire Teachings balance is attained if perseverance is maintained. I have also heard it said that this is the nature and purpose of the Native Sun Dance. As one becomes stronger by attaining this balance one discovers spiritual abilities. Here the reference is not to lower level

[256] Ditto, Pg. 11
[257] Beyond The Lodge of The Sun", Pg. 11

"magical" abilities but spiritual abilities for healing. Parallels can also be drawn between the Fire Teachings and the bread of life that Jesus divided amongst the many. Jesus whole life was one long ceremony. This is very similar to the beginning of this book where I say that a person who is able to express true compassion demonstrates this through all aspects of his or her life. In a sense the mystic practices transcending the petty limitations imposed from people who surround their "whole" life around their egos.Regardless of the spiritual, seemingly magical abilities mentioned here the important message is that all people have this spiritual potential and this is truly what Jesus taught. Paradoxically if you do it for the special effects and power, chances are you will not attain it. In fact that is why Gall Eagle says that a true mystic practices the art of dying – he is referring to death of the false ego.[258]

I will now relate a dream I had that was very much related to the Red Road of the Fire Teachings, especially as it relates to developing a person's true masculinity regardless of gender. It also points towards the alchemical necessity of overcoming and rising above a person's lower natures. It refers to the "heat" one can encounter during one's transition and transformation on the journey through the fires of "purgatory." From my perspective purgatory is really another way of referring to liberation from materialism and the gravity of the Earth, the lower levels of the psyche.

In this dream I find myself standing inside a room looking at what appears to be "the horned god", Satan, of various myths and folklore. This creature was standing looking at a very intense looking, muscular and regal male figure dressed in red. He appeared to have great authority and the horned god was looking towards this authority figure with a definite air of subservience.

Next, I found myself in the main chapter room of the Fraternity House that I had become a member of when I was in University. In the chapter room were a great number of men. These men were dressed only in loincloths and were all dancing in unison to a deep drum beat and other mythological and rhythmic sounds. In the room there was a slight glow of gold and a definite and deep presence of heat. The air was shimmering with the affect of the heat, the drum, the rhythm and the deep sounds emanating from deep within the chests and throats of the men. In my dream I felt the heat on my face and body. I actually felt a tingle of energy as it spiraled up and down my spine and embraced me in a sense of power unlike anything I had ever experienced.

I now know that in addition to representing the fires of purgatory this dream also represented the Red Road that leads to true strength and courage. This is a physical, psychological and emotional strength that can only be achieved with great effort, perseverance and courage. As with several other examples expressed through dreams it also represented, for me, the road to true

[258] Ditto, Pg. 9

masculinity and healing. This could also apply to women, obviously in a different way than it does for a man. I am not a woman so I cannot be specific.

I remember reading a book that Ken Wilber wrote entitled “Grace and Grit.” It was a personal biography and in it he described the death of his wife in real life. It was an amazing account of his life but especially his wife’s. He describes how, when his wife died at a relatively early age, through the practice and use of meditation she was actually able to physically die and make the transition in full consciousness. This is also the way masters are trained in the eastern traditions so that they can also make the transition (transformation) into the higher realms beyond physical death. If this is accomplished in consciousness it is said that one can escape from the karmic wheel of life. After the “great escape” a Soul then chooses whether or not to return to the material Earth plane and if they do it is usually for purposes of educating and teaching humankind. These Souls in their fleshly bodies are known as Avatars, bodhisattvas and so fourth. The point here is that the transition I am referring to means that an individual has the perseverance and courage to go along the Red Road of purgatory, to deal with the “heat” generated by the fears of the ego. To make this transition or journey in consciousness, rather than fleeing back into illusion and the womb-like cocoon of unconsciousness.

The special affects and magic mentioned above are usually sought after by people controlled by their false egos practicing what is known as “low magic.” It is usually practiced with the purpose of manipulating people and things on the material plane, sometimes for egoistic purposes. These are the dynamics I have described earlier in this book. However I should clarify that there are some practitioners of low magic that are white and use their abilities to heal others – how white depends on how conscious of and to what degree they have conquered their false egos. Some forms of High magic, on the other hand, some people attempt to use to enlighten an individual’s psyche and Soul, to connect them to the higher realms. Because of the interdependent nature of people, high magic is sometimes used to try and enlighten the greater human collective environment.

It is interesting to note that there are various Western mystical traditions I have been involved with that symbolize the Christ center not as yellow but red, similar to the above Native American description of the Red Road. Is it similar to my dream description in relation to that context? Perhaps a parallel can be drawn between the red road and Christ’s fight with Satan. After all, most of Satan’s enticements and temptations of Christ involved temptations of the ego. That dream I had simply represents potential within my psyche. I would never make the assumption that I have attained the potential. It is the potential and the process, the path that is important. Being free of the false ego represents the liberation from material things and the need to manipulate on the Earth plane. It represents the genuine desire and search for the higher realms. It represents a passing of the speed of light.

In referring to ego, remember people, you will receive back what you send out, usually threefold according to some traditions. It points out how the contradictions and hypocrisy and most especially bigotry and all other forms of oppression truly are sins against the Creator, because they are off the mark. In these instances the Creator's name is being dishonored. Creator and creation represent life not bigotry, greed, hate and murder. Once they start to become more conscious, it shows how all people may assist the rest of humanity to heal. Our brothers and sisters, our mothers and fathers with an emphasis on our children, we all will be healed. This is how we begin to heal human beings on the Earth. It is also important to recognize the truth that what in fact is being described is beyond gender.

Although Jesus exhibited higher powers, of prophecy and the ability to read other people and knew what they thought, it is also a perfect example of using the full powers of the psyche. He was an adept at non-verbal communication, intuition and other psychic or spiritual abilities. However he was after all a human being. He demonstrated that anyone born on this Earth, of woman, can grow holy.[259] Jesus wasn't born that way. He had to grow and develop through the various stages of development like anyone else.

Dreams and parables both draw from the images of the storehouse of the human Soul, similar to what Jung referred to as the "multiple luminosities." In this sense if looked upon symbolically and non-conceptually they can actually awaken consciousness. I am referring to archetypal images that have an activating affect on the deep inner psyche when exposed to them, whether we are conscious of it or not.[260] As I said this is how some alchemical and other wisdom traditions and schools operate, including Kundalini Yoga. This is also how the images on the 22 major arcane cards in a tarot deck operate on the psychic level. To reinforce the above in a similar sense Jesus' message and the way he expressed it, when taken and used in the proper context is just alive and timeless today as it was 2000 years ago. This is true of the symbols of all living spiritual traditions. This commonsense interpretation of the living Christ is in direct contradiction with what is happening today throughout the world and what is being taught, exactly as was happening in his time and not just with Christianity. Fortunately, as I also mentioned this trend is beginning to change in a few areas within society, the world and the healing community.

I should mention that intense practice of Hatha Yoga requires discipline because of the lower level bodily energies it can awaken. Kundalini Yoga, the yogic path that combines 8 different branches including love, right action and other forms of spiritual integrity should be followed to safeguard people. Many people have this information reversed. They think that practicing Kundalini Yoga poses the danger but it is only when intense Hatha Yoga, focusing only on the

[259] "Beyond The Lodge of The Sun", Pg. 9
[260] "The Kingdom Within", Pg. 12

body, is practiced without the spiritual and ethical safeguards of the eight-branched paths of Kundalini Yoga that this is true. I have practiced modified techniques related to this practice that balance the divine Heavenly energies with the lower Earth energies by focusing on the heart center, expanding downward, upward and outward to equal degrees. Kundalini Yoga is perhaps one of the least safe methods to practice in the Western world. I am speaking in respect of the lower energies that can be released because it is a very powerful practice when pursued with intense perseverance. Kundalini Yoga as practiced in the West does not focus enough on the heavenly energies or the heart center. On the other hand, in the Western world this applies to most energetic disciplines in the way they are practiced, with some major exceptions.

While on the topic of dreams I will describe one of the most profound dreams I have ever had. In this dream I find myself in the entrance to a coliseum or sports arena. In this dream I was younger than I am in real life. A beautiful young woman about the same age as myself accompanies me. As we are ascending the stairs up into the arena suddenly the woman disappeared. Instead there is a dark attractive young man also about my own age. I look at him and ask him, “Rob?” He simply nods his head in agreement with the name, maintaining an intense look about him.

Suddenly I find myself standing in the middle of the arena. I am standing there observing a group of men struggling to hold down the woman who had been with me entering the arena. Finally, with a lot of effort they are able to hold her still. In no way do they harm or otherwise control her. They are content simply to hold her. When they finally have her held down suddenly her eyes become wide with outrage (?) and a pencil appears at her throat, materialized out of thin air. The pencil penetrates her larynx, her Adams apple and disappears. Suddenly a fountain of blood issues forth in great amounts. The blood heads in my direction. I run, jump over the boards of the arena and hide from the blood in fear. For some reason I overcome my fear, stand up and walk right into the blood until I am absolutely consumed. As I am consumed and completely covered in this blood I allow it to happen. Suddenly the blood turns to brilliant multicolored lights and in amazement I find myself wide awake in real life, in bed. It was the most amazing dream I ever had.

In interpreting this dream I am aware that there are a lot of seemingly paradoxical dynamics at play. Entering the arena with the woman represents my anima, my inner woman and my soul. The arena represents the earth plane and what it has become today taking into consideration many of the dynamics I have described throughout this book. The arena represents the superficial, egoistic materialism that permeates most of the Earth and its people. This has become part of the repressed soul that became the shadow and what we call the Devil – the sick aspects of the contaminated world and what had also permeated my life. When the woman disappeared that represented my moving away from conscious awareness of my soul that I described in the earlier dream where she went into

hyde-ing. This was the seeming disconnection from the deeper aspects of the psyche that I experienced during the course of my life when living only from my ego and later when I attempted to fight against this destruction and emerge beyond a strictly ego orientation.

When the dark man, Rob, appeared that represented what some traditions, partially mistakenly, refer to as “The Green Man.” The Green Man is the deep masculine, living Earth and Heavenly parts of the psyche. Rob was the real masculine part of me that had been repressed and mute-ilated by living within “the machine.” Since he became contaminated by the shadow he can also be looked upon as the inner adversary or Satan as Sanford refers to it. This is a part of every individual’s psyche and of course expressed on the collective. This would be expressed in varying degrees from person to person, group-to-group, environmental area and so forth. On a conscious level of awareness in my real life that part of me was totally unconscious. The deeper part of my soul that was indestructible had become contaminated and in one sense might have represented a part of me that had become contaminated by the shadow but was still alive in me at a deeper level.

In once sense Rob acted as an inner guide because it was not comprised of complete “evil.” Nothing is absolutely and totally comprised of one or the other, either good or bad. It also represented that part of me that lead (pun intended, in the alchemical referential sense to lead) me into one situation after another that challenged my false ego. In that sense it was a part of my primordial psyche, an instinctual and survival part of me that could not be killed although it was infected by the collective – no different than anyone else. This was the “inner adversary” Welwood, Wilber and other profound spiritual psychological philosophers of the mind describe. However, the Inner Adversary can also act on the ego, to frustrate it, ultimately to push and motivate an individual to transcend it. In this sense it also represented the work of overcoming the various complexes associated with existence on the lower levels. The most important complex for a man to overcome is the mother complex as Psychoanalysis refers to it, although in reality there must be a psychological equivalent that describes a similar developmental relationship between a daughter and father. The “Iliad” is a story that mythically describes the journey in overcoming this complex – the cutting of the maternal umbilical cord (or paternal for a woman). To the average ego this all appears paradoxical. At the higher realms it is (seen as) not: double meaning – Celtic Knot = it had to be unraveled, especially the naught as in evil or wicked. Because the Green Man had become repressed and confined along with other aspects of my Soul he had taken on a dual nature.

When I find myself in the arena and look at my soul being restrained by men, this represented the masculine, both the light and shadow aspects of my spirit and ego, of the world spirit and collective superego. Today these energies are primarily controlled by the negative aspects of the world soul, the vampire-like part of overall feminine vessel located on the collective unconscious level of the

human psyche. This absolutely has nothing to do with gender: it is purely psychological and metaphysical. Now here is where the paradox comes in. The men also represent the masculine, light, conscious and spiritual parts of my self that, psychologically, are striving to subdue the wild horses of the lower levels of the primordial psyche. As just mentioned it also represented the necessary challenges and frustrations the false ego has to undergo if they wish to become liberated from it. The aspect of my psyche that was doing the witnessing was in fact my ego, my real ego. Both the false ego and the emotional wild horses of the primordial psyche prevent expression and full realization on the world plane but they also represent the required masculine and feminine aspects of my psyche that are required for strength in order to cross over the abyss. This is the "sea voyage," the oceanic abyss. The wild horses represent a part of the abyss itself but also the energy required to assist with consciousness-raising.

On the one hand the wide-eyed expression of outrage on the woman is justified because of the mute-lation that had taken place to her on a material and Soul level. On another level this represents the awakening of the Soul to consciousness – eyes wide open with awareness of the psychotic and vampire-like shell she has become to some degree, in addition to and with knowledge of what she really is or should be in health. It is difficult in this instance to separate my individual Soul from the world Soul. Actually, can the two be separated given what I have described throughout this book?

After she is subdued the pencil that appeared at her Adams apple represented the early stages of what is known in some traditions as "the dark night of the Soul." In alchemy this is the initial stage of psychic growth characterized by the materialism of Earth and the material substance lead – ego. Her Adams apple represented expression and communication of the deepest recesses of the psyche. It expresses both what has been unnaturally repressed and also the natural but primordial lower level aspects of the psyche. This repression began when human beings started to wear fig leaves, so to speak. That is why, initially, my false ego tried to make me run and Hyde from the revelations that the dark sea journey can reveal. When I stood up and decided to walk into the fountain of blood that was my inner guide, my intuition impelling me to face the blood, the darkness. It was a combination of what Sanford refers to as the inner adversary and my inner guide. The fountain of blood represented the challenges and frustrations yet it also represented the whole of life or lifeblood. The whole psyche was in operation. I refer to Hyde several times. Initially this was a Freudian slip in my typing, however subsequent to seeing this I have used the word hyde-ing to represent the dynamic and consequence of repression. It makes a good pun because it is a shadow-infected aspect of the ego and psyche. I have also read accounts that say one of the predominant features of evil or Satan is fear. This makes perfect sense because all aspects of fear are expressions of the false ego that result in any kind of separation, bigotry and so fourth. I have also heard where the inner adversary is described in the profound story of Dr. Jekyll and Mr. Hyde. I would add: the substance that Dr. Jekyll drank

to become Hyde was a material substance = materialism = the shadow aspects of the psyche. Thank God I was conscious enough not to become Hyde. I guess I was comparatively fortunate.

In a very real sense the spiral dance up the tree, the struggle and blood in the arena and so fourth can be equated with the type of struggle described in the Bible as Jacobs struggle with St Michael on the ladder. It is always a struggle to escape the gravity of the Earth, its illusions and entrapments that try and prevent individuals from their upward journey.

The blood is what John Welwood describes as blood shed by the ego but can also, paradoxically be described as the life blood of the mutilated Soul, that which the ego, both individual and collective, has repressed. When I have become totally consumed by it, consumed by the fires of purgatory, when I have traveled what the Native tradition refers to as "the Red Road" then light appears in its multihued and brilliant manifestations that I became conscious of when the light at the end of the tunnel is reached. This is when the abyss has been crossed, when the fires of purgatory have ended. Ultimately when the Devil has been defeated – defeated and brought to light not actually murdered. The goal is to bring to light, cleanse and heal that which has been repressed and poisoned. As I have said before there are aspects of Satan (the old goat), the devouring Mother and the shadow that cannot be recycled and healed. Some *asp*-pects have to be done away with. However, this is not a question of murder it is a question of evolution, bringing to light and individuation.

One way of looking at ego, domination and the separation that exists between people and their life source, from a Native spiritual traditional perspective is the electric light bulb. It does not provide warmth like the light of consciousness does. It can symbolize humankind against nature because it is not natural. Obviously electric light bulbs are not bad per se, only the attitudes they can put forth.[261] This is only to describe a metaphor in order to draw on imagery to explain on a deeper level.

A whole person develops the ability to function within the world regardless of what roles or functions they have to perform. Introverts find it difficult to operate in public functions while extraverts find it very difficult to go within and be with them-selves. Balanced people can function in both worlds.In speaking of these dynamics I am primarily concerned about how extraverts or people who operate strictly from their egos actually become very handicapped when life does not unfold as their artificial personas would like. The above is demonstrated when many real life actors experience confusion and breakdown when their false stage personas are taken to actually represent, to themselves, who they are. When they can no longer be maintained they can enter into crisis. As I also mentioned earlier the dictionary term for repression is acting. I also make this comment in

[261] "Beyond The Lodge of The Sun", Pg. 12

reference to my understanding of the inner realms and can provide glimpses of understanding of the Holy Grail. This would be a conscious or mature ego level connection and realization of the unconscious collective and higher realms of the human psyche on a Soul level and in communication with other Souls.

I also know that once people arrive at this area of development the light can never be turned off ever again. Similarly, once health care providers, psychologists, once people in general begin to catch a glimpse of these realities I believe that this light once ignited to a certain degree will never go out.

People who are visual, statistical and sensational are interested in facts. People who have a well-developed intuition are interested in the history of a given situation. Thinking types will attempt to rationalize and focus on a positive end result. Feeling types will try to evaluate or look at the quality of a situation. Only a centered approach using all four quadrants will be able to use all four functions.[262] This is the centered position I like to refer to as the fifth position or element that emerges out of the four balanced positions. As mentioned above the solid platform from which one can emerge is the quaternity that Carl Jung spoke about. This is graphically illustrated by the graph that Wilber developed in his visual representation describing the scope and potential of humankind's full psychic functioning. This represents the stability of the number four and beyond. It involves all parts of a person's life. It unites all aspects of a person's psyche, the environment and logically and necessarily all people and all life extending vertically into heaven.

Within Native and of course other traditions a centered position generates "light," as in a sun center. People who operate from a centered position do not harm themselves or others. Morals and ethics are a natural outcome of a centered position. The only way to be able to commit wrong acts is to operate from an unbalanced position – to be removed from the light within. In this sense, as throughout, the main word that I equate light with is spirit. It is spirit that creates consciousness. Native Americans refer is this as "Great Spirit" that is found within all things and might be seen if an individual looks for it in the proper ways.[263] This description is reminiscent of the message Dr. Martin Luther King Jr. was trying to get across in his fight and crusade for human civil liberties. It is also a recipe for spiritual liberation and a true healing of the psyche.

In speaking about light some Native wise people are able to appreciate the Judeo-Christian Biblical recognition that it was not until the Creator said "Let there be Light" that the rest of creation followed. In both the Native traditions and other progressive traditions of life light was equated with consciousness. All of the physical aspects of creation followed the conscious intent to create. Since we are made in the Creator's image according to virtually every living spiritual

[262] Ditto, Pg. 18
[263] "Beyond The Lodge of The Sun", Pg. 13

tradition that has ever existed, what this represents is the enormous creative potential within each and every psyche if we simply open our eyes to this reality.[264] In a practical sense this can be illustrated by a person's decision to create something. They may decide to write a book, bake a cake, to build something out of wood and so fourth. Usually they go through various stages of preparations that gradually manifest the creation on the material level. A carpenter thinks of a project, draws blueprints, gathers the materials, manipulates the materials and puts them together. The result is the finished product. In some of the mystery traditions, the Judeo-Christian Cabala for example, creation goes through various stages of manifestation, taking on greater materially substantial levels of reality at each successive level. In considering the wisdom saying "as above so below" these two parallels can show a glimpse of how the mind works and therefore creation also. As I mentioned very early in this book, creation occurred so that the creator could see itself through the mirror of creation. In this sense humankind indeed is made in God's image. Humankind is simply the highest manifest level of this desire, of the source of Creation to see itself. It certainly does not make us God's.

The key ingredient during ego development, during recollection of the entire or whole psyche, is to recognize what portion or quadrant an individual tends to rely on and then to consciously work to develop the other functions. Since the false or small ego takes the path of least resistance, understanding what quadrant the ego tends to overly rely on will provide a sense of where a person has to focus on regaining balance of the whole psyche.[265] If a person is an extravert and tends to rely on outer image they project the inner contents of their psyche onto other people. They are not being true to themselves. By relying on a false image of themselves they lose touch with the vast storehouse of inner energy they would otherwise be able to access. Therefore, the obvious way to start to regain balance is to become more acquainted with their interior psyche. In the case of extroverts this is especially true because this is when people begin to identify with their personas and hypocritical ways of acting become second nature that they forget their true selves. The Judeo-Christian Bible and other Holy books are steeped in metaphors and images that attempt to teach these kinds of messages. As more and more people begin to see the light and meaning behind these types of living messages, the segregated personas of people will naturally become transparent, both to themselves and to other people. Once this happens on a large enough scale and with a great enough multitude of individuals, I cannot imagine that the fires of evolution will ever again be able to be squelched.

Many psychologists, spiritual masters and adepts in the wisdom traditions recognize that what the ego has repressed and replaced with personas will issue forth in some way from the unconscious. This usually happens in such a way that it will induce or propel the individual into taking a closer look at the nature of who

[264] Ditto
[265] "The Kingdom Within", Pg. 19

they really are.[266] The main cause of this psychological state of mind is primarily caused by people's repression, either by conditioning/indoctrination, medication, intimidation or other types of forces of coercion, however subtle. Perspectives become externalized. Everything becomes an object of the ego and separated. Fear and that nasty by-product of fear, anger, starts to rule cult-like, placing humanity in a state of anarchy and gang warfare, consciously and unconsciously. Individuals tend to act out or otherwise create some form of crisis or problems that can, could or should open people's eyes to what has been ignored. Modern medicine views symptoms as being the problem and miss the underlying cause and purpose that the symptom represents. The symptom is the form the clue to the problem takes on and should be seen as an indicator or guide as to what is really going on.

I know from personal experience how difficult it can be to accept and embrace this inferior side because it can be so harshly cruel at times. As hard as it was sometimes during the struggle to become whole, once I saw a glimpse of reality and what was actually going on it was impossible to reverse my path after I saw the truth. I will qualify this by saying what also became apparent was the importance, nay the necessity to distinguish between "idiot compassion" and true compassion, between sentimental, emotional reaction and identification instead of a more civilized feeling-toned ability to simply see what is and perhaps respond accordingly. This is the difference between hypocrisy and authenticity. I recognized that anything I saw "outside" of myself that had to be changed I had to change within myself first. This latter statement takes into account the affect an individual has on their environment and the reality that virtually everything a person thinks and does has a ritualistic affect on the world. There is no such thing as a causal observer.

To dwell in darkness or sin is to be out of touch with the harmoniously flowing whole, to be out of touch with the spirit.[267] In most instances when I refer to spirit I am referring primarily to light, to consciousness. In referring to idiot compassion, in addition to what I just said above, it can also refer to a person masochistic people pleasing.

We can only get in touch with and have a personal relationship with what most people refer to as "God" by becoming whole once again, by recollecting ourselves. As I pointed out earlier the original meaning of the word sin, with the first Christians, referred to missing the mark. Obviously it's pretty difficult to see in the darkness. Naturally you will miss the mark – you need a light so you can see what you want to look at and perhaps change.

Throughout history and modern times it has been demonstrated that those persons who have achieved a state of wholeness, who have individuated, will be

[266] Ditto
[267] "Beyond The Lodge of The Sun", Pg. 14

able to "generate light," naturally. That is the purpose of life, of living in harmony and will naturally produce self-replicating cycles of harmony. This is also the definition of a person who has developed true compassion. By developing compassion for him or herself by accepting their whole self they will naturally extend that compassion to include others. This is how light can be generated. We know this can be done. After we have given our heads a good shake and loosen things up, we can search for, find and see this truth. Once the illuminating center of consciousness has been attained, what many traditions refer to as the sun center or rising sun, spiritual illumination will naturally be present – and then expand outward in all directions.[268]

Jesus, along with many other individuated persons from other spiritual traditions, exhibited and expressed a whole personality. On the surface level people only developed in the feminine areas will be weak rather than receptive, oversensitive and emotionally dependent, on the surface. Overly developed masculinity will be aggressive and rigid, on the surface.[269] A person who is overly feminine on the surface can be an emotional sponge and manipulator on the emotional and unconscious level. They can be downright malicious. We see this within people regardless of gender. People who are overdeveloped in the masculine side on the surface will be emotionally weak on the unconscious levels. They, or rather their egos, can be emotionally manipulated easily even though they think otherwise consciously. People with these character types can also become very dependent – because of their emotional immaturity. They can be manipulators and perpetrators on the physical level because of their weak development in the emotional areas. Overly developed feminine people express and become perpetrators on the unconscious and therefore primarily emotional and covert levels of awareness. Overly developed masculinity will express it self as physical aggressiveness. The less obvious perpetrators are more dangerous because they are not as easily seen committing their crimes.

Native traditions have recognized the "Journey to the Lodge of the Sun" for a long time. They also realize this does not make us as gods but does give as our God-given ability to create and produce illumination beyond ourselves. In the seeds used for their development, all authentic spiritual traditions realized this at one point in their early history.[270] A centered position can help us to realize of our higher natures. Using psychology as the less than perfect vehicle, it can illustrate our interdependent natures for the purpose of healing the world's hypocrisy and bigotry.

We can transform any dysfunctional aspects of our natures into a more balanced area of operation. Bigotry and intolerance is not overcome by ignoring it. Mr. King and Mahatma Gandhi knew what they were talking about – two wrongs do not make a right. This is why what they and their contemporaries

[268] Ditto, Pg. 25
[269] "The Kingdom Within", Pg. 21
[270] "Beyond The Lodge of The Sun", Pg. 28

taught are true, authentic, living, spiritual realities today as are the teachings of Jesus and any other historical examples of wholeness. It is a sad commentary, however, that virtually every liberator of oppression and servitude throughout all of history has either been murdered, put in jail or whose achievements have been subsequently and historically reversed or perverted thus making a mockery of the sacrifices for humanity that they made.

With some individuals there is within them an urge, an inner guide or intuition that pushes them forward. As soon as a glimpse of the higher realities beyond the illusion of the world, of "Maya" are seen the light cannot be extinguished. As I described in the dream of my spiral climb up the tree of life, as a person rises higher up the tree, as the deep red becomes lighter and the speed increases proportionately there is an earthly and heavenly spiritual nature that prevents the urge from being reversed.

A whole person, with a strong ego in service of the whole psyche will necessarily and naturally escape the historical conditioning of the herd mentality.[271] So, how do we counter the increase of unconsciousness within society and the world? How do we counter the huge structures in place that create and maintain the nihilistic merry-go-round that leads to nowhere? It has to start with communication – especially with our own inner psyches.

In this context I remember when I was a young teenager. I actually had a dream where I was sitting on a horse on a merry-round. The merry-go-round was bathed in dazzling lights. I realize today that dream had three important messages for me. The horses represented the wild horses of the undisciplined emotional and primordial psyche and the merry-go-round represented the treadmill and circles we go in until we learn how to get off it. The dazzling lights represented the illusional world that can dazzle and blind people to the reality of life and the psyche, the illusional world of glamour and image. The Eastern wheel of karmic life also represents this reality. Once a soul learns the lessons of ego and the illusions it creates then an individual is able to get off the karmic merry-go-round.

There is one truth that permeates all levels of existence that each level displays in images appropriate to that level. Each level expresses a different aspect of truth on that particular level, but the same truth or reality permeates all levels regardless of how it is expressed. Native traditions, the wisdom traditions, philosophical and true psychological traditions, recognize this truth.[272] These are important spiritual and psychological understandings that can provide humanity with blueprints or maps to help us navigate where we are going.

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[271] "The Kingdom Within", Pg. 23

[272] "Beyond The Lodge of The Sun", Pg. 35

The journey through darkness in seeking spiritual illumination, in the Native traditions, is known as the “black road.” Some spiritual traditions refer to this journey as the dark night of the Soul. I find it interesting that most of our conscious decision making processes take place unconsciously – American Aboriginal wisdom teaching says the mystic or spiritual healer does not choose the path but rather that the path chooses the mystic or healer.[273]In addition to speaking about the natural urge to make the search for the higher realms this also demonstrates the need for would-be healers, especially of the psyche, to first heal them selves – unconscious motivations have to be brought to light. This is the journey of traveling through the darkness of the psyche in order to enlighten it. Similar to what ends up bringing people into therapy it does not appear to be a voluntary decision.

In the above context I will now relate a dream that I had between the ages of 10 and 12 years, before I had the merry-go-round dream. At the time I had this dream I had a job delivering newspapers. It was during this time period that I was experiencing a prolonged experience of being sexually abused by a male customer on my paper route, old enough to be my father or even grandfather at that time. Later on I experienced two other incidents of sexual exploitation – one time when I was 14 years of age with a woman old enough to be my mother and another time when I was 16 years of age with a woman that was 32 years of age. I feel it is important say these things in relation to the context of this dream.

In this dream I am standing by the box that the bundles of papers are placed in for the paperboys or girls to pick up. It is nighttime and there is no one else around except for a young woman who seemed to be a few years older than me – she was a certain expression of my Soul, inner woman or anima. She expressed an aura of powerful self-assurance and determination. I knew that she was being raped and sexually abused, similar to what was happening to me in the mundane world. For a while I accompanied her around as she was making her deliveries. I was curious why she was delivering at night and with an expression that showed she didn’t like doing what she was doing, she simply said “This is the only time I can do it…someone has to”, when I asked her. Then, I just stood there and watched as she left on her way to finish with her deliveries. Today, this last part of the dream shows me how in many respects I consciously retreated from what had been happening and for the next several years had happened to me. On another level she was the only one capable of doing what had to be done, not my small little ego. What had to be done? Simply the way the rest of my life unfolded and the affect it had on me.

Even to this day I find it difficult to interpret this dream. However I do know that part of it had to do with the above description of what Native’s call “The Black Road.” There were aspects of my psyche that I had to bring to a conscious level – various personas and actors that we all use. An over-reliance on personas

[273] Ditto

induces us to shut out our real selves. I believe the dream had to do with the obvious psychic retreat I had made during these painful years. I was acting out in various self-harmful ways such as acting extremely macho, doing daredevil antics and experiencing drinking and substance abuse. I was fighting with some other boys my own age but usually it was with boys who were older and much larger – it was also primarily with individuals who were bullies and not just to me. Importantly they were not always bullies simply in a physical sense but also in a psychological sense of ridiculing other people or simply "pushing their weight around." I had a few minor brushes with the law. In addition to trying to tell me to wake up I also believe the dream was a message telling me of the black road that had been laid out ahead of me. It expressed to me the realization that we are all connected and in communication on some levels of our souls. That's why she was delivering newspapers. In that sense I believe the woman was an expression of the mute-lated world soul that was delivering some messages to people, to the world to wake up. Therefore from my perspective there were personal elements involved in this dream but I also believe the dream had archetypal elements in it that virtually everyone alive today have access to – judge for your self.

I always enjoyed being alone and it is not an exaggeration to say that even with a lot of other people I usually felt very much alone. Given the nature of what I had experienced as a child I suppose psychologically this can be readily explained. However I believe this feeling is no different than the alienation and separation from selves that other people feel. Today I also recognize that this dream was telling me to become aware of my feeling of spiritual alienation and to bridge that separation. Can spiritual and psychological alienation be separated from each other? No, they cannot. These are the main significances of this dream that I find important in relation to myself.

This leads me up to the next dream I will relate. I had this dream many years after the above, when I was in my twenties. In this dream I am standing outside of a house on the back deck looking in. There is a big party going on inside and everyone seemed to be enjoying themselves. The drapes are wide open and the only thing separating me from the people inside is the sliding glass doors. Everyone is dressed in a multitude of bright and various colors. Then I notice a woman looking out of the glass doors at me. She is looking at me in a very friendly way and almost seems to be inviting me inside. For some reason the young woman who is about the same age as me seems to be someone I should know.

I think, given the above, I don't really have to say anything in explanation except to say this was an expression of my anima, my inner woman – my soul. She was trying to tell me that I was blocking out the vast portion of my true self, my whole self, my deeper psyche and she was inviting me in.

In a very real sense our inner kingdom is not only what many off us consciously search for it is also something that is searching for us. In Christian terms this is the nature of the kingdom of God and why, if we connect with that inner kingdom we find a treasure that God values as much as those people who find it do. It is also why many people who have chosen spiritual paths say that the Creator chose them and not the other way around.[274] This is the path choosing us whether we consciously realize it or not. This is the road and nature of individuating into wholeness.

The following is a dream I had on February 12, 2006. I began writing this book in 1991. I was born in 1958 and the dreams I have recorded during this commentary have spanned my whole life. In light of the above comment of the Kingdom, our inner reality, I find this dream very interesting and will place it here. I will not try to interpret it to any great length because it is self-explanatory. I also think it is one of the most optimistic and significant dreams I have had for a long time, perhaps ever.

'I had a short dream last night. I was looking at a King dressed in royal finery. He had a beard and rather rough-looking appearance. He looked like, and I knew, he just been on a journey through hell, literally. From the direction of the right moving to the left someone passed him a chalice full of slop to eat. He disgustingly threw it aside. As he did this I knew that he had just spent the vast portion of his life eating and barely staying alive on this slop. At the same time I knew that, as he threw it aside, his intention was also that his subjects should not have to eat such slop any longer either.'

I will only say that in this dream the king is my masculine, spiritual consciousness. My "subjects" are simply those inner parts of my whole psyche that comprise a whole individual, especially my Soul. I refuse to eat that slop on a conscious level any longer. In that sense I have developed respect for my deeper self, not only as it relates to my individual ego but as well to my greater connection with other people. I will do what I am able to stop them from having to eat such slop any longer either.

The early church, the original Christian common people and teachers, recognized the vast importance of our inner realities and the importance our Souls, both anima and animus play in illuminating spiritual and psychological reality. The Kingdom of God is not some sort of outer reality but a living inner reality that, once found, becomes a treasure that we can use to extend ourselves out into the world and to take the world into ourselves.[275] This is sometimes something enmeshment with the herd, family, co-dependent relationships, addictions or dependence – any of the various forms the Oedipal complex take – will not allow to happen. These types of separation from self can prevent or

[274] "The Kingdom Within", Pg. 27
[275] "The Kingdom Within", Pg. 28

frustrate this relationship with our inner kingdom. So do, for that *matter*, the powers that be. The powers that be can be interpreted as the expression 'the powers that bee', as in bumblebee. This has a considerable esoteric symbolism attached to it and therefore a deep psychological message. It has more than one level of meaning. The bee has carried significant religious and mystical weight for a long time as expressed through ancient right up to contemporary artistic expression. From the perspective of awakening consciousness, the light within, some of the glimpses of reality that individuals have can "sting" like a bee because of their shock to the ego. However the bee also carries pollen from one flower to another helping with the ability for flowers to bloom into beautiful expressions of life.

In considering the mystical side to life that I have been describing, consider bible commentaries where Jesus described the Kingdom as a mystery. A mystery is something that is initiated knowledge. It cannot be obtained through the intellect alone. It has to be gained through personal subjective experience. Dreams and parables are ways of using metaphor to describe knowledge of the inner spiritual or psychological realities an initiated person might achieve.[276] American Aboriginal traditions know of the spiritual importance of the Dream Quest and Australian Aborigines are highly evolved in their abilities of living consciously within the Dream Time. There are many traditions that still retain many of the original forms of these initiations – just as many of them have turned them into meaningless shells of what their true purposes used to be. However in recent years there has been a resurgence in conscious understanding of the power of ritual and there is, I believe, a re-emerging of the spirit guiding us back toward true purpose and ability, to experience these initiations in the full power they are meant to convey.

This awareness that Jesus taught has and is known by various names, symbols and so on varying from culture to culture. As the Perennial Philosophy teaches us the world's different spiritual traditions stem from the same ground source – this is also referred to as the "Sophia Perrenis". It is comprised of individuals and of the world or human collective Soul. As every attained or enlightened person has known, famous or not, this inner awakening can have a shattering effect on the ego and has to be gradually integrated, woven, into a conscious and consciously or intentionally balanced psyche. All the traditions I have studied or looked at, in some way, will associate the final integration of this awareness and living power with the sun. But we need the moon, representing the feminine, receptive but ultimately **reflective** part of ourselves. This is not the illuminated – in most cases it is the opposite of the way that we perceive ourselves to be. However accepting and nurturing this, ultimately, feminine side to ourselves; it means to yield and let be illuminated the inner world by the sunlight. The Creator made us in the same image as itself so that the source of life could know itself – we are reflections of that source not the source itself.

[276] Ditto, Pg. 29

As the fires of spiritual awareness and psychological wholeness becomes a gradually fulfilled reality; as the glimpses and frequent visits to the areas of spiritual and psychological illumination becomes second nature the body mind and spirit becomes transformed onto a living expression of spiritual and divine reality.[277] As our lives begin to be a living expression of spiritual reality I believe we become closer to the purpose the creator had for creation in the first place – for the creator to see and know it-self through our eyes and minds. That makes us divine vessels not divinity itself.

I believe this is a very powerful description of the reality of uncontaminated synchronicity, an example of the reflective power of the life that we create for ourselves, our reality. This is a reflection for the creator to see in a similar fashion. It is reflective but it is usually earthbound. It can be a source of guiding light by providing us with a point to use as a compass to gain our true directional bearings. Although not God, the Earth and humanity are made in the Creator's image. The mystery teachings say "as above so below; as below so above.

Awareness of the lack of this integration and a decision to address it is exactly how our mental health practitioners, clergy, in fact every type of teacher can actually help reverse the unhealthy current trend and instead promote acceptance and understanding – they can truly become saviors of society. We can begin to understand this is the way for people the world over to overcome tribalism, separation, alienation and ultimately warfare and bloodshed. Indeed it would ultimately lead to the end of what the Bible refers to as "pestilence" both of the material and seemingly immaterial worlds. I believe Mr. King, Gandhi, the Dali Lama, in fact all promoters of peace and unity and this includes all healthy, living spiritual traditions knew and know this in some way.

As illumination of our inner natures increases, something that began as a small glow of light turns into a mighty brilliance of mighty power, very similar to the growth of a tree.[278] This is why the image of a tree as taught in the Tree of Life wisdom traditions is important. The dream I described early in this chapter is an example of the affect this powerful living image and tradition has had on me as an individual.

Some Christians recognize that Jesus, in their Western perspectives, provided a historical example of how a person could achieve a personal relationship with this divinity that is found within each and every human being alive.[279] As I said, virtually all healthy and living spiritual traditions know this truth. I consider myself fortunate to have been raised in a progressive and thus spiritually evolving spiritual tradition.

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[277] "The Lodge Beyond The Sun"
[278] "The Kingdom Within", Pg. 30
[279] Ditto, Pg. 32

Progressive spiritual leaders recognize the psychological, spiritual and metaphysical truth that the "Kingdom of God" is within us, all around us and within other people. Perfect = wholeness = brought to completion = individuation and the ability to obtain clear light and vision. Some people refer to it as the Universal Christ within all people. Psychologists refer to it as the archetypal reality and structure of the universal human psyche.[280] People can become tolerant enough and curious enough to look at other traditions, thereby looking and seeing similar messages in their own traditions that emerge from the other traditions and different perspectives. The ability to find mutuality in other traditions could spark the mind and spirit into action on a collective level. We do not have to be constantly "converting" to the different traditions that offer these alternative yet similar perspectives, from one environment to another that offers a feeling of familiarity. By studying and comparing other spiritual traditions while looking for commonality and mutual realities what happened with me is that I become very accepting and appreciative of the other traditions. I don't think I am very much different than anyone else. The ultimate outcome can be a better understanding, appreciation and strengthening of the tradition an individual is born into because of the mutuality's in knowledge. I base this on what I have experienced, learned and from many other people I have read and heard about. All that is really important is that people become tolerant enough of themselves to simply question, question and question – question = quest.

The solid gut rock, the solid foundation of the Earth is composed of stone. Different spiritual traditions, not just Christian, recognize the solid foundation that Christ provided being compared with the cornerstone of the church. In this case the solid foundation or cornerstone being referred to is consciousness and our spiritual perceptions using consciousness. These traditions and people within them are using an open mind. They are able to include other enlightened people and other traditions in the same way the Christian perspective is described above. It is consciousness that provides the ability to define who we are and how we define the world.[281] The beauty is the inclusive awareness that can result – the natural beauty of the whole. The greater that this consciousness is, individually speaking, the subtler will be our understanding of our place within existence, beyond the ego. Recognizing that the Kingdom exists everywhere will provide us with the ability to unite everything into a higher order of integration. Different personal realities within wholeness can and usually do take on an empathic character and perspective if truly sought for – its Nature's Way. However it is only possible through the development of and appreciation for an awareness that recognizes the reality of a whole psyche. A person experiencing individuality and uniqueness of psyche, while simultaneously experiencing that individual reality within a larger collective psyche seems to be a paradox. It is contained in and of the collective in one indivisible whole yet also contained in its entirety within each individual. Try to imagine this reality as you read this. This recognizes that the personalities a person takes on are purely practical and

[280] Ditto, Pg. 33-34

[281] "The Lodge Beyond The Sun", Pg. 54

functional – they do not define who that individual really is. This also acknowledges individual Souls and egos in addition to the collective Soul of humankind. It recognizes the need for individuals to become individuals. When an individual psyche, one that contains the whole of the collective human psyche is not free then neither is the collective human psyche free. Try to intuitively feel what I am saying. I am referring to something that is truly paradoxical on one level but perfectly logical and natural on another. Each thought is emanates from everyone else but each and every thought is truly your own. We contain the Universe within us. In this sense we are all alpha and the omega; the beginning (individual) and the end (omega). Only a mystic can tell for sure.

As I was growing up I had glimpses but it was when I actively starting searching and looking into my own psyche a recurring thought and in fact feeling was that I could imagine being separate yet connected and aware with the whole collective. This, while at the same time retaining my own individuality. I remember I had mentioned this to different people over the years that shared with me similar interests. In being able to imagine being part of the whole collective while retaining my own individuality I recognized the importance of asking and never accepting anything “without a grain of salt.” It wasn’t until many years later that I realized that if this reality of awareness came to pass that it would require a great deal of effort and I would have to overcome a lot of challenges for this reality to come to fruition. The hardest challenge was to overcome a false ego in service of itself, while repairing and strengthening a true and strong ego in service of the whole psyche, including all people that were reflected through my psyche. This produces an individual flowingly connected to all of life that is to be found emanating from the environment around and within us. This type of awareness produces a knowing that feels the affiliation and relationship with life, especially other people. It is a feeling that can be described as light. It can be referred to as light because it refers to the light of consciousness.

I will make a very clear statement. I have never been seriously tempted to listen to those impatient or loud thoughts in my head although I do take them seriously. Thoughts that emanate from a persons psyche can be very tempting and dishonest. These are almost always thoughts stemming from an ego. I am going to take the idea of an individual being connected and in communication with the collective psyche into consideration here. If someone connects with the collective psyche, consciously, it might very well mean that much of what is communicated is also temptations of the ego – greed, false images, power (over others), etc. In saying this I am thinking of people who claim to be clairvoyant, mediums, etc. I have no doubt some of these people are truly able to do what they claim to do. However, speaking from my own experiences, when I have a thought that is loud and boisterous and claims to be authoritarian (listen to this!) – I am referring to thoughts not actual voices – I have learned that it is almost always something that should be ignored. It stems from the shadow. I have learned that communication that emanates from the spirit and creative source,

always, is something that can be barely “heard” and even then only if the loud and noisy activity of a greedy ego **can** be stopped. It never gets louder, only clearer and easier to do as one learns to clean house. It then becomes second nature. The most important thing that can be used to distinguish between the two is that the shadow or ego aspects of “communications” are almost always ones that sound like commands or like something that cannot be ignore; they might even be coated in candy if they relate to a person’s image and power. In the case of a healthy, creative and life-giving communion with the true spirit of life **there is always the intuitive element of choice and there is never even a hint of command or threat**. From my own experiences and what I know of the deep psyche I would never even listen to let alone listen seriously to anything that even approaches sounding like an actual voice. The research and study I have done with so-called mediums and people who say they can channel indicates they are possessed by their own individual or collective shadow. What we think of as true divinity does not “speak” to us in this manner. It uses conscience, intuition, intelligence and free choice. I spoke earlier of psyches interpenetrating other psyches. When they are of the aggressive kinds mentioned above they are always invasions. They can take the form of any of the invasions described throughout this book. Mature Souls and the creative spirit of life is always gentle, never invasive.

I will tell you why it has to have the element of free choice. In order to truly evolve and become whole, to individuate it has to be a personal journey. When it is “too easy”, in other words when everything is given to you on a silver platter, this is too similar to the dependent and controlled psychic states of mind I have explored throughout this book. It makes perfect sense. As examples, people who claim to be able to read fortunes, channel, act as mediums, these are always minds and psyches that are immersed, enmeshed and controlled by the very energies and energetic psychic patterns and dynamics I have described throughout this book. In any cases of reported “communications”, “channeling” or other forms of spirit communications they will always contain and express the identical dynamics described in and used by unbalanced and unhealthy people striving for image, power and control. I am not necessarily referring to the people who claim to be able to do these things, only their egos or aspects of the collective superego and shadow-contaminated psyche of humankind. As I said, I believe people when they say they have abilities to do these kinds of things. I also have enough knowledge about the nature of these dynamics to know where they emanate from and why they cannot be trusted.

As mentioned earlier morals and ethics naturally follow once a certain amount of self – knowledge is attained. Externally imposed rules, moralities and ways of living cannot take root within the individual when forced from outside of our selves. These things can only be obtained through self-confrontation. As the repressed and forgotten aspects of ours true selves are brought to light it

becomes apparent that existence in the repressed state is why rules and laws were made in the first place.[282]This inner confrontation does not just include a confrontation with an individual's own personal (ego) psyche. Because of the nature of the collective psyche being also contained within every individual the inner confrontation also includes integrating into the whole psyche the collective as well, inner and outer. Obviously, in the collective realm, until a critical level of awareness is reached the laws will still be required. This does not have to be a permanent feature of societies or humankind. Given the nature of the dynamics I described leading up to this chapter I would hope that people can appreciate the immensity of what I am suggesting. If so then the statement that the law is required for the persona(s) within us makes perfect sense. Paradoxical on the lower levels but understandable on the higher levels. Through self-knowledge, when a person begins to know these inner aspects of themselves the very nature of the spiritual urge that impelled a person to search will naturally result in the internal discipline created by the same energies that induced the self-searching in the first place. This is true spirituality in a living sense.

It can be seen that instead today's world has been forced into a reverse mode of evolution when looking at it this way. Note the criminality – actual crimes against humankind and especially against the Creator by having this heritage denied us in today's world. Society and Its dominant structures create lowered levels of consciousness within people generally. Then it gradually and sadistically punishes the wounded people that have been harmed in this way. This results in the devastation of Souls. These are our psychic centers – the harm done to them results in causing them to act out in harmful ways, whether to themselves or to others. This is a good example of blaming the victim but so much *more* especially the double meaning I gave earlier – mores, nightmares, Morgan, Mordred and Satan. This is for whom the law is required. The huge factor in all of this realization is that absolutely no individual, group or even nation or religion can be blamed for virtually any of this. This is 100% true in all cases with the possible exception of Hollywood Satanists who operate on a conscious level. These are the challenges facing humankind. Even countries, institutions and groups that we identify as perpetrators on the mundane plane are ultimately victims themselves. Considering that most individuals only emerge into the higher levels of maturity after overcoming some sort of challenge or crisis it only makes sense the same applies to humankind as a whole – "As above so below", "as below so above".

What is offered by a realistic look at spiritual messages and a new way of looking at the psyche is a possibility that the harm I have described can and will be reversed. People will learn to grow into the Creator the way nature intended. At the moment, in the psychological sense I have been putting forth throughout this commentary, society becomes ruled by an unconscious satanic cult sacrificing its victims.

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[282] "The Kingdom Within", Pg. 70

It is very important to clarify and classify two distinct forms of what are referred to as Satanic. In respect of dynamics there are very few differences when we compare Scapegoating within society and other forms of control that characterizes true satanic cults or Hollywood style satanic cults. The main difference between these two types of cults is that the former is committed primarily “consciously” on the unconscious level while the latter is done with conscious intent on the conscious level. The first example is primarily psychological, metaphysical and in a warped way spiritual while the other is more obviously materially based and metaphysical. The first category, by far the greater one in size – an understatement – is usually composed of people who have been primarily emotionally and psychologically abused, although much of this abuse is actually socially sanctioned. Any physical abuse that takes place is almost completely socially sanctioned. The other category is usually comprised of people who have, additionally, severely physically abused. Many of the people involved in this category are multi-generational Satanists – like the first category that is comprised of true Satanists, disenchanted and very dysfunctional people who have been additionally affected by much of the culture, “fads” or styles they are surrounded with, etc. and of course the children that have been born to these people and in turn are battered into becoming Satanists. By way of consciousness-raising this can all be healed.

Some day, I will more completely explain why pornography is completely and utterly Satanic in nature – and I am referring to all aspect of pornography and how it is used in society, not just the victims involved in its production. Pornography is a close metaphor for much of modern culture – capitalist, communist and fascist, whatever. An important factor to consider is that the more an individual or people lose their status as spiritual and individual entities and simply become numbers, machine guns or hands and other body organs used to keep the lifeless machinery of the state apparatus or economy in operation the more the above statement will apply.

The tendency of society, including many of the very groups geared towards promoting and teaching about Jesus and other enlightened people, has in most cases actually promoted the very opposite of what Jesus was teaching. Unfortunately this is true notwithstanding the consciously good intentions of the many people and groups responsible. I would imagine it is almost unanimously for good and holy reasons why people either become clergy or psychotherapists, at least as far as consciousness allows. It is commonsense that as a new awareness develops true health will naturally follow. Importantly, since most of these dynamics are unconscious it is difficult or impossible in most cases to assign blame. That would be counter-productive. Consciousness-raising will naturally counteract nihilism and instead create a greater sense of living. I’ve heard of one very intuitive author refer to this as “radical aliveness” – the author of the book “The Black Butterfly.”

The Pharisees that Christ butted horns with is the best metaphor in the Bible that urge people to look inward, clear their own temple and create a solid foundation on which they can develop sound self-knowledge.[283] For me, the prodigal son is perhaps one of the most important parables I have studied. Speaking on a personal level, regardless of the psychological reasons for it, as I mentioned above at one time I experienced a lot of "acting out: substance abuse, self-abuse, anger, lack of self respect, impulsiveness and the appearance of making a lot of mistakes in my life while trying hard to appear other than what I was – hypocrisy. I can now say today with a certainty that I could not have developed what I consider my desire and search for the light within without first experiencing these darker and wounded aspects of my own psyche. Remember the dream where I described a darker aspect of my anima delivering newspapers at night.

The Prodigal Son Parable recognizes that the two, apparently opposite brothers (and internal sisters) are in fact two (or four) opposing aspects of the same individual. One of them stayed with the outer law and did what other people expected of him – he was a people pleaser. He maintained the herd mentality and did not develop as an individual. The other brother went against the herd, confronted his less than admirable traits and was able to overcome or rather to civilize them. He became a whole person. His father respected and welcomed him back (father = consciousness) into his household and this was primarily because of what he had overcome and civilized within himself. He took the high road of challenges and growth. His brother took the low road of least resistance. Psychological and spiritual growth is only possible by overcoming The challenges not by caving in to them. An example of what the prodigal son had achieved is that he had developed a kind of humbleness while his brother expressed bitterness when the father welcomed home the prodigal son – the latter is a shadow response. In looking at these two ways of being, wholeness and humbleness or hypocritical self-righteousness, ethics and morals or hypocrisy and many other traits and personality characteristics can be applied to the appropriate individual character.[284] This is all very spiritual and just as psychological.

I am not sure why I decided to ask this next question except that some part of me connects it with the prodigal son parable. In looking at all spiritual traditions, as I said, virtually all of them stem from a mutual ground source. When I consider the apparent animosity between the Muslim, Christian and Jewish spiritual traditions I find it very interesting that they all stem from the same religious roots: Judaism. It is also a fact that within the Koran Jesus and most of the Old Testament prophets and holy people are recognized as saints and prophets – enlightened people. In considering the Parable of the prodigal son and the nature of all bigotry and hypocrisy, is one of these spiritual traditions any worse than the other? More important, is one any better than the other? I have not studied the

[283] Ditto, Pg. 36
[284] Ditto

Muslim spiritual tradition like I have some of the others. I am simply asking a question.

A recurring theme during the spiritual quest is that paradoxically as higher levels of individuality develop a stronger connection with the rest of life develops. In this sense the more one moves counter to the heard in respect of awareness, dissolving unhealthy enmeshment the greater a natural sense of empathic connection and compassion develops – because it is not forced. **True freedom and** s**elf-respect generates respect for other individuals**. Although it is necessarily an individual choice we have to live within the world but not necessarily of the world (identification) because that is materialism and unconsciousness. I guess that is why people like Jesus even in the face of persecution, in fact paradoxically even because of it, increased his connection to other people, the world and the Spirit of life. He united The Creator in Heaven with The Creator manifest in Earth. It was the frustrations of his ego impelled by his inner love that made him persevere and become whole.

This is also a description of the crucifixion in an alchemical sense and subsequent individuation. This development will allow persons to look at other people as reflections of himself or herself, our undeniable mutuality – true universal humanity. This type of awareness would truly eradicate bigotry.

Jesus looked at mental illness as being a result of not being connected to the Creator but rather to the kingdom of Satan – a state of egotistical materialism, fragmentation and imbalance.[285] In realistic terms this is simply describing people who are disconnected from their whole psyche, especially their Souls. The misconception created by a literal interpretation of this – the Prodigal Son – story is absolutely no different than the mistranslation that would result in a literal interpretation of the psychological and spiritual explanation about the Pharisees.

Diabolical possessions are extreme expressions of an unbalanced psyche that are simply extreme examples of unconscious possession by the shadow contaminated individual and collective psyche. Neurotic or psychotic behavior and even hypocrisy and other forms of bigotry (neurosis) are the less obvious forms of an unbalanced psyche. Alienation from the inner psyche causes the "Devil" to make a nasty appearance – and Like "God" gender cannot be applied to the character or personality in either case. Both masculine and feminine energies are always active in some way or other but unbalanced, although one of them may predominate. When evolution goes in reverse it is only by using a combination of intuition and logic can we decide which one predominates.

Possession is only possible when a person becomes very repressed, dissociated, unconscious and therefore unbalanced. If a person really thinks about it obvious possession is not that different in appearance than some forms

[285] "The Kingdom Within", Pg. 39

of dissociative identity disorder in the more extreme forms. Possession, in any form, is an expression of an individual loss of consciousness and the subsequent control by unconscious contents of the psyche. Although it is definitely internal, parallel sources could possibly be identified outside in other individuals or groups representing a reflective or synchronistic aspect of that person's psychic reality. This has already been explored. The state of mind we are referring to, fragmentation, is usually a result of outside and inside coercion, apparently paradoxical, subtle and not so subtle. We all know this on one level of awareness. However, many people are possessed by an unacknowledged dark side which only increases and expands the cycle. We then disrespect and harm other "prodigal" sons or daughters. Many of us have not found the crisis or need to make the transition from sleep to wakefulness. The Creator is everything, Yin and Yang, good and bad. But Satan, that shadow within, can only become Satan, get angry, nasty and cause havoc in the various ways I have been describing when that inner self is ignored. This inner self wants to see the light even though it may not be aware of it – very paradoxical. Remember my dream that took place in the arena. We can change Satan from the bringer of darkness back into Lucifer – the bringer of light as the Creator originally intended. In no way can Lucifer replace our Christ center. Lucifer refers to the healthy consciousness of our Earth-bound, primordial psyche that, when connected to our Heavenly, conscious nature becomes subject to and harmonized in our Christ center. This is energetically empowering. The closest analogies I can use for Lucifer is Raphael, "Hermes, messenger of the Gods," and so forth. What these energetic dynamics represent are illuminating and communicating energies – light – that connect the higher with the lower resulting in what Christians would refer to as the Christ.

What this means is that when we deny the inner Light, the Creator, God, Christ, Buddha, Great Spirit, Allah or whatever we wish to call it we instead turn Holy reality into Holy terror and the Devil. This is a very startling, indeed striking comment if honestly considered. In Matt. 22:14, it says, "For many are called, but few are chosen," to enter the Kingdom. Only those who choose to gain self-knowledge can access the Kingdom of God.[286] We are our own individuals, not the chattel of someone else and the only way to demonstrate that and make it fact is through the development of self-knowledge.

Self-knowledge changes how we perceive the outer world and necessarily our inner. Increased levels of consciousness that reach into the higher realms of timelessness will necessarily change an individual's perception of all the other levels of existence. This especially relates to the timelessness of spiritual reality. Even Einstein recognized and developed some understanding of this relationship between time and space. When a person is able to actually appreciate the understanding that Einstein explored a feeling of "religiousness" would have to develop in the individual who studies his work.[287] The nature of timelessness is

[286] "The Kingdom Within", Pg. 45
[287] "Beyond The Lodge of The Sun", Pg. 55

why Jesus' methods of teaching and the living ceremony that his life represented expressed the same timeless quality of its spiritual nature. American Aboriginal spiritual traditions also recognize and strive to live in the spiritual realities this type of understanding represents.

This is an appropriate time to contrast what is being said here with what happens when a literal interpretation of the Bible or any Holy book is taken as the final word. I mentioned earlier about the extreme harm and persecution that has been perpetrated against people throughout history because of a literal interpretation of the Bible. For example, woman – I am referring to woman not only in respect to gender but in respect of the deep inner psyche; to the different manifestations of creation, collective and individual, naturally connected with the full power and aliveness of the environment. I am speaking of Mother Earth with an upward movement into Father Heaven. But woman has been persecuted, in men and women because of misogynist's literal viewpoint. This was either used to support sexism or cause it.

Once the materialism of these types of dynamics becomes apparent, even fleetingly, a person will find it impossible to turn away from it. Their deep inner psyches, their inner guides would not allow that to happen. Healing the Earth is not a single individual human being's job. Since we are all connected, if people like me and countless other people can imagine and catch glimpses of these higher realities and truths I can only surmise this is because on the collective level the inner psyche is at an evolutionary turning point. Collective humanity has had enough of the old school and is finished with its childhood – half humorously maybe the Devil is getting tired of eating itself up.

In addressing sexism, as an example, the belief women should be subservient to their husbands cannot be explained on a material level. Common sense interpretation would tell us that what this is saying is that within the psyche we have to recognize the ocean of the Great Mother. Especially we have to visit the sea monsters and the abyss. These can only be subdued or tamed by increasing consciousness, the masculine dynamic and transforming this primitive Earth bound but important life-giving source of sustenance to be re-directed towards creativity, growth and unity, with intention. That is what is meant by saying the man should be the head of the household. Of note, it was not until gender stereotyping set in that this became a physical lifestyle for people. This is another example of how the material world emanates from the psyche, The Creator, as expressed in the Judeo-Christian Cabala. For either bad or good.

Woman, not the gender female, can only be given form/manifestation through growth in consciousness, the God. What the God impregnates the Goddess with is His consciousness sometimes represented as a phallic symbol. She is the vessel that contains and expresses He. But She has to be "subservient" to her husband and the father of her child, the diamond heart, and our centre in this mystical marriage and he totally faithful in providing consciousness and the ability

to apply the new creative abilities for practical use.[288] The figure 8 is a nice way of looking at and understanding this flowing interchange conceptually. As is well known the symbol eight also represents infinity. As I will continuously say, what I am saying is not to be taken in a materially (gender) literal sense, only psychic and spiritual.

First in line for creation using this rationale is the manifestation of personal, individual identity. A person or the collective is stagnant or dead without a dynamically reciprocal and interdependent relationship with the other. This is only possible through the initial development of true independence. There is a double meaning of importance when I use the word "other" – that other aspect of our deep psyche that has been repressed or if conscious not considered to be an acceptable part of a person's personality. Further, when one considers the relationship that exists between mind and body, it can also be applied to the relationship in the collective, external world – Wilber's lower left and lower right half of the diagram on page 34. Similar to the necessity for a healthy self-respect, the whole psyche on an individual basis, this need and its affect also applies to the collective – both internal and external.

Are we are beginning to see the natural and only effective remedy that can heal the devil and turn it back into "The Green Man" and the devouring mother back into the Madonna? The Green Man is the symbolic representation of healthy green growth and naturally occurring life giving power and energy that I referred to earlier in describing my dream of the struggle in the arena. This is the masculine aspect of the Earth and its energy. It represents creative reciprocity and interaction between humans and the Earth after the disconnected asp-ects have been recollected and transformed, civilized. All of these things concerning consciousness and its perception are or were in the Bible and other great books of spirituality. They have been misunderstood, edited or de-emphasized for centuries. In the Bible very little is made of the fact that Jesus was almost constantly going off alone in natural areas to pray and commune. This is so akin to the Vision Quest fasting and a spiritual need to look inward, which can only be achieved in a solitary way – the connections should be plain.

Living or being "alone" is necessary and perhaps for extended period of time depending on the levels of self-knowledge one wishes to attain and the personal characteristics of the individual. I find it rather disturbing that, especially mental health "experts," usually makes a special (negative) note when one of their clients or potential clients lives alone. As separate from a personal decision to make a personal, spiritual search, this is of specific concern when it is realized that that much of this way of living has been induced, to a large extent because of trauma, labeling, bigotry and other types of collective "treatment." This especially applies to the ostracism encountered in the community. However, on

[288] "The Kingdom Within", Pg. 118-170

the other side of the coin, to gain self-knowledge this is necessary to one degree or other.

People conditioned to be part of the enmeshed herd or mass will obviously pressure other people to be the same as them. Remember the real life example I gave much earlier of the person in the "Church" that I became acquainted with who was unconsciously using the same methods to condition new members that she had been conditioned by. Some of concurrences I have received from other people are not necessarily based on verbal communication but other types of non-verbal communication: expressions, "vibes" and especially the way a person is actually treated or acts. I dare any mental health expert to call something like this type of awareness "psychotic" or "paranoid." The first time I became acquainted with the types of non-verbal communication on these levels was when I read a book on how to succeed in business – it had been written by a highly successful person who had made millions of dollars in the "real" business world of selling and marketing because he had learned how to nonverbally read other people and in turn nonverbally manipulate others, as well as verbally.

So, becoming comfortable with your self as an unconditioned individual acknowledges the requirement that a person has to develop self-knowledge and comfort with self and not get caught in the treadmill and self-disrespectful habit of people-pleasing or other forms of actions that eventually could result in hypocrisy. The latter gives birth to or maintains the shadow within – it results in control by the shadow within the individual and within society. If an individual develops true self respect it is then and only then that true compassion and interdependence with others can become manifest.

Jesus taught how we can grow more enlightened and spiritually aware. We still have to do it. He showed us how. Jesus life was one long ceremony. The acts he performed embody meaning. He caused the lame to walk. Whether he did this literally and physically is beside the point. In a psychological sense he helped people to walk the walk and not just talk the talk. Demonstrating the power of the mind to either hinder the whole person or let it bloom. Jesus taught people how to psychologically become whole again and in extension to regain psychological and physiological health. To say he rose from the dead is a fact, psychologically and spiritually. Whether he did it physically is beside the point. This "rebirth" demonstrates the eternal nature and power of spiritual reality over the material plane of existence.[289]

So we need individual and collective respect for the psyche. Mutual healing can then be applied because of an individual's respect for various parts of their own psyche and in extension respect for the various expressions and parts of the collective. These parts are individual entities, beings in their own right. These are Souls – worthy of the same respect we would expect ourselves. Remember

[289] "Beyond The Lodge of The Sun", pg. 58

Wilber's theory of holons. In this case I am speaking of personal autonomy, in an ever increasing spiral moving upwards on a continuum of conscious awareness, starting with the individual connected with the environment and then growing – groups, races of people and so fourth. All have to be respected and upheld. This is what Christ was trying to say. It is the way the first Christians thought from everything I have studied and as well my understanding of psychology. I would suggest this has to be true of the roots of all living spiritual traditions. This way of thinking would free the individual and society from the beast, the wounded mass mind, the herd and so from the machine.

Living for the future instead of the here and now leaves a person caught in a psychological state where they loose touch with reality. This is similar to earlier chapters where I said the same thing in different ways. To worry or focus on the past or future leaves a person lost in the present. The practice of centering can give a person the ability to do this, to live in the present. Focusing on present awareness using past experiences for learning can attain a balanced perspective. This gives an individual the ability to imagine and create possibilities for the future, thus expanding a person's awareness enormously. Remember Podvoll's description of psychosis – how many people do you know who dwell on the past, worry about the future and find it impossible to live in the present? I think the important point to be made here is that the prime motivating dynamic that drives this illusion is the element of fear, one of the main characteristics of shadow and the Devil. As Podvoll teaches in his treatment of the psychically unbalanced, living in the here and now, free of the false ego will naturally lead to raised levels of consciousness. Jesus' teachings, if followed in a realistic way can lead a person to the light of consciousness that the Fire Teachings attempt to arrive at.[290]

Many people reject the Kingdom – individuation – because of the responsibilities that go hand in hand with a rise in consciousness.[291] What has to be added in light of this statement is the manipulation present wherever there are collections and concentrations of people/psyches. In a city, for example, with a greater collection of people one can imagine how much more difficult it would be to escape from or heal the dynamics I am discussing. People who are more conscious than other people have a greater responsibility than those who have not attained the same level of consciousness. I mentioned this earlier about the nature of manipulators. On the other hand, for those pure of heart it is that very struggle that impels the person or individual forward – somewhat of a paradox and one that I will not try to answer to any great extent. The important thing is to remember the increase in responsibility as an individual attains increased levels of consciousness. In addition to being able to discipline one's own psyche one develops a parallel increase in the ability to manipulate others. Anyone who has traveled and practiced the Wiccan or Earth spirituality path successfully for any length of time understands this reality.

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[290] Ditto, Pg. 60

[291] "The Kingdom Within", Pg. 45

In reference to the above the common sense supporting what is being described is like the symbolic finger pointing to the moon. A common sense approach to the psyche leads to and becomes the mercurial and reflective moon, woman (not the gender) in the sense that the finger pointing the direction, the journey and the final destination is all the same thing – the beginning is the end. Each is reflective of the other, each at opposite ends of the same continuum. That is why the direction one is moving in is important.

The repressed aspects of our psyches have always been there. We are simply not fully awake yet. Why? Why do so many people fear the responsibilities heightened levels of aware consciousness bring? Because a realization and appreciation for the power and realities of the inner psyche destroys the illusional securities offered by immersion in the herd and the false ego.[292]

We have been conditioned to instant gratification in respect of most things that we do or want – sex (pornography), fast food, pills and so fourth. Ironically it is the resulting speed of everything and the havoc it wrecks that spiritual consciousness can heal. One gets rid of the old wineskins and makes new ones. Paradoxically the very speed of everything and accompanying chaos is a major factor preventing this growth in consciousness. This is only a stage and an illusionary stage at that. It is circular but at this point not wholesome. It is a cyclical ***asp***-ect of the beast or machine – a *double* bind. The wheel of life in Eastern wisdom traditions knows it as the binding and it is the wheel of life that Eastern wisdom tries to teach people to free themselves from. If one looks at the "Book of Revelations" in a psychological sense I think a better understanding of what I am saying will be clearer. That book describes psychic reality on an individual as well as collective level superbly.

Although this is necessarily an individual journey, perhaps an interest and desire to improve the condition of humanity similar to the impetus that sparks any movements of liberation can initiate mass awareness of these realities in the ways I have been discussing. To "spread the word" in the sense discussed in this paper will actually wake up the people. To "spread the truth" does not mean to aggressively shove viewpoints (usually materialistic) forcefully onto people. It means to raise consciousness. I can't imagine intelligent and alive people or people struggling to be alive ignoring this message. I do not see how people could not be interested in becoming aware of what they have been denied – nothing less than the Kingdom of God, as Jesus, aboriginal wise-people and other wise or enlightened people have or still teach.

The path to enlightenment involves going against nature, our lower natures. As I have said above it always requires work and effort. The easiest way, the way of least resistance never achieves anything.[293] The meaning of this statement is

[292] Ditto

[293] "The Kingdom Within", Pg. 45

that one must go against our lower natures – our primitive and now wounded natures. It is not a rationale to devastate and abuse the environment, including people, quite the opposite. This is only possible by, perhaps at first, struggling with but eventually befriending and accepting into our whole way of being these shadows and mute-ilated aspects of ourselves, taming them by bringing them to light. As I said this is similar to Jacob on the ladder with Michael. I think a caress will be much more productive than continued repression and mutilation of our soul(s).

As noted, once a person accepts responsibility for becoming conscious anxiety might be experienced. This can sometimes be interpreted as examples of divine anxiety. As one goes higher up the psychological ladder to lighter levels and is not held back by the gravity of the Earth a feeling of "butterflies in the stomach" would be quite natural. It is new territory to the ego. Criminally, in society divine anxiety is looked upon as mental illness. In fact it is society's very practices that create and/or perpetuate unhealthy states of mind and existence, ultimately denying us the messages of countless wise and enlightened people. Society can actually keep people stuck in areas of divine anxiety. These practices exacerbate and give no support to those people who are attempting to become individuals. This is similar to the example mentioned earlier in this paper – the minister who had good intentions but whose actions caused and perpetuated the very condition he was attempting to heal.

A solidly grounded individual – a well-grounded perspective created by increased levels of consciousness – is the only way the person can handle this new awareness. In this sense the old person must die and the old ego fortress be replaced with an awareness of the whole psyche.[294] I would add that the collective must undergo a parallel transformation in order to heal and truly reach the very goal that has been the conscious goal of humankind throughout human existence in some form or other; but they have been sinning, they have been missing the mark. A conscious connection with the whole psyche creates an ability to spontaneously behave as they're self, not impulsively but as the moment requires. Higher levels of consciousness give an individual the ability, for example, to flowingly speak rather than laboriously planning what to say. It is real not falsely acted like our personas. It flows from the heart.[295] Healthy role modeling for our children becomes a very important element in this development.

When at first entering the Kingdom of Heaven the experience of wholeness seems like a form of violence done to the ego, at the time of entering. Ultimately this process will result in a creativity and flexibility that was never available before. The violence referred to above is in reference to the assault on the old rigid ways of the egoistic personas and illusions that our egos have created.[296] This violence can be countered by love. The meaning I intend the concept of love

[294] Ditto, Pg. 47
[295] Ditto
[296] "The Kingdom Within", Pg. 48

to reflect is love in the metaphysical sense of unity, attraction, and mutuality. Awareness has to be detached and balanced, without a sentimental attitude. This prevents the unrefined and infected primitive passions from ruling or affecting people impulsively and unconsciously. These passions can be disciplined by disciplining the ego.

This type of attitude and way of being makes it much easier to go through the fire-like sparks and flames of increasing consciousness. These can strike like lightening with the "eureka" or peak experiences that occur during glimpses of clear and unimpeded sight. A truly sincere spiritual way of being has much larger and more frequent instances of these experiences. In common literature most of the references to peak experiences only portray them as blissful magnifications of energetic and environmental connectedness. In fact, they can also present a magnification of what has happened on those levels when environmental and spiritual or psychological wholeness is ignored or attacked. It should now be easier to see why so many spiritual traditions refer to experiences of this aliveness as the "Fire Walk" and Christian literature speaks of "Violence" in the same manner. I believe it was Abraham Maslow who referred to these experiences as "Peak Experiences". For those who attain at least some level of continuous spiritual awareness and way of life the flames and sparks gradually become a flowing and gentle light as one learns to balance and lessen the shocks to the ego.

To become centered is to learn how to rest within the outer chaos that characterizes the struggles to reach the center. Once the search has begun, at first and until this center is reached the flow is more like a tornado or flood amongst the storms one encounters. The inner core of a solidly grounded foundation, available through the use of concentrated – not obsessive or compulsive, quite the opposite – focus gives and is given to one at the center. Concentration is required to get there and it is concentration that comes naturally once the center has been achieved. It allows one to stand inside, detached and watch the chaos outside. It gives one a glimpse of the timelessness that contrasts with the obsession with time, quantity and ego on the outside. It provides a centering from where one is able to be in the world but not of it. This is a stance between the manifest and the ethereal realms.[297] This is the whole of the psyche, individuated but in commune with the collective and beyond. This would include the natural Earth with the earth's natural healing abilities being completely available. This goal will achieve and be achieved by healing wounded psyches of human beings using all of the psychological knowledge we have at our disposal. We can use traditional modern medicine, alternative medicine through to other forms of "folk medicine" and wisdom, both Eastern and Western. The most important element to be included is spirituality – this is fundamentally necessary.

[297] "The Lodge Beyond The Sun", Pg. 61

It is only with people who have discovered themselves during some sort of crisis – crisis is the catalyst when small egos and unbalanced viewpoints are unable to provide a fulfilling sense of wholeness; a living reality- that a true search can begin.[298] Speaking as a male, the classical conditioning of teaching men to "keep a stiff upper lip", to be machine-like especially in regard to the repression of emotions; the added pressure of stereotyping once the dynamics of male-liberation had already begun to create noticeable results, further handicapping them has been devastating. As I've already pointed out these dynamics apply on a vastly increased level, today, to all people although most would consciously think otherwise. What I am speaking about is a way of liberating people from an oppressive, repressive and regressive way of being. Both the primarily Christian and Native ways I make reference to here both prescribe distinct yet compatible spiritual ways of living that produces a healthy dynamic psyche that will have a parallel affect on the health of the body and in extension Heaven and Earth.

People can only come to their inner worlds of the psyche in therapy, in solitary or in a guided spiritual search if they remain steadfast to a fulfilling end. They can then enjoy expressions of the creative source of life that can only be perceived within the center of wholeness mentioned above.[299] Much of this involves recognition of our dual natures – masculine and feminine, Yang and Yin, strong and unyielding yet vulnerable and receptive and so fourth. A steady, powerful perceptional awareness of this integration will lead to a vastly increased scope of overview and spiritual (connected with the whole) reflection. This is highly personalized, experiential and teaches the body and mind to accept the inner fire of spirit. This is only possible with a powerful individuality that is profoundly aware of and connected with the collective psyche. These paradoxes have already been explored. An achieved awareness of the whole can only be attained from a perceptive state as an individual, not as part of the mass mind

True subjective reality is found within the ethereal realms, beyond the lower levels. This makes transparent the objective, isolated stance of the ego and the materialistic illusion of the egoistic world. This is the true self that connects with all things in the universe.[300] To review, a real understanding of this dual nature recognizes the vertical axis of the centering process combined with the horizontal axis. The horizontal axis is needed for navigation and functioning within the material world. A centering of the two positions produces the quaternity, the four directions of our inner psyches and the universe. The core in the center produces the 'fifth element' that is born out of the four. It requires a flexible balance, an ability to dance with the masculine and feminine energies found within us. The spiral Dance that Starhawk refers to in her book "The Spiral Dance: A Rebirth of the Ancient Religion of the Great Mother" describes significant initial stages of

[298] "The Kingdom Within", Pg. 49
[299] Ditto, Pg. 51
[300] "Beyond The Lodge of The Sun", Pg. 62

the journey of the mystic. It describes important dynamics a person should be aware of if they are serious about beginning the search.

We've seen what happens to society when the dual and spiritual nature of humankind is denied people. To turn away from the centered source of the true self leaves one in a semi – unconscious state that can only lead to illness, unhappiness and stagnation. The search for the center necessarily produces a stronger, healthy ego and individual that can withstand the greater energy only to be found by and within the attainment of true consciousness.[301] This is symbolically portrayed in the Christian Bible as the need to use new wineskins for the new wine, not the old used and worn wineskins. Only those persons who are quite comfortable in the inner psyches can handle the vastly increased awareness, especially the connection on the collective unconscious level and beyond. It is pretty easy to see why people's visions, revelations and so fourth, as described in the Bible and other holy books, quite often describe encountering a choir of angels. This would be a very pronounced and acute awareness of The collective populated by individual Souls. In analogy this would be similar to being on an old fashioned party line on the phone, except with an unbelievably large number of people in communication –and not all in agreement with each other or even 'saying' similar things!. On the collective unconscious level there is so much more, including all of nature: The Holy Grail – the "Sofia Perennis".

Because of the "violence" done to the ego, the "blood of the ego" shed during the search for the center this violence can be like a storm in a person's life. It is the centering process itself that creates the ability to withstand this storm. [302] That was what Jesus was good at calming, storms, of the mind. Being an enlightened person he would have been the best psychotherapist for miles. And note, he was not in agreement with the official social way of thinking or doing things. He truly was a rebel and knew that people had to be allowed to grow to the point of mature self-knowledge. If this is prevented it can cause people's natural evolutionary potential that is stifled, attacked or otherwise prohibited by the powers that be.

A balanced body and mind creates a fertile crescent from where true spiritual growth can take place. The various symbolic tools and rituals, as mentioned above create and represent symbolic and parallel changes that occur within the psyche. The Lord's Prayer, whose universal power is acknowledged among wise Native American people, can be used as a way of focusing on and attracting the masculine spiritual energies that provide the energy necessary for consciousness. This energy is in the ethereal realm, beyond the lower and material realms of psyche. It can only be accessed on the higher realms to be used on the lower, with conscious intent; and searching for higher spiritual purposes. It permeates and is part of everything and can only be accessed by

[301] Pg. 53
[302] "The Kingdom Within", Pg. 54

escaping the gravity of the Earth, to be obtained from the higher realms of spirit.[303] This can only be achieved by centering one's body, mind and spirit inward in order see and embrace outwards and upwards.

The difficulty in finding this realm can be visualized by the image of the sea journey, the crossing over the waters of the unconscious to a higher stage in the process. It is said wise people are able to calm storms and turbulent seas. This is a metaphor for the ability of consciousness, the spirit or what some people refer to as God or Great Spirit to calm the stormy waters of the unconscious as one passes over and through them. This journey is the deepest fear of the ego.[304] A wise person who has calmed the waters of their own psyche can act as a guide to others on the ocean voyage to tame Leviathan, Tiamet and the Hag. A person who has calmed these waters can actually have a transference and transformative affect on the person they are guiding. This demonstrates the interconnectedness of psyches. Eastern and Western masters have known and demonstrated this truth for thousands of years.

In the above sense the word of God can be thought of as the result of re-integrating the whole psyche similar to when the Garden of Eden existed. The main difference between a new integrated awareness and back then is that in the Garden of Eden there was no self-consciousness or personal identity – no conscious separation from one's environment. There were no personal boundaries. There was no self-identity. This state-of-mind is known by psychologist as participation mystique. There was no need for the fig leaf. In this state there is a primitive level of enmeshment present. When a person encounters the Kingdom a paradisiacal state is once again achieved but this time in consciousness, as an individual. Think of the pyramid on the circle. A person would be in communication with other people, representing the circle but with self-awareness representing the pyramid, the individuated self. Think of it. As greater numbers of people actually evolved and developed this ability the source of creation could see and know itself.

That is why the Bible urges one to build their house on rock, not sand – a good solid foundation of self-knowledge grounded in the here-and-now and everything that subsequently transpires due to this search. It is the solid foundation of consciousness and insight that creates a strong foothold on which the "Kingdom" can be founded and built.[305] What is being stressed here is the requirement of freedom for an individual to be as nature intended. This has to be based on that person's uniqueness yet also her or his unbreakable connection with all. Each one of us is unique and only by awareness of that uniqueness can we truly connect with all, our brothers and sisters – all relations. Native traditions express their relationship with all living creatures and forces of nature in this way. It is this

[303] "The Lodge Beyond The Lodge of The Sun", Pg. 62
[304] Ditto, Pg. 54-55
[305] "The Kingdom Within", Pg. 56

consciousness that protects and shields us from the chaos and storm-like activities of "hell":[306] better known as the illusions manufactured by the ego.

I think the most important development required is the true and widespread development of tolerance, of respect for individuality and differences. The offshoot is that the storm of consciousness can then be more easily tolerated and balanced because of this development. This is circular in the holistic sense, with two-way movement. This will allow a person to begin to see the absurdity of separation based on culture, skin color, gender and especially religion or spiritual tradition. In America we used to call the American Aboriginal people "heathen" and either massacred them or controlled them, like cattle. Most of us have been conditioned to believe, including the attempt to condition the Aboriginal people in the same way, that these two powerful spiritual traditions were diametrically opposite from each other. But the similarities and in many cases identical meanings using different symbolism and semantics are amazingly vast. This is universally true for all healthy, living spiritual traditions. All we have to do is cut through the stagnant dogma and orthodoxy that keeps us truly like penned sheep and without freedom in the most important sense of the word. This transformation has to begin by doing away with intolerance of our selves.

Let us look at the possible source of creation. All living spiritual traditions recognize the source of all light is consciousness, consciousness that gave rise to creation. Creation is the feminine vessel. On Earth the lowest emanation and manifestation of the creative source becomes known as "The Holy Spirit." This refers to masculine spirit or consciousness within the feminine vessel known as the collective "Big Mind" or psyche. None of this in any way has any reflection or makes reference to gender. This only refers to the concentrated point of masculine energy that gave rise to consciousness in the form of manifestation, woman. Many physicists refer to the initial point and beginnings of creation as "The Big Bang." Placing rigid and repressing Victorian "morals" aside, this can humorously be thought of as "Thy Big Bang." It can be used as a metaphor for the "sexual" act that gave birth to creation.

Remember the importance of Paradox. Creation is a reflection of the source, the Creator. Although it is woman, the physical vessel that gives birth to human beings here on Earth, creation or woman, the manifest vessel was given birth by the concentrated point of masculine energy from Heaven. Even on Earth it is the concentrated energy (Prana) and effort (energetic force) that impregnates woman or female animals of other species. On Earth it is a dual or mutual effort although there are filtered similarities from Heaven. The main difference is that in Heaven the concentrated masculine energy, energetically speaking came out the one void that is beyond duality, in concentrated form.

[306] Ditto, Pg. 57

I find it interesting that according to those scientists who study the origins of life on Earth the first living organisms were asexual. In this sense, an image that symbolically fits this description is the Taoist Yang and Yin symbol. It contains both opposites in dynamic harmony and this itself came out of the undifferentiated void or one source. In fact according to the tree of life cosmology the first creative emanation was Kether and it contained within it all potential in concentrated form, beyond masculine or feminine form or energy. From Kether emanated Chokma, masculine energy and this gave rise to Bina, feminine manifestation. From these two emanations was born all of the rest of the emanations culminating in the lowest and densest level that we know as earth and the physical universe, a "Myriad" of things.

Nothing I am saying is original except that I am bringing various perspectives together. The important thing in saying all of this is that people should simply ask more questions and perform their own inquiries into nature. That is the important thing – to ask the question as an individual not as a person programmed to digest orders and information. This is what is it means to be centered and in balance with Heaven and Earth. We all come from the same ground source.

Focusing on consciousness and individuality it is important to recognize the main thing that prevents the development of individuality and consciousness is segregated immersion in the various groups, of whatever nature, that comprise society. Once we emerge beyond the group or herd then our true identity can be developed and we can be identified as an individual: this, instead of an identity created only by the ego, created by an objectification of who we really are.[307] In this sense when Jesus speaks of coming to bring to the earth not peace but a sword[308] this makes reference to exactly what I am speaking of in the above in respect of violence. In my perspective Earth is in reference to our materialistic, ego objectifications of our selves. The sword, in this instance has at least two meanings that are relevant: 1) it symbolizes the chaos or violence that can occur with a developing psyche during the growth of individuality and autonomy, the classic "George and the Dragon" fight and 2) the discriminating sword of consciousness. It is also, in conjunction with this latter sense, a symbol of air or fire depending on the perspective. This is referring to communication, vibration and the energy of the fires of consciousness and not simply mouth-to-mouth. I am including here body language, vibrations at the molecular level creating certain "atmospheres" and so fourth. The sword of Jesus does not refer to physical violence. I mentioned this several pages back in reference to the way people who live or try to be individuals, who are trying to find themselves. Although it has gone to unnatural extremes today, this violence is a prerequisite and necessary struggle for the realization of individuation and wholeness.

[307] "The Kingdom Within", Pg. 58
[308] Ditto

One of the initial groups that one has to break away from is the family one is born into. A cutting of the umbilical cord is the most important cord to be cut in order to become an individual. This is what Christ meant when he said that he came to set a person against their parents and siblings and in-laws.[309] This does not refer to disowning them. As Wilber demonstrates in his Holon Theory, if we disown or forget our origins or foundations the structure that is subsequently constructed will crumble. Something I have heard very few other people talk about is that when an individual cuts the umbilical cord this also frees the other family members from maternal enmeshment. In the case of the mother and the father it frees them from one level of dependence on them by their adult children, thus freeing up some of their energy for their own development. For parents, this time in their lives should be one of maturing fully and fully becoming themselves in an individuated sense.

In another sense, by removing oneself from the enmeshed or family system in this way, removal of this "cog" in the system might disrupt the system enough that other members will be motivated to change and mature their own viewpoint and direction in life. In Taoism this is known as "action through no action." A similar example is when a person's "response" to aggression is neutrality or knowledgeable avoidance – the energy rebounds back from where it came from: "action through no action." This is an example of the necessary psychic (ego) chaos that the discriminating sword of consciousness can bring.

Too much love can become an evil – smothering and controlling. What many people consider love is sometimes simply ego satiation and enforcement by the family, the herd and the subsequent giving up of individual autonomy and energy. It can become downright vampire-like, to the point where people actually perpetrate these dynamics without conscious awareness of them. Some people's actual way of being is maintained in this way. In all seriousness, if you are a very sensitive person, see if you ever notice when you become somewhat breathless or a feeling of anxiety, even a sudden tiredness come over you. Instead of reacting to it, especially emotionally, stay calm, breath deeply, softly and evenly. In other words, get centered and then just feel. After a while you develop the ability to "master yourself."

Eventually you will actually be able to note certain environmental dynamics that might be responsible. These are dynamics you would have missed if you had of reacted emotionally or physiologically; distracting you from everything except these two dynamics. This would cause a subsequent focusing on yourself – the essence and root source of alienation. Importantly, by not reacting to these kinds of things they will rebound from where they came from. If a person reacts, the people or person who projected their own (repressed jealousy, pain, fear, anger, etc.) psychic contents, probably unconsciously, towards you will be relieved of that which they projected, while taking in the energies you lost when

[309] "The Kingdom Within", Pg. 62

you exchanged them for what was projected. If you do not react, the rebound affect will certainly make the individual or people responsible react to these energies they are not used familiar with – reactions that make them and their dynamics transparent.

People who scapegoat other people are not used to the things or associated energies they usually project onto other people. It is important not to react in any way: this applies to everything from judging, assuming, becoming anxious or otherwise reacting emotionally or physiologically. This will give you a complementary ability to pinpoint the source of projections. It is precisely your ability to not react, the rebound affect causing a reaction in the sender and your greater awareness resulting from staying calm and centered that will increase your ability to see where the projection(s) and dynamics came from in the first place. This is not fiction. At first you won't notice anything – except you ability to remain calm thereby mastering yourself. Eventually, as you learn how to remain aware, clear and fully charged you will generate a greater and more sensitive awareness to what is. It is exactly the ability to not react emotionally and intellectually, to not judge anything, to have the ability to remain neutral that causes the rebound affect. If you learn to do this with people who are usually able to manipulate you with tears, anger, "words of praise" or lustful promises, you will be amazed at the results. Nor am I the first person to suggest this sort of thing and there are many people who are very conscious and aware of these dynamics.

I made reference to these dynamics when I mentioned children and why they may develop asthma. These things are instinctively/habitually perpetrated by most people who have not learned how to obtain their own energetic requirements from the limitless source. Here is something to think about. Consider the differences and contexts of these two statements: "I am so proud of you!" and "I am glad for you that you have done this". These two statements are completely different in meaning as well as context – they both express very different things and also describe very clearly the intent in meaning by the persons that say them.

Using the discriminating sword of consciousness in an inner psychic sense refers to dealing with the clamor of noises and thoughts that clutter a person's mind. This is very much related to the collective level of psyche and the necessity of quieting this. When you quiet the inner you quiet the outer within yourself. It is only possible by cutting the umbilical cord and using this sword (of consciousness) that evolution upward and outward can take place.

I cannot stress enough the paradoxical fact that in order to become truly empathically related with other people and the home we call earth we have to become complete individuals. The phrase "I am that I am" recognizes the realization of true autonomy found in individuation and transcendence beyond the false ego and collective super-ego. It is a declaration that can only be made

from a centered position.[310] This can only be accomplished within consciousness.

Destroying bigotry can only be accomplished by breaking away from group tribal consciousness and the false ego. True individuality and ultimately true connections with other people can then be empathically established. The "call" to the Kingdom of individuality has to come before anything else.[311] The emergence of a truly strong, healthy ego, an individuated person with a concrete sense of identity is the state of mind which then transcends the petty and competitive aspects of ego. This will free us from the source of that childish nonsense called bigotry. The actual experience of transcendence, whether temporary or permanent, is only possible by the strength of this real self-identity that can result from a growth in consciousness. All people, being children of God are Holy, each as Holy as the most Holy person who ever lived. Virtually every human life is as precious as the next.

Within the Kingdom, to become actual children of God is to become directly connected to the fiery and then archetypal reality of the higher realms of consciousness. [312] As I mentioned earlier a healthy person who has developed and evolved their mind touches an inner sense of conscience that is far more honest, compassionate, empathically sensitive and humble than previous states. This state of mind is the exact opposite of the internal police state I mentioned earlier in this paper and far more law abiding. Think of it: when people are coerced by outside forces, resistance will naturally arise, especially the more unjustifiable it is. On the other hand when a person wants to act according to an awakened consciousness and conscience this will naturally be reinforced. The result would be a more ethical, moral and true loving awareness that is inherent in wholeness.

In searching for the kingdom the one power that is contained throughout all of creation can present many "different colors and hues." In its various manifestations it can be quite chaotic for someone during the process of sorting through them to find the calm waters of the center.[313] At all times it is necessary for a person to remain grounded and focused to prevent any sort of ego inflation. Psychologists focus primarily on developing the false ego. What they have to begin to do and the same applies equally to political and religious leaders is to stem the ego inflation that is a marked characteristic of hypocrisy and bigotry. Hypocrisy and bigotry also causes these same people to melt in the herd. As Christ taught, in order to become connected to others in a true sense we have to temporarily divorce ourselves from them, before we can take on the burden of expanding and including them into the greater psyche. This mirrors exactly the beginning stages of true meditative practice, alchemy and other traditional paths.

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[310] "Beyond The Lodge of The Sun", Pg. 65
[311] Ditto, Pg. 62 - 64
[312] "The Kingdom Within", Pg. 65
[313] "Beyond The Lodge of The Sun", Pg. 66

When a person develops into these areas to a certain extent one can learn what helps or hinders progress within this expanding flow of life.[314]

I have demonstrated the various ways that flow can be interrupted in today's world although the vast majority of people are ignorant of the amount of interruption and psychological interference that takes place. If we are able to reach a high level of consciousness and are able to view the contents of the psyche, without an effective ability for healthy detachment from these contents they can distract us from the more important process that is taking place.[315] This is because of an ego-based personality – the police state. This produces our machine-like inventory created by the ego and modeled after our quantity obsessed society-like surface mind. Podvoll made reference to this constant monitoring, micro-operations, that has to be conquered in order to find clear spaces. This is also a recognizable part of the meditative process.

By uniting consciousness with the contents of the psyche we have to be careful not to become dazzled by them. True integration does not mean melting into a previous state of enmeshment unconsciously. It means integrating on a higher level.[316] Wilber stresses how easy it is to regress into enmeshment when he describes how many people mistake "consciousness" and transcendence with further submergence into the herd or group. Real integration and transcendence involves conscious integration on a higher level and this is most easily distinguished by the ability to remain detached from the contents of consciousness: this mean to be "in the world but not of it." In the first instance the herd manipulates a the person who is not consciously detached from it. When one is integrated on a higher level, one is no longer "bedazzled" by the contents of consciousness. Although detached there is full conscious empathy present. A person learns not to be fearfully defensive. There is total acceptance and it is here that the eradication of bigotry can most fully be accomplished within ones self and therefore towards other people. This does not mean that we accept bigotry we encounter outside of our selves, quite the opposite. However, beginning with our selves is the first step in healing it outside of our selves.

What the medicine men or women, saints, sages and various masters world-wide who have attained individuation or enlightenment have all described teach people ways to enter the "Kingdom" of individuality. This will naturally result in uniting with other people and the Earth. I will mention an example expressing the absence of bigotry and the inherent unity of the Kingdom. When teaching or talking to people it has been said that people who have attained spiritual enlightenment were able to communicate to people regardless of the languages these people spoke on the material plane.[317] This demonstrates a total absence of differences between people on the higher levels. Although this only makes

[314] Ditto, Pg. 67
[315] Ditto
[316] "The Kingdom Within", Pg. 66
[317] "Beyond The Lodge of The Sun", Pg. 67

reference to language, considering the importance that language and semantics play in creating our cultural perspectives and worldviews, it therefore also demonstrates that the eradication of semantic differences would also do away with most of the causes of bigotry wherever it may be found. It demonstrates the common ground we all emerge from and live within. This also illustrates the importance and power of words – words can be like daggers or like soothing music; they can be used to separate or to unite.

Political correctness is a perfect example of how words can be used to create differences. Political correctness divides people within themselves and manufactures defensive postures between people. It prevents the emergence of true individuality. In this sense it makes perfect sense that so many people complain of the intolerant and bigoted displays promoted by political correctness, especially when it comes to speech. Political correctness, in most cases, is a perfect example of doing the very thing that its purpose is supposed to eradicate. Political-correctness is an extreme form of bigotry stemming from biased semantic perspectives and emotionally motivated intolerance. **The only type of political-correctness that is acceptable is intolerance of people who are intolerant of individuals, groups and larger collections of people.** However, even this is intolerably intolerant.

However, even in these instances people must guard themselves from committing the very same injustices they condemn in intolerant people. I will give a perfect example. Several months ago I was living in a city where a well-known and controversial person from another country was coming to speak. This individual preached racial segregation – bigotry. He rented a room at a local establishment in order to give his presentation. While he was there the room in which he was giving his presentation was “invaded” by people who were opposed to the message he was trying to tell people. They heckled, yelled, disrupted and finally physically assaulted him. The police had to be called and the proceedings were brought to a halt. Most of the people I heard interviewed agreed with what had happened. I find it interesting that the most vocal opposition to what had happened was a Jewish person. I can’t recall if this person was a holocaust survivor (I think he was) but he said that he was appalled by what had happened. What had happened was exactly similar to what had happened to the Jewish and other people persecuted by the Nazis during the early days of the holocaust in Hitler’s Germany. The people who had brought the proceeding to a halt had committed the same offences and behaviors they were claiming to oppose.

This insightful, balanced and very humane person of Jewish heritage had been able to see this. Even though he was opposed to the message the speaker was preaching and given the horrors that had been perpetrated against the Jewish people during WW11 he had still been detached and civilized enough to see that what had happened was wrong. In fact, similar to the way in which the persecutions against Jesus had actually brought him into closer empathic

connection with other people, the horrible persecutions that had been committed against the Jewish people and possibly this man, had brought him closer to the mutual humanity we all share. If people opposed this speaker and his political stance they should have ignored him and his message. If no one supports dictators they cannot "rule" or control people. "When fighting monsters one must be careful not to become monsters."

Political-correctness is very childish and promotes egocentric separation based on culture, semantics and other artificially manufactured differences – especially imaginary differences when we take semantics into consideration – A: "That's not what I meant!" B: "Well, that what it sounded like to me!" A: "That's not what that means to me when I say that!" B: "Well, that's what it means to me!" In these instances the intent behind the meaning is not taken into consideration. Instead, the egocentric and narcissistic emotional baggage connected with the speech is what determines whether it is "right" or "wrong". This is divorced from logic and commonsense, civilization and the pull of evolution.

The universal language of the psyche is beyond words and more like a subtle feeling or knowing.

The freedom that can be experienced by being free of bigotry within oneself allows a person to realize that the unconscious becomes a great weight, a burden, only when a person is unacquainted and not integrated with it. That is why a repressed person dissociated from the unconscious contents pf the psyche experiences it darkly, negatively and in a bigoted manner.[318] A centered position, integrated with what was once forcefully repressed or simply unconscious can provide the source of true freedom.

Consider the powerful impact that would occur within humanity if a critical level of aware connectedness between enough people occurred on an individual level. This would be nothing less than an initiation into a transformation of human consciousness, up to a higher level of evolution. In trying to get people to consider these possibilities I recognize the fact that the more people who seriously consider these possibilities increases the likelihood it could actually happen, with a sort of cumulative and quantum leap affect. A transformation or even increased widespread awareness of these realities at the higher levels could actually induce people to question the insanity of holding bigoted attitudes or of supporting other people who hold bigoted attitudes towards others, in whatever form they presented themselves. It is bigotry and hypocrisy that Jesus was most concerned with in his day. This is pure psychology and something everyone is capable of becoming aware of. In fact there are thousands of people who are aware and I would imagine on the same high levels that we once considered reserved only for holy people. If you are one of the few who choose

[318] "The Kingdom Within", Pg. 68

to truly search for psychological – spiritual growth you have to be totally curious and totally open at all times. In considering the dynamic affect that might occur once this type of awareness is initiated within the human collective psyche on a great enough scale, I will refer back to the dream where I described my spiral ascent up the tree. The speed increased as I became less burdened by the pull of the gravity of the earth, materialism and the ego: with bigotry.

As higher levels of awareness and what American Aboriginal traditions refer to as “Grand Powers” are attained, and as connectedness with people increases on a conscious level the importance of balance increases. On these higher levels one would be uplifted. As individuals become conscious on the collective levels of the psyche; as they become conscious of the differences between the nature of fallen psyches – **not to be equated with some kind of superstitious belief** but rather in the sense of being psychologically disconnected from the higher realms within the psyche – and aspects of their own uplifted awareness, this would increase the need to feel, recognize and know the sources of bigotry within themselves. As awareness rises higher, recognition of these contrasts increases. It is at these times one has to be very aware of the synchronistic reality that everything is contained within the psyche. At this higher level of awareness one would also be able to spot the Synchronistic tricks of the psyche, internal and external, that tries to fool awareness of ones direction.

At the higher levels of awareness ritual is no longer a necessary tool to transform the psyche to open up awareness to the higher realms. At this point all that is required is the ability to “just let it be,” to accept the multitude of different vibrations that permeate and manifest within the environment. This is an example of how transformation of the world can begin – and it has to begin within the individual person.

It is said that “bad medicine” or feelings of bigotry stem from fear and fear stems from ego.[319] I have heard it said that one of the first emanations of evil is fear and this is true. This is the emanation of an ego, including the collective superego contaminated by the shadow. In keeping with what I said above, as awareness of the sources of bigotry and ego separation increases within an individual, so also does fear. I now realize that in addition to this being real fear emanated by real egos outside one’s individual ego it is also fear within one’s own psyche. You begin to realize that these fearful “darkies” one tunes in with are part of one’s whole psyche. Dogs have psychic sensitivities capable of sensing the fear emanated by people, so do humans, who are among the most highly evolved animals on earth.

This is about people repressing aspects of themselves they seemingly cannot and therefore do not accept. Subsequently this is the source of all bigotry. I truly believe that once awareness becomes complete with individuals on the collective

[319] Ditto, Pg. 80-81

levels peace “In heaven” will then happen. This is very spiritual but it is profoundly psychological and very real. There is nothing supernatural about this unless one breaks the word, supernatural, into two words: super nature. This is conscious awareness at both the lower and higher realms.

To concisely summarize the above, it is a failure to see the Pharisaic mask that we wear that manufactures the inner contradictions[320] resulting in fear and bigotry. By recognizing these masks, as we raise our selves up in awareness we help to transform the world.

This inner contradiction is what can lead to dissociation, turrets syndrome and other forms of mental fragmentation and retreat. In the age of the machine, along with everything I have been saying throughout this paper, we see that society and the powers that be are not only preventing the people from entering the Kingdom, in fact people are being forced into the hands of Satan, the collective and personal shadow. This is stagnating and annihilating.[321]

The unconscious rage permeating throughout the collective is beginning to break through in such a way that it cannot be stopped. Combined with this is the increasing number of people who are consciously becoming aware of this on a meditative and an intellectual level. In considering the history of humanity, it has usually required some sort of crisis to propel humankind into a quantum leap, so to speak, up to a higher level of civilization. Sanford spoke about people who are ready to enter the Kingdom of God are usually those person’s who are in a state of crisis in their lives. Just as individual human psychic development is mirrored in collective psychic development, taking into consideration the two-way, interdependent nature of psyche, I believe a similar type of crises is now occurring today on a collective psychic level, impelling a collective impetus to transformation.

Many people are becoming aware of these realities in contrast to those who are not. As this division increases, the split between those who are aware and those who are not aware produces an accompanying tension. This increases the likelihood that an actual transformation in consciousness will occur.

In the story of Jesus and the Pharisees it was Jesus seeing through these masks that most angered them. This is a perfect description of what I said above about the fear in the ego that develops when it wants to disown and dissociate from truthful aspects of the whole self. Presented as the epitome of hypocrisy, looking at the Pharisees is very important because they were supposed to be the healers of the spiritually and therefore psychologically wounded and needy. In historical hindsight, this presents us with a classic example of the healers needing to heal themselves. Compare that with another point I have been

[320] “The Kingdom Within”, Pg. 70.
[321] “The Kingdom Within”, Pg. 70

attempting to make throughout this paper. Evolution has been turned into devolution for most of society. This dramatically affects the ways in which people think and act. Wearing a mask is the greatest of sins because it is the resulting hypocrisy that destroys the wholeness of the psyche and in extension balanced mental health.[322]

The one main psychological trait that spirit can be identified with is consciousness. While learning to recognize these truths in the search for the higher awareness, since spiritual language is both symbolic and factual at the same time, using a symbol in ritual has the same affect as what I described very early on in respect of spiritual alchemy. Symbolic reality and therefore ritual ceremony directed towards healing the psyche and Soul cannot be born of the ego. It can only be born of the whole psyche.[323] Ritual and ceremony that stem only from the brain or ego asp-ects of the psyche are not geared towards transformation. Instead, this type of ceremony results in manipulation by the ego.

During ceremony a state of participation mystique can occur. The key is to performing ceremony and ritual properly is to do it within consciousness, with a heightened awareness of the intent behind the symbolic act. It has to be individually performed but with an awareness of the greater whole (environment) and the potential impact that will result – the circle and the pyramid. This is why being solidly grounded and conscious is so important. This is how one learns to be in the world but not of it. Of special note, if a ritual attempts to draw a person into a trance and especially if this happens within a group ritual, it is of paramount importance to be aware of the difference between sinking to a lower level of consciousness. This is regressive rather than transformative – it is not transcendent. Knowing the purpose behind the ritual or group performing the ritual, achieved by a high level of consciousness, is of utmost importance. There is no place for the use of mind-altering substances, especially for the average person and especially within a group. Mind-altering substances have a downward pull on consciousness, towards a state of participation-mystique. The possible exception to this will only apply to those people who have already achieved high levels of consciousness. Ironically, individuals who have attained these high levels of consciousness would not want to use these substances. Using them could result in a contamination of consciousness. This is very similar to the medicine man that told me there was no place in the Sun Dance or spiritual quest for substance abuse.

For anyone living within a highly populated area like a city or town but especially within a group, use of these substances leads to a regressive group enmeshment magnifying whatever (perhaps unhealthy) aspects of the psyche are already present. A person would have to be a great way from any other

[322] Ditto
[323] "Beyond The Lodge of The Sun, Pg. 99

person or people for the group or mass mind not to be affected when using mind-altering substances, because of the highly sensitive state a person finds themselves in. Even within a purely natural environment, even if healthy, it can still lead to a sort of environmental enmeshment, a participation-mystique. All reputable guides, masters and teachers of the psyche know this fact. When I was speaking with the medicine man, during our conversations he made awareness of this fact quite clear to me. I will never forget that he told me this during a time I was using marijuana on a regular basis. Interestingly, he brought this topic up out of the blue – I did not raise the topic. He was a real medicine man. He intuitively knew I was using this mind –altering substance and knew it would interfere with, as he knew, my quest on the path. There is almost never any place or role for mind-altering substances. It was the wisdom he displayed as he spoke to me about this and other things that assisted me during a very important stage of my own growth.

This person spoke with heart, in the sense that he spoke from a mature, centered position with expanded awareness of the realities of his world. The "Kingdom of God" can only be experienced in the heart of the well-centered individual, someone free of the false masks we present to the world.[324] Therefore, when I refer to heart I intend it to refer to the whole psyche, especially the 9/10ths of the psyche most of us have ignored in the past. Heart refers to consciousness. With this increasing aliveness it becomes easier to detect what is not healthy and what is.

The new ethic of the Kingdom is possible to attain if one becomes aware of what Natives refer to as "bad" medicine," mentioned above. Natives refer to it as outside influences of people "messing with your awareness." [325]However, by recognizing that the outside reflects aspects of our inner psyches we can learn to neutralize this meddling through the discipline of mindfulness. For example, a person begins to actually neutralize those meddling persons outside of him or herself by not allowing a triggered response to occur. Through this method we can become aware of and neutralize those aspects within us that are reflected on the outside. Remember the example I gave very early in this book where a person giving a lecture had someone in the audience try to start an argument. By not arguing, not getting caught in the aggression, she neutralized it – she used the discriminating sword of consciousness. As a Taoist would say, this was an example of action through non-action. These are both example of the power of the psyche; and how spiritual transformations of humankind indeed do have to begin with individuals. With this understanding, combine it with what I said about the collective psyche – transformations could only take place as a result of balancing the tensions between two apparently opposing dynamics. On the individual level awareness increases this collective awareness. It is this increased level of consciousness, once a critical level is reached that will launch or initiate the transformation I am talking about.

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[324] "The Kingdom Within", Pg. 74

[325] "Beyond The Lodge of The Sun, Pg. 99

This is based on an ancient understanding; an understanding that is part of the native and other naturally evolved wisdom traditions and ways of life. I truly believe that learning in a way that true spiritual understanding is respected and sought after might assist in the healing of society. This will eventually take place but naturally, utilizing an inclusive and compassionate approach.

At all times during an increase in awareness and an ability to use these spiritual "Grand Powers," we have to be on guard against the tricks of the ego and in extension the superego. We have to recognize aspects of ourselves that are reflected through other people – these have to be constantly guarded against. This requires psychic strength, courage and especially humility. All of this requires consciousness, awareness.[326] I will use an example, in an individual psychic sense that everyone will recognize – the story, Star Wars; don't laugh. During his initial training and life as a Jedi Priest, Darth Vader was working for the life-giving aspect of the "one" force. It was anger, possessiveness and jealousy that turned Darth Vader to the dark side. It cost him the love of a woman he thought he loved but instead murdered.

This is a perfect metaphor for the anti-woman or anti-life aspects I spoke about much earlier in respect of the nature of Satan and the psychological reality of the psyche, especially as it relates to ego and anger. As an individual's awareness increases, awareness of being affected by the negative aspects of the psyche around us increases. By not becoming angry, by not reacting in a similar manner to this energy one will not "become monsters while fighting monsters," as Winston Churchill said it quite nicely.

It is well known that there is no place in martial arts for anger – it destroys the ability to focus, concentrate and attracts similar energies. A true martial artist wins a fight or battle by neutralizing or redirecting the energy of an attack or potential attack – actual fighting is a last resort.

Remember when Darth was fighting his son, Luke Skywalker. At one point in the movie Luke slipped and was on the edge of a structure barely hanging on with his hands (very symbolic). Darth tried to get Luke to express as much hate for him as possible. What Darth was trying to do was to couch his son into giving in to the dark side in the same way Darth had while combating the dark side early in his life.

Each was a reflective aspect of the other. In a spiritual sense Darth represented the old dying personality (the old wineskin, the old "goat") and Luke represented the newly emerging integrated individual. At the end of that episode after Darth Vader had died a physical death, remember when there was a scene showing a pure white image of Darth waving to Luke. On the collective level this

[326] Ditto, Pg. 127

was symbolic of the perfection of the souls, regardless if it learned the lessons it was supposed to learn in this incarnation.

On an individual level it was also a symbolic representation of the alchemical individuation process. As I said earlier about art – art is not fiction. It emanates from the psyche and is a creative way of describing those realities of the psyche that can be intellectually, intuitively and intelligibly understood. In a movie like Star Wars all of the characters can be considered aspects of a person's psyche, similar to any myth, gospel or psychological metaphor.

In considering the cyclical nature of "bad medicine," this dynamic goes in more than one direction. One sometimes creates the false ego-self to attain material wealth and immersion in material wealth maintains the false ego, each perpetuating the other. We see these kinds of cyclical actions throughout society.

Eating of the fruit of the Tree of Knowledge was evil, although evolutionarily necessary, because it created awareness of the "difference" between the two types of energy – evil and good were categorized as a result of raised awareness of these two apparent opposites. However, to use negative energy to fight against negative energy strengthens the negative energy – Darth tempting Luke. This is why wise people discriminate between evil acts and the person who performs the act. The person is not evil or negative, only the energy behind the acts. Importantly, all considerations of right and wrong are born of ego separation. In connection with the above, when people are told to "offer the other cheek" when someone strikes them this is not a prescription for ignoring what has been done to them and allowing themselves to be hit again. That is masochism. What is being said is not to react with the same type of energy that the person who hit you expressed. It most definitely does not mean to allow them to do it again. In this context, when negativity is allowed to grow and increase its prevalence and affect on people; when people are not aware of the above dynamics, then "wrong acts" become a sin against the creator and the spirit in all things.[327] In these instances people are missing the mark.

An immature egos' development, when looking at the knowledge or information contained within the Tree of Knowledge, is scientifically seen as the linear habit of deduction, classification, and separation – the original source of bigotry? Before eating the fruit and becoming "aware" of right and wrong only the flowing Holy Spirit in all things could be perceived and it was good, exactly as stated in the Biblical story of Genesis.[328] It wasn't necessary for the fig leaf until some sort of classification or separation from the absolute whole took place. As soon as people began to classify right from wrong it created splits within people, leading to the creation of bigotry and increased levels of negativity. As soon as classifications such as this were made, in the example of evil, the very

[327] "Beyond The Lodge of The Sun", Pg. 127
[328] Ditto

classification itself produced a psychic environment conducive to the increase and power of negative energy. Remaining neutral or accepting in a tolerant way and especially by not producing the same energy not only strips negativity of energy (or reclaims it) it also allows people to see the same realities within themselves in a tolerant way. This provides a basis from where one can transform these realities into creative avenues.

Although children are at an emergent level of development they are spontaneous and the concept or reality of evil does not exist for them. If allowed to grow naturally without classifications of this nature it only makes sense they will develop in healthy ways that are beneficial to life, themselves and therefore to others, not harmful. It is not until they are conditioned to make these classifications that the ego creates separation – then masks or personas are manufactures. It is this very attitude and way of being with children, innocence and spontaneity, that adults must cultivate in order to regain a paradise lost, only this time as conscious adults.[329] This also demonstrates the requirement for a healthy adult population and culture to allow the child to develop – children require this healthy culture to evolve as humans. Remember the example of "wolf boy" given earlier. It is a cyclical action that has to change.

To break the will of a child can be viewed, in this context, as the first inroads by the "adversary" in killing and mute-ilating children's sacred and whole selves, their whole psyches including their souls. The Earth shattering thing is that in fact their inner Kingdom's are being destroyed – the very gift of the Creator! This is being done by the "wolves in sheep's clothing" we read about in the Bible. It is these wolves in sheep's clothing, on the collective level and thereby through the individual that we encounter the beast of revelations.

Back then they didn't know about machines like we do today. In the Book of Revelations, John's vision or whatever visionary actually had this insight, utilized images he understood and could interpret. The vision didn't refer to a machine-like existence: that would have been meaningless to the dreamer at that time. It described an environment, psychic and material, controlled by a beast. It is still an accurate vision because we have come to be ruled by the beast – by our lower, reptilian, limbic parts of our psyches. Our shadow and superego contaminated ids, our primitive beastly natures pretty well run the show today. But we've become adept at projecting it elsewhere by using others as scapegoats. As I said, the paradoxical problem is that the beast eventually starts chewing on itself for nourishment. It is quite apparent this has already started to happen. All we have to do is look at world society and the environment – we know that can't continue forever.

Once we confront these aspects of our selves, accept and civilize them, the law that was necessary for this unseen shadow in the first place will no longer be

[329] "The Kingdom Within", Pg. 79

necessary.[330] This awareness can also be interpreted as repentance. As the scriptures of various holy books using different semantics say, peace would reign in heaven.

The original Greek meaning of the word, repent means to turn about. In other words, to reverse and civilize what has become uncivilized. Once we take off the mask, accept what our egocentricity-induced paranoia classifies as "wrong" or "good" we can bring the darkness to light. We can transform what we classify as "evil" from the inner adversary to become a partner in life, and a very energetic one at that.[331] When self-righteous hypocrites, through the various avenues and organizations mentioned earlier attack, by projecting onto other people what they repress in themselves, they quite literally are in fact attacking themselves, as well as victimizing others. Thus, Hyde not only attacks others ruthlessly, but himself as well.

Mentioned several times throughout this book, in a spiritual, psychological and practical sense, the more this inner "adversary" is kept in the dark the more we create oppositions, unconsciously, to force us to recognize and embrace what we deny within ourselves.[332] Think how this paraphrased statement, made by a member of the clergy and a psychotherapist pertains to people suffering from turrets, "schizophrenia" and people who have become self-abusive. This also dramatically includes those persons who persecute these people. This represents and mirrors very well the dream and interpretation of my dream that took place in the arena. In a great many ways I identify that arena with the coliseums that existed in the ancient corrupt Roman Empire.

Ignorance of our own devils does not do away with this negative energy nor can it be medicated away. When we are in denial and/or use medications for this purpose all we do is ignore reality and find these devils in other people, outside of ourselves.[333]

By transforming what appears to be ugly because it has been shut up in a dark, airless jail, it becomes a boundless source of creativity, spontaneous enjoyment and appreciation for life. Here I could be referring to the frog in the fairy tale that is turned into a useful part of the person's psychological makeup once the ugly aspects it presents to us are accepted as being a part of our whole self. When the princess kisses the frog, the love expressed by this act of acceptance transforms it from something primordial and uncivilized into a handsome and powerful source of life. By becoming aware of it we uncover it; through acceptance and by nurturing it we enlighten it. It then becomes an expression of inner strength and knowledge.

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[330] "The Kingdom Within", Pg. 80
[331] Ditto, Pg. 82
[332] Ditto, Pg. 83
[333] Ditto, Pg. 84

Masters, adepts and teachers have taught for hundreds of years that when we deny and shut out aspects of our selves in the manner we have been discussing, what we are doing are shutting out aspects of what is created in God's image. In this sense "….we find ourselves also dealing with God."[334] Recognizing this means recognizing the spirit, the creator in all things. The lower and the higher are all one. The illusion of separation is simply the different emanations and densities of creation.[335] Recollecting our integral selves, by withdrawing projections and doing away with hypocrisy, these are the most important things that we as human beings have to do in order to enter into and live harmoniously within the Kingdom of the Creator. In this way we give up the bondage in which we have wrapped ourselves and instead choose to live in the Kingdom.[336]

People cannot be healed from the trauma perpetrated against them in sterile institutions of the religious, medical or societal kind. Healing can only take place in peaceful environments that encourage the recollection of the image of the creator, by joining Heaven and Earth. Heaven refers to awareness and attention to the higher spiritual dimensions of life. The Earth principle is the sacredness of all the elements, the preciousness of the human body and everything manifest in the world. Heaven and earth can be joined by the human activities of ritual, appreciation for detail and compassionate relationship. To my mind, this refers to sanctifying and being in the here and now of all activities. [337]

Virtually everything we do, say and think has a deeper meaning when looked at not only as an individual but also in connection with other people and all life on earth. An appreciation for detail refers to a radical aliveness, of an awareness of the poetry in motion that the ritualization of even the simplest and apparently most trivial of actions and thoughts can have on an individual, community and the larger environment. A compassionate appreciation for relationships, especially with one's body, extending outward translates into a removal of the fig leaf and learning to respect all aspects of what it means to be alive on earth – to be human. It means to bring to light, out of the mire and mud. It means to civilize the primordial in all its power and glory. It means to refine with the shining sword of light the divinity that is meant to emerge from the species of animal called humankind that was created in the image of the source of creation itself. To join Heaven and earth refers to a connection to wholeness. To appreciate the diversity that is found within humankind and all life is to appreciate the actual and the potential of all life forms, with an obvious emphasis on human beings; to then in turn become creators. Not as gods but as God intended, through nature, not in spite of nature – all nature.

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[334] "The Kingdom Within", Pg. 78
[335] "Beyond The Lodge of The Sun", Pg. 150
[336] "The Kingdom Within", Pg. 89
[337] "Recovering Sanity", Pg. 212

Wherever and whenever purposeful ceremony, ritual, thought and action take place towards healing the individual psyche there is a cumulative transformative ripple affect on the whole of the human collective psyche and therefore on all of Heaven and Earth. [338] The best local (for me) examples of this interplay of energies I can think of, in an interdependent and transformative manner are native healing circles. However this does not have to take place in a traditional native circle – all human beings are already living within the circle of life.

Psychotherapeutic healing should involve a combination of individual and group therapy. This literally concretizes, during the healing process, an appreciation for both our individuality as well as our interdependence with others. Having an appreciation for the concept of joining Heaven and Earth as I described above, then using this appreciation in any healing relationship may open up people to the environment outside of themselves. This can create spaces whereby they can let go of a preoccupation with the labels other people place on them, such as some so-called mental illnesses – this includes labels people place on their selves. These spaces, that Podvoll speaks about, allows people who are otherwise too preoccupied to find enough liberation of mind that they can gain the energies required not only for creative purposes but for further exploration and movement into the higher realms of the psyche.

Finding these open spaces are the healing purposes of ceremony within Native healing circles. They are geared towards opening up awareness and access to the higher realms of the psyche. In Native healing circles these ceremonies allow a person to leave the preoccupation with, illness for example, in order to access these energies. These energies are shared within an interdependent circle of relations, guided by the wise ones of the group. Importantly, being aware of the interdependent nature and energies of the circle these energies are mutually reciprocal and therefore experienced within the whole group contained in the healing circle.[339] Mindfulness to attention and dynamic process can greatly empower the healing process and invest the people involved with the mental and physical energy necessary for the work required. It opens up and reinforces the power of spirit. Spirit in this sense refers to highly focused psychic energy that goes beyond emotional, sensational and even intuitional elements. It represents a crystallization of a person or people's center – this is where true intelligence and universal spirit is to be found.

Using the process of mindfulness and neutrality during any intimate group experience or within a healing and spiritual environment, any judgments or hypocritical condemnations will rebound on the perpetrators, the hypocrites. Hypocrisy is different from evaluation because evaluation allows for the recognition of negative or unbalanced energies without judging or condemning

[338] "Recovering Sanity", Pg. 212
[339] Recovering Sanity", Pg. 212

the individual (s).[340] In extension, not judging or condemning what you find within yourself will naturally prevent a person from projecting onto other people. This is different from the way we create and condemn scapegoats in society, like the Nazis did to the Jews and other groups. It can be said that the Nazis and their allies carried the projections of the world madness on themselves, in an ever-increasing spiral. This is how it spreads and grows – bigotry in every sense of the word.

This is the main reason, with quite beautiful reasoning, that Jesus urges us to love our enemies. Regardless if we consider other people to truly be reflections of ourselves or not, Scapegoating and its affects is a psychological fact. Even if one does not accept that we contain within ourselves the whole of the human collective and therefore all psyches, in the case of hypocrisy, they are literally mirrored psychological aspects of ourselves because we make them so, by projecting! Christ doesn't mean to say that we should let people walk all over us, quite the opposite. He's talking about a person becoming an autonomous individual and having control of their own life by becoming tolerant with him or herself and then extending this outward to include other people.

In the above sense, this openness or breathing space can be found when tolerant awareness increases, when the flow of negative thoughts is slowed down enough that a moment of now-ness takes place. Then it becomes possible to find sanity. This applies to both healer and client. What this would accomplish is to take the focus off pathology and instead look for health. It is these areas of sanity that should be nurtured. Everyone is composed of both negative and positive qualities, insanity and sanity, the irrational and the rational, Yin and Yang. In the psychological healing profession and in places of spiritual pursuit this recognition will allow a person to set their imbalances aside – discrimination without judgment – long enough to find what is balanced, to reinforce it and to then build upon it. This is of even greater importance within a spiritual community – in how they relate to each other within the community and to people outside it. Focus can then be placed on what is healthy.

Evaluation recognizes when people's imbalances cause harm to self and others. A person evaluates and communicates when harm is taking place physically, psychically and spiritually. To heal the Earth this can occur in medical practice, living situations, religious communities and places of employment – anywhere that people congregate. However, I am focusing primarily on medical, social and spiritual communities. To not speak up and try to communicate when harm is taking place is irresponsible – silence creates an atmosphere of collusion and creates unwitting accomplices.

Judgment or hatred blinds a person or people to other human beings. This is why Christ said, first and foremost, that you should love "God" with your whole

[340] "The Kingdom Within", Pg. 90

self – God is the whole psyche and therefore one learns to love themselves and other people. The second most important teaching of Christ is to love your neighbor as yourself, for the same reasons.[341] Having said all of this, I will again say that there are asp-ects of negative, even evil parts of the psyche that are perhaps beyond salvage, such as hate. By bringing everything to light the unsalvageable can be done away with because the healthy and beneficial will be liberated and raised. Focus can be placed on what is healthy.

Psychologically, this commandment makes perfect sense – it is telling people to learn to love others by first learning to love themselves. Once the categories of good and bad are let go of, we can focus on what is healthy. Religion can learn an important lesson from this. Medicine that tends to focus on pathology rather than health can equally learn an important lesson.[342] We have to increase the focus on preventative medicine, the good, rather than pathology – we have to focus on spirit, body and mind.

I find it profoundly important that when people become "naked" in the sense of not covering up their true selves and natures, as Noah did after the flood, this nakedness embarrasses others. The flood was a flood of awareness. The reason for this is so important because this nakedness exposes the hypocrites and hatred other people have within them selves.[343] Noah was advocating a return to the Garden of Eden, within consciousness – the transition to a higher level while retaining the foundations. The response of his son showed a conditioned fear that prevented his son at that time to see his father in a real light. Instead he was using a fig leave to hide in the sense of not recognizing the whole psychic reality of himself and of humankind.

This is also why Christ angered the Pharisees. It also explains why, in today's society, when people speak up about oppression, of any sort, some people, the perpetrators or accessories become angry. When people become angry, whether over direct or indirect accusations or even simply by being exposed to that possibility, these emotional responses could be exposing their "guilt" in creating or condoning oppression, even if there is no conscious recognition of it.

The repeated admonition of Christ, to be perfect just like God, is a constant teaching and instruction of his. It is telling people to reconnect to and recollect their whole psyche.[344] Yang has to be balanced with Yin, left with right, up with down, Heaven with Earth. The two together create a complementary state of dynamic movement and oscillating balance – not stagnant and dead-like but totally alive. It has nothing to do with perfectionism. In a parallel way this is why a circle is considered a geometric and symbolic example of perfection.

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[341] Ditto, Pg. 94
[342] "Beyond The Lodge of The Sun", Pg. 151
[343] "Beyond The Lodge of The Sun", Pg. 151
[344] "The Kingdom Within", Pg. 95

When Christ says to “be cunning as serpents and harmless as doves” he is referring to the energy and creative power that being whole will bring. The combination of serpents and doves is a perfect description of someone who has awakened their ability to consciously and in a disciplined way connect with an awakened Earth, civilizing the primal energies within while reaching upward into Heaven. This is Kundalini, the serpent fire and the Chi of Oriental martial arts, it is The Holy Spirit – most spiritual and cultural groups located all over the world globe have their own semantics to describe the same thing. A realization of this energetic and spiritual reality is only possible through self-acceptance of all aspects of oneself. Using consciousness this will naturally transform into respect and love for others in a mutually reinforcing and increasingly energetic way, because it is inclusive not exclusive.

Usually the characters in the bible refer to masculine and feminine aspects of the psyche, the whole person. The nature of Jesus’ parables and basic way of teaching and speaking was to use mundane, physical examples to teach psychological and spiritual reality and so much *more*. The operational modality of these teachings is similar to the ways in which children learn psychological reality, by initially using physical representations to act as symbols for psychological reality. Jesus used “real” life situations to describe various levels of reality. He provided people with a map to guide them through the various levels of psychological and spiritual realities. Christ’s method of teaching was consciously understood differently for different people. His close disciples obviously would be able to attain a greater insight into his teachings than the masses would. But everyone who truly listened and understood would be affected by the truth he taught at some level.

When any species of animal produces offspring, the offspring is made in the image of that which created them. The same holds true for any life form that begets life. When human parents unite and create children, their wish should not be that the children remain as children. Their wish should be that they grow and mature into adulthood, with the child’s full potential blossoming into reality. Eventually the children usually reach or they might surpass what the parents were. When the human mind was created in the Creator’s image the intent was not that it remain in a immature, dependent and subservient state but that it develop it’s full potential; not to become “God’” but rather to become “God-like” because we were made in the Creator’s image. Naturally developed people do not remain immature, cutoff from and subservient to some mythical God in the heavenly sky while a few individuals who claim to have a special relationship with God keeps them in order. A true humanity grows into God to achieve the same loving – creative and unifying – spiritual reality that gave them birth.

Conclusion

I will close with some of what I consider some rather original thinking of my own. What I have tried to do in this book is attempt to create a clear and concise psychological picture of society. I have given a description of both the individuals within the collective as well as the collective human psyche in today's world and the overall dynamic state of mind that exists. As I said at the beginning of this paper I have not really said anything original. What I have done is to bring together many seemingly opposing views and perspectives and present an overall contextual image. I have presented one that does not fragment and segregate aspects of psychological reality. I attempt to expose the main sources of all bigotry that exist in this collective state of mind. I have greatly expanded on the conceptual capabilities of the human psyche as they are usually understood by mainstream society. Of necessity, when looking at psychological and psychic realities one of the first things to be done away with is that prime source of bigotry and persecution, superstition and one of its main by-products, fear and paranoia.

There are two kinds of superstition. In the first instance, psychological reality is distorted by rejecting aspects of that reality and projecting them elsewhere in the form of the Creator, the Devil and so forth – this is both fearful and paranoid. In the process these psychic realities are disowned and placed outside of the individual and collective human psyche. The second type of superstition is one that fragments, stunts and reduces psychological reality to the false ego levels. It 'shrinks' the psyche, like modern psychiatry does and mechanizes people into controllable objects, to be used by the machine-like system that has come to dominate world society. The first type of superstition projects outside of the human psyche those aspects that appear to be unacceptable or beyond the capacities of the ego level of existence. It tries to make some of these psychological individual and collective realities or potentials appear magical or not of this world. It disowns aspects of the psyche it or rather the ego does not like, will not accept or believes are beyond the scope of human ability. In reference to the more divine aspects of the psyche, people have been disempowered by conditioning with the result that this power is given to a few elite within the population. The second type of superstition uses fragmented (Newtonian) scientific logic and reduction to attempt to devalue and reduce the human mind to a level of machine-like creatures that operate on the level of hormones and the pleasure, stimulus and response principle. This is similar to the concepts developed by B.F. Skinner initiated by using rats to push levers to get food – stimulus controlled machines. Both types of superstition discount and reduce the full capabilities of the human psyche, both individual and collective. In society both of these superstitious dynamics work together. What I have done is present a psychological worldview that places back into the hands of humanity a psychological reality that is an inheritance bequeathed to us by the creator of this universe.

As I have been demonstrating throughout this work the worldwide repercussions of this collective repression and shrinking of psychological boundaries and realities has reached catastrophic levels – environmentally and psychologically. How can we ignore true Western psychology that has placed into conceptual views the knowledge of repression, its causes and the usual consequences that result? The most important

understanding of repression that true psychologies of the mind recognize is that unconscious dynamic levels of psychic operation cause much of it. It is the isolated use of logic, the ability to conceptualize and the apparent domination of left brained thinking – the false ego when separated from and in opposition to the greater psyche – that has enabled this to come about. By loosing touch with our foundations, the lower levels of psychic reality, subsequent crumbling and fragmentation has been the cause of this worldwide catastrophe.

This repression has forced the lower, all encompassing and more powerful aspects of the human psyche 'underground' where it has taken on a life of its own in the form of the shadow. This shadow, representing the wounded, mutilated and rage-filled aspect of the collective human psyche has taken over the systems controls of the world, to be manipulated by a few elite. With their collective anger at being the world scapegoats subsequent to the end WW 1, these dynamics are identical to the obvious social dynamics and psychological state-of-mind that enabled Hitler and the Nazis to play on and manipulate the German people. What transpired by the time of WW 2 was an example of how oppressed people can in turn become oppressors. It was an example of how people are sucked into and manipulated by "the dark side", the negative shadow of humankind. The German people's politically encouraged and manipulated anger brought this about. These types of psychological dynamics can only be healed by reuniting the split-off lower and higher levels with the small ego worldview that had dared to turn the powers of life into a psychotic shell. In respect of therapy, Western psychology and Eastern Wisdom have understood these dynamics for a long time. With this knowledge was developed the psychological ability to heal this state of mind on a mass scale. What humankind has to do is take back the night and day by taking the systems controls of society out of the hands of the shadow, especially in relation to modern science. We have to place it back into the hands of individuals. We have to untie and unite ageless human wisdom as demonstrated in some forms of spirituality, alternative forms of medicine and psychology with the best of what modern medicine has to offer. We are talking about human empowerment.

Let us take a new look at psychology and utilize true Western psychologies. Humanity was learning how to develop the psyche and psychic potential up until the time of widespread behavior medication theory came into vogue, supplemented and dictated by drug therapy, ruled by the medical-pharmaceutical megalith. From a spiritual and psychological perspective this can be interpreted as expressions of Lilith, leviathan, Kali, Satan et al temporarily turning the clock of evolution backwards.

Flowing from the same sources of knowledge that the above is gleamed from, in spiritual and psychological terms we can add to and expand upon all of this. As an individual's consciousness becomes conscious on the collective level, what is encountered is the anger of the collective shadow. In extreme concentrations this is known as Satan or the Devil.

Before I continue I would like to relate a dream I had several years ago while I was doing a lot of ritual work in Kundalini Yoga and the ceremonial arts related to the Judeo-

Christian Cabala. I was doing a lot of meditating directly on the chakra centers and of course paying attention to most of the other various forms of Yoga – a practice of mindfulness. If I recall I believe there are 8 yogic paths. Kundalini Yoga is comprised of all of the various Yogic paths with all of them being parts of the overall yogic whole. After all, that is the nature of Yoga and it is the nature of the Cabala, the Tree of Life. This is a developmental process described beautifully by Wilber's systematic approach and development of his holarchical worldview.

In this dream I am sitting in a chair, meditating. For the very first time ever during my mediation sessions, during this particular session I was able to absolutely refrain from grasping or hanging onto virtually any thoughts, feelings or other mental and physical sensations and images that might have otherwise interrupted the clean room and breathing space I had found.

Suddenly I became enveloped with a deep color of red, then orange, yellow, green mixed with yellow, then green mixed with blue, then blue, indigo and then I became bathed in the most brilliant clear and clean light I had ever experienced. What I had experienced was a travel process up the chakra system of the body – the various energy sectors of the body. As the movement up the body energetic system progressed, I experienced thoughts and emotions associated with each of the centers, each one progressing beyond the previous one in an evolutionary sense. During the whole process I experienced complete detachment from what I was experiencing. In fact I really cannot adequately put into words what I was feeling.

When I reached the level of clear light I then felt, first, the front of my forehead. It seemed to bubble and boil, it grew outward and the front and top part of my head seemed to expand. I felt my eyebrows then the rest of my face change in the sense of growing older – to become much older than I actually was in real life. After this happened I then felt my whole body seem to bubble and boil then actually change its molecular structure into something I cannot describe.

Then I just sat. There is no way I can actually describe what happened nor will I attempt to interpret it. At the end of the dream when I was simply sitting the only thought that I had was that I couldn't tell anyone. For a long time after that when ever I told people aspects of that particular dream I always ended by saying I couldn't tell them the ending because to me it was a secret I wasn't allowed to reveal – almost in a conspiratorial sense of keeping a secret. I realize today the real meaning of the thought that I couldn't tell anyone was simply the fact that what I had experienced was beyond words to describe. In other words, soon after I had the dream, as with other dreams I have had at different times, at first I interpreted it in a material sense. I realize today it had nothing to do with keeping a secret, quite the opposite. Having said this I think it appropriate to return to obstacles a person will encounter on the road to healing and becoming whole.

One of the first things a person encounters is fear, anger, and jealousy – the shadow or Devil. In reference to anger, to the individual consciousness that encounters this, its

collective concentration can be seen and seems to issue forth from individual psyches but not from others. Individual psyches-souls can be angry, neutral or supportive, usually unconsciously emanating these energies on the collective psyche. The only reason an individual can even sense and experience these dynamics is because we also contain these aspects of the collective psyche within our selves.

The psyches-souls that express anger or hate are usually souls at immature levels of development; they are those psyches-souls caught in the shadow or Devil's net. People who "sell their souls to the devil" do not usually do this consciously on the temporal plane. It usually begins at a soul level. Those individual psyches-souls one encounters that are either neutral or supportive of an individual's search and growth in consciousness are developed and mature enough to recognize the natural communion of souls-psyches within individuality. These psyches-souls are not threatened with this conscious communion, with true love free of aggression. The spiritual and metaphysical definition of love is unity. Even very few of these mature psyches-souls are conscious of this love on a material, egoist and therefore, relatively speaking, superficial level.

However, this reality expresses itself in other ways that are recognizable on the material level – primarily in an individual's level of health. I find it very disturbing that in medieval-times people who were very healthy were sometimes persecuted for "having a pact with the devil." Obviously the persecutors were the ones that were guilty of this, were jealous and hypocritical in the extreme. The healthy people had a "pact" with the Creator and wholesome living. I'm not referring to physical "beauty" in the usual sense of the word. I am referring to psychological and physiological health.

Homeopathy, for example, recognizes the importance of a balanced interaction and interconnection of body, psyche-mind-soul, all connected by spirit. Thus the expression: mind-body and soul; which is a close analogy.

This communion or love of souls-psyches threatens immature or mutilated and terrorized psyches. Usually they are fighting to escape or remain in a state of separation and this is hate. This hate is maintained by the fear and control exerted by the shadow – Satan. The personality characteristics of these types of souls are expressed on a continuum: simple irritability through to bigotry – us vs. them through to Souls that express themselves on the material level of existence with violence. This violence can be seen in psychological-emotional and physical forms of violence. Violence can take the manifest form of obvious sadism. In the less extreme forms this sadism and masochism is expressed by sadism and masochism directed towards self- and the outer is a mirror of the inner and the inner is a reflection of the outer. In the more material and literal forms it becomes sadism and masochism physically expressed between discreet and separate human beings.

Importantly, the more powerfully controlled by the shadow, the more violently that person will react. This might be in defense of or service to the shadow. Or reaction may be in its attempt to release itself or escape from the shadow, fighting to escape the death of Soul – this could result in the type of blind violence we see exploding around

us, especially by some young people. Mutilated souls or psyches will be more wildly blind in a struggling kind of way. Look at world social reality today. The mature souls fighting against this control will be more conscious of this on a soul-psyche and ego level and will express less violence. They will assert their love on the material plane in a more civilized manner.

Paradoxically, the shadow-controlled psyches-souls will feel and interpret The Creator and nature's natural expression of "goodness," of the natural centrifugal pull of unity and communion as "Evil". On a material-egoist level, shadow controlled or contaminated individuals, souls, sometimes feel threatened by "good" unconsciously. This is usually expressed in the form of hypocrisy and bigotry within society. They will victimize people who have attained differing levels of purity of spirit. They are threatened by good or pure souls-psyches. Frightened and defensive these people choose to live from the lower levels of psychological reality. In society, people who live from these lower levels, expressed through materialism, produce examples and cases of "blaming the victim"- creating scapegoats. This is done because it is only by stealing life from others that people or Souls on these levels can exist. It is the source of all bigotry.

On the other hand, oppressed souls striving for Creator-given natural communion of souls, expressed through attitudes, words and actions recognize separateness as true evil. This is common sense. True "evil" feels true good as evil just, just as true "good" souls, individuals striving for the light within consciousness feel and recognize the shadow for what it is. It is only within consciousness that darkness can become enlightened or overcome.

On the lower levels of material consciousness this reality appears to be paradoxical. On a soul level, especially with the more mature levels, this becomes completely "logical." Paradox only appears or exists on levels of relative unconsciousness and this applies to immature, perhaps mutilated and therefore relatively unconscious psyche or soul levels. When mutilated, this continuum varies significantly, depending on how mutilated and subsequently shadow controlled the soul or psyche has become. That is, how controlled by "Satan" or the "Devil", as most people think of it. Pure evil is known as Satan. The shadow is an expression of the collective psyche that is Satan-controlled or contaminated. However, I will qualify this by reminding the reader of my dream in the arena and the dark figure of Rob that I encountered. As I said then, although dark, paradoxically he also seemed to be the impetus that kept pushing me forward regardless of the frustrations he caused me. This is an example of the opposing position mentioned earlier. As a succinct explanation I would refer a person to the symbol of the Tao. In the dark half there is a small core of white at its center and in the white half there is a small core of black at its center. Nothing is comprised, absolutely, of all good or all bad.

Using Christian terminology, Lucifer was at one time the Creator's chosen representative on Earth, fell and became known as Satan. From a supremely psychological understanding and perspective this is how Lucifer fell into narcissistic love

and became contaminated. He never fell in love with himself, ego did – ego = id controlled ego and a person's id, by itself, is separated from the Creator because of its lower, primitive nature, especially its material nature. In other words Lucifer became immersed in the material plane, as he became unconscious in matter-mother, perhaps the first example of the Oedipal complex, and lost conscious connection from father = consciousness. Ego or superego apparently took over, with shadow in control. The only way ego can become whole or rather Holy is by reconnecting with the whole psyche, by becoming aware of it self. I am referring to a true ego in service of the whole self.

Paradoxically this wholeness indeed requires the id. It is in this sense that true individuation is only possible by uniting the lower with the higher, Earth with Heaven. As Wilber illustrates with his idea of olarchy, if the lower levels are forgotten or discarded, disconnected from the higher, the whole thing crumbles – and it is the lower that takes over. This is an example of Wilber's pre-trans-trans fallacy. The lower thinks it is the higher when it is really the lower. Wholeness, that which is Holy, requires a psychological unity between the masculine and the feminine in consciousness, *naught* unconscious enmeshment.

So, the false ego and therefore shadow and the false superego can indeed become equated, in fact did become equated with Satan or the Devil. Whoever developed the first tarot cards intuitively recognized this. For example in one tarot deck, the Rider/Waite deck, perhaps one of the most famous and well known decks in popular use, the card known as the Devil #15 has an image of Satan with two human beings – a man and a woman chained to the throne that he is seated on. This dramatically illustrates how a person or people can become chained to the "Devil" by becoming materialistic, being only ego-centered. Materialism is the very definition of ungodliness because people became immersed in the darkness of the material world (womb) separated from the higher spiritual realms.

If the shadow aspects of the psyche can be reunited with the personal and superego aspects of the collective, with a higher expression of both it is a factual statement that everyone contains the Christ within him or herself. In a very real sense Christ and Satan are siblings. However Christ is the more mature of the two because He connects both the lower nature of Earth with the higher realms of Heaven and the result is the expression of the Christ – Heaven and Earth – through the individual man or woman. Therefore an individual has to clean up Satan's act from within before the two can be connected together – the Christ center. The only reason I use the word "He" to denote the Christ is because of the predominance and presence of masculine consciousness. It has nothing to do with gender. In fact it is She who contains Him giving Him form. It is the Virgin Mary that gives birth to The Christ.

That is why it is necessary, just as it had been for Jesus, to unite with and help clean up the act of his sibling, Satan, using a very large garbage can – the two can then unite to become the Christ. That is how Christ had to overcome Satan. In the Christian sense this was only possible because of the great love that Jesus embodied: love = unity. Unlike two young eaglets in nature, where one of them usually literally fights to the

death during a struggle with each other, in a spiritual sense when Christ defeated Satan what he really did was to unite with him-her in love. By combining the low, Satan-darkness, with the high in Christ-light, healing separation with love, the result was wholeness. What Jesus did was to restore Lucifer to his former glory as the emissary of the Creator, what can be referred to as Christ. Both of these expressions of wholeness were within him and he was only able to do it on his own – in the desert. To qualify this truth, as I did above, within Satan there are certain qualities that are not redeemable. However by shedding light on the darker aspects, the healthy ones can be returned to a place of creatively divine strength. The unredeemable can be done away with. This is called evolution and the civilizing of man in The Creator's image; the civilizing of God through humankind.

So it is a very true spiritual statement to say a person cannot truly see the light until they have traveled through the darkness, "The Dark Night of The Soul", crossing the great abyss – leviathan. People have to get to the end of the tunnel before they can enter into the light.

Similar to two thousand years ago some people are more gifted than others. Some are gifted enough to understand and see these deeper and higher levels such that they become disciples. Other people can still learn the message at different levels of understanding. That is why Jesus had intimate communications and communion with his disciples, giving the Gospels and The Lord's Prayer to most of the other people who would listen. Different levels for different people. However virtually every Soul has the potential to achieve perfect light.

What people have to change is the way Western psychology has pathologized those aspects of the human psyche that it does not understand. They have committed (certified) this mute-ilation of the human psyche through the use of diagnosis. The results are huge profits for materialism and for the elite few who control a shadow saturated human collective.

I remember writing down one time a thought that had occurred to me. If Christ happened to appear in the world today, they, society – especially the medical-pharmaceutical megalith – would lock him or her up, either literally or through stigmatizing. Notice the similarity between this word, stigmatizing (labeling and bigotry) and stigmata – it speaks volumes. They would label the person as mentally ill until he or her – whatever fleshly vessel appeared manifesting the Christ – began spreading the Christ message to everyone. This would be an example, although an extreme one, of how modern medicine has declared war on mysticism – what has historically been one of humankind's most important goals since the beginning of civilization. A true manifestation of the second coming of Christ, for example, could only be demonstrably made manifest by a true demonstration of mysticism and mystical powers. However I do not believe the second coming has anything to do with the Christ manifesting from within an individual. I believe the second coming refers to a collective manifestation – a collective transformation in consciousness to a much higher conscious level. What I just mentioned about people being locked up refers to the initial manifestations of this raised

consciousness that would necessarily have to begin within individuals before it exploded in a quantum jump to include the whole collective. I have a very strong feeling this is and has already been happening for quite awhile.

If Christ appeared in the world today, this incarnation of “God” would manifest what the Eastern Chakra system refers to as the subtle realms and beyond. At first this would be beyond most people’s ability to understand, if the attempt to put it into words was made. The writings of enlightened Saints and Sages throughout history have already demonstrated this very clearly. Transpersonal psychology makes some attempt to make allowances for these potentials and to recognize them in people. Ken Wilber has done the most thorough job at intellectually presenting – that which cannot adequately be put into words – better than virtually anyone I have ever studied or spoken with.

As I described in the above on the shadow, the lower levels would make some attempt to prevent a development in people towards the direction of these higher realms. By preventing the manifestation of these higher realms in people, this pathologization of transcendence creates an environment conducive to the pathologically created market for profits and other forms of materialism. It produces hate in its most destructive form. As I wrote elsewhere, instead of promoting the Hippocratic oath and the healing of souls in their vessels, what this subsequently promotes is the hypocritical oath and the mute-ilation and attempted murder of souls for profit. It also creates an atmosphere promoting intolerance and bigotry.

One time, while working with immigrants from other parts of the world, I met an Egyptian who was on the sacred path. His approach to spirituality was eclectic and unorthodox. It was appalling the things he told me about the way he had been treated because of his mystical pursuits since coming to Canada, in this case (a province). I also spoke to some people who worked in a facility where he was able to obtain inexpensive living accommodations. I truly was amazed at the disrespect that these people showed towards this man. Interestingly, the only person I communicated with that spoke very highly of this individual and his spiritual pursuits was a member of a Christian denomination that is rather unorthodox and treated by most mainstream denominations with derision. Even though this Egyptian’s spiritual pursuits and the way in which he sought them differed dramatically from his own he respected and was able to intelligently see, from a spiritual perspective, their mutuality.

In relation to the above, I believe this is a good place to mention a friendship I had developed some years ago. I remember a man I used to associate with who had been studying to join in the priesthood but who had to leave because of physical medical problems. He had a disease that drastically affected his ability to walk and he had to withdraw from an interdenominational school of theology, which I attended for a short time. He had to give up the idea of becoming a Priest because of pain and difficulty he had in trying to walk. Nonetheless, on one occasion we had a very profound discussion on religion. We had many discussions on Christianity and the Christian message. This conversation was in reference to the ethics, morals and practical aspects of proselytizing one’s chosen religion. I remember him telling me one time about a movie

he had seen. He suggested I watch it. It was about some aboriginals, in another part of the world who, when the missionary's arrived and taught them their interpretation of the Christian message, whole-heartily embraced it.

The sad fact of this however, as this devout Roman Catholic directed me to see for myself, was that in the area of the world these people lived, although quite beautiful (even though it was only one of several interpretations of Christianity), the Christian message did not spiritually accommodate them in a life-enhancing, practical sense. In this instance neighboring tribes attacked them. These people who had converted to Christianity were learning to literally "offer the other cheek" and when they were attacked, they were massacred them down to the last person because they did not attempt to stop the violence or protect themselves. The priests who had taught them to "offer the other cheek" had taught them to do this literally. Compare that with my interpretation of "offering the other cheek."

Of note, the neighboring tribes that attacked the village were in the habit of performing human torture and sacrifice. First they would torture people in the most extreme forms while trying to keep them on the edge of life as long as possible so that they could endure as much as possible. Then, they usually burned them at the stake. The priests and other few people who had converted this tribe came from the same country of origin as the attacking tribe. Who was this tribe that attacked these peace-loving people? It was the Spanish conquistadors.

This devout Christian lectured me about proselytizing. He was a devout Roman Catholic and he realized that you don't force anything, especially spirituality, on people. I have met people from other spiritual traditions besides Christianity who felt the same way about proselytizing. Usually, it all boils down to intolerance and bigotry and the need to force other people to accept the views of the prosetylizer, in an imperialistic sense. This need to convert is usually a symptom of insecurity and, deep down, a lack in faith or belief in the perspective that is being forced.

Speaking as a Christian – a Christian who recognizes and honors whatever healthy and life enhancing spiritual path one chooses – if Christ appeared today within an individual, I don't think he or she would be very impressed with what has been happening in today's world. However in manifesting the Christ, I don't think Christ would manifest anger. That would be food for the Devil. I think, instead, Christ would even things out by balancing them. In other words, I think Christ would make the devil accountable for the damage done to humankind. How would this evening out or making the "Devil" accountable be possible? I actually think there is one movie I have seen that, in a spiritual and psychological sense, partially explains how this is possible.

Before I speak about this movie I would like to relate a story that someone I grew up with in the same place I was born and lived told me, only several months ago. This man is a few years older than me and I know him primarily because of the friendship I had with his younger brothers. This man told me that for quite a few years he wholeheartedly attended first Sunday school and then church. This stopped when

something happened that changed his life. One night many high-ranking people within the government and associated people were having a party. The liquor was flowing heavily and, at one point, a young teenager staggered, drunk, in front of the house where the party was being held, on his way home. There were some drunken partiers on the front porch. They saw this young person staggering by. They went out and met this young person and were soon joined by several others from inside the house when they saw what was going on. These adults beat this young person so badly he ended up at the emergency ward at the local hospital. What they then did was pay the parents of this boy a substantial amount of money to keep it quiet. They were never able to keep it quiet – they were only able to buy the parents so that they would not prosecute on the boy's behalf – so much for parental protection. In any event, as it so happened, almost all of these politicians, government people and business people attended the same church as this young person, including the person who was telling me of this experience. He never went to that or any other church ever again although he maintained the high standards of an upstanding citizen who lived by all of the ethics and morals that our community churches are supposed to teach us. This story contains within it many of the elements I have been describing throughout this work.

I will talk about this movie but now I will lead up to it by again speaking about a book I once read, many years ago. I can't recall the Author or the name of the book although I briefly mentioned it earlier in this book. The author was a psychologist and lecturer who spoke about the various stages and levels of psychological growth. I'm thinking of the reference she made about emotions and how to redirect or subdue their negative effects. I repeat this again because of its importance.

She mentioned a lecture she was giving on one occasion. In the audience someone stood up and was reacting with anger to something she was saying. She was able to subdue this person's anger by not allowing herself to become embroiled in it with either debate or argument; this is the effect remaining neutral can have in similar situations. This is even demonstrable at the molecular level where the only particles that can enter into the nucleus of an atom are neutrons. In this case, she did the same thing. I believe this is why Buddhist art quite often portrays a laughing Buddha.

In the context of Christianity and Christ's message, the way to make the devil or shadow accountable would be by deflecting back to the source of anger and hate, the negative energy it sends out. In other words by responding to anger and hate with laughter and love the person or source sending out the negative energy cannot feed off the healthy positive energy of other people. It necessarily has to bounce back from where it came from if there is no receptacle to contain and increase it. Positive energy can only be stolen when the target or victim exchanges it for the negative energy that is retained when a negative response is elicited – like attracts like.

After Christ "defeated" Satan – Jesus was beyond the point of going into temples and trashing the tables of people who had set up shop in God's house – he responded to hate with love. What happened then? It bounced back to them. That's why the Pharisees got so angry and why the Romans were so terrified of the power of his

message they crucified him, in the same method that was only reserved for enemies of the state.

In the “Book of Revelations” the writer(s) speak about the same dynamics in response to the second coming of Christ. The vivid image that the effect this deflection has on those people stamped with the “mark of the Beast” is “the gnashing of teeth.” This vividly describes an image of people receiving back the negative energy they attempt to send out to other people. They usually do not feel or are not aware of what these energies feel like because much of this projection is unconscious. However if there is no food for the “Devil” it ends up feeding on itself.

These dynamics are powerfully described in the movie “The Fifth Element.” In this movie, using violence to try to destroy an approaching menace to the Earth only made it stronger. To preserve the Earth a “fifth element” was sent to Earth by highly advanced extra-terrestrials and lovers of peace that wanted to save the earth. Their involvement dated far back into the Earth’s history.

The fifth element was a creature that took on a female human form, whose DNA structure, according to the scientists in the story, was perfect. In other words, this being was neither Good nor evil. She contained all potential within her structure. This perfection is an expression of perfect unity and therefore perfect love. However, because of her integration with the culture and history of the earth, in a short period of time she learned, was conditioned, to express anger and to use this anger emotionally to fight against hate. She was a supreme being and a protector. However, because her arrival had been amidst unforeseen crisis and catastrophe she was psychologically undeveloped, not properly prepared to meet this menace. I can easily find parallels within Kundalini Yoga: as she grew and became acquainted with life on Earth she went through a process experiencing the same thoughts and emotions, in a vastly speeded up progressive development that mirrored a movement up the chakra system – evolution. However, similar to people in today’s world, that movement was pulled back downward by the 3rd chakra or energy sector that represents fire, personal power – in a collective sense, the 3rd chakra that has become distorted, unbalanced by a false ego caught in the emotional chasms at the lower levels of evolution. She experienced a developmental movement beginning at the lower levels of psychic growth up through to the highest levels but was beginning to regress in the same many people do, in the way I have been describing in this book. Fire cannot defeat fire – “If everyone keeps taking an eye for an eye pretty soon the whole world will be blind.”

It was only when this perfect being was in a state of complete neutrality – in psychoanalytical terms “exhaustion of emotional contents” – combined with the other four elements that make up, in metaphysical terms the complete spectrum necessary for life, that she was psychologically prepared to defeat the oncoming menace. However, there was another key element necessary, because this evil was not defeated by her hate nor was it defeated by her love of the sentimental kind. It was only possible while she was in a state of complete neutrality, when she was almost unconscious.

Conclusion

What was required was the love of a man, a man who had become very cynical and contemptuous of humankind. He had been, in the past, a deadly effective military person. However ultimately he was a protector. In a sense the unfolding dynamics represented unity and transformation of the dark man. From my perspective it represented Rob of the dream I described above – a Rob who had cleaned up his act. He provided the necessary masculine impetus or energy necessary to actually finish the destruction of evil. Combining the four elements with the fifth element, once he was able to express his love for this person that she had ignited in him their combined love was able to neutralize the oncoming menace. He represented the masculine energetic force necessary for consciousness. It wasn't the love of a man, specifically, that made the difference. He was the symbol that expressed masculine energy and love. This is graphically illustrated on page 45.

The masculine presence denotes the need for consciousness. This was the necessary ingredient to give the fifth element the ability to defeat the approaching menace. It was the necessary ingredient to actually make the fifth element become the fifth element. Her neutral state also represented the tamed lower levels of the psyche – her reactions of violence to the violence she encountered had ended.

Once the fifth element defeated evil it then became a metaphor for the perfection of life, of wholeness – the perfect circle. Active masculine or yang energy, love was the energy that combined with the receptive and nurturing feminine energy to ignite the antidote to evil. In a psychological sense, not biological, the two of them together comprise a whole individual. Remember, this has nothing to do with gender. In reference to gender stereotyping, when this psychological reality is taken literally and applied to discrete human beings, we end up with less than a half of a whole human being.

Before the above development took place, the nuclear bombs that had been fired on the approaching menace had only made it stronger. But this love, a true example of perfection, the menace could not withstand and was destroyed. Only the power of love, unity and true strength – Heaven and Earth – was sent out. The fact that in the movie she expressed Soul and he expressed Heaven could just easily have been the other way around in a gender sense. In this movie he represented the mute-lated, raped and contorted asp-pects of Heaven on Earth. She represented the mute-lated, raped and contorted asp-pects of the Earth Soul. I suppose for the purpose of a movie audience who are more visual (material) in an evolutionary sense, a literal presentation of gender was necessary to get the point across. From the perspective of The Creator, I suppose this is the same way young children learn the nature of the masculine and feminine energies they have to balance within themselves. In other words, the high became unified with the low. The low, Earth-bound energies were unified, tamed and became contained within the high, Heavenly energies – in unity, in love. Both characters in the movie, together, represented a whole psyche in the end. In different forms and using different imagery the same dynamics are described in the movie "Star Wars" and the book "Lord of the Rings".

Conclusion

I had the good fortune of speaking and learning from a psychologist, a Dr. Paul Freeman, whose cognitive approach in his practice of psychotherapy assisted clients to develop the necessary grounded dynamics required for healing the psyche. In addition, he gave me the cognitive ability to not make the same mistake or reproduce the same negative energies I was learning how to neutralize. By assisting a person to develop the ability to counteract negativity a person would then have a balanced and healthy enough psyche on which to stand firmly. This could then be used as a starting point to transcend the purely materialistic and shadow-contaminated lower levels of the psyche, individually and collectively. In simple terms, a person does not allow other people to "Push their buttons." Pushing buttons is what happens in co-dependent or addictive relationships. It is how we operate machines. This is also how nuclear weapons are launched (a key is turned actually) – "How does that turn your crank?"

All of the dynamics I speak about in this conclusion describe the method, in terms a human can understand – based on a commonsense, spiritual and scientific approach – of how I would visualize a second coming of Christ making the "Devil" accountable. This is how a person, an individual, would defeat the shadow or "Satan" within. It would not work using actual physical or mental violence between people – that would only cause further repression, negativity, intolerance and bigotry. The violence ignited while defeating Satan is that which erupts by entering the "kingdom of God." This is the violence that occurs when the ego is shocked into an awakened state by bringing to light the repressed shadow – to replace the darkness with light. Think of what it is like when you spend a long time in a dark or dimly lit place and then walk outside into a brightly lit day. At first people are blinded by the light and have to shield their eyes.

By accepting the shadow within love, counteracting its negativity by shedding light on it and then using its usually lower level libidinal energy for constructive instead of destructive purposes, a person becomes whole – perfect in the sense of unity, of love. The world cannot he healed or made safe with the use of nuclear weapons, jet fighters or the infantry and navy.

However, a nuclear love bomb might work.

Appendix

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Of Note: Every one of the dynamics listed and described below are present throughout society, especially considering the usually unconscious dynamics most people do not think about. The cult we have just finished studying in this book is the cult of materialism.

Social Psychology and Social Dynamics

Studies have shown that today's cults use a stronger form of control than those of 50 years ago. The advent of new psychological experiments in the 60,s and 70,s have produced the modern methods of mind control which are far more sophisticated than the BEHAVIOR MODIFICATION TECHNIQUES and THOUGHT REFORM developed by the Chinese. To understand mind control you need a basic understanding of BEHAVIOR MODIFICATION TECHNIQUES.

What is "Behavior Modification?"

Simply described, it is "reward or punishment for actions" association. It was used on you as a child whenever you were being commended or otherwise for your behavior. Taking away a privilege is usually a sure-fire method to persuading a child to change its behavior when that child is old enough to under-stand the process. Praising a child for doing good is another method of changing behavior, especially in the child who is anxious to please. The rod of education applied to the seat of learning is another method of bringing about a desired behavior change. When behavior modification techniques such as these are applied in a loving, caring and consistent way, the child changes their behavior without holding feelings of resentment. However, if these techniques are perverted in any way, damage is done to the child's psyche, their emotions. E.g. the abused child syndrome. Cults use a sophisticated and perverted form of behavior modification, which damages an individual's emotions.

COGNITIVE DISSONANCE

Leon Festinger is a psychologist who studied groups that predicted the end of the world. He found that most members became stronger than ever when the prophecy failed. His investigation revealed that members had to find a way to cope psychologically with the failure. They needed to maintain order and meaning in their life. They needed to think they were acting according to their self-image and values. Festinger described this contradiction which they had to overcome as what has become known as the "COGNITIVE DISSONANCE THEORY." The three components he described are: "CONTROL OF BEHAVIOR, CONTROL OF THOUGHTS", CONTROL OF EMOTIONS"

Appendix

Each component has a powerful effect on the other two: CHANGE ONE AND THE OTHERS WILL TEND TO FOLLOW. When all three change the individual undergoes a complete change. Festinger summarized the basic principle: “If you change a person’s behavior, his thoughts and feelings will change to minimize the dissonance.”

When there is a conflict between thoughts, feelings or behavior, then those in conflict will change to minimize the contradiction. This is because a person can only tolerate a certain amount of discrepancy between these components of personality and identity. In cults this dissonance is created to exploit and control them. offshhot

Steven Hassan, author of Combating Cult Mind Control, added a fourth component to Festinger’s:- “CONTROL OF INFORMATION” By controlling the information one receives you can control and restrict the individual’s ability to think for himself. You limit what he is able to think about.

BEHAVIOUR CONTROL – The control of an individual’s physical reality. This can include control of where he lives, what he eats, his clothing, sleep, job, rituals etc. This is why most cults have a stringent schedule for members. There is always something to do in destructive cults. Each cult and off-shoot has its own distinctive set of behaviors that bind it together. This control is so powerful that the cult member will actually participate in their own punishment and come to believe he actually deserves it! No one can command a person’s thoughts but IF YOU CAN CONTROL BEHAVIOUR THEN HEARTS AND MINDS WILL FOLLOW.

THOUGHT CONTROL – The control of an individual’s thought processes. The indoctrination of members so thoroughly that they will manipulate their own thought processes. The ideology is internalized as “the truth”. Incoming information is filtered through the beliefs that also regulate how this information is thought about. The cult has its own language which further regulates how a person thinks. This puts a great barrier between cult members and outsiders.

Another form of control is “thought stopping” techniques. This can take many forms: chanting, meditating, singing, humming, tongues (some even pay money to learn it), concentrated praying, etc. The use of these techniques short-circuits the persons’ ability to test reality. The person can only think positive thoughts about the group. If there is a problem the member assumes responsibility and works harder.

EMOTIONAL CONTROL – The control of the individual’s emotional life. This manipulates a person’s range of feelings. Guilt and fear are used to keep control. Cult members cannot see the control by guilt and like other abuse victims are conditioned to blame themselves when things are wrong, even grateful when a leader points out their transgressions. Fear is used to manipulate two ways. The first is to create an outside enemy (we vs. them) who is persecuting you. The second is the fear of punishment by the leaders if you are not “good enough.” Being “good enough” is following the ideology perfectly. The most powerful emotional control is phobia indoctrination. This can give

the person a panic reaction at the very thought of leaving the group. It is almost impossible to conceive that there is any life outside the group. There is no physical gun held to their heads but the psychological gun is just as if not more powerful.

INFORMATION CONTROL – The control of the individual's information sources**.**Deny a person the information needed to make a sound judgment and he will be incapable of doing so. People are trapped in cults because they are denied the access to the critical information they need to assess their situation. The psychological chains on their minds are just as powerful as if they were locked away physically from society. So strong is this psychological process they also lack the properly functioning internal mechanism to process any critical information placed in front of them.

MIND CONTROL

TOTALISM – ALL OR NOTHING – Mind Control is a PROCESS of eradicating former beliefs and instituting new beliefs in their place through the use of COERCIVE persuasion. It is a PROCESS which is designed to break a person's independence and individuality and replace it with the ideology clone. The Chinese called this process "thought reform" which was poorly translated into English as "brain-washing".

BRAIN-WASHING – Brain-washing is now considered to be a different process to thought reform or mind control. In brain-washing the victim knows who the enemy is. An example is American Patty Hearst who was kidnapped by a terrorist group. Through physical abuse she finally became a member of the group and took part in terrorist activities and bank robberies.

THOUGHT CONTROL – Thought control is more subtle. The victim doesn't know who is the enemy because the enemy seems like their best friend who only has their best interests at heart. Cults practice a more refined form of thought control than that used by the Chinese. Leading psychologist, Dr Margaret Singer, said cults do it better than the Chinese because it is easier to get people to do what you want through manipulating them with guilt and anxiety. During this process the prospective recruit is re-educated and will abandon the precepts he has learnt from life for the "truth" or "enlightenment" offered by the group. In some cults this is done over a long period of time. Other cults can bring about this change within 48 hours. Whichever way the process takes place the results are the same. The individual has undergone a total change in personality and is often unrecognizable by people who thought they knew them.

The process of thought control has been documented by Robert J Clifton who researched what happened to the American prisoners of the Communist Chinese. He labeled the steps which have become the standard by which to judge whether a group is using "brainwashing" or "thought reform" on it's recruits.

Appendix

Robert J Clifton's research showed that "These criteria consist of eight psychological themes which are predominant within the social field of the thought reform milieu. Each has a totalistic quality; each depends upon an equally absolute philosophical assumption; and each mobilizes certain individual emotional tendencies, mostly of a polarizing nature. Psychological theme, philosophical rationale, and polarized individual tendencies are interdependent; they require, rather than directly cause, each other. In combination they create an atmosphere which may temporarily energize or exhilarate, but which at the same time poses the gravest of human threats." (Thought Reform & the Psychology of Totalism p 420)

The eight marks noted by Clifton are:

1. MILIEU CONTROL – Control of the Environment and Communication The control of human communication is the most basic feature of the thought reform environment. This is the control of what the individual sees, hears, reads, writes, experiences and expresses. It goes even further than that, and controls the individual's communication with himself – his own thoughts. Everything other than their beliefs is excluded. The organization appears to be omniscient. They seem to know everything that is going on. Reality is their exclusive possession. In this environment the individual is deprived of the combination of external information and internal reflection required to test reality and to maintain a measure of identity separate from his environment. The individual can feel victimized by his controllers and feel the hostility of suffocation – the resentful awareness that his striving toward new information, independent judgment and self-expression are being thwarted.

2. MYSTICAL MANIPULATION – The Mystique of the Organization. This seeks to provoke specific patterns of behavior and emotion in such a way that these will appear to have arisen spontaneously from within the environment. For the manipulated person this assumes a near-mystical quality. This is not just a power trip by the manipulators. They have a sense of "higher purpose" and see themselves as being the "keepers of the truth." By becoming the instruments of their own mystique, they create a mystical aura around the manipulating institution – the Party, the Government, the Organization, etc. They are the chosen agents to carry out this mystical imperative. The pursuit of this mystical imperative supersedes all considerations of decency of immediate human welfare. The end justifies the means. You can lie, deceive or whatever to those outside the organization. Association with the "outside" is only to benefit their own cause in some way.

Members believe in the ideology to such a degree that they rationalize these deceptions. Members are kept in a frenzy of cult related activities. There is little time or energy to think about their lifestyle.

"The psychology of the pawn" – This person feels unable to escape from forces he sees more powerful than himself. His way of dealing with this is to adapt to them. He learns how to anticipate problems with the organization and to manipulate events to

avoid incriminating himself. This is the person who has been in the organization long enough, knows something is wrong, is on the verge of leaving then suddenly becomes very loyal. They sell out to the organization and will turn in friends who may have confided in them.

3. DEMAND FOR PURITY – Everything is black & white Pure and impure is defined by the ideology of the organization. Only those ideas, feelings and actions consistent with the ideology and policy are good. The individual conscience is not reliable. The philosophical assumption is that absolute purity is attainable and that anything done in the name of this purity is moral. By defining and manipulating the criteria of purity and conducting an all-out war on impurity (dissension especially) the organization creates a narrow world of guilt and shame. This is perpetuated by an ethos of continuous reform, the demand that one strive permanently and painfully for something which not only does not exist but is alien to the human condition.

Under these conditions the individual expects humiliation, ostracism and punishment because of his inability to live up to the criteria and lives in a constant state of guilt and shame. Since the organization is the ultimate judge of good and evil, this guilt and shame is used to manipulate and control members. The organization becomes an authority without limit in the eyes of members and their power is nowhere more evident that in their capacity to “forgive”.

All impurities are seen to originate from “outside” (the world). Therefore, one of the best ways to relieve himself of the burden of guilt is to denounce these with great hostility. The more guilty he feels, the greater his hatred, the more hostile is his denouncement. Organizationally this eventually leads to purges of heretics, mass hatred and religious holy wars. The group will point to the mistakes of all other belief systems while promoting their own purity. This gives the impression that their organization is perfect, clean and pure as a people or group.

4. CULT OF CONFESSION – Reporting to leadership This is closely related to the demand for purity. Confession is carried beyond the ordinary religious, legal and therapeutic expressions to the point of becoming a cult in itself. In totalist hands, confession becomes a means of exploiting, rather than offering solace for these vulnerabilities. Totalist confession is an act of self-surrender, the expression of the merging of the individual and environment. There is a dissolution of self, talents and money. Conformity. The cult of confession has effects quite the reverse of its ideal of total exposure; rather than eliminating personal secrets, it increases and intensifies them. The individual becomes caught up in continuous conflict over which secrets to preserve and which to surrender, over ways to reveal ways lesser secrets can be revealed and ways to protect more important ones. The cult of confession makes it virtually impossible to attain reasonable balance between worth and humility.

5. SACRED SCIENCE – Absolute ”Truth” Their “truth” is the absolute truth. It is sacred – beyond questioning. There is a reverence demanded for the leadership. They have ALL the answers. Only to them is given the revelation of “truth”. The ultimate moral vision becomes the ultimate science and the person who dares to criticize it, or even think criticism, is immoral, irreverent and “unscientific”. The assumption here is not so much that man can be God, but rather that man’s IDEAS can be God. This gives sense of security to the member. They are confident they can get the answer to the most difficult problem or question.

6. LOADING THE LANGUAGE – Thought terminating clichés Everything is compressed into brief, highly reductive, definitive-sounding phrases, easily memorized and easily expressed. There are “good” terms which represent the group’s ideology and “evil” terms to represent everything outside which is to be rejected. Totalist language is intensely divisive, all-encompassing jargon, unmercifully judging. To those outside the group this language is tedious – the language of non-thought. This effectively isolates members from outside world. The only people who understand you are other members. Other members can tell if you are really one of them by how you talk. This narrowness of the language is constricting. The individual is linguistically deprived because language is central to the human experience and his capacities for thinking and feeling are immensely restricted.

While initially this loaded language can give a sense of security to the new believer, uneasiness develops over time. This uneasiness may result in a withdrawal into the system and he preaches even harder to hide his problem and demonstrate his loyalty. It may also produce an inner division and the individual will publicly give the right performance while privately have his own thoughts. Either way, his imagination becomes increasingly disassociated from his actual life experiences and may even tend to atrophy from disuse.

The ideological myth merges with their “truth” and the resulting deduction can be so overpowering and coercive that it simply replaces reality. Consequently past events can be altered, rewritten or even ignored to make them consistent with the current reality. This alteration is especially lethal when the distortions are imposed on the individual’s memory.

They demand character and identity of a person be reshaped to fit their clone of mentality. The individual must fit the rigid contours of the doctrinal mould instead of developing their own potential and personality. The underlying assumption is that the doctrine – including its mythological elements – is ultimately more valid, true and real than is any aspect of actual human character or human experience. The individual under such pressure is propelled into an intense conflict with his own sense of integrity, a struggle which takes place in relation to polarized feelings of sincerity and insincerity. Absolute sincerity is demanded by the group yet this must be put to one side when changes take place the individual has to deny the original belief ever existed. Personal feelings are suppressed and members must appear to be contented and enthusiastic at

all times. Some cults believe that all illness is a result of lack of faith and evidence of sin in your life. These things have to be prayed away and medical attention is ignored as a "sign of faith."

8. DISPENSING OF EXISTENCE – Who is worthy to live They have the right to decide who is worthy of life and who isn't. They also decide which history books are accurate and which are not. Those in the organization are worthy of life; those outside worthy of death. The outsiders can be permitted to live if they change and become an insider. Members live in fear of being pronounced "dead". They have a fear of annihilation or extinction. The emotional conflict is one of "being vs. nothingness". Existence comes to depend upon creed (I believe, therefore I am), upon mission (I obey, therefore I am) and beyond these, upon a sense of total merger with the organization. Should he stray from the "truth" his right to exist may be withdrawn and he is pronounced "dead".

The more clearly these eight points are obvious, the greater the resemblance to ideological totalism. The more an organization utilizes such totalist devices to change individuals, the greater its resemblance to thought reform. Remember A group does not have to be religious to be cultic in behavior. High demand groups can be commercial, political and psychological.

Be aware, especially if you are a bright, intelligent and idealistic person. The most likely person to be caught up in this type of behavioral system is the one who says "I won't get caught. It will never happen to me. I am too intelligent for that sort of thing. "

Written by Jan Groenveld

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Glossary of Terms

Awareness – When I use the word awareness I will usually use it interchangeably with consciousness. However, when I use the term in conjunction with the word consciousness I am using it in such a way that the person who is “aware” has some sort of conscious conceptualization of that which is brought into consciousness. When I refer to that which is beyond conceptualization then the terms can be used interchangeably because they are referring to that which cannot be conceptualized. Throughout my text I will make it clear what I am referring to and avoid confusion.

Bigotry – Any kind of fragmented or separated frame of mind that creates divisions within people, between people and their environment. It manifests itself psychically between people and between people and their environment.

Collective – When I use the word collective I am referring to the whole of the collective human psyche. A few people only perceive most of the collective psyche on a collective level alive on the material or Earth level of reality. Therefore, I will usually make reference to the collective in the sense of the lower levels or mass mi nd. In other instances, when I am referring to all of the levels, including the higher and lower levels I will make that intention clear.

Consciousness-raising – This refers to purposeful increases in awareness in providing people, in the case of this book, with details and factors related to the issues of oppression and hypocrisy and realities of the psyche that can assist towards that end

Conditioning - Any type of activity or psychic interaction, usually with the characteristic of expressing one-way control, that conditions people to act in ways that may be counter to their true selves. It results not in how nature and the individual would act and be but as other people would.

Cult/Cult-like group – This refers to any group that exercises top-down control over people, whether consciously or unconsciously. Usually the domino or pecking order effect will result within the group and utilizes many or most of the dynamics listed in the appendix.

Disempowerment – Disempowerment refers to anything that detracts from the ability of a person or people to operate from the full power of an integrated psychic and intellectual potential. When I use this term I will use it in a political, material and practical sense.

Earth – When I use the word Earth I will usually use the term in the sense of the whole of the manifest environment, including all life forms. In some cases I will use it in the context of the small or false ego, separated from the higher realms of the psyche that is referred to as Heaven. Usually, I will be quite clear on the context in how I am using the word.

Ego – When I refer to ego I will be referring to that aspect of consciousness that is divorced from the greater psyche of the human being. It is what can be referred to as

the false ego. When I refer to a healthy ego, that is, an ego in connection and therefore in service to the whole psyche as a conscious director, I will usually make that distinction.

Environment – In most cases, when I use this word I am referring to everything that comprises the whole of the natural environment on earth, human being included. In some cases I will use it in another context - the psychic environment. In these instances like this I will usually indicate the difference.

Existence – This refers to the individual and collective humanities conscious existence during life. Obviously, it includes much more than we are aware of. For the usual purposes that this term is used in this work it refers to conscious and potentially conscious levels of existence. It will include the potentials for growth and evolution that a person or people contain within them. Sometimes I will use the word “exists, existing etc.” In these instances it is not in reference to a person’s full existence but simply a disempowered state of surviving. I will be very clear about the context in which I use it.

Fragmented – When I use the word fragmented I will usually be referring to the fragmented human psyche. In some cases I will be referring to individual psyches, at other times the collective psyche. Extending out from the psyche it can include the structures of society and in these instances I will indicate the intention behind my meaning.

Group – Refers to a group of people who have united for a common cause. It may be a consciously organized group or it may take on the characteristics of a group primarily on unconscious levels. It can be for destructive or strictly defensive purposes however, it may also be for constructive and life-enhancing ones. Obviously, there is a myriad of reasons why a group might come into existence. When I use this term, I will usually be quite clear behind the meaning and context.

Grounded – Consciously connected with the here-and-now of conscious reality; healthy ego-reality, not the false or conditioned ego. This means to be grounded in the sense of being rooted in our environment and connected with others. Although many would think otherwise, perceptions stemming from an isolated, fragmented ego that is separated from other people and the wider environment is not grounded - it only presents the illusion of the here-and-now. Grounded means being in touch and cognizant of the concrete and materially “real” environment and the images associated with it. It refers to being in a state of awareness where a person is able to retract psychologically fragmented aspects of their self. These can be either of a positive or negative energetic nature. Being truly grounded consciously embraces wider realities beyond our own isolated egos. However, being grounded in this way means one has to remain free of ego-inflation. Ego-inflation is a sign of neurosis or psychosis as defined in psychoanalytical literature. Ego-inflation is a sign of psychic fragmentation. Being grounded refers to being in a non-fragmented state.

Glossary of Terms

Hate – I use the word hate in the sense of separation, division and so forth. I am using the metaphysical definition and it refers to anything that does not unite.

Heaven – Heaven refers to the higher realms of the human psyche, beyond a strictly ego and "Earthbound" level. It most definitely does not refer to some starry place in space.

Horizontal Psychic Plane – This refers to all expressions of the lower levels of the collective material plane of existence on Earth. It is expansive in the outward sense. It is holographic and inclusive but it is not necessarily evolutionary. It embraces the psychic and therefore living aspects of the material environment on the lower levels of the psyche. It can aid in evolution only if centered and in balance with the vertical and upward dimensions of reality. Otherwise it can result in lowered levels of consciousness, regression and devolution.

Independence – This refers to the ability of individuals to mature in a psychic and physical sense. It means to become who they are meant to be - in other words to individuate into whole persons, true to their own inner natures. This necessarily requires an integration of the whole of their inner selves. It is not until a true independence is achieved that a person will not fight against or rebel against the infringement by other people's opinions, propaganda and conditioning. When independence has not been achieved at a time when nature intended, the result is rebellion in the form of unconscious and conscious anarchy and acting out. A person's centre is a Soul or Self that is unique and separate from all other Souls or Selves. This realization and subsequent integration can only be achieved by a conscious recognition and awareness of other psyches. This refers to a conscious discriminating awareness and healthy separation between an individual's feeling, attitudes, opinions, etc. and other peoples. When there is confusion with other people's opinions, emotions, etc: an individual's true nature, the result is co-dependence, enmeshment and so on. These terms and the realities of these psychic conditions are well known by true mental health practitioners, social workers and so on. Independence implies that a person is able to distinguish between conditioning, propaganda and what their own intuitive feelings, thoughts, opinions and perspectives are.

Integration – Refers to a conscious recollection of all aspects of the psyche that one is capable of, especially which has been repressed or forgotten. It also includes integration with one's body and in extension the environment. As with the idea of wholeness, it is from this stable grounding that one can further integrate, consciously, with the higher, spiritual aspects of the psyche and reality.

Interdependence – A conscious awareness that all psyches are contained within all other psyches. Each individual psyche contains within it the whole of the human collective psyche, including discreet individual psyches. This is a reality that has been taught and profoundly understood in the wisdom traditions for thousands of years.

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Although most people will not have an actual psychic awareness of this, what people need for psychic health is at least an intellectual awareness of this reality. When people deny psychic realities within themselves, for example they refuse to accept undesirable traits, inner dualities and so forth, the subsequent repression results in an actual type of psychic bigotry that affects other psyches in addition to their own. This eventually manifests itself as outwardly expressed hypocrisy and bigotry. All of these types of psychic fragmentation will create a psychic environment where the person can be more easily manipulated.

Instinctual – Psychic awareness and reactions that do not go beyond the lower level aspects of the psyche - the lower reptilian and limbic**.** They are instinctual. This is because they have not been cognitively refined by the neocortical and the higher functions of the psyche. Therefore they can be characterized by fight or flight tendencies but are not refined with cognitive discipline.

Left – hand path – This refers to psychological state of mind that goes against life and nature.

Love – When I use the word love I am referring to the metaphysical understanding of love that means the power of attraction, unity and movement into greater complexity, in a constructive and evolving sense. Love other people as yourself. It refers to individual psychic integrity, integration and in extension it refers to integration and unity with other people.

Materialism – When I use the word materialism I will be referring to a worldview that is divorced from the greater aspects of the world environment. It is a mindset that operates from a fragmented egotistical perspective. In that sense it also represents a fragmented worldview, both psychically and environmentally.

Mind – For my purposes, mind refers to those aspects of psychic awareness created by the ego - thoughts and intellectual concepts, feelings, attitudes and so forth that are of the true ego, connected with the larger whole. The mind creates concepts in order to maneuver in the material world - ultimately the material world is illusional. However, it is important to realize that, although ultimately illusional, a healthy mind grounded in the here and now of the material world is necessary to stay grounded and in fact to come to any sort of sane realization of reality. This is in contrast to the whole of the psyche - the larger realities of the psyche go far beyond an understanding that can be intellectualized. It can only be realized. Mind might also refers to products of the false ego. In most cases I will make the distinction.

Mystics – Mystics use their higher levels of consciousness to create greater levels of consciousness and to enlighten their own psyches, recognizing their connection to and affect on the collective environment. They enlighten themselves to connect with the Creator. They respect and honor the healthy aspects of the feminine and masculine energies discussed throughout this book.

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Nature – When I refer to nature I am referring to all of nature. This goes far beyond the material world. Most people think of nature as the Earthly level of existence and life. I intend it also to refer to the greater psychic realities beyond physical manifestation that might even be beyond the ability to conceptualize. In other words I am uniting both the horizontal Earthly plane of existence or nature with the vertical or Heavenly plane of existence. For purposes of inclusiveness, nature refers to all of reality including that from which nature emerged. This definition of nature is also the very same as my definition of psyche or psychic reality, as separate from mind. Mind is primarily a creation and a necessary one, of ego. For my purposes, I can use psyche, reality, nature and existence interchangeably - they all refer to unitary reality.

Participation mystique – A state of mind where individuals are not able to distinguish between their own thoughts, feelings, potentials, etc. and their outer environment, including other people. They do not have s strong individual sense of personal identity that is able to create healthy boundaries between them and their environment. A strong personal identity, better known as individuation in psychoanalytical terms, is a necessary pre-condition for the development and realization of true empathy and connection with the larger environment. I am referring to the requirement of true independence - a necessity for the development of true interdependence. In the state of participation mystique, people not only take responsibility and possession of other people's psychic contents, they also tend to place psychic contents they repress and disown onto others in the form of projection. Participation mystique, without awareness, results in primitive psychic fragmentation.

Wiccans, Patriarchs and Mystics – Wiccans, magicians and sorcerers use their higher levels of consciousness to manipulate the environment both inner and outer. They tend to primarily focus on and honor the feminine, lower levels of reality. They honor and use masculine energies to manipulate on the lower levels. For this reason, although there are white practitioners who use "low magic" and knowledge to heal, low magicians also use it for other, more ego related purposes. A love spell, for example, may seem harmless enough. However, if one thinks about it, energies related to ego are using energies to manipulate and attract someone in this method rather than attracting someone through the act of empathy and love. This represents manipulation and control for the purpose of ego satiation. Ultimately there is an imbalance with people who overly focus on feminine energies, just as strictly patriarchal practitioners are unbalanced in their energetic focus.

Witch or Wiccan refers to people who practice Wicca and does not refer to gender. Whether a low magician is a white practitioner on the right hand path or the left depends on how well they "know" themselves.

Most people don't realize it but clergy in the patriarchal spiritual traditions are ceremonial or high magicians. For those people who understand spiritual occult practices they are usually thought of as a type of ceremonial magician because they utilize rituals to manipulate the higher (or deeper) energies within their own psyche and in this method thereby affecting the outer environment. High magic can be performed

either as a black “art” or a life-enhancing white art. In the case of the former, people have been coercively conditioned to, or open themselves up to possession of forces greater (and more destructive) than themselves. In the case of the latter, the purpose is to create greater levels of awareness, evolution and liberation. In practice, the lower energies are also utilized. Ceremonial or high magicians can either liberate people or control them.

In essence a true ceremonial magician is a mystic whose goal is to unite and transcend the duality of the two energies so as to achieve as high a unity with the creative source as possible. In all cases, high or low, the people in control of the rituals that manipulate these energies will place them in higher levels of consciousness and power. This gives these people responsibility in how these energies are used. This is also why the question of balancing energies is so important. The “Wiccan Rede” states that which you send out returns threefold. I know one thing - if a person recognizes a manipulator or perpetrator and deals with him or her appropriately, manipulative or negative energy will bounce back from where it came. Balance can only be achieved when there is an equal respect and honor for both feminine and masculine energies.

Mystics honor and worship the Creator and they achieve this by combining and equally honoring both the masculine and the feminine. Mystics usually achieve this by going beyond ideas of masculine and feminine. They honor the whole of energetic reality. A practitioner of the living Tao is an example of a mystic who practices the art of living in this manner. When I say Creator I am referring to balanced masculine and feminine energies. Usually I will simply say Creator or the Source in reference to the god and goddess in unity, in marriage.

Psyche – This refers to the whole of the human psyche and all of its potential. It refers to the ego and what is commonly referred to as the Soul. This includes the higher realms of the psyche that transcends our Earth-bound existence. In this sense, psyche also includes a spiritual dimension to the meaning in which I use it. For my purposes I can use psyche, reality, nature and existence interchangeably - they all refer to unitary reality.

Reality – Reality refers to everything that comprises creation, with a focus on psychic reality. It is only out of the psyche that everything else emanates - from the mind or psyche of the creator down into manifestation of the material world, including the human psyche. In this sense I also intend the idea that the human psyche is made in the creator’s image. This is true even if the human psyche can only be a reflection of the creator, not the creator itself. For my purposes, I can use psyche, reality, nature and existence interchangeably. They all refer to unitary reality.

Reptilian level of psyche – This is in reference to the most primordial section of the triune human brain. It precedes even the emotional, mammalian, limbic part of the brain. It is part of the whole psyche. However, it is a part or aspect of the psyche that has to be in connection with the more evolved neocortical section of the brain in order to be civilized. It is only in and through the neo-cortex that the highest levels of the human

psyche are located and realized. This integration creates the ability to develop characteristics such as empathy, conscience and a higher intelligence that uses intellectual abilities and the higher intuition. Intuition is a combination of both the more primordial and all encompassing parts of the psyche or Soul, combined with and "enlightened" by the more focused and conscious aspects of logic, intellect, consciousness and spirit.

Ritual abuse – Refers to conscious or "unconscious" purposeful torture and abuse of a person or people to create splits within the psyche, so that they can be manipulated. This includes a manipulation and illegitimate use of their energies. Ritual abuse is used by practitioners of the black "arts, "commonly referred to as the left-hand path (to oblivion).

Right-Hand path – This is a psychic state of mind that nurtures life and nature.

Scapegoats – people targeted to carry the psychological projections, the psychic contents and realities of other people's psyches. They are also victims of psychic energetic theft.

Spiritual – When I refer to spiritual I am referring primarily to masculine energy and result of consciousness. It is consciousness and awareness that connects all living creatures and humans into one larger whole. In this sense we are all created in spirit - first there was the word or the thought, i.e. consciousness. It is the light of consciousness or spirit that connects all things, literally. Without the light of spirit there would be nothing, the void. There would certainly be no appreciation for the beauty of life. The "void" precedes spirit. To even attempt to try to intellectualize reality beyond spirit can only result in delusion, albeit wise delusion.

Unconscious – The context in which I use this word will usually be in reference to psychic contents below the usual threshold of conscious awareness. Although it can refer to the highest levels of the psyche, in most cases I will be using the term to denote contents of the human psyche in the deeper levels of both an individual and the collective human mind. In all cases the subtle variations in meaning will depend upon the context in which I am speaking.

Uroboric- A dynamic state that is circular, not evolutionary - it is characterized by emotional and psychic immaturity, expressed through the lower level, reptilian aspects of the psyche. It is circular because of a coercive inability or frustrated ability to emerge from this lower-level psychic immaturity into a higher level of consciousness and integration. It is primarily unconscious or subconscious.

Vertical Plane of Existence – This represents the upward, more spiritual levels of the psyche. These levels can only be achieved by ever increasing levels of inclusive integration characterized by integrating and including but transcending earlier levels of awareness. It includes the more spiritual and thus conscious levels of psyche and for this reason tends to transcend ego and the illusions created by ego.

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Wholeness – In using this word I am referring to a person who is consciously connected with their mind, body and environment, including other people. From this stable point, spirit can also be included in the definition. It is only from this integrated state that a person can emerge consciously into the higher realms of the psyche. Although wholeness necessarily includes all of the psyche, as defined in this Glossary, without a solid grounding within them selves and the Earth a conscious appreciation for the whole of the psyche cannot otherwise be made aware.

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