

Children of The Stars



Paintings by Paul F. Mitchell

An Uncommon Wisdom
An Uncommon Sense
Healing from Ritual Abuse

Children of the Stars: An Uncommon Wisdom, An Uncommon Sense Healing from Ritual abuse

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For The People

This book is dedicated to Rachel Thraves

The closest thing I ever had to a daughter; an intelligent young woman who wishes to educate and teach people

My wish is that she add to what I have learned and to teach young 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 while those cowards who commit these acts are allowed to do so by those who patronizingly display sympathy for these victims but also cowardly turn a blind eye simply to save their own skins. Those who commit 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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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 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, was usually decided as 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.' - 9/15-16/02. 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 respect to 99% of what I documented, because I was not a member of 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.

This book describes a personal process of searching and growth to the same extent it contains a social and psychological analysis
Paul F. Mitchell

How would people feel if there was an individual in their midst who was in contact with everyone on a Soul level but was attacked by just about every other person, on a Soul level and on the mundane plain of existence, with the exception of a few mature and Holy Souls. I am referring to a person who could read Souls and knew when they were dishonest or honest, life-taking or life-giving, unbalanced or healthy. Picture a highly evolved Soul living among the people who is attacked and forced to carry all of the projections and reversal's of everyone in that Soul's environment. This would be an attempt by the darkness of humankind to destroy a gift of The Creator. This would be an example of less evolved entities sacrificing a highly evolved entity of life for the purpose of maintaining evil in the world. I don't think the Creative Source and the mature Souls would be impressed.

Reading this work only one time will not give an individual the entire possibility to understand what is being described here. As with most written pieces of work that deal with in-depth topics, rereading them will usually give the reader a greater insight into the nature of what is being put across. Importantly, although it is not usually good literary style or practice to repeat something that has already been said, throughout this work I will do this. I will do this for precisely the reason I just gave in the above, especially as it relates to having more information to work with each time something is repeated. Most of our actual thinking takes place on an unconscious level. As for 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. Most importantly, as you read the following material, as I repeat several times throughout, be very conscious of your feelings, emotions, and especially any thoughts that you have while taking in some of the material I present here. Being aware of these thoughts and physiological reactions that you have will tell you far more about the accuracy of what I am saying here than the intellect alone. Another important factor to keep in mind is to try to empathically place your self in many of the dynamic scenarios I will be describing throughout this work.

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. Although I am not saying anything here that thousands of people before me have not tried to say, here, I am trying to do my part to bring everything together, to create an overall context and overview, as a way of raising people's consciousness so that a true healing among humankind can take place. My deepest wish is that peace will eventually engulf the world and that people will learn how to love themselves as well as others and to love other people as they would love them self. With conscious practice this will naturally develop into a love for their fellow human being as if he or she were themselves and extend outward to include the whole environment.

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

I am 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 expressed at the fundamental level throughout the book, with certain sections going into more detail than others. We discuss the dynamics that produce a worldview that has focused on and developed a materialistic mindset and way of being that is a direct expression of a fragmented ego and psyche. It becomes a two-way, self-replicating and self-perpetuating dynamic. This is a false ego view that only respects and honors what can be quantified and categorized, then turned into a profit. Hypocrisy and bigotry necessarily follows from this worldview that represses people's true natures and refuses to acknowledge what it truly means to be a whole human being.

One of the primary results of this disempowerment of the human psyche is a focus on, and misuse of power. Misuse of power is a way that fragmented and disempowered people-psyches try to compensate for this loss of potential and wholeness; for loss of their health. It is usually expressed through a need to control and manipulate others in an attempt to obtain energetic psychic and therefore 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. Reciprocal interaction of people's inner psychic realities with their environment would naturally connect them to the human collective psyche at all levels and also the greater environment, providing a two-way exchange of energetic needs. The result, as homeopathy, traditional Asian medicine, American First Nations wise people and other perspectives have been saying for a long time, is greater health.

This relative state of unconsciousness that we have fallen into has usually expressed itself through increased violence to ourselves and also 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 also do to others. Although this violence originates unconsciously, it eventually manifests itself psychically and physically. Materialism, as we will explore and see, for the time being refuses to acknowledge that the 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 the human psyche and human potential. It would be nice if humankind could avoid the historical reality demonstrated in individual as well as collective historical development that – quantum - jumps in evolution and developmental growth are usually impelled to move forward by some sort of shock or crisis if that development has been interrupted in some way. I will qualify this last statement by saying there is a possibility this frustration in growth is nature's way. Although I will not 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 world-wide psychically and socially, environmentally, materially and in a whole Earth sense, we now find ourselves on the brink of world-wide catastrophe. Consciousness-raising can change this.

It is awareness developed through consciousness-raising that can change the destructive use of technology and a technological mindset, to be instead used for evolutionary purposes. Instead it is in many cases being used to maintain and exacerbate a war-like and lower level state of fragmented psychic reality that simply perpetuates the cycles of bigotry and separation between people. This is also a bigotry that goes against nature, in all of its manifestation, lower and higher, Earthly as well as Heavenly - the horizontal Earth plane and the vertical Heavenly plane. This latter plane is not some sort of imaginary place in the starry night sky but a higher place within the universal and archetypal human psyche that was made in the creator's image. It refers to the

higher levels and potentials of the human psyche. First and foremost this higher potential can only be found and initiated within individuals, as individuals. In addition, it can only be initiated in individuals who are in compassionate connection with the whole of the human family and in extension, the greater environment.

We will explore the psychological reality that most of the decisions, thoughts, emotions and actions of human beings originate on levels far below the usual levels of conscious awareness, for most people. Similar to technology developed under controlled laboratory conditions, unconscious human behavior, individually, between individuals and therefore collectively, have unforeseen consequences on the collective environment. When humans operate only from an egocentric level they maintain this relative state of unconsciousness.

The word occult refers to virtually any hidden aspects of human and psychic activity and thought. Everything is psyche or mind. However, compared to times in the past, we have become unconscious of what was not at one time included in the occult. We are all responsible to become aware of our selves, especially when the results are violence and harm, to ourselves, to others and to the larger environment. We are all responsible for stopping the maintenance of this destructive cycle. To say "I was just following orders" does not cut the cake. We are all responsible for making these unconscious dynamics conscious once again.

In respect of the occult, as will be explored in depth in the following work, the idea of consciousness-raising is important for a very good reason. We will see that many of the unconscious dynamics within the psyche, for most people, are manipulated and in fact controlled and directed by a few elite at the top of the world power structure. Today there are greater and greater numbers of people, some more consciously than others, involving themselves in the occult, striving to expand of their awareness and consciousness. Unfortunately, most of the people entering into these areas have not overcome many of the egocentric tendencies society has conditioned into them. Neither have many of them healed from traumatized and wounded natures. When people who operate from a wounded or ego perspective enter into the occult – ritual, spiritual and the deep arcane - they run the risk of being controlled by the more powerful forces, energies and psyches at the top of the power structure. This is simply because they do not know themselves. They are not in control of themselves.

In today's world these controlling forces are not always of a benevolent sort. This will be heavily explored, however 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 deep arcane, spiritual or psychological realms of the psyche - is very controlled. Most people comprising the world's population are being controlled by these forces at the top of a power pyramid. This is a crime against humanity and is the reverse of what the Creator intended. The only solution to this is to completely open the doors for everyone, to awaken people's curiosity, imagination and especially a true sense of justice, equality and human liberation. 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 negative forces and energies that have taken over the operating controls of human destiny.

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 level and primarily for reasons of survival. However, given the nature of the dynamics that create these groups in the first place, although they attempt to shield their members from other groups, there is always a domino and totem affect within groups where members overpower those weaker than themselves within the group, either psychically or physically. This is nature's way in some cases. The problem is that with human beings, given the population of humanity on the Earth today, this primordial way of "surviving" is quite obsolete.

Under natural conditions and circumstances, evolution is ever expanding. 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 vertical movement is usually initiated by individuals, followed by the rest of the human collective. I am not talking about dictators and leaders in a political sense. I am talking about Galileo's, Einstein's, Mahatma Gandhi, Martin Luther King Jr.'s - leaders of emancipation and spiritual development. I am speaking about revolutionary individual developments in a psychological, cultural and evolutionary sense. We will explore what helps development and what hinders it. We will look at the psychic dynamics of empathic connection and interdependent connection with others and what hinders that from happening. We will look at how all higher development requires an integration and maintenance of all developments that precedes it. Without this maintenance a sort of crumbling takes place individually, collectively, socially and environmentally.

We will see that many of the symptoms of this psychic fragmentation are looked upon as the various problems within society and how this can be remedied - especially the problem of these symptoms being looked upon as the causes while the real causes are ignored. For example, as touched on above, 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, whether of health or unhealthy imbalance. We will explore how this reciprocity can be put to productive and creative purposes rather than destructive.

Solid individual freedom to develop as discreet individual entities is the only way true interdependent and creative reciprocity can take place. Connected interaction has to develop from freedom not coercion, whether it is conscious or unconscious, psychological or physical. This is the true definition of health. Health is also defined by ever increasing levels of consciousness being attained. This recognizes that 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 healthy recognition of the horizontal psychic plane as well as the vertical upward plane and dimension of psychic growth is crucial. Conscious integration of these two dimensions and their dynamics naturally results in optimal health.

Balance is the important factor to consider in most areas of human activity. Both 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 imbalance is a solid and well-grounded consciousness. Separation resulting in nihilism, oppression and narcissistic isolation are consequences of imbalance. We will look at the antidote to this and that is the development of true empathy and compassion.

One of the symptoms of our materialistic worldview is that, unconsciously, humankind has reached a point where people work to maintain a market driven society 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 psychical and physical survival mode and almost 100% of humankind struggling to maintain some sense of interdependence and dignity, individually and collectively.

Scientific philosopher Ken Wilber's concept of holarchy demonstrates quite nicely that in order to evolve upward in an evolutionary sense, people and in fact all life, in virtually all respects, have to maintain an integrated, reciprocal and rooted existence from which they emerged. Holarchy also demonstrates that, although no one perspective has all of the answers and solutions to existence, they are all valid in a partial sense. All of them provide a partial picture of reality but they all have to be looked upon in an integrated and whole context. In order to exist in a healthy, evolving way, people have to maintain a psychic and in extension, physical integration with

themselves, with other people and with the whole of their natural environment. This existential way of being balances both the horizontal Earth plane and the vertical Heavenly plane of existence and potential.

The existing worldview, from a strictly ego perspective, expressed most completely through materialism, is not possible to maintain indefinitely. Not only does evolution stop, in many cases it goes into regression. Many of the symptoms of this regression we will explore throughout this work. However, the main expression of the subsequent loss of the integration I spoke of above is a world-wide collective competitiveness and bigotry that has stripped most people of any sort of integration of body, mind and spirit. Expressed collectively, it is mirrored within individuals in varying degrees. Violence, physically and psychically expressed, is a symptom of the inquisitorial and egotistically repressed soul of humankind and the unconscious rule by a shadow controlled super-ego, in a depth-psychological sense. We will explore the symptoms of this psychic imbalance in the following chapters.

The conditioning factors involved in maintaining this mindset, as consistently stressed throughout, are perpetrated primarily unconsciously. The result is that finger pointing and blame cannot really be performed. This repression results in a type of acting and theatrical performance. All finger-pointing would do is exacerbate the situation and is in fact a prime example of the hypocrisy and repression of human reality that precipitated the imbalance in the first place. This is an example of "blaming the victim" that we have to overcome. Having said this, 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, guides one only towards the initial beneficiaries of these dynamics.

We will see that reductionism will have to be replaced with an appreciation for integration and wholeness at all levels and states of individual and collective development. This is the only way true health can be achieved and maintained - by an appreciation for the quality of human existence rather than a consumerist focus on quantity.

I mentioned the subsequent hypocrisy and bigotry that result from a world which operates from a primarily ego-perspective. Sadism and masochism, primarily unconsciously motivated, is a widespread phenomena and symptom of the mindset I am talking about. This is a symptom of alienation and lack of integration within individuals and people. It has more of an impact throughout society and the world than most would imagine. What this demonstrates is a type of self-hate that perpetuates the machine-like cycle within a prescriptive world culture.

When I use the word prescriptive, it denotes a mindset 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. This is the opposite of a proscriptive mindset where people maintain as much of a whole and reciprocal interaction with their environment as possible, in whatever they do, especially work. It is integrative and holistic. These dynamics, both prescriptive and proscriptive, will be explored in depth and within many apparently separate and diverse areas; in apparently different ways in which they are expressed. What I have been describing is very political and it is an understatement to say that in the context that I am saying it, the personal is political.

I will draw from the wisdom and teachings of both the Eastern and Western areas of the world to demonstrate that the only way to achieve a healthy integration and wholeness is by a psychological process known as centering. This process recognizes both the horizontal plane of existence, as well as the vertical movement of evolution, represented by an integrated individual psyche. This demonstrates recognition of the inter-psychic connection with other people and the larger environment. The vertical plane recognizes the higher potentials of the psyche and is demonstrated by upward movement in evolution of spiritual or conscious development. The first plane is primarily feminine in nature while the second dynamic is primarily masculine. However,

both planes have a blend of both energetic patterns. These distinctions have nothing to do with gender. One has to do with embracing and integration: this is feminine. The other dynamic, masculinity, makes this possible by the energetic creation and expression of consciousness. Both energetic dynamics have to be present in a mutually reciprocal way in order for healthy life and existence to be a reality.

One of the symptoms of a lack of this existential health we will look at is an addictive mindset and tendency within 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, on many different levels, is expressed. It is also one of the most widespread methods used for energetic theft, something that we will heavily delve into and research. Sadism and masochism is expressed in psychic ways as much as it is in physical ways - in fact more so. This symptomatic tendency has distorted and perverted what should be a most beautiful expression of humankind and human interdependence.

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 muted. It is an example of how an artificially created "pathology" is being used in order to create profits in a materialistic market driven world.

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.

In 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 definitely 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. I already mentioned one of the causes creating a "perceived" need to perpetrate illegitimate control: regression. The only way to reverse these dynamics is purposeful consciousness raising. This results in increased awareness of what is taking place. These dynamics are present from the family up through to various institutions, national levels of government and now international level organizations, including multinationals.

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 involved in spiritual or psychological occult practices gain power because of increased levels of consciousness. 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, including people. Speaking for myself, when I initially became involved in these

areas, in addition to reasons related to employment, scholarly and spiritual interests, 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, in a relative way. As I said, they occur on a continuum. Remember, the word occult simply refers to "what is hidden" - whatever that knowledge or information may be.

A symptom of manipulation and control is depression and other so-called mental illnesses. This is because of a resulting draining of masculine or libinal energy, as I will continue to mention repeatedly and with in-depth analysis of the actual psycho-physiological dynamics. I will discuss many of the very institutions within society that increase these types of dynamics that result in psychic imbalances, of which a very pronounced symptom is increased dependence, while their conscious mandates are to alleviate them. "Treatment" is usually combined with an increase in dependency, which in itself depletes people of energy. In discussing the dynamics in these areas always keep in mind the people involved – the people employed in these areas - have been wounded, conditioned and perpetuate these dynamics unconsciously. 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.

All forms of dependency, enmeshment and assimilation – as opposed to conscious integration - allow or encourage the use of control and manipulation. On some level on a continuum this results in a form of psychic possession. In fact, all forms of conditioning, and this includes a large segment of society, is responsible for doing this sort of thing. We can look at the ever-constricting "official" 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. This then becomes a tool used by various groups in society to categorize and subsequently label and scapegoat people. 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 psychically recognize the above dynamics are quite often labeled mentally ill and are psychically imprisoned and controlled, usually by medication, to avoid 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 a tool used to make these realities look like psychotic or delusional hallucinations. This is the main way society's awareness of the realities of manipulation and population control are kept under lock and key (pun intended).

Energy draining related to sexual exploitation and the resulting ability to manipulate is one of the main reasons sexual exploitation is used and is perpetrated by weak and wounded people. This is one of society's most widespread and horrendous methods of exploitation and control. I will not explain these dynamics in any detail in this introduction. However, I will give one very obvious example although the sexual exploitation it expresses might be more hidden. In Hollywood Satanic cults, that is, in ones which operate on a conscious level although behind closed doors, there is one characteristic way they keep people from escaping from the cult. Cult members are usually ones that hold positions of power and influence within society. Even if they don't hold high positions of power and influence, when someone tries to escape, they are powerful enough to make the stories told by people who try to escape look unbelievable and the person telling them look crazy. The escapees are usually powerless young people. What the person has experienced is usually so horrendous, sometimes and usually, the cult members have no difficulty in making the person telling of these experiences look crazy. These victims are then re-victimized by other people or institutions and sometimes by cult members in these institutions. I will expand upon these dynamics in reference to both Hollywood cults and true Satanic cults that operate almost exclusively on the unconscious or subconscious realms of the individual and collective psyche.

In looking at these nasty tendencies within the psyches of people, being consciously aware of the whole self or psyche is the only way to not realize the lesser admirable, possibly deeply repressed aspects and dynamics of an individual. Hollywood or "open" style Satanic cults do consciously what most of society does unconsciously. This is accomplished by a collective super-ego that is controlled and dominated by a shadow infested collective psyche operating primarily from the lower - ego and below - levels of the psyche. This is especially true of angry energies and angry people who add to or allow themselves to be caught in these areas. As mentioned above, this is why anyone getting involved with openly "spiritual" occult practices must be aware of themselves as much as possible. This can otherwise allow wounded people to become or remain perpetrators and continue to commit crimes against other people.

There are some groups of people this applies to more than others and I will explore some of these groups. However, in all cases it is important for people to use some common sense and to ask questions for themselves. When these dynamics are not consciously made aware, people end up doing the very things they condemn in others without being aware of their own hypocrisy. As most psychologists and people who work with other people, especially survivors, know, if a person responds to situations with anger, this will usually indicate a degree of guilt in whatever the situation represents. Nature meant anger to be a short-term emotional reaction to impel someone into action; if hung onto it quickly becomes hate. In more developed people, through the development of discipline, emotions such as anger are by-passed. In these cases, as soon as these emotions stir within they are recognized, immediately refined and redirected upwards into the higher functioning areas of the whole psychic system. This is only possible when there is a high level of consciousness present. This is what Eastern disciplines and traditions such as the various forms of martial arts teach, as an example.

In looking at the darker aspects of groups, cults and human behavior, in the occult repertoire of terms one aspect of "black magic" is defined as the draining of the masculine or libinal energy. By using common sense and asking questions I will leave it up to the people to verify this for them-selves, after reviewing much of the information encountered throughout this presentation. A deficiency or imbalance of masculine or feminine energies, frequently a result of conditioning and trauma, will usually put in place or perpetuate the above-mentioned dynamics.

If people scoff at the realities that I am referring to, all I ask is that they consider the things I will be discussing seriously. Everything I speak about is supported by thousands of years of knowledge. In addition to modern scientific support, I have no doubt that most of the activities referred to will reverberate with almost everyone. I ask people to monitor their responses as they read this presentation. If they are honest with themselves what they experience will speak volumes.

In looking at these dynamics and how unconscious dynamics are activated or deactivated, we will look at rituals and their use. There are rituals that can be consciously performed. However, just about every aspect and level of human activity involves the activation of psychic energies and realities by ritual. Ritual, through the use of symbols, the parallels between physical and conscious activity and resulting movements within 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 will look at both types of these dynamics.

When symbols or ritual 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 intent behind them and awareness of the possible outcomes. The whole person, beyond ego, who performs the ritual, requires that the person involved "know thy self" and is of paramount importance. This is especially important in low magic that involves manipulation of the environment, including people. This aspect of the occult also applies to all

occult knowledge and their applications, technologically speaking and especially in areas of mental health where employees have actual control over people.

It is the aspects of low magic and environmental manipulation that have to be considered more than high "magic". The latter is usually geared towards "knowing thy self" and the joining with the source of life. In the case of low magic, when tribalism, bigotry and separation (hate) enter into the 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. This takes place on a continuum. Although low magic can be used to heal, it can also be used as an illegitimate type of manipulation. Scapegoating and any form of hypocrisy and oppression is a form of black magic that drains people of life force. As mentioned above, examples of these types of activities will be discussed by using, in some cases, mundane examples everyone will recognize. Many people within society who are aware of these levels and realities, unfortunately, work for the "system" or themselves in an egotistical sense. This will be discussed.

The most sensitive people who are aware, 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 present to the powers that maintain the status quo; they are sacrificed more ruthlessly than any other segments of the population. This was mentioned above and we will discuss this at length. Mute-lation is the usual result.

With most perpetrators, it is only by the awakening of consciousness and conscience that the oppressors will more than likely stop their actions. Many would be quite amazed, "Who me?... I had no idea..." A theme I will repeatedly state throughout is that when we harm others, we are harming ourselves. Can a person recall a time they hurt someone and felt bad afterwards? As mentioned above, oppressed people, in many cases try to compensate for their disempowerment by oppressing those 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. The use of fear is most cruelly used by perpetrators in committing childhood sexual abuses, even if it is coated with candies and words of praise.

Taking into consideration all of the dynamics I am discussing, on the unconscious levels of the collective unconscious, these accumulated energies become shadow(y) hate and revenge-seeking entities in their own right. This is the shadow from depth psychology. It is usually combined with the collective superego and the lower level primordial aspects of the individual and collective psyche. As we will see, many of these dynamics, because people are unconscious of their true natures, result in antagonism between groups, men and women and other identified concentrations of people. Consciousness-raising can remedy this situation.

In considering the reality of the interpenetration of psyches, consider the aspect of being in mass rallies, spectators in large sports events and so forth. Unless a person is very aware, it is quite easy to get caught up in the much more primordial and lower level energies of the mass mind. I will present a fair amount of information that should provide enough grist for the mill that people will seriously consider this material.

Consider the effects of sadism, masochism and in fact any sort of violence: emotional, psychological and physical. Consider the above-mentioned energy drain in mass atmospheres. Then consider where all of that energy goes. 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? Certainly not for constructive purposes. Consider: shadows or blackness sucks up and absorbs light and energy. However, light and awareness creates and radiates energy, like the sun. I will provide several real life examples: physical (physics), metaphysical, philosophical and other scientific documentation

and facts for people to use in conjunction with intelligence when considering these questions. Groups and cults are major tools used by the collective, in manners described above and throughout this book, in perpetuating these dynamics.

A state of mind that follows from all of these dynamics is not only a dependence on the “expert” but also authoritarian leadership. These dynamics are present within almost all groups. Some of the more obvious ones can be called cults. I will give you examples of this latter type of organization, the less obvious forms cults can take and especially how the dynamics of conditioning are implemented.

During these sections I will explore the idea of psychic retreats that people make because of these dynamics and the resulting psychic imbalances such as Dissociative Identity Disorder, so-called schizophrenia and so forth. During these discussions, consider the emotion fear, which is nothing more than an aspect of a false, in some cases regressive and certainly immature ego. Consider how these dynamics attempt to maintain and perpetuate a cyclical situation as the one described above.

I will take a look at how a person's and people's environment and their perceptions within that environment are distorted in order to maintain control over people. Most of this is unconscious, although there are ways in which it is consciously maintained. I am referring to propaganda, subliminal suggestion, through to advertising and the mass media. Only rigid skeptics and closed-minded people will be able to deny validity, at least to some extent, to what I am saying.

Regression in development, such as I have been describing, actually causes people to see things in reverse. Think of it. If a person denies realities within them selves, they will hypocritically project and see it in other people. This is the whole purpose and subsequent result of using scapegoats. People deny things within them selves and project it onto someone else and then blame the other person for the very thing or things they are guilty of. 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 once they “prayed” 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 psychological mind-set for the collective psyche, found within most individuals with some exceptions. Looking at the whole interactive nature of the psyche, it follows logically that the whole of the human being and in extension the collective psyche has become characterized by this state of body, mind and being. As will be explored, thousands of years later this tendency of psychic reversal has developed into the origination of conditions such as turrets, dyslexia and so forth. You see, in addition to mass repressions, we are not using goats anymore. We create human scapegoats and act in bigoted ways. We are using real people. This is “seeing” in reverse. It affects and is affected by body and mind interaction, including responses by deeply repressed and unrepressed unconscious material. This is being expressed by the emergence of new diseases, rampant social violence and so forth.

I'm simply asking people to keep an open mind as they read this material and think logically and with feeling as they review what I say. Put emotion, sentimental conditioning and propaganda aside. Think with your whole person, with your heart as you read this. Experience what and how you feel as these realities are considered. Especially consider the muted human psyches reaction to this; both individually and collectively. Especially consider how this relates to the widespread epidemics of violence throughout society and the world.

Consider the nature of bigotry, hypocrisy and the subsequent tendency for people to therefore see things in reverse. Because of this tendency people actually create situations to induce people they accuse to fulfill their accusations. It is no understatement to say accusers should be cross examined just like those persons accused, of whatever they are accused of, in most instances where widespread 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 and jealous people to claim innocent victims. This is quite dramatically the nature of hypocrisy and scapegoating. Awareness of the main ways people are scapegoated and bigoted against, when brought to light, can counter the psychological dynamics of this process and it will be discussed in some detail in this work.

When true psychology is reduced to the material and genetic levels in trying to understand these dynamics, preventing learned and aware public knowledge of these realities, the only recourse is consciousness-raising. This would be similar to what many oppressed groups have done throughout history. In respect of the dynamics I am speaking about, 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 official medicine, as one example, 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.

As people read this material, feel how you feel, what you feel and as I will say many times, closely monitor your reactions to the things I am saying. If there has been one recurring theme throughout all of history it is the truth that when some individuals initiate a change in the common perspective 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, Martin Luther King was assassinated and do you think people seriously thought about walking on the moon that many years ago? Consider the truth that 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 will discuss and explore in-depth extreme examples of psychic fragmentation: a dissociation identity crisis. What used to be called multiple personality disorder, known today as Dissociation Identity Disorder is perhaps one of the most obvious examples. I will also 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 true person's self to emerge under natural conditions can be a prodigious achievement. In today's world, consciousness-raising is the only thing that can place people's natural drive to achieve these higher levels of consciousness and psychic development back into an evolutionary mode. I am talking about integration and individuation. In the above respect I will relate a short dream I had several years ago, very soon after I started using anti-depressants.

Dream In this dream, I was standing in front of a bar counter. The bar tender, however was not just serving drinks. He was also serving Prozac. Most of the patrons of the bar actually seemed to prefer this over the usual depressant known as alcohol. I think this dream sums up very well what I said in the above. Interestingly, I never even considered what this dream was trying to say at that time; not until quite recently. Years after I had that dream and quite some time since I have had any need for any type of psychotropic medication, while doing serious research in these areas I remembered this dream and now see what it was trying to tell me.

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

I will also demonstrate how psychic fragmentation and manipulation by the shadow-super ego of society and its various tools of enforcement are very sexual in the sense of psychic invasion and rape. This can be far more devastating in effect than physical levels of violations. The main reason for this is because in our material culture any physical forms of violation are usually recognized for what they are and dealt with by law enforcement and the justice system, by society. This is not the case at the moment with the psychic invasions that I am speaking of. I will discuss both physical and psychological forms of trauma induced by abuse and for lack of a better word, sacrificial torture.

In various sections of this work I will give clear in-depth examples where repression, bigotry and victimization of certain "unseen" groups and individuals result in oppression of a sort that appears to be perpetrated unconsciously. I suppose in some respects it might be unconscious. I am going to demonstrate instances where the oppressed can become the oppressors. I will show how, when people who have been oppressed in the past and in the present begin to be liberated from their oppression or even in cases where it has stopped, if there is not a clear understanding of the dynamics that created the oppression in the first place, the formerly-oppressed quite often become the oppressors because of conditioned dynamics. I will illustrate the need for what has been wounded, repressed and placed out of conscious awareness to become uncovered and healed. If it is not healed, it sometimes returns in the form of revenge. This has been a recurring theme in the history of humankind.

In tandem with the above dynamics, I will develop an exploration of how some of society's institutions can create environments conducive to making or helping the formerly oppressed become oppressors. I will 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. This is not exclusive to any one group either. This dynamic creates an environment that maintains illusional differences and divisions between people. A perfect example of this is abuses in political correctness. In addition to what I just mentioned above, political correctness can forcibly and coercively apply biased opinions and viewpoints onto others and quite often to other people's detriment, 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 will explore the nature of healing relationships. I will discuss, in depth, ways that demonstrate the need, in many cases, for would-be healers to in fact heal themselves from psychic fragmentation and discover their own inner sources of bigotry. 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 with the healer in order for a true healing relationship to exist. This necessarily involves a two-way exchange and recognizes the truth that no one person is perfect. All people can improve and evolve. That is the whole purpose of life on Earth.

In the final section of this book, I will explore the dynamics of hard-core ritual abuse. I illustrate there are two distinct levels of ritual abuse. One level involves obvious perpetrators and the abuse they commit they do in blatantly obvious ways and can most easily be recognized in the crimes of physical sexual abuse, especially within obvious cults. However, I will also discuss the less obvious forms of abuse, especially sexual, that take place on the unconscious and more subtle levels of awareness.

Ritual abuse is also 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 experiences from my own life to demonstrate the way cult or cult-like dynamics affected my life and the challenges I had to overcome. The main tool that I had was the ability to develop awareness of the dynamics that were taking place around and within me. The methods I used to achieve this aware consciousness was by using various techniques of consciousness-raising. 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 and intra-psychic mediation - of being. In fact, it is only when a person develops this awareness from within that one finds the real self. In extension of this, I have heard it said that a true teacher is a person whose greatest desire in their thirst to teach, in all cases, is to teach a student and have the pleasure of seeing the student 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 idol worship. A true teacher or healer is humble.

The final chapter of this book discusses a realistic Christian perspective alongside a 1st Nations American one, interspersed with elements of various other religions and spiritual traditions. The final conclusion of the book explores certain climactic elements of the Christian New Testament. I will discuss it from a supremely psychological and because it deals with the higher workings of the psyche, very spiritual one also.

Towards the end of the book I will show how increasing levels of consciousness and wholeness cannot adequately be put into words to describe the actual processes and views that subsequently develop from within. The closest way this can be done, in respect of the more highly evolved 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 levels of consciousness. It is only through spiritual imagery that aware expressions of this conscious level, of spiritual wholeness can be seen. Later in this work, in most cases, I will draw upon and use spiritual imagery and draw as *well* upon personal experiences and expressions to demonstrate an experiential appreciation and understanding for the dynamics I am trying to describe intellectually. I urge people to closely monitor and be very aware of any physiological, emotional and intellectual reactions they may have. To develop a feeling-toned understanding of the process they experience as they study the material I presented 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 will 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 and emotions, even feelings. Thoughts and associated emotions are primarily creations of the individual and collective ego. Once free spaces within the psyche have been found, 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, will usually determine the best methods 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 themselves, **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 themselves need or require. In fact, that is one of my main points being made throughout this book: most people have the God-given and natural ability to heal themselves. To give up that ability is called disempowerment.

Before I say anything else I will state at the very beginning of this work that many words, phrases and the contexts in which I use them quite often have many layered meanings. Sometimes I will note the double or layered meanings I intend, at other times I will leave it up to the reader to perhaps see for them selves. For a double meaning example, sometimes when I say 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 Freudian slips that I wrote down as I was putting this commentary together, in most cases I have left them and there are only a few of them. I have left these types of Freudian slips-typos in the few instances they occurred because of the obvious, or given the nature of the mind, the necessary and applicable context and meaning. Even in these few instances there might be a deeper meaning, especially when I make reference to gender. Whenever gender is used, 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 and feminine dynamics and energies.

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. When I relate my own experiences some of them may seem very difficult to understand given their traumatic and criminal characteristics. The treatment I received and certainly many of my very real experiences in the way I was affected will seem out of the ordinary nature. They are not uncharacteristic of what many people experience. I use 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 in the study of the mind. I will use some real examples of my own experiences that describe very real types of ritual abuse I have personally suffered. These are described primarily in chapters 10 and 11 but they will be described, along with other people's experiences, throughout. Many of them will be towards the end of the work where I focus more on the actual dynamics of treating survivors of ritual abuse. I look at, describe and point out that what we usually think of as ritual abuse occurs on levels and in ways people do not usually consider.

Some of these examples are very personal and are items that I have taken from my personal journal. Throughout this work I contend that true healing is only possible when a person stops repressing and is brutally honest, with him or herself as well as with others. Some of these personal experiences are amazing to consider, especially when we are supposed to be living within a civilized and free society. More than anything else, what they demonstrate among other things, is the fact that a lot of the abuse appears to be consciously perpetrated and I suppose some of it is. But a lot of it must be unconscious otherwise I cannot fathom how people could actually allow themselves to do the things they do. When it comes to my own family, friends and perhaps even other people that colluded, took part in or otherwise closed a blind eye, I will change their names because ultimately blame cannot be assigned. These are *things* which are primarily induced unconsciously by the shadow and contaminated super-ego and other associated dynamics. It is a fact that in order to truly study the mind for the purpose of healing, rather than use other people as guinea pigs and the attempt of some people to learn about or control their minds vicariously through other people, a true psychology of the mind is only possible by study of one's own. All of the great masters, psychologists, philosophers and spiritual saints throughout recorded time have demonstrated this fact.

Taking into consideration my own personal experiences 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, Nova Scotia. 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 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. As any good counselor knows, when 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 will reserve judgment in saying 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 whoever is reading it may consider it to be a blunt, no nonsense approach to the issues I am trying to bring to light in order to provide some help in trying to address them. I have learned that to "beat around the bush" and try to say something "in so many words" simply 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.

Very early in life I developed a profound and ongoing need to ask "Why." Later in my life this developed into more of a spiritual search than anything else. Many of the dynamics I speak of in this book I personally experienced and they cover a wide spectrum of society's different areas and levels. I did indeed experience some extremely painful, challenging and at times, seemingly unbearable difficulties. In overcoming them I can only say there was a deeper intelligence working from within and guiding me along my journey. I will not try to name this deeper intelligence. However, I will say that it is to be found within each and every human being alive.

A woman 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 a member in a Satanic cult operates 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 to rationalize their abuse in the same way. This causes psychic splits, dissociation, within peoples psyche. For these reasons I do not support the director of a school of social work who expressed the above sentiment to me, 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.

I will refer to it as the illusion our egos fabricate, for good or bad, that prevents us from seeing the true nature of humankind and everything that comprises it and from which life springs. Having been raised as a Christian, I will say that it is some of what I believe Christ tried to teach us two thousand years ago. I am not Christ so I cannot speak for him, only the way I understand what he attempted to teach us. 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**. We are all made in the Creator's image. Regardless of appearances, every person in existence is fundamentally good and perfect. It is the energies which affect people that 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 I mentioned above, in considering the nature of the mind, it is only natural that many of the psychic experiences people might have, given the context of the culture and spiritual characteristics of that culture, that much of the imagery and knowledge of the higher realms of the psyche can only be expressed through that culture, using the filter of the human mind. Religious imagery is the only way to conceptualize or speak of some of these things. Modern medicine and technological science only accepts what can be objectified. Later in this work I will provide more information showing that 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. I know from personal experience, many people I have spoken with as well as research I have done that when a client speaks about religion, mysticism or anything spiritual it is considered a sign of psychosis or illness. Yet that same individual who commits the diagnosis may then turn around, go to church every Sunday and listen to sermons that talk about a highly supernatural and in some cases, superstitious type of God, hellfire and other such nonsense. This in itself 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. Along with everyone else I have learned that whether it was from the street people I associated with, the lawyer's daughter I went out with at one time and her friends, from elderly people who appeared to be old fashioned and rigidly set in their ways or other associated 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 information, 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 requirements; 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, 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, this title sums this realization up for me quite nicely.

Considering my interaction with and experiences with the various institutions within society, I have to say that my work in and personal involvement with medical and psychological institutions - more than anywhere else - showed me just how limited, controlling and regressive some of the aspects of these institutions really are. In some ways, they are more responsible for halting and in some cases reversing, the growth of humans and the human spirit more than any other institutions within society.

I am going to discuss the reality of the psyche within society and the world today, how the psyche is mutilated and abused in a type of unconscious sacrifice to the shadow of humankind. As mentioned, I am going to discuss how to recognize this type of ritual abuse, how to take steps to heal and then emerge from this in the form of therapeutic counseling, individually and collectively, beginning with the healer.

The reality of the psyche is comprised of so more than what is usually considered "real." only that which is able to be quantified and controlled through external sources is considered valid and worthy of respect.

Any level of the psyche that exists or is trying to emerge beyond the immature ego but encompassing all of the lower levels; that is, a psyche showing signs and expressions of the emergence of the higher levels of the human psyche, is looked upon by modern psychology and psychiatry with a pathological eye. Because they do not understand these realities of the psyche when they are confronted with them, they respond by diagnosing them away¹ thereby repressing them, in themselves and their clients. This only causes further mutilation and violence to the human psyche. This adds to the unconscious sickness of the human psyche that is known in depth-psychology as the shadow and, I will add, the shadow-contaminated collective super-ego. It is to be found within individuals and by virtue of every human being containing within themselves the whole of the human collective psyche, the collective as *well*.

In attempting to understand the reality of the psyche and the world we live in, we have to utilize as integral an approach as possible. In speaking about the integration or eclectic recognition of knowledge we can introduce the idea of centering and balance. We can do this by using an approach that does not accept a purely objective or inter-objective approach or a purely subjective or inter-subjective approach. Each approach, situated in one of four quadrants that can be placed on a graph has to be balanced by the other quadrants. In this case, the left side or subjective and inter-subjective approaches in understanding the reality of the psyche have to be balanced with the objective and inter-objective "outer" reality in order to understand how we maneuver and operate within the world. The left side of the graph – shown on page 36 - can be thought of as a living psychic reality and the right side, because of its purely materialistic and objective viewpoint, can simply be thought of as "it."²

It is only when one side or portion of the whole is used to the exclusion of the others that imbalance occurs. In today's world validation is only assigned to the right, the 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" or further technology. The realities of the subjective and inter-subjective side, that is, the individual psyche, the collective psyche and the collective and individual interdependence of both are discounted or pathologized. This is itself pathological and creates dysfunction in a vicious cycle, just as acceptance and recognition of only the left side as displaying the only validity of reality is equally unbalanced and ungrounded.

In this way we end up with neurotic and/or psychotic imbalances that do not understand and thereby mutilate the individual's psyche and other people's psyches and the world. A purely materialistic, technological and objective world-view that predominates throughout this planet called Earth does just that. It destroys the psyche, both individual and collective and by focusing exclusively on material reality thereby destroys it as well - by over exploitation, imbalance; by too much attention being paid to quantitative rather than qualitative reality.

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

The psychotic and sociopathic aspects of this type of society is most evident where people become objects simply to be used for making profits within a medical and pharmaceutical controlled "health-care" environment. The true subjective and therefore inter-subjective health of people, for the most part, is sidetracked and sabotaged because of subsequent alienation from self, from other people and their living environment.

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

² 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

This consumer approach to living also distorts, mutilates and prevents attaining the higher levels of psychic potential and development as nature, both earthy and heavenly intended. Fortunately, we'll always have our Socrates, Galileo's, and Dr. Martin Luther King Jr.,s who are individual enough, brilliant enough and courageous enough to go against the status quo. Thank God, so that truth, reality and justice can emerge at least long enough for humankind to see its mistakes sharply enough and clear enough 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 move forward far enough so that movement beyond the place where imbalance first occurred can be achieved.

The development of our psyches to the point where we have the 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 it has become locked in the lower levels of the ego, with the lower levels of the ego serving only the lower level reptilian and limbic 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 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 naturally forward moving and life enhancing level. The physical vessel is located in the right hemisphere of the brain. In today's world, conscious attempts at domination by the left, logical and scientific hemisphere of the brain has disconnected us from the right, more all encompassing part of our brain and psychic power - no wonder there is a medical-psychiatric condition known as Bi-Polar Disorder. 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 have dominion over 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 balanced support to allow the employment of the instinctual, imaginative and more powerful side of the mind to be 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. This has resulted in a subsequent regression of the right side and has caused us not only to destroy by control what is represented by the right side, and we have done it with a pathological focus on materialism, it 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 and controls the collective superego. This shadow destroys rather than creates by apparently working in unison – it had been blocked out of most people's awareness - with the left's logical side, 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 hard-core Satanic cults operate from.

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 in a sort of unconscious, subliminal chaotic anarchy. Attempts to control the social symptoms of this anarchy in the traditional ways that produced it in the first place, obviously, will only exacerbate it. In other words, humankind's attempts to control nature

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

and through that paradigm or world view, human nature has backfired. The beginning point or area to heal this is human mental health.

In many of the esoteric traditions and today not so esoteric but terribly mutilated and misunderstood traditions, 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 been denied access to and that for the vast majority of the human population they are a mystery and looked upon today with a "knowing smile" and a feeling of foolish superstition.

In the left-hand path, the symbolic motion that represents its world-view is counter clockwise or anti-sunwise; 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. It represented a reverse of life enhancing forces, anti-sunwise, separating and against nature. The arms on the Nazi swastika cut into the air and ripped (split?) away. In comparison the original Asian swastika, an extremely ancient and holy symbol went sunwise; symbolizing harmony with nature and life, its arms flowed 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, consciousness, light. Nature flows from the left side to the "larger" and deeper right side, using the left side's consciousness to "enlighten" it. Instead, 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 (or should I say Pandora's Box) cause and enable the unenlightened, primordial and pissed-off uncivilized right side to take over.

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

Possibly 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 and am 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 mutilation and violence that has been done to the soul, 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 - 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 true 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 backwards 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 a highly spiritually evolved and gifted person who had the miraculous ability to heal people, physically and I suppose in extension, spiritually. Mr. Coffey was walking in the country one day and came across two very young twins who had been brutally raped and 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 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. The electric energy has been bone rattling rather than providing a humming and flowingly harmonized form of energy and power. Especially, I say this in respect to the way my character has been attacked, along with my psychic well-being because of the severe abuses I have encountered. In short, the barbaric and brutal treatment that has been handed to me by the very people I opened my heart, mind and various abilities to. This also applies, as *well* to those people and institutions I looked to receive support from to help me overcome the brutalities I endured.

As I said, the motorcycle represents, in a very real symbolic way, and this had been the case for me for as long as I can remember, 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.

In respect to the "fallen" nature of Earth, in the sense I was born in a fallen state as in fallen away from the heavenly creator or source, there is also another dream I will share. 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, however, the fact is that every one of those individual psyches or entities are contained in the psyches of each one of those billions of persons alive.

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. In the same sense as I described in the above, that can also be interpreted, in a material sense, without prejudice or hypocrisy but simply honesty and love, that 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 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. Individuals who truly want to give life in an interdependent fashion rather than existing in the fragmented and alienated state that characterizes large portions of society today. 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 or religion, operate from a tribal mentality that denies the interconnection and interdependence of all humanity. Any differences in perspectives 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.

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, within the dream, that I had been about to die as well. Interestingly – 'interesting' in almost the same way Spock from the TV series Star Trek may have used the term - I knew I was going to die in those showers. As far as trying to interpret this dream, all I will say is that what the dream meant 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 own projections that they refuse to carry themselves. I will also say that this dream also 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 the ritual sacrificial victims in the concentration camp in that blatant Hollywood-style 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 wouldn't have the energy, courage or ability to have the compassionate empathy and love required for the love of our fellow human beings.

We have not been using the ego in a natural and healthy developmental way progressing to 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 and life giving source of creativity and harmony.

Part 1**1****Materialism, the Unconscious and the Development of Bigotry**

Over the course of my life, I have developed a world view that is beginning to expose me to an ever greater, ever evolving understanding of life.

It is a world view which questions our present view dramatically, and whose understanding opens up awareness of a whole different set of problems for human kind and alternatively, immense possibilities. The psychological and philosophical understanding of ourselves, especially how we interact with our environment including each other and most importantly how we use Power - capital letter - all have to be questioned. I use a capital 'P' to indicate the word power because it represents an extremely important dynamic within our world. One thing I will clarify: I would like to try to use the word power only in a positive sense however, for simplicity's sake, this is not always possible. For example, when power is misused to illegitimately control other people, this is not a sign of strength and power. It is an expression of a powerless person expressing that lack of energy by harming or controlling other people; by trying to compensate what they are not able to obtain from within themselves. Ultimately, a perpetrator harms psychic and manifest expressions of him or herself by harming and compromising other people's integrity, individuality and liberty, everyone being connected within the human collective psyche. Therefore, in this sense the perpetrator is also harming him or her self.

There is brute power, 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 will discuss affect all people in all cultures and societies, although some of the more so-called "primitive" cultures, which still survive, retain some understanding; albeit at an early emergent level. The possible exception to this, and many people may be amazed to hear this, is the Australian Aborigines who have developed a far superior level of psychic awareness as a whole group, as expressed through "dream time" abilities, that far exceed most other groups of people as a whole.

Those of us living in today's world of science and technological development and the tendency to go overboard with it combined with our subsequent dissociation from Mother Earth and Father Heaven, this has caused us to lose conscious connection with our roots, literally. Try separating a plant from its roots. Those living in the most technologically developed parts of the world, we will see, are more adversely affected by not being aware of our true natures. 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 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 some 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 and lasers, our subtle understanding of the universe at the sub-atomic

levels and so forth, indeed all that technology offers us, it is truly amazing the physical and psychic 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. This tradition honors psychic or mental potentiality and promotes evolution of consciousness. Alchemy gives historical evidence to the immense power of the mind.

As stated above, with the substantial power now available via computer and satellite, it is simply astonishing to consider the possibilities for human development if they were combined: nature on Earth as she has always been united with the higher mind known as Heaven and the changes humankind can add through our own creations. But it needs to be in harmony with nature and the elements. I am speaking here of both Earthly and Heavenly nature; the lower and the higher realms of the psyche.

Using technology primarily for the benefit of human evolution is, apparently, not happening to humankind at the moment though. If one looks at 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, and then, FLASH!, BOOM! there it is! As Eastern and Western Wisdom attempts to teach us, it is already there if we simply open our eyes and see it. Potential: when we see it and feel empowered to act upon that realization, we gladly nurture it in a loving way. In the more traditional forms 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 of being done with it now good - a way of describing something that is constructive rather than destructive. But there is also either ignorance or misuse of it. Both the ability to do a huge amount of "good" as well as a huge amount of "bad" 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 by the behavior, especially toward his or her neighbor. From there it takes one final spiral to the location of the problem at its root: materialism, an expression of pure egoism divorced from the larger and greater whole of the human psyche. All of this as it relates to the psyche; thoughts and attitudes both conscious and unconscious have parallel effects on how we relate to ourselves, other people and the larger environment.

I used many different sources in my search for the "Truth." During my spiritual and psychological search 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 is 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 psychology.

Unconsciousness is no excuse for doing harm within the environment. Neither are 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's responsibility to either learn the contents of their own psyches and/or to hold accountable those persons, people or institutions that are responsible - for inducing, intimidating, forcing or hiding the facts.

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 which 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. 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.

This is also adding a lot of negative energies on the collective unconscious. As has been pointed out, there were certain aspects of immature human development that detribalization in the ancient world evolved out of, that have re-emerged in the form of a re-tribalization in the modern world.⁴ This results in the separation and magnification of differences between people instead of similarities. Importantly much of this development is unconscious and is analogous to the creation of cults, groups and gangs and is exacerbated by the sometimes isolating effect of technology, lowering people's levels of consciousness. This re-tribalization is really a form of fragmented egotistical false-individualism based on competitiveness at most levels of society. This has the affect of reinforcing bigotry. It is attempting to destroy society and the environment. Echoes of "Battlestar Galactica" and the "Terminator," to use symbolism everyone will recognize.

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.

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 human-kind's evolutionary development. Instead of promoting the arts and culture of society, that is civilization and especially growth of the whole psyche, we primarily train people to make widgets, if you know what I mean. 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 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 a greater respect for ourselves and not just our ego selves. 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

⁴ "The Gutenberg Galaxy" Pg. 17, by Marshall McLuhan, University Toronto Press, 1962

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 and is inter-connected by the other.

Remember the light at the end of the tunnel! As it stands now, our inner psyches are being massacred and the source of our health and essence is being poisoned and destroyed. 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 mold for our personality. 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 the idea of 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 command is made. We don't teach most of our children to be human in the fullest sense.

2

Compassion and Empathy on the Lower levels of the Psyche: the Horizontal Earth Plane

Over the years I have met people who exude the type of attitude, presence and direction which indicates a compassionate understanding about what they are doing. The type of caring I'm referring to indicates they know that what they do and think has a profound meaning and affect on themselves and others as well. This is intimately connected with the way they would have others treat them, whether consciously or otherwise. In a very real sense, when they provide this compassion to others they are also treating themselves, their inner selves, to this same compassion. Most importantly, I have come to see that anyone who is successful in being helpful or compassionate to someone, and you can see the effects, I see that these people live their entire life in the same manner. Real compassion has to be a living reality for someone if they are going to be truly effective in nurturing themselves and others - for example, in healing relationships. Although we are all supposed to be creators of our own destiny, unfortunately, in most societies many people have not been given the tools or resources to be self-sufficient or healthy.

Everything, everywhere, has a profound interrelatedness and connectedness. In addition, this state is such that one aspect of our environment, our reality, seems to represent some larger truth. That is, if one takes a small part of that reality it will be a reflection of the larger whole or truth. For example, it has been rather adequately demonstrated that an individual's natural psychological development - as nature intended, not what it has become - is precisely mirrored in the historical development of humankind. Existence, especially our own, can be intimately connected with the larger reality, in a growing and 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. A good example to use in illustrating this concept is the very idea that is one of the main themes, concepts or ideas behind this work. This is the idea of recognizing and using the whole psyche, not just those aspects recognized by mainstream society, especially medicine. The individual psyche contains within itself the whole of the human collective psyche in just the exact same way an individual's lifetime psychic development, under natural circumstances, will mirror the exact evolution of the human collective psyche in historical terms. This is holistic because every individual psyche is a mirror image of the whole collective human psyche. However, I expand and add to that concept. As individuals increase awareness and consciously integrate more aspects of their psyche, movement beyond the holistic aspects of the mass mind takes place. Development of something greater than the sum of the parts is created. 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.

Alternatively, if any of those psyches are left out, if any one individual person or psyche cuts out a part of their psychic wholeness as happens when a person represses aspects of themselves, the result is not wholeness but fragmentation. Every psyche, every human being a person sees outside of their individual self in society is exactly mirrored within their own psyche. If this is not acknowledged, the result will be psychic fragmentation of self and the development of bigotry, neurosis and even psychosis. This would be an expression self-hate. When someone hates or commits bigotry against another, they do it to themselves.

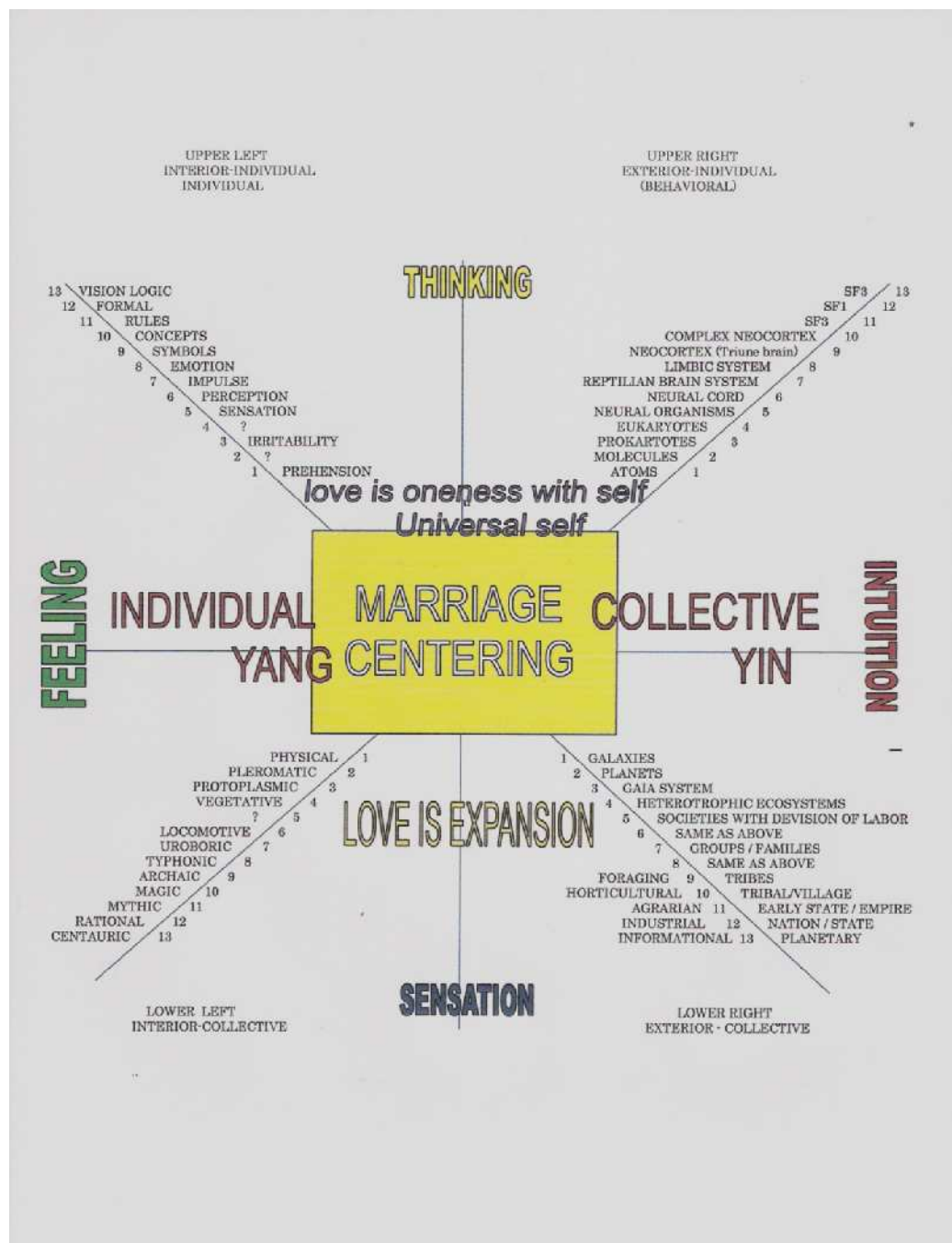
In understanding that everything is comprised of parts that comprise a whole in itself but then become parts in turn to some greater whole, this conceptualization becomes apparent. Here, if

one part is removed or forgotten, then everything which has developed so far will crumble. We need the foundation out of which everything else flows. This applies to both individual and collective psyches. This is because the greater complexity depends on the presence of the evolutionary periods or parts – the foundation - that preceded it. The development or regression of civilization is an example which reflects the dynamics referred to as Holon Theory. The holons are the parts which make wholes, then parts that again comprise wholes, ad infinitum.⁵

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 expanding on a vertical axis, increasing consciousness: alpha through to omega. Then an apparent paradox appears. Instead of simply picturing a circle, think of a pyramid and try to imagine the two of them combined and think how this might relate to the idea of foundation. 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. We are individual and part of something greater than ourselves, yet we contain within ourselves and are everything that we see within humanity outside of ourselves. These concepts and ideas will be heavily explored in the following chapters.

⁵ Ken Wilber, “Eye To Eye, Shambhala Publications, Inc., Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts 02115, copyright 1983, 1990, 1996, 2001 by Ken Wilber



Part of the above graph is produced by the 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, with the CENTER representing, in my terminology, THE FIFTH ELEMENT.

Just as the individual psyche is comprised of many different aspects and levels, ultimately it is whole in itself. However, since every whole is necessarily part of a greater whole, all psyches are then also of the collective. This is what Jung refers to as the collective unconscious. Paradoxically or naturally, depending on how you look at it, the collective whole is contained

within each individual psyche. Everything is part of something greater, however, as above - so below and as below - so above; seemingly paradoxical.

Jung was afraid of people being “infected” by their unconscious psyches. He also took into consideration how their infected psyches⁶ (read: repressed/dysfunctional) may affect not only the individual but in extension, the collective psyche and vice 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 am 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 they remain disconnected because of being fragmented within their own psyches, disconnected from anything beyond the astral level or ego level, more crumbling will take place. This is because the astral part of our selves is separate and not necessarily connected to the whole. This is caused by the ego characterization of the astral double. Isolated ego aspects of the astral double ultimately become contaminated by the personal and ultimately collective shadow. Is this how George Orwell came up with the idea of “double speak” in his book “1984”, especially as it relates to a reversal of natural, healthy life? The astral double is the most Earth-bound and material, the densest aspect of the psyche. Because it is the densest and most material aspect of the psyche, this would explain why the astral double or shadow can have a devastatingly *grave* impact on the environment and other psyches. The greater whole is so much greater and beyond what we call the “earth,” i.e. the flesh, the materialistic or ego aspects of reality. Without a conscious appreciation for and integration of this reality, more and more of the collective psyche will break apart. As this dysfunction spread over time, it then included more and *more* of the collective unconscious psyche of humankind.

Not wanting to sound too pessimistic, because it can be remedied, the chaos spreading through society and the earth’s environment is a prime example of crumbling. It is expressed very well by looking at the crisis affecting our young people today and not just in relation to violence. They don’t have a good grounding to their roots which they have lost amid the change and instability. We have lost connection with the positive aspects of what people have always referred to as tradition. There are no stable traditions, including important initiations, to introduce people into milestones during their physical and psychological growth - for example, the change from childhood to adulthood. These important transitional tools are not guiding the collective psyche for the first time in the recorded history of humankind. 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, in the universal sense, can this happen.

Human psychological reality, requirements and health can be expressed through traditional mythologies, Greek mythology for example. Possibly, some of the more advanced and complex descriptions and detailed expressions of mythology can be seen in some of the myths of the world’s great religions and many of the Indo-European mythologies. These stories are all psychological studies and descriptions of psychological reality. Importantly, when looking at some of these mythologies, what they all have in common is a description of human, psychological evolution. I am referring to evolution in an individual and collective sense. The former spans the life-time of an individual; the latter spans the history of humankind. These 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

⁶ 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

fit by adapting to their environment in a dynamic process in which countless factors or events act one upon the other. In many cases the dynamic process to achieve balance has been set off-kilter. A collective, interpersonal awareness represents, simply, that all relationships within the natural world are reciprocal, dynamic and ever changing. Reciprocity is most important to consider. There is a quantum aspect in the explanation of reciprocity we explore further on.

Relationships in which this “goodness of fit” exists may be referred to as examples of healthy Interdependence. Inherent in a relationship in which mutually give and take exchange exists, reciprocity takes place resulting in each party exercising relative control over their environment. During the process both independence and interdependence are promoted through a process of progressive growth. Thus, interdependence, a process where individual independence must also 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 world society(s). However, even in these instances – the more primitive levels - the important factors are those related to independence, interdependence and reciprocity regardless of outcome.

In society, “independence” has become perverted into an extreme move towards a false individualism. It denies and distorts our need to be connected with others. Furthermore, this false individualism sometimes expresses frenzied attempts to break out of the rigid attitudes and ways of living that contain or imprison them. This prevents a healthy and natural evolution in growth, both outward and upward.

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, Quantum physics, Heisenberg’s Uncertainty Principle and so on, support this assertion. Earlier physics (Newtonian) attempted to explain all physical phenomena and matter by utilizing a mechanical, hierarchical, reductionist and static type of reasoning. We now know - once again, welcome home - this particular scientific approach, although extremely useful, is also extremely limited. It is impossible not only to understand scientifically the “the web of life”, it 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. That is, in a balanced and therefore healthy way. A person may consider the relationship between their mind, body (Earth) and in extension Heaven in a similar way.

Modern physics also demonstrates that the material aspects of nature are comprised of a type of consciousness that defies scientific or reductionist understanding. This consciousness is a manifestation of the complete web that many people over time have referred to as intuition, inner knowledge and what Native Americans think of as Nature Spirituality. Fundamentally, whatever one wishes to call it, it is the sum total, in all of its dynamic processes and energy, of everything that comprises the natural planes and levels of existence, united by the spiritual or vertical energies and dynamics. It is that part of reality that cannot adequately be described in an objective 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 this is alive on subatomic and ever evolving higher levels.

As mentioned above, scientific reductionism is extremely useful to an extent. It would be ludicrous not to acknowledge the benefits humanity has derived from science and the scientific model. What must be understood, however, is the danger inherent in any view that claims to be absolute. This is especially true in claiming to be essentially able to understand absolutely, with scientific documentation (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, environmentally and physically.

This “new” way of viewing the world is not seen by the majority of the world’s population. In fact, most are not even aware of any world-view they may base their life’s activity upon, except in a narrow, rigid, segregated and extremely materialistic way, apparently lacking in the spirit of consciousness. This is because almost all of modern society has internalized a reductionist world-view. Many people are beginning to question this type of world-view. The problem is that many of these pioneering and healthier perspectives utilize dynamics that are too emotionally and egoistically sustained. This prevents an ability to transcend the segregating effect 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 as well as human activity. It also dramatically lowers the true level of consciousness in individuals and the masses and leads to a type of social fragmentation. In the past, I would have always used the term “schizophrenia”. Today I realize that this is simply a term artificially created by modern medicine that is sometimes used to describe higher or potentially higher aspects and functioning of the human psyche that is not understood. Without any doubt there is a psychological dysfunction that exists where people are psychologically and emotionally overwhelmed and confused. This condition could legitimately be called schizophrenia. However, the term schizophrenia is quite often used by medicine as a dragnet or catch-all phrase to “capture” and “contain”, through diagnosis, psychological processes that are not understood. This can be an example and expression of egotistical fear. Under these circumstances such a person diagnosed with “Schizophrenia” may indeed develop debilitating characteristics. This will be discussed further on.

I would emphasize that most of the negative elements we associate with today’s society, extreme, unbalanced and angry 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 all-or-nothing mentality because of the absolutist-reductionist mindset. Although life on Earth necessarily has to contain within it a certain element of competitiveness that no human law or endeavor can completely overcome,⁷ in a natural setting competition is balanced successfully with the need to cooperate for survival. The human race would not be here today if it were not for this truth.

The balance is out of whack today. A true sense of uniqueness and self-sufficiency is under attack. This has largely resulted in the creation of narcissistic obsession or compulsion and other forms of nihilistic 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 - as a whole group - unless the destructive and dysfunctional family and societal systems in place are changed for the better. In order for this to take place and be maintained, it would have to be done in conjunction with simultaneous positive changes of society’s structural – material, social and political - dysfunction as well.

⁷ “Spirituality and Society”, Pg. xii, David Ray Griffin, State University of New York Press, State University, New York, 1988

3**The Destruction of the Lower Levels of the Psyche: the Horizontal Earth Plane**

In overly materialistic cultures, where we work for the market which is controlled by a few instead of the market working for the people, the state of mind to which I am referring extends beyond individual families. In fact, whole nations may be characterized with the same destructively narcissistic and nihilistic state of being. As the holarchical model illustrates, a small portion of the whole, individuals, are a mirror reflection of the larger picture - cultures, nations, the world. This is true of some nations more than others, depending on their level of subservience to this mindset, psychically and physically.

On the other hand, the deeper an individual goes into the unconscious realms, scientifically, symbolically, experientially and subsequently archetypically, once the collective unconscious is reached and especially beyond, it takes on an actual life of its own. To a certain extent and depending on the level or depth, it is usually beyond any one individual's ability to control or manipulate. The most a moral and ethical adept, a person conscious at the deeper and thus higher levels, will do is navigate it. There are "arts" – of consciousness - that are available to a few to manipulate even at these levels. However, people usually become more unconscious as they move or are manipulated into these realms. I am talking about regression into unconsciousness instead of conscious progression through and beyond the collective. This happens the more a person lives only in their egos. Therefore, paradoxically, the more a person does not pay conscious attention to the unconscious contents of their psyche, the more unconscious they become.

Modernity tends to produce an imbalance throughout all of the areas of human activity and psyche that encounters and is affected by its influence. In today's world society this refers to just about all areas that are affected by materialistic, market driven influences. In focusing on social groups and organizations by taking a close look at their ways of viewing the world, throughout society there are countless examples to be found where imbalances occur. 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, a purely ego based, repressed and limited awareness which incorporates all of the isms within its structure.

The Earth's ecological system is virtually on the brink of collapse through indiscriminate development and application of Newtonian technology. Environmentally this may be seen through such examples as depletion of the ozone layer, the greenhouse affect, the rapid destruction and extinction of animal species, etc. Physiologically, the effects of this may be seen anatomically by the increasing numbers of people suffering from diseases and environmental sensitivities, especially cancer, so-called mental illness and so on. Interestingly, it has been demonstrated that many so-called mentally ill people, who definitely do not just live in their egos, have a much smaller incidence of developing cancer. It makes sense: they are open to the natural flow of the environment, coercively unbalanced as it may be, not rigid, closed and disconnected from their environment, both physical and psychological.

The most prevalent psychological and in extension physical example of environmental imbalance is violence. Most forms of violence can only be perpetrated by unbalanced and unhealthy people: sick people. I am not only referring to the very small number of people "officially" diagnosed as being mentally ill who commit violent acts; people who are targeted and forced to carry society's various projections; like any scapegoat. Use your imagination. Who

would you think of as being more unbalanced: 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 businesses owner or manager who makes a cold-blooded decision, resulting in chemical spills killing hundred of people; who then is able to legally be excused from providing any sort of compensation for the victim's families and other survivors?

In fact, 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. When someone suffers a panic attack it is because their bodies have learned how to identify, resulting from past trauma, something which triggers recognition of a similar threat. 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? The subsequent stress this has placed on the Earth and especially on that manifestation and expression of Earth known as humankind, 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 become broken resulting in unhealthy, unbalanced action. 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 disconnected psyches sometimes results in their energy needs being satiated by "stealing" energy from others, literally. Or 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, the usual way this is accomplished is through manipulation and control of other people. Co-dependence and passive aggressiveness are good examples. Sadism is another, both conscious and especially unconsciously perpetrated. Exclusively ego or quantitative, mathematical and bio-chemical understanding or acknowledgement and application of that understanding within society and the world will only promote this state.

People cannot thrive properly without reciprocal interaction because of the resulting unbalanced lifestyles that many people adopt. This includes unbalanced modes of coping that initially serve as vital survival mechanisms. 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.

Let us consider modern society in a general, all encompassing manner. Consider both the vertical levels of reality as well as the various levels of existence on the horizontal Earth axis. Then consider the question of technology. We will see, obviously, that technology by itself is not necessarily "bad". It may be classified into two distinct groupings: proscriptive and prescriptive. 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 the process by the crafts-person. 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.

The second type, 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."⁸ They are also largely responsible for breaking down the ability of people to function in a holistic, and therefore, a healthy and interdependent manner.

For the most part today we have a 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. The fragmented state of the individual or collective is perpetuated because of a tendency to "put up" up with a power and control exerted over them. Why? People put up with this because the disempowered person or collective cannot usually consciously fight against or oppose this. This does sound rather paradoxical and pessimistic. However, consider the fact that an individual who does not know him or herself cannot control him or herself. A group or society of people that do not know themselves cannot control themselves either. They are not able to control what they do not know, cannot see or recognize.

What needs to be emphasized is that technologies are developed and used within a particular socio-cultural, economic and political context. There have already been vast studies and the compilation of research documentation illustrating the fact that most areas throughout society utilize top to bottom exercising of one-way control. They are isolationist, alienating and mechanical modes of systematizing and organizing people using technologies stemming from prescriptive methods and models of technology. This mechanization of people is disempowering in the fullest sense of the word: "authoritarian, competitive and exclusive".⁹ This is definitely a political statement.

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 relationships. Most importantly 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 up in the stars. The location of Heaven is to be found within the psyche. In psychological terms our relationship to the vast majority of our psyche, including our Souls – our deep psyches - and therefore the World or Universal Soul, suffers. The path is to join Heaven and Earth. It does not have to be a dog-eat-dog world.

In many respects, holarchical interaction is a profound form of communication - communion with the environment. Healthy existence and growth requires reciprocal interaction with one's environment. This implies true individuality and self-control and thus interdependence. In prescriptive technologies "communion" is one-sided. People who utilize prescriptive technologies become people conditioned to have very limited and narrow abilities that prevent them from being able to look at and have a contextual overview and holistic grasp of things. They become acculturated to only being able to see small parts or elements of the whole picture. This creates a cultural and societal atmosphere that is conducive to the development of over-reliance on the specialist or expert.¹⁰ When this becomes widespread in a social sense, reciprocal interaction does not take place. This results in alienation and isolation. It is also one factor that creates an environment conducive to the development of addictive personalities. Addictive personalities will be looked at in further detail later.

⁸ "The Real World of Technology", Pg. 75 Ursula

⁹ Ditto, Pg. 103

¹⁰ Ditto

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 by their own participation in 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 prevented it adversely affects people's ability to create and maintain healthy self-identity.¹¹ Especially important is the positive feedback we receive from our environment. This is expressed both through material sustenance or stimulating mental interaction in the form of support, validation and cooperation, inside our own psyches and inter-psychically. It is a prerequisite for the horizontal growth outwards as well as evolutionary movement upwards. This is why a cross with four equal quadrants is a perfect symbolic representation of centering, individuation and full human potential. This positive and dynamic mental stimulation and health is a prerequisite for physical health.

Labeling, scapegoating, hypocrisy and the vast amount of harm created this way is a symptom and a prime example of the destructiveness of a prescriptive and segregating environment when this sustenance is not available. It only makes sense that if people's psyches are disconnected from the whole, this very disconnection results in the creation of difference, responsible for the development of bigotry. This is only possible when our sense of interdependent mutuality has been lost. We need to regain that and this can only happen by recollecting ourselves.

We need the ability to be imaginative and interested enough to ask why and the subsequent development of methods of continuous learning. People need the ability to be empowered enough to have a constructive and sustaining impact on their environment and in turn, feeling valued and needed.

The two scenarios I have described will either create autonomous and empowered individuals or dependent individuals that allow others to take over control of their lives.¹² Being people pleasers instead of learning to be true to your self can only increase alienation, especially alienation of self.

Competence may be considered to be a reflection of self. This expresses a person's relative control over their environment. This then becomes an expression of that person's existence. Validation through reciprocal interaction with the environment is crucial to mental health. As adherents to homeopathic medicine have demonstrated, there is a strong positive correlation between mental and physical health. A predominance of prescriptive technology within culture can only lead to a culture of compliance and in turn must result in dependence, as opposed to healthy interdependence. It is dependence that creates addiction and an addictive personality. This also leads to physical disease, possibly even the creation of new ones as we will consider later.

Since technology based on the linear or flatland approach, better known as the reductionist scientific model, permeate virtually all structures within society it should therefore come as no surprise that our society has become an obsessive compulsive and highly addictive society. Because of the imbalance and the yearning to fill the sense of emptiness or cover it up, immediate gratification begins to rule. Look at the prevalence of the drive-thru mentality. This creates a narcissistic mode of existing, void of any real sense of self, especially in relation to others.

Psychic fragmentation and a dependence on the "expert", I will suggest, is a factor that can account for the development of pedophilia within people and society. It is an expression of people

¹¹ "Social Work Treatment: Interlocking Theoretical Approaches, Pg. 622, Francis Turner

¹² Ditto, Pg. 623

who are psychically and emotionally stunted, halted in their developmental growth. It is an expression of people who have been severely abused, disempowered. Physical sexual abuse can certainly do this but so also can psychic sexual abuse: a type of invasive psychic disempowerment. Pedophilia is not always expressed in a physical manner. In fact, later in this work I will quite substantially demonstrate how it transpires and is expressed. For the time being consider how prevalent pedophilia was during the Victorian era in Europe and this has been adequately demonstrated by history and psychology. The cause: repression, most of it forced onto people. This is reinforced by the machine and the end result is a prescriptive culture: enter into the picture the pharmaceutical/medical megalith. Most people lose the ability to communicate with their environment, including themselves and other people. 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 culture with an addictive personality. Thank God and the Madonna that there are individuals who are able to maintain a balance by attaining an awareness of the whole. This can only be achieved by establishing true individuality. These people are able to keep the spirit alive.

The dependent types of personalities that have come to dominate our populations are ones which 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 the more (double meaning: our nightmares-worst fears, swamps, the mores) well (double meaning: waters of the deep unconscious) balanced individual. Well balanced individuals, among other things, have dispelled and brought to light their deepest fears out of the previously unknown depths. Learning how to live and survive in a fragmented and dichotomized social system sometimes far exceeds a person's ability. However, human relatedness is a biological and social imperative for the human being. Without a true development of 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.¹³ Today, the usual mode of coping is to become even more unconscious. 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.

¹³ "Social Work Treatment: Interlocking Theoretical Approaches, Francis Turner, Pg. 623

4

Repression, Regression and the Development of Sadism and Masochism: Enter the Addictive Personality

The full, implied meaning behind the word “wholesome” becomes apparent when understood from the above point of view. The feminist 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 most people are conscious of. In addition there is a primarily unconscious pecking order producing a domino effect in which many individuals think they have a need to control others to obtain, in a psychic-emotional and thus in a physical sense, the energy required for sustenance. They don't know how to obtain this energy from the inexhaustible source of creation.

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 are those or that which controls the controller.

It is well known in Depth Psychology that those needy persons not in self-control, because they don't know their self's, need to project those needs on to others. This usually takes the form of an apparent need to have control over other people. This is one of the reasons why Christ taught people to “know thyself” and “to become as children” - why he especially embraced the children. Without outside interference children naturally know how to connect with the creative source because they have not been conditioned away from it in their early years, although the time they are connected with it is slowly dwindling in today's world.

Some people use animals for this purpose: energetic requirements. Pets are loyal, cannot talk back and are under that person's complete control. In psychological terms, when it is applied to people interacting with other people, this is known as sadism. The majority of the masochists are society's scapegoats and victims. Sadism and masochism can be expressed either psychologically or physically which is a combination of both. It exists in varying degrees on a continuum and most of these phenomena are unconscious. They permeate all of society. That includes most of the global society as well, with some important exceptions.

I find it fascinating that some of the biblically fundamentalist states of the U.S.A. have imposed censorship of a very paranoid 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 shows how to truly learn to love; “Lord of The Flies”, a book that describes how people may sink back into savagery; 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. These are echoes of the Nazi, Stalinist, Maoist and other book burnings from various tyrannical periods in history. The destruction of the library of ancient Alexandria is a major example. In each case, knowledge related to human empowerment, liberation and growth were destroyed so that the dictatorship responsible would be able to maintain control over the people.

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. Later in history the eventual psychological outcome of this type of ritual and practice resulted in social or collective repression and projection onto other people(s). “...In the spring they would put a goat in the middle of a circle

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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."¹⁴ 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.

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. We went back to doing it to people as we did as long ago as 10,000 years ago, long before the Hebrews or various Semitic people were recorded in history.

The usual forms of literal human and anima(l) sacrifices began around 10,000 years ago in the consciously matriarchal societies that predominated in the world at that time. Today, in most cases and only quite recently, obvious human blood sacrifice is not the usual methods used to create or maintain repression, projection onto other people or obtain energetic needs, except in the examples of war and blatant Hollywood Satanic cults. Usually, we simply murder souls by psychological and/or psychical control and conditioning. Historically this social and cultural conditioning and control became a weapon used by society's powerful elite during the middle ages. It was then that we really started to provide food for the Devil with a vengeance. In today's world most of the sacrifices and their methods have become covert or occult. The result is projection and sadism. We all are somehow related to the Hebrew. They were not the only ones performing similar practices. Everyone did; everyone. Most people still do.

However, there is always a creative life-giving solution. I've heard of fables, myths and folklore that express the idea of civilizing God. Humans help with this emergence through the process of evolution, from the primordial through to the civilized. What seems like ages to us would be a very short time for God or what we think of as the creator, the source - eternity. All living entities must grow from childhood into adulthood. Similar to the way in which each and every individual's life, from childhood through to mature adulthood is a direct reflection of the whole growth of historical humanity. That's why we have to embrace that which we would rather not see. Nothing that happens within Nature is accidental.

Most manipulation, beginning in the family but today applying to society in general, is perpetrated primarily unconsciously between ordinary people. However, effective influence can only take place within groups of people where there is some sort of relationship, where there is an overlapping of psyches. In obvious cases it is referred to as 'enmeshment', whether this is within family, work, school, the community and so on. 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 false ego and superego level of consciousness. Because the person is operating from a weakened ego by not utilizing the whole psyche he or she tends to rely more on outer acceptance and possession, rather than independence in thought and true communion with other people. Usually, a person does not learn to live from a grounded and strong ego in service of the whole person and in extension of humanity. From a whole interdependent position one naturally extends outward to include other people and the environment.

In a psychological and mental evolutionary sense, the more people rely on outside 'authoritative' sources for information and validation, the more this small ego becomes, primarily unconsciously, coercively employed in service of the herd. This is an expression of a shadow infected superego. I remember reading a book on the dangers of venturing "into the rainbow", the hidden or unconscious aspects of the psyche, written by a member of the clergy. He stressed the importance of not carrying on a conversation with the "Devil", as he called it. I do

¹⁴ Ditto

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agree that one should not debate or argue with the “Devil,” that shadow infested ego part of the individual and collective psyche or superego. 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 psyche then becomes devalued and despised. In other words, this person was recommending that people neglect and starve their wounded and mutilated 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! Instead, acknowledgement and love or rather unity, is the only thing that can work. Then, our inner psyches can be released from that aspect of the inner shadow that is beyond the ability to be recycled.

To ignore the hidden, occult or 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 and God-hating in the most profound sense. Since the Soul is a feminine vessel, the goddess or Madonna, it is form given manifestation by pointed force, energy. Although the god provides the pointed focus to manifest, what manifests is woman, the World or Universe - both aspects of the forces working together. And he becomes she through manifestation and she becomes he and he expressed himself through she and she expressed herself because of he and they saw themselves, ad infinitum - evolution and expansion. This is Great Spirit, Christ, Buddha-Nature, God, because it is beyond gender. It transcends gender. It transcends. It is true unity, true love.

As shown earlier, today’s society has in large part denigrated as pathological anything that involves any part of the psyche besides the false ego, when it serves the elite of society’s purposes. 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!

By looking at advertising, government propaganda and other forms of conditioning this situation becomes ominous. While society’s level of true awareness is being lowered, increasingly, most aspects of the political-business-medical complex are increasingly using medication, subliminal messaging through simple advertising and the mass media and so on to initiate, maintain and increase this psychic imprisonment. Mass media communication is more of an art than most people realize.

This reminds me how I felt after a frightening experience within a so-called mental health institution. At a time when I was in need of support and compassion, when I regained consciousness after being heavily sedated with medication I did not request, I discarded any personal belongings into the trashcan that represented, for me, unique expressions of my Soul, the universal Soul and beyond. What people are being denied is a heritage that every single person alive has a natural right and access to under natural circumstances. These personal items I held in high regard. People intimately connected with me attacked all of the things they represented and symbolized for me. Also, totally out of character for me, I found myself thinking like a policeman or military person. I had learned these personas earlier in my life, at times derived from interaction with the scenario unfolding in front of me but in a frame of mind which excluded so much of what was possible. When I grew into adulthood I outgrew most of this conditioning. After this horrifying experience however, they re-emerged with a vengeance. This was a direct confrontation with the collective shadow infected superego and its paranoia. I will use personal illustrations and examples of these dynamics throughout this work, some of it quite personal. However, in keeping with the message I am trying to get across, there is nothing to be ashamed about in life more than when a person tries to hide and masquerade who he or she truly is, especially to their self. Later, I will further evaluate this experience but for the time being I will say this “regression” was a direct result of the “treatment” I had received. It was also a result of the environment I had found myself in while having my psychic boundaries lowered due to the affects of un-requested medication.

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Without a democratic approach allowed for my psyche during my stay at this institution my thinking resulted in an exaggerated police state within. This was exacerbated by the so-called "support and compassion," the "treatment" I had received from the collective psyche and its mentality through the providers of "mental health" at the institution. The workers at the hospital have become, in a group sense desensitized or worse to the needs of the "inmates"..... I mean clients. Ironically and hypocritically, this institution is a generic representation of the types of institutions most widely responsible today for enabling or creating and subsequently perpetuating this situation, affecting the most vulnerable people in society. The main factor involved is the forced creation of dependence and obedience to very needy "control freaks" in a very pathological way.

Furthermore, when exacerbated by experiences such as the above described, what is promoted is an unhealthy dependence in many people who are forced to go to these publicly funded institutions. This dependence then extends throughout most areas of their lives outside the institution, quite often leading to new forms of addiction.

Here was an instance where I was experiencing a crisis situation. I had visited this institution looking for compassion and support. I needed validation of me, not for who they thought I should be but who I am. My frightened mind was simply given a heavy dose of the very type of "treatment" which had created the need for me to go there in the first place.

It is not surprising that subsequent to this visit, then during my subsequent involvement with this institution and because of the effect of labels that were subsequently attached to me, I developed a tendency to react with panic that affected me when involved with the people connected with this whole experience. These were people that I should have trusted because I looked upon them as authority or nurturing figures. People I was conditioned to look upon as persons who could provide the support, validation and assistance I was lead to believe they would give me. It was also one of the worst examples of the more subtle and thus deadly forms of bigotry I had ever encountered. This is a profound personal experience that validated and still does, everything that I have researched and continue to research with the intent of raising people's consciousness.

At first glance although it may appear people are consciously abusive, this may not always be true. Most of this manipulation is unconsciously perpetrated. However as you arrive closer to the top of the power pyramid the leaders of the various types of groups which exist in society are more conscious of potential abuse in relation to their actions. Anyone who has developed their minds and increased their awareness literally has power others may not. Those wounded people who have a need to perpetrate control over others to fulfill their own energetic requirements are usually not aware of their parasitic treatment of others. However, if they are in situations where they hold power over others, this power of position enables them to fulfill these needs. They are certainly aware of the pleasure they receive from having control over other people but they are usually quite unconscious of their deeper psychological complexes that precipitate this predatory behavior. If these types of people operate in a front line area of mental health where they have direct influence and control over clients they are dealing with the most vulnerable victims or scapegoats in society - easy pickings.

I am referring here primarily to the perpetrator. But they sometimes don't realize the *magnitude* of their actions. There is usually a substantial power differential between those who work in these institutions and the clients. Thus the old adage: "power (can) corrupt and absolute power (can) corrupt absolutely" is sometimes very true. This demonstrates the need for the person attaining power to be thoroughly "white" him or herself. In other words, responsibility increases with consciousness or the use of that consciousness especially when it is in situations where there is a vast imbalance in the distribution of power.

5

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. As I mentioned earlier “the personal is political” and power can corrupt if the person or people with the power do not have a deeply aware knowledge of him or herself in order to exercise responsibility in the use of that power.

The lethal combination is increased egocentricity, a deadening of responsibility, cynicism and unconscious 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?

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. From here on in rather than use the word cult I will usually use the word group. However, 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 institutions within society do we know of that operate 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. These are examples of corrupt power. Without knowledge, usually, those who point the finger at others as a habitual expression of their interaction with others’ are themselves usually guilty of the same thing. The only way people can counter this is by becoming self-aware of what is going on. Then in the true spirit of compassionate love they can 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, unconsciousness, which causes it 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 this word is acting: repression. This is something most people do not realize they are doing almost every moment during their daily interactions with themselves and others.

There are, naturally, some people who are more aware of this hypocrisy than others. Some of these people contribute energy geared towards rectifying the matter and the number is growing. This has to be acknowledged. There are people who are able to break out of the mold. There are individuals and groups in cultures in various parts of the World with traditions that honors body, mind, spirit and everything that comprises life. The courage and life expressed by one exemplary culture, the Tibetans, is expressed through the words of Chogyam Trungpa Rinpoche. He speaks of true warriorship and how it embraces life instead of hiding and covering up in a type of cocoon-like existence. He also talks about embracing a rising sun mentality as opposed to a setting sun mentality. The former is optimistic and focuses on raising consciousness; the other on negativity and the lowering of consciousness.¹⁵

¹⁵ Trungpa, Chogyam, “The Sacred Path of the Warrior,” Copyright 1984 by Chogyam Trungpa, Shambhala Publications, Inc., Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts 02115, www.shambala.com

Recall that what I am referring to is repression followed by subsequent projection onto other people. What develops from this is, usually but not always, an unconscious need to control others. For example, many families who forcibly kidnap family members from cults and deprogram them, in many cases, are guilty of exactly the same thing as the cult they rescued the person from, especially when it is a case of keeping them in their cult-like family. I know from personal experience a person usually truly learns what they live. A person who has been raised in a rigid, subtle or otherwise, cult-like family will bound (bound – Freudian pun intended) to be attracted to similar groups or organizations. They think it is a way to ‘escape’ the influence of the family. Some people have been alienated to the point where they are basically empty and alienated people looking for an understanding and purpose to life. They will obviously be out there searching for something. However, because of conditioning they usually search for activities and people that offer a familiar feel to them.

The above can be considered an example of more than one cult vying for control over that person. The main difference, usually, is that the cult they are being “saved” from is overtly and verifiably - verifiable by “normal” standards - a coercive cult or at least extremely unconventional, while the families cult-like influence of coercion is usually more subtle, perhaps unconscious or at least within societies “acceptable” level of normalcy. Even in politically democratic places freedom can be more of an illusion rather than a reality. There is an exception for various people and an elite portion of the population. These people have more power and a wider range of latitude in how they can use that power. Therefore they have a much greater amount of moral and ethical responsibility in how they use that power.

Many people may hum and haw about this next statement but I will say it is a fact esoteric occult knowledge does give up power results in the form of increased levels of consciousness and sometimes knowledge that can be used for manipulating one's environment, especially other people. It can also be used in the battle to liberate people. Traditionally, within groups and organizations people are only made privy to higher levels of knowledge conditional on them being assimilated within the bounds and bonds of that group or organization. The reference to bound, bonds and assimilation is very important - the benefit of a cultural mosaic as opposed to a melting pot should not be lost. Information will not be given to people unless they work for the benefit of the keepers of that knowledge. This of course makes the question of the purpose behind the organization to be of paramount importance. Can you think of many organizations that are in existence to truly benefit humankind and the Earth? There are very few. Even most of the dominant religions and spiritual traditions seem to accept the separated condition of the world's people. Even many of the groups and organizations that consciously profess to promote the healthy aspects of what I am referring to themselves are guilty of intolerance and bigotry. I still hear people parrot: “the poor will always be with us”, and “there will always be the Indians and the Indian chiefs.” What this last statement overlooks is that within true traditional bands of Native American Aboriginal groups the chief literally ruled and in most cases still does rule through the people not over them. The former phrase is possibly referring to poor in spirit, faith or actual living energy. It wasn't meant as a rationale for keeping people materially downtrodden.

A good indication if a person is being manipulated and drained emotionally is depression - the body-mind's reaction to unhealthy living conditions, the giving up of libido to another person(s) or situation(s). To use an expression which everyone understands, metaphorically, certain situations and encounters with other people can result in a type of vampirism. Do you know of anyone who plays on your emotions or mind leaving you feeling drained afterwards and more importantly leaving you in a state in which they are able to get their own way with you? Read: manipulation. Breaking people down energetically is also a classic maneuver of coercive cults to control members.

As an example one can look at the pressure that might be placed on a person to perform or have sexual contact or activity. This does not just happen between individuals or small groups of people. There is no element within the mass media and throughout society that is more highly

suggestive in an exploitive 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 also be 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. This is energy that might otherwise be used for the upward movement of libido, to then become transformed into psychic energy used to raise a person’s consciousness.

Certainly within an intimate setting, especially family, if you do not bow to the above manipulation, not necessarily including physical sex, people are referred to as “selfish,” “the black-sheep,” “outcast,” “outsider”, and so forth. Thank God for the ugly ducklings and the outsiders. The accusers are usually the people attempting to exert illegitimate control, a classic pattern of parasitic projection. The psychological term enmeshment and possibly co-dependence would appropriately apply here. Enmeshment is simply a polite term for what in fact is psychological possession; this is sexual in a very profound way.

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 body-mind reaction to a person living in an unhealthy environment possibly without being able to pinpoint the exact causes, thus preventing him or her from making appropriate changes. The automatic and usual blame for the depression is normally placed on brain chemistry not the situation. However, in reality chemical imbalances in the brain 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. It usually begins in the mind before it actually manifests itself neurophysiologically. Naturally, this is not the case in 100% of instances of depression. Or is it? The important thing is to ask the question.

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 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. Unfortunately many of them become, primarily unconsciously, psychological parasites themselves using the domino effect. I am making a statement here not assigning blame. However, on a conscious level how criminal it is that almost all people I have spoken with have the audacity to say that most street people are mentally ill. In some cases they have been so brutalized that they do suffer in different psychological and physical ways. However, who would you classify as mentally ill? People who are able to recognize something very dangerous and thus try to avoid it or extricate them selves from the situation even if they are so victimized they have a very difficult time escaping from the dynamics sometimes; or people who not only blissfully and unconsciously help maintain situations of danger but also 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 sometimes. Some of them are so subtle overcoming them is next to impossible. But there is always a way!

One of the biggest obstacles is the illusion of “normalcy”. We absolutely do not live in a “normal” (whatever that means) or rather I should say natural type of environment. And part of the reason for this state of affairs is the ever-constricting “official” understanding of what it means to be normal! In fact, as stated above, those who are sensitive enough to recognize and feel this unhealthy condition of society are treated as the sick people. Those persons whose awareness is not sensitive enough are able to carry on numbly. However, when something breaks down they usually blame it on genetics, another person or on some other materialistic or mechanical reason.

There are those that are sensitive to these realities but they retreat into their egos and are 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 and ironically – criminally - modern medicine has declared war on the human psyche and soul. This is especially ironic because the Hippocratic Oath originally referred to a doctor healing the human soul. True healers recognize that it is usually psychic imbalance that results in dis-ease. This is in reference to psychic wholeness and 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 - people's bodies are sometimes living longer but some doctors are murdering Souls for profit.

Although it may simply be an indication a person should make some appropriate change in their life, depression can be an indicator that coercion is taking place on a conscious, unconscious or subliminal level, in a very subtle or not so subtle way. Similarly people are at each other's throats in society because of socially sanctioned competition minus the cooperation, combined with hypocrisy and an emphasis on differences with others. This dynamic also takes place at the more subtle levels as well. On the collective unconscious level there are many different elements - groups of forces, avowed spirits, energies and a lot of human psyches, most of them battling for control. This is a good reason why those persons who have not developed a mature level of consciousness run a great risk from delving into the spiritual esoteric or occult unknown. Today this is happening with a lot of people, primarily as a form of trying to empower themselves and escaping from something they are not consciously able to identify although they can usually blame it on something. In this sense there is safety in ignorance. Of course it is this very ignorance which 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", "white" or "light" 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 psychic projections of the masses as he controlled the masses because of his ego inflation and psychic introjection – taking in of psychic energies. This is an example of cyclical, two-way possession. Actually Hitler himself did not control the 3rd Reich so much as the inner core of that infamous cult that manipulated it through Hitler. This was unlike Mr. King during the American Civil Rights crusades who consciously tried to do what was good and right for and through the people, not over them.

One thing is for certain: in a world turned negative like ours many of the unconscious forces 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 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 also a lot of resentment directed towards forces of good which try to challenge this. When people are operating primarily from their shadow infested Id and false ego on an individual and collective level - and this could be referred to as a false, shadow infested superego in psychoanalytical terms - this is unfortunately quite natural on an energetic level. It is divorced from awareness. For example resentment can be directed towards people who are aware of and do not want to be enmeshed with the herd. They want to be independent and therefore interdependent. The "Star Wars" analogy, on the psychic level, is not out of place here. Some of these people who attempt to be true to themselves are labeled odd, eccentric, mentally ill, anti-social and so forth. When the labels sometimes cause the negative affects that the perpetrators want them to have, eventually some of these people do indeed become outcasts or anti-social. The mature people who refuse to be affected by the herd mentality are not necessarily adversely affected by these attempts to target them.

Throughout the ages all esoteric schools, the ones with integrity anyway, have always stressed that individual psyches delving into these areas have to be "pure of heart." In other words they have to acquire true self-knowledge and make a decision to work on behalf of life in order to enter safely. I know from my own experience this is true. I also know from my personal experiences there are relentless pressures from around me which attempt to turn me bitter, cynical and so forth, thus attempting to turn me into an agent of negativity. 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. Most of what I am trying to describe has to be experientially realized, usually through the growth process of meditation or purposeful and consciously directed awareness in order to be fully appreciated.

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 was once 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. Now think of the statement in the Bible where reference is made to "wolves in sheep's clothing." Consider how society creates 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 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 do not gamble but possibly hold shares in those companies that manufacture the gambling machines, can sadistically derive their energetic needs and satisfy monetary greed. In these cases they are able to self-righteously sneer at the people who endure humiliation, experience breakdowns, commit suicides - 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. Life blood does not necessarily refer to that red substance circulating throughout our bodies.

6

Exposing Cult Dynamics

The name of the evil leader in Stephen King's book "The Stand" was called Flagg. This is a most appropriate name for a character of evil. Sometimes, flags promotes separation between people.

I wasn't always as pure of heart as I try to be now. I'm not referring to morals or ethics. But these attributes naturally follow when a person looks inward in self-honesty. What an individual encounters may not be that nice but awareness of it can allow the person to safeguard against unconsciously realizing an aspect of their inner shadow or a less than honorable psychic characteristic. As people begin to see the truth about their own psyches compassion for other people, 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 themselves 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. In addition, being a victim of abuse I tried to counteract the powerlessness I was experiencing in the midst of that abuse and my conscious world in general. I thus began to research the deeper layers of the Human psyche. One thing I do not do is take on a label when it comes to spirituality. Although if asked I would say I was raised a Christian and from my way of looking at things that is how I personally and primarily interpret my perspective. However, my perspective also includes practice and respect for other spiritual worldviews and the healthy aspects they have to offer. From my perspective Taoism is far more scientific than it is religious. Its way of viewing the world is absolutely logical in a scientific, metaphysical and purely physical sense. I have acquired an understanding that recognizes a natural evolution of awareness - of the spirit and psyche extending upwards and outwards. I look at this as being similar to Ken Wilber's pyramid within a circle. I am an individual person yet consciously aware of being part of something greater, connected with other people yet extending upward by the pull of evolution. Therefore, fortunately, my interest today in what is commonly referred to as the occult is an overwhelming concern to attempt to do my part in helping to see into some of society's or rather the Earth's problems and the small amount I can offer to heal my environment. We all have to begin with ourselves.

Especially angry people who are consumed by anger and revenge run great risks of simply aiding the dark forces. This is especially true if they enter into the occult and not necessarily the deep arcane occult before they know themselves. 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 of manipulation. I am referring here primarily to the affects of repression and projection, the domino cycle and the cumulative affect on the collective unconscious level of the human psyche.

I think of the legitimate outrage women have rightly expressed because of the way they have been treated throughout history. However, in my experiences with, for example, extremely angry women these people aren't simply angry they are anger. I know from personal experience the term hate can actually be used in some instances. Naturally this can and does apply to any and all types of people, men as well as women. However, I am a male speaking from a male perspective in this instance, exactly similar to the way a woman will speak about her experiences of males from her perspective. If anyone gets angry reading any of this I should mention that when people are accused of being abusive and they react to the question or accusation with anger, for example in the area of child protection, this is sometimes a good indication of guilt. If

anger arises within people in the absence of accusation or insinuation, this speaks volumes about the less conscious aspects of these people's psyches.

I remember while I was attending a school of social work I met many women who quite literally hated men and some of these same women were involved in witchcraft. When people like this allow themselves to be exposed to the unconscious or astral realms to that extent they add to the substantial negative forces already there, like attracting like. They can become controlled, obsessed or otherwise adversely affected by these energies. I know that a lot of energies are geared towards revenge-type activities directed towards the objects of their hate. Most of this is unconscious although some of their hate may not be. The true extent and level of these latter feelings are primarily unconscious. At the school I attended men were not invited to these "activities" on at least one occasion I am aware of personally. Without the balancing male energies this would create an imbalance similar to the one they attack in the form of the patriarchy. In fact according to esoteric knowledge when balancing of energies does not take place the result is black magic. And that refers to going in either direction to an extreme - either far left or far right. This type of imbalance - far left or right - can definitely be applied to politics as well: communism and fascism respectively. Then it all boils down to the same dynamic simply at opposite ends of a continuum.

Some occultists define one aspect of black magic as the draining 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. I am not making any implications to gender here. I am referring to the theft of masculine or yang energy, which creates consciousness to develop within the womb of the unconscious - of woman the vessel so to speak but in a psychic context. Subsequent to acts of "vampirism," depression may set in, a psychological environment is created where people become easily manipulated, etc. Some people can actually commit these types of thefts consciously by use of the black arts. Most of these types of perpetrators commit these acts unconsciously. These types of people can be referred to as emotional sponges, "vampires" or however one would like to describe them. I doubt very much there is anyone out there who has not met someone who fits the above description at some time or other.

In the case of depression, people sink into the unconscious areas of the psyche unconsciously as opposed to delving into the unconscious consciously and with purpose and knowledge. The occult practice of black magic, in today's world is rampant. Almost all of it is perpetrated unconsciously and I could write a separate book on this issue alone.

There has been a gigantic amount of evidence to prove the existence of the collective and astral levels of the psyche. Modern medicine in tandem with the pharmaceutical conglomerates outlawed most of the psyche. Dominant culture denies this reality. Especially modern medical science denies this reality and people like myself are classified as superstitious or crazy for saying this, in the face of unimaginably huge amounts of historical and contemporary evidence. I guess thousands and thousands of years of human wisdom has almost been destroyed by a relatively small number of years of modern science in the last three or four hundred years. The important point to be made is that when the above dynamics are ignored, when people are in denial about these realities, this makes them accomplices. Individual and group or collective denial has been a recurring theme in the history of crime and crimes against humanity. 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 energy manipulated by the ritual. Any ritual is on a continuum from the absolutely mundane to the deep arcane. Remember 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 on and in their psyches. In common semantic usage this is usually referred to as magic. Anyone who has

consciously visited a church or taken part in a coven knows this to be true. 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 people within the family are all forms of rituals and have psychic affects.

As discussed in "The Messianic Legacy" the purpose and affect 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, 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.¹⁶

This can apply to any kind of mass rally or congregation of people, of course including political events. Quite often fear and intimidation is used and it can be very subtle in form. 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 is activated is scapegoating or the creation of differences between people. The mindset and level of awareness a person or people maintains during ritual determines the level at which they will be affected by this phenomena. I am referring to a conscious awareness of the nature and purpose of the ritual. I am also referring to the maintenance of a certain level of awareness or not, in order to safeguard the element of choice or hinder it. In Hitler's Germany there were many people who were conscious of the dynamics taking place. Most of these people ended up in concentration camps. In rituals the mind usually becomes dissipated and unfocused. Emotions are activated and information is taken in but it does not go through the process of critical analysis provided by the intellect.¹⁷

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 and therefore individual psyches. But symbols can range from ones that are of purely personal significance through to the group or cult significance and further, to the above 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. What is shoved aside are the archetypal and universal human similarities and mutuality of humankind. It creates atmosphere's that are conducive to individual and collective ego inflation - a form of neurosis or even psychosis. A flag (Flagg) promotes differences between people and usually results in oppression of some kind. In comparison, the archetypal image of an erect human-being with arms outstretched standing on the earth with the sun and moon above is an archetypal and universal symbol of all of humankind and the source of creation - this symbol unites people.¹⁸

During rituals that ignore the unity of the human race and all life on Earth the purpose, both conscious and unconscious is to manipulate one's environment and people for something that cannot be defined as love - this is a type of black magic, usually of a low sort. Low magic that manipulates psychic energies to unite can usually be referred to as healing - this is love; love is metaphysically defined as a desire for and an energetic expression of unity. Healers can make individuals or groups of people whole. Whole = wholesome = Holy.

High "magic" of the white kind usually refers to rituals or forms of meditation used to uncover universal aspects of the psyche, including the universal or collective psyche of humankind. They

¹⁶ "The Messianic Legacy", Pg.220, Michael Baigent, Pichard Leigh, Henry Lincoln

¹⁷ Ditto, Pg. 221

¹⁸ Ditto, Pg. 227

are usually geared towards accomplishing what Jesus referred to as “knowing thyself.” The purpose of this type high magic is to open up the psyche and to reach higher levels of consciousness in a spiritual sense. As higher levels of psychic reality are learned, that is as greater levels of consciousness are attained it is commonsense that this increased “power” can be used either for destructive or creative purposes. Most forms of high magic are used to learn to know the creative source or the closest thing that the human being is able to achieve in that area of aware consciousness. Whether a person achieves the higher level of a saint or simply becomes more aware of their self on a higher level is not the point. The success of the individual doing this is irrelevant. The path, the search and the process of the journey is important. It is important because it establishes a healthy attitude that positively affects the individual or people who hold that attitude. It can also, obviously, positively affect people who do not hold or express this healthy perspective.

Hitler and the Nazis was an example of the practice of high magic using the black arts to cause disunity, hate and increase unconsciousness. Gandhi was an example of someone who used the high magical arts – although he would not referred to it in this way - to create unity, peace and increase consciousness. The high magical arts can be used by individuals to increase their own levels of consciousness. These types of people can either become a Hitler or a Saint.

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 or hate, as I have been discussing throughout this book. This type of tribalism operates from a position of fear and insecurity. People or groups of people experience self-glorification by focusing on differences that separate rather than unite. This causes repression. Ego inflation is the method used to get the energy required to maintain this false state. This is regressive and depleting, usually at a cost to other people or groups instead of being constructive and empowering.¹⁹ In other words, because the person or people involved are not acting from a position of self-knowledge they will usually look outside themselves. In this case the result is the creation and illusion of differences that separate people. This is the essence of materialism in the pathological sense because it stems exclusively from the ego. It is the source of separation from self and others. It 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. It is this denial that allows or enables these distortions to take place.

A portion of the population with usually higher levels of awareness can be referred to as sensitives. Those people sensitive enough to recognize the reality described above but don't support the status quo run the risk of being ostracized, classified as mentally-ill, put on medication and/or subdued in various ways. They contradict what the controllers of the status quo want the masses of people to believe.

A personal example of a symptom of this control and hate was when I was attempting to relate aspects of my experiences of abuse. These were things that only related to factual events that people had done or perpetrated against me. The nature of what I spoke up about contradicted the politically correct idea of abuse. Given the fact that I am an educated, adult Caucasian male, it contradicted current belief. It was not considered politically correct that I might be a victim of abuse perpetrated by people who are the usual victims within society. The group within society I was a member of was believed to be the group from which most of society's perpetrators and abusers came from. The indifference, denial and in fact further persecution that I had received when I spoke up caused me to think of what had happened to me with an image - I visualized my face being smooth where my mouth should have been. This all resulted because of the labels that had been placed on me by the perpetrators of the abuse in the first place.

¹⁹ Ditto

If the abuse happens to be caused by an abusive or dysfunctional family system most people's downfalls are when they try to extricate themselves from the family system. The abuse may even occur when an attempt is made to get other family members to see the truth about the unhealthy dynamics of the family. In extension this can certainly include the larger community and human family. When people are able to see what is going on, with the subsequent ability to put words and substance to it, the family will likely impede productive courses of action they try to take. This is true of the larger "families" as well - groups, cultures and nations. In the family and extending outward the opposition encountered is primarily because of an aura of Fear. I am talking here about the fear induced by guilt within the oppressor and of the oppressor within the oppressed. The fear I am talking about permeates the environment the oppression is taking place in. An extreme example I will refer to illustrate what I am talking about is the fear I can imagine that must have permeated one of Hitler's death camps. It would have affected both the perpetrators and the persecuted. This type of fear is powerful enough to induce people to become perpetrators. That is the very nature of the shadow and what is commonly known as the "devil." All of the dynamics I am referring to take place and exist on a continuum.

However, we do have minds and voices of our own. 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 come to some sort of conscientiously conscious awareness of how harmful the oppression is, both to themselves as well as to the person or people they are oppressing. When that happens some sort of psychic or physical crisis will bring the oppression to an end. This is very important - because of our literal interconnectedness 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 the blacks in the United States of America, the experiences of the people of South Africa and even the experiences of people who live lifestyles different from the "norm" in society demonstrate this reality. This is true because in the examples given above it was only by virtue of this interconnectedness and mutuality that the persecutors were able to finally stop their oppression in the face of peaceful resistance. This is why Gandhi's 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." It is time that the scapegoats and sacrificial whipping boys and girls known as "mentally ill" also become liberated from the inhuman type of persecution they receive so that the domino affect and cycle of violence can be broken.

Those who are powerless and therefore controlled will sometimes try to induce others into the same trap. This can concretely be seen as the "domino effect" operating primarily because of fear and the desire to survive, something I have experienced and been on the receiving end of countless times throughout my lifetime and continue too every day. It had only been by perseverance and awareness that I did not become a perpetrator also. In addition to survival, this dynamic is present when a person who was abused wants their victims to feel the same pain they experienced. Many times I got involved with people who had similar abusive experiences as I had myself. Expecting compassion I was amazed when they did the very same thing to me and to others that had happened to them. Today, especially with my knowledge of the psychological affects of being sexually abused - physically, psychically and emotionally - I can understand these dynamics. Most people simply think of this as peer pressure or societal pressure but it goes much deeper and is more effectual than most people suspect. I do know that I have always appreciated being around strong people because it is only strong, empowered people who will not try to control or hurt others. The real definition of inner strength does not include a need to control others. True strength is difficult to find, for example in people who have been wounded themselves but not healed. But there is an important distinction to be made here. There are strong, powerful perpetrators and manipulators but very few strong people who would care to control anyone but themselves.

My earliest totally mundane experience of this type of 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've been struggling with all my life. 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 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. You can witness this within virtually any type of coercive group. This is also how the "Devil," in realistic psychological terms not superstitious ones, operates.

We can look at a simple schoolyard scenario where there are victims who are picked on not just by the bullies but 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" 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, from which morals and ethics will naturally follow. This natural drive and developmental process is something modern society has stifled dramatically. The main tool used to keep this domino effect in place is fear. Speaking from a personal perspective, as the psychological dynamics I consciously encountered increased, the ones described above, the one main dynamic I have had to overcome while trying to maintain a humane and compassionate sensitivity has been 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. 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 to maintain control. It is well known that religions have done this for centuries. So do governments.

One place I've seen this dynamic in operation has been in my experiences of and 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. 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 gender 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. 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 rape - in every sense of the word. Importantly, although psychological and emotional abuse can most definitely be gender-related, it can also be completely gender-neutral.

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 in any way prevent these dynamics and

protect people. 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 the oppressors. Without this awareness anger, hate and other forms of unbridled emotions rule. When the mass mind is considered the magnitude 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 "Depth psychology: A New Ethic".

Therefore without a conscious understanding of what took place some victims may become perpetrators. An element involved here is of a wounded and powerless person, the perpetrator, trying to control another person while being primarily unconscious of the dynamics at play. This can be done either physically or just psychologically and emotionally, to steal libidinal energy. There are a lot of emotions and psychological dynamics at play here. In fact all criminals and perpetrators are psychologically damaged and unbalanced people. I am not saying this in a disparaging way. They are wounded and hurt. They are worthy of compassion. Society has to be protected first and foremost. However, two wrongs don't make a right. That mentality simply increases the possibility innocent people will be victimized and maintains an unhealthy dynamic.

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 every one of them is 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, especially within most of the socially sanctioned institutions. In many ways this especially applies to the family in today's society. Families produce society and society produces families. Because of the cyclical dynamics one mirrors the other.

7

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

Statistics indicate that more male victims of abuse become perpetrators than female victims of abuse. That is a bit of an illusion if we take psychological and emotional abuse women commit into consideration, sexual or otherwise. The male perpetrators tend to be more physical while females tend to be more psychological. According to statistics I have read, in one case I obtained some literature from a service centre for sexual assault victims, I learned that especially female perpetrators want their victims to feel the same pain they experienced. However, these dynamics can apply to any wounded and unhealed person possessed by their shadow contaminated wounded animus or anima. 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. It is that wounded, unhealed and hidden side to their psyche that is usually unconsciously responsible for causing or perpetrating abuse, of whatever nature.

Culture has always promoted men to be more physical while being less emotionally mature than females. As a result they tend to act out in more overt, usually physical ways, than females. Typically a male will be physically aggressive whereas a female will be more passive-aggressive. I maintain that 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, especially unconsciously, is vastly underrated. Neither this nor its magnitude is apparently recognized or acknowledged by the majority of society, especially the dominant structures - law, medicine 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 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" than are men. I am not referring to using anger to impel someone into action. 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. This can be qualified somewhat because today this quality of the feminine collective-unconscious psyche is not exclusively supplied by women. In fact, the main dynamic angry women supply is actually masculine in nature – the masculine animus. 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.

Outside of the comparatively small number of cases where women actually become physically abusive, emotional and psychological abuse, better known as passive aggressiveness is used by the female perpetrator. 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". 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 humankind, men and women, has been raping and polluting the Earth thus preventing Gaia from healing and recovering from these assaults. 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

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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 most 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 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 speaking, masculine forces tend to be pointed, focused and leads to consciousness and manifestation whereas feminine forces tend to be more pervasive, vessel-like, all-encompassing and receptive like the collective unconscious. Feminine energy is a vehicle which expresses form utilizing masculine force. Masculine energy provides the force necessary to make manifest the form. Feminine anger is given form by utilizing masculine energy. The very energy or power some women think they hate. It is important to note that men and women both have feminine anger just as they both have and 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.

Speaking from a male perspective many women project this hate materially, literally, onto the physical object this emotion is directed towards - the human male. 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. The end result can be the physical or psychological acting out by both males and females. For women possessed by their animus the sometimes conscious or unconscious hate and fear for and of men is nihilistic hate and fear of their inner man. For men possessed by their animas the (possible) 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 back again, in a viscous circle. Affected women exhibit the malfunctioned aspects of their animus, poisoned by a wounded, sad, neglected and pissed off Soul that has become shadow infested. The same applies to a man's anima. 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 muddled waters of the unconscious psyche. This "whore" attempts to overwhelm people. The results are depression, psychosis or neurosis, 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 stories 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

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destruction that has resulted on level one literalism (as Wilbur calls it), because it is only at the lower levels of psychic development 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 interpretations are made metaphorically, symbolically, psychologically and spiritually they make perfect sense. If they are made materially and literally they sound like childish but dangerous superstitions.

Thinking along these lines it makes perfect sense why it says in the Christian Bible that Jesus was friends with prostitutes - you have to embrace all people and this represents accepting all aspects of our individual psyches. 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 they are still considered great books by millions of people after hundreds of years. 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 is also a factor but 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.

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 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. They were written by inspired people, open to human limitations in understanding the profound realities they perceived and then tried to describe. 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 and the soul, the left hemisphere of the brain as well as the right. 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 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

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geared to using up 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.” This results in a type of entropy.

The result of this now global mindset adds to the lowered overall levels of consciousness - the manipulative ability of the 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 have been destroyed leaving the knowledge in the hands of only a few from time to time.

True compassionate love – an experiential appreciation 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.”²⁰ This quote is referring to men who have been abused by women but obviously it applies to everyone. Therefore, the only natural thing 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. Obviously the answer to this is to send out love which will 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

Group members and the people within the groups are indoctrinated to fear change. When some people consciously attempt to escape or leave satanic cults, real satanic cults that operate on the unconscious levels not only Hollywood cults (openly satanic), the persons who try to escape are sometimes made to look insane. In the atmosphere of today's society this is easily accomplished because the sometimes extreme nature of the abuse and control they 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. Obvious and blatant examples of this was 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 many places in the so-called free world they are simply driven or made to look insane. Although the first example is based on physical as well as psychological slavery the parallels between the two should not be missed.

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. Isn't it interesting that the very institutions that compile these files brand clients responsible enough to request to see them as paranoid. 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.

²⁰ “The Myth of Male Power”, Farrell

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Anything found in society that inhibits change in this sense can be considered harmful. It promotes an accumulation of negative energies on the unconscious level of the collective human psyche; it results in control by the shadow infested elements of the mass mind. Mass mind expresses a much more primitive level of consciousness than individual thought. True individual thought is unhindered by the coercive influence of people around him or her, whether consciously or unconsciously. I am talking about individuals emerging unhindered by the mass of wounded souls in chaotic interaction, anarchy and violence. When others hinder healthy independence and the subsequent development of interdependence and there is a history of dysfunction to boot, affecting more and more psyches, the development of a dysfunctional collective over time becomes obvious. We are all one in The Creator - everyone is affected.

I recall my experiences in 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. That purpose is to perpetuate the unhealthy dynamics of a society that obtains sadistic pleasures gained from suffering and violence. It is used to keep people blinded and preoccupied 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. It demonstrated very clearly for me how the twelve cardinal sins have in many respects today 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. The psychological imperialism that characterized that brutal time in history is magnified today on a world wide scale.

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 I'm talking about serve? 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 is a form of sadism operating primarily on the unconscious level of the psyche. I mean seriously folks we are not talking about goats here now are we? Or are we?

Obsession with entertainment, addictions and other forms of escapism can be considered to be forms of coping mechanisms gone haywire. These are severely adversely 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. They 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. These types of groups 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 and empowering. The dynamics I am 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 have been members of these groups or who have studied the dynamics present who agree 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 do not agree with what I am saying and really believe the opinion that you hold you will not get angry. Anger simply indicates a deep or perhaps not so deep uncertainty and questioning of the "belief" or opinion a person holds. I am simply stating it like I see it.

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In any group, as the person becomes more unconscious mind-control becomes that much easier to perpetrate and maintain. It then becomes cyclically perpetuated. This pertains to most of the dynamics I have been talking about so far. As I said, except for a small percentage of the population most of this is unconscious. The question one must ask is - who or what benefits. This can then ignite the inspiration in people to seriously ask these questions themselves.

It has been said that cults are increasing in number because of the increase in tendency for breakdowns in family structures.²¹ However, I would say the breakdown in family structures is because of people, especially young people, rebelling against the conditioning and control they experience within families, preventing them from developing and emerging as self-individuating, full human beings. In many cases cult or group dynamics are learned, indoctrinated, first in the family, the family being a product of society yet also producing society. It is also the prime and initial environment that the child finds itself in. Children are not someone's property or extensions of someone's ego. They are individual entities, members of the one of the most evolutionarily advanced animal species on Earth. Creatures that we know have the capacity to become self-reflective and creative participants in the dance of life.

In looking at families, the key element here is the sometimes unbridled and enormous amount of emotions that are involved. Rebelling against the emotional control of families, people are falling into cults or groups that utilize similar cult-like dynamics. These groups also manipulate emotionally just like many families do. 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 operate 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. 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 libinal energy that could otherwise be used for constructive and life-enhancing purposes. Individuation can only be accomplished by becoming conscious enough to break away from the herd, 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. I have learned (through travel, research and observation) that in those areas of the world where people are socially conditioned – or taught - to be more individualistic the repression I have been referring to throughout this commentary is more covertly and physically demonstrated and expressed – through physical violence, crimes against property, etc. However, in those areas of the world where group dynamics and group control has been more forcefully implemented and maintained this 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. 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, etc., as I have spoken about. 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.

²¹ Clifton., “Releasing the Bonds,” Pg. XX11

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In those areas of the world where there has only been a history of mass and group control through the use of custom and the twisted teachings of the masters, the introduction of capitalism has ignited a ruthlessness that the western world is only now beginning to get under control, either in the form of protecting the environment or the legislation of business ethics. In those countries and areas where the population is not conditioned or taught 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 capitalism and other 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 that the student who attacked did not usually appear to be a violent individual. On the other hand, a violent movie that the home-room 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.

.There are very few examples in the world where masterly spiritual and psychological guide-maps for liberation of the human psyche were not co-opted and used for control and psychological and/or physical servitude, usually in the guise of some hypocritical masquerade that tries to pretend to be something it is *naught*. Crime levels on a material and therefore psychical level may be lower in the Eastern parts of the world, but widespread corruption and a socially accepted mindset where “saving face” at the expense of honesty is a fact of life. On the unconscious level the whole world is enveloped. 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 powerful enough to propel awareness into the conscious realm.

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 I automatically think of the word livestock. The psychic oppression and victimization 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.

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Authoritarian Leadership - what follows is a rather vivid example on the continuum of manipulation. However, 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 ya.

I am thinking of a "church" I encountered in a large Canadian city. This "church" does not say prayers - it does "Treatments," a term a member told me is taken from the science of hypnosis. This is also the term mental health practitioners use when they are "treating" mental illness. At the church services there are definite leaders although there is a great attempt to present the illusion of equality. This mirrors the illusion of equality throughout society. Most of the services are very repetitive - chants, treatments, etc. This can have a very hypnotic effect. One of the services through the week is almost completely comprised of the same chants, visualizations, etc. 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. I have meditated for many years and have taken part in many occult ceremonies and rituals and what I witness at these "services" is precisely what I just described above. However, at these gatherings only a handful of individuals create the rituals, a trademark of any cult. It's pretty easy to draw your own conclusions from these facts.

Ironically, because of the esoteric nature of many New Age groups, in some ways the participants are more aware than participants in the more traditional and dominant religions of the actual dynamics going on. Unfortunately, the wounded nature and obsessive searching that characterize many of the people engaged with new age groups and 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 as well. Most of the manipulation is quite unconscious, except for certain ego aspects.

In other words, these people take greater control of the church 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 "church" is. 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 church leader - I almost said High Priestess - is chanting "I Am, God I Am".

I have witnessed some very interesting instances of 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. If a person seriously considers what I am describing hopefully they will be able to draw parallels between these dynamics and what I have been describing in this book so far.

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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 engram, a major symbol in the occult 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 rationale 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 camaraderie. I noticed also that I was not the only one who seemed or appeared 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. Speaking for myself I remember speaking about my spiritual path and some of the abuse I had experienced back east. I even remember saying that if a woman had experienced the same type of abuse from a man or men that I experienced from some of the women in my life it would have made the front pages of newspapers but that because I was a man no one had listened to what I had to say. It is important I mention this last item because of later developments I will describe.

It's interesting that the over-all theme at the Church is that "We are all Gods." In a metaphysical sense I have no problem with this. However, the way people are indoctrinated in this church 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 church 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 taking place.

The following is an encounter with one of the members of this cult. I met a woman through this church. Let us call her Glady. 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 hind-sight 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

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the time I am finished relating my experiences with Glayd and her church everything I am saying should become quite apparent, especially the psychological patterns and obvious attempts to manipulate me in the manner the "church" 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 "church" 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 church 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. 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 had of 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 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." For example, while she was making tea. Using loose tea leaves, I asked her why she didn't use a bodem. Then, when she said she left her bike outside all year I remarked, "What, you leave your bike out all winter"? In both instances I spoke with a smile on my face and certainly not in an offensive manner. At that point she leaned back and defensively said "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

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while I was there she made an 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 it was shared by other residents of the building! 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???????

Gladyd 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 Gladyd I did not feel comfortable going to this person's place for something like this, a person I had only met once and very briefly. I had met her at the party where I met Gladyd, when I had wandered downstairs in the basement and she had been with Gladyd in a group of people. Gladyd had also introduced me to a friend of hers, Wayne. Gladyd told me she got good vibes from this woman (Viole or something). Gladyd said something had come up though and she couldn't go - yea, right.

Important: Gladyd 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, that is 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 Gladyd's place she made me feel "bad" then meek and subservient

While at Gladyd's, and this is the disturbing part, I was conscious of the details and dynamics of the entire encounter at her place. Later, I was able to review them minutely. Incredibly, I actually fell for some of her manipulations at the time. 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 door knob 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 Gladyd 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.

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Although Glayd told me she wasn't too involved in the "church," I noticed a piece of paper on her fridge with the "church'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 which 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, nor did she. I did not again go to the "church" since that encounter.

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 a difficult time digesting what she had for supper.

In considering the different levels of manipulation we see that "destructive cults use mind control techniques to keep members dependent on them and obedient."²² 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 in order 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 which 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 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 forms of states (systems) are sometimes simply forms of control in which the few control the many and as well they are leveling systems which 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., Betty Friedan and so on - 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. The French Revolution is a perfect example. We have to move to a step higher - from technology up to psyche, the whole psyche and a lot closer to the divinity to be found in all people.

Maintaining the status quo

I will keep stressing the fact that a lot of this control is quite literally sub-conscious and therefore unconscious on the part of the ordinary and typical manipulator. This also applies to those people who are manipulated. If manipulators are truly able to perceive the dynamics on these levels they are 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. We have primarily an addictive, earth bound

²² Ditto

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(bound, tied up, get it?), regressive social mentality combined with a psychiatric-pharmaceutical war on mysticism - what it means to be human. Each year they include more and more of what it means to be human into their lists of pathology. There is no question that sometimes sensitive people have succumbed to the disastrous condition of the collective unconscious and medication is a necessary (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, 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 may enable the people to get by and "function usefully" within society but the underlying poison will fester. This is why you sometimes hear such statements as "people with schizophrenia only get worse." 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 that usually follow a lot of these people around. This will be discussed later in this book.

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 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 then 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 dissociative identity 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 subconscious 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.

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. These dynamics come into being flowing from the projections of the shadow – in this case stereotyping, labeling and blaming the victim. 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. I should point out there is a powerful lobby out there promoting the idea of false memory syndrome and claiming a 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

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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.

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. From what I have researched, I once thought that this internal dialogue I am referring to here 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. This would take the form of and be exerted by the shadow-contaminated superego's social conditioning of people and various types of coercive abuse generally. 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. This latter dynamic would produce a cyclical action that produces the repression in the first place.

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. It 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 belief, 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 were a result of primordially (instinctual and reptilian) 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. Think of it as a battle in Heaven – heaven simply refers to the higher areas within the psyche, beyond but including the ego. This is where the lower psyche would attempt to infect and affect the higher archetypal realm. 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 archetypes are from a higher level of awareness most people are too unconscious of to attain and become aware of. I believe 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 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 it was purely instinctual there would be no cognizance of the sacrificial element. There would only be a "fight or flight" reaction. 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.

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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 the all aspects of the feminine within, the vessel, regardless of what it contains.²³

In the modern world we don't burn witches or mystics any longer. 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 subtly. 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 consciously connected with and in reverence with nature and all of its manifestations - that recognize these realities, guidance would still be available. This is opposed 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. 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, lots (pun intended). But if they are apolitical and have bought into the materialistic mindset they may become entertainers, on the front. 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. If they believe in the system they may also become practitioners of black magic but in less obvious forms than the Hollywood Satanist exhibit. Nancy Regan, wife of former president Ronald Regan, past president of the U.S. had her "Astrologer." Word has it much of her significant influence over her husband was guided by using information derived from this source. The Central Intelligence Agency and the National Security Association have also done huge amounts of research into this area. It is well known law enforcement agencies sometimes use sensitives to help solve crimes.

It is well known that the former Soviet Union, Nazi Germany and even Maoist China delved heavily into the spiritual occult. 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 conscious union, allowing conscious movement on the collective unconscious and perhaps beyond. This can be attained by utilizing occult methods but not necessarily. This is what Christ experienced as far as common sense or should I say uncommon sense and research can deduce. 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 in The Creator's business

²³ 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.

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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. 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. The Muslim and Roman Catholic Church's are perhaps the most powerful of all. 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. It is especially important to point out that a living spiritual tradition always urges its members to question, learn and to grow towards and into the source - that is how spiritual evolution takes place.

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 energies These would be 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 the mystical. 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 which 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.

8

Control of Environment

Let us consider 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.

Not only does the 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 - it quite obviously in some instances encourages 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 is attained by using a cathartic and 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 medicated person 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 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. It can be very abusive to those people who require compassion not control in order to heal.

Of course, medication therapy requires almost no professional effort and its costs can usually be covered by some government agency, at the tax payers 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, 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 even if we humans do not like them. 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 (Sheaba or something) but I remember how it operated. It immobilized people, in this case I am thinking of Frodo, 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. Think how people are immobilized within society. I am referring to all of the addictions and other mind-numbing ways available for lowering people's levels of consciousness. 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. 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.

People will treat those so-labeled based on stereotypical and therefore inaccurate presumptions. 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 - 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 nonlocality. 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. 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 when a person overcomes the illusion of having separate psyches. I also know from my experiences with people I have been close to over the years that "milieu control" is very real. I believe it goes much farther than what most people even considered possible. The important thing here is that people I have been close to are not really any different from other people or the standards society would consider normal. In defense of these people I will say that everything I hold dear could not have developed if it were not for them. Considering my family as an example, we were all fighters and survivors and we all did and do the best we can.

Now consider "The contrived engineering of experiences to stage seemingly spontaneous and "supernatural" events...everyone manipulates everyone else for the higher purpose."²⁴ 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. 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 aspects that can rebound onto them. 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 person fights against manipulation, for the good of everyone, is to increase communication and awareness of what is happening by whatever avenues available.

In respect of illusional synchronicity - a form of environmental control - this sort of thing is not only possible it occurs frequently. If a person is looking for it, it can 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. 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. 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 "unconscious" awareness is achieved, 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 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 and its subsequent projection. 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 this possibility.

²⁴ Clifton

The ability to record brain waves gives a concrete visual example of the reality of brain waves. The existence of radio waves provides parallel evidence of the reality of brain waves. In extension, it is not too difficult to imagine how they might and can interpenetrate and therefore how one psyche can be interpenetrated by another. This demonstrates how the use of technology might allow any powerful or even not so powerful individual to affect other people. Technology aside, staged or artificial synchronicity is a good example, especially through subliminal suggestion or hypnotism, of pure subliminal manipulation and control. 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. 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 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 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 that is what will 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 is 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. 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 over time. 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 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. Advanced and civilized psychology, for example transpersonal, as opposed to the barbaric technique of one-way directional control known as behavior modification, takes into account this knowledge. There are ways that this type of dynamic can be exacerbated. One-way directional communication can be dangerous and used for control. Saturation of the mind with one-way communication from television is an example. Any one-way system of communication can adversely affect people, especially in a disempowering sense. This is also a reason why complete reliance on the "expert" can be disempowering. Using this psychological dynamic is also how cults operate.

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. 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.

The danger occurs when true coincidences or other manifestations of these dynamics occur often and consciously enough that a person's over-dependence on them is established. Then he or she can easily succumb to false occurrences via manipulation, self-deception etc. 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 stereotypes onto others and hurt them we are also, literally, hurting ourselves. This can happen in most groups where there is an assimilation and indoctrination process established. 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 - 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 projection, something prevalent throughout all of human society, seriously undermines society's conscious attempts to alleviate the ills of society. 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 mutilates and distorts the natural structure of consciousness itself.²⁵ 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 the "Dominion" and real bees is that even unthinking bees serve life by pollinating and causing fruit and flowers to bloom. They aid nature's fertility. Domination by the shadow of the human psyche destroys nature and rapes people in the same way it rapes the physical Earth as well.²⁶

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 and 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 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.

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 possibility that be considered is that men 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 is greater when people take on personas based solely on their physical gender. 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.

²⁵ "A Theory of Everything", Ken Wilbur, Shambala Publications, inc. Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts 02115 Pg.49

²⁶ Ditto

To review, the main point being made here is that a person's attitude or thoughts can actually affect what they see on a psychic level and how they affect the physical environment including other 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 women get so upset about being objectified. The fact is both men and women have always been objectified. Feminists were simply the first gender to clearly, in a verbal way, point this out. In other words, a person's attitude actually has an affect physically and psychically on the person being observed and the person doing the observing, creating both a reverse and inverse – a result of dividing - form of self-fulfilling prophecy resulting from projection.

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

We have all witnessed or experienced mundane examples where observation and possible intimidation by “the boss” in the workplace can cause a person to make a mistake that might not otherwise have happened. This is because the person becomes self-conscious of being observed. This is because the “boss” is closely looking for mistakes and, because of the adopted attitude, increases the likelihood that what is being looked for will develop. Ironically, the term “self-conscious” certainly has a double meaning doesn’t it?

The *more* people are unconscious of their projections the easier and more likely they will actually begin to see things 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 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. 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 so fourth. 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 of contents cannot be prevented from bursting forth 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 someone one time I was glad I had not been told I had something with a label called turrets. I said this because 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 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 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, make friends and then work with - the whole psyche

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 do not 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. In fact, in this latter case, 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.

Turrets can be seen as a very real example of a mute-lated 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 devolutionary spiral - the reverse tree of life. The domino-affect clicks into place creating the cycle. Lacking a balance with the upward growing tree, 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. More highly evolved people practice sexual activity in moderation and as an actual art and expression of true love. 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 exchange compared with the former types of sexual activity where the acts are more forms of lust, self gratification and thus draining of energy more than anything else.

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 martial 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. Constriction of the psyche because of environmental conditioning was the prime reason for the implementation and operation of these dynamics. Its nature was of an enforced lower psychic level, a material or ego centered focus and thus directing of energy. As I said earlier there is no place for blame here and my family was really not that much different than many other families. There is definitely room for evaluation.

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. This is exacerbated by the conditioning imposed on these people from outside influences. 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. In addition to being in the midst of a very traumatic ordeal, it demonstrated 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 psychic 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 inquisition. False accusations were made because of ignorance, fear and sometimes outright jealousy. All of this was a result of repression, hypocrisy and the subsequent bigotry that followed. 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 much greater extent than existed back then; when people were very aware of forces and energies beyond and greater than their material manifestations.

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 anarchy has been activated consciously but as *well* unconsciously. 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 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 the majority of countries and different westernized areas of the world these people 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 these diagnostic categories are manufactured by the pharmaceutical companies to describe, quite often, normal psycho-physiological reactions to unbalanced and unhealthy environmental and behavioral conditions

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. 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, located physically in the right side of the brain, would make this apparent to an individual. This 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 shadow. With a balanced and synchronized psyche these two halves can work in harmony as a whole. Psychotropic medications, researched without bias, have been demonstrated to have a very fragmenting affect on the psyche.²⁷ 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 while one consciously operates in awareness. There is more than one "conscious" mental process taking place at any given time.²⁸ All of this exists on a continuum of different levels of awareness. Closer to the conscious levels of awareness this can be caused from simple conscious suppression of one personality and substituting it with one more appropriate to the situation. In more extreme circumstances there can be an unconscious switching to a repressed personality which 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 meditation 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 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 other person to repeat themselves. This was also caused by the remnants of conditioned psychic retreating behavior patterns I had developed in order to safeguard my psychic sensitivities.

²⁷ "Multiple Man: Exploration in Possession and Multiple Personality. Copyright 1997 by Adam Crabtree. Published by Sommerville House Publishing. 300 Young St., Suite 5000, Toronto, Ontario, M4M 3N1

²⁸ Ditto

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. The important thing is that only shadow contaminated psyches, with perpetrator developed 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 “Satan” 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. This causes a parallel increase in the shadow. Repression obviously does not work. Only by the purposeful raising of a persons’ conscious position can this be countered. 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.

Dissociation identity disorder is usually caused by an individual experiencing extreme trauma that results in a retreat of consciousness. This is forced repression of elements of the psyche that should be released. As I said, this is almost always caused because of manipulation by others. 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. 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 were conditioned - to become desensitized to the brutal activities they were programmed to carry out. A person 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. Most of the senior adult SS actually ran, hid, escaped or worked in turn for the Soviets or the Americans in order to save their own skins. Many of them took on disguises, some of them having been provided by the Americans and the Soviets and were able to flee with millions of dollars raped from the concentration camp inmates and other victims of one of the largest Hollywood Satanic cult that ever existed – another one was the contemporary counterpart, the Stalinist regime. 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.

Considering the shape of the 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.”²⁹ 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

²⁹ Ditto,

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 their very survival act compared to someone who was quite safe and comfortable? Especially consider this if the survival mode is primarily unconscious.

This latter type of possession could happen from severe trauma, perhaps in a family with a strict, even violent religious or Victorian-like conditioned environment, in a fundamentalist sense. 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 not related to gender. In human beings both the healthy and unhealthy aspect of psyche can be considered manifestations of “woman” in the sense they are comprised of the roots of the psyche at the deepest level. 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 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 psyche and a part of the collective and primordial human psyche. It is a possession that is perpetrated by the Devil, Satan, shadow or whatever name you wish to give it. “It” is a most appropriate term to actually name it. Originally located on Wilber’s left side of the graph it becomes the objectified, externalized and mute-lated aspects of psyche in a world where only the objectified reality of the psyche, located on the right side of Wilber’s graph, are given validity. 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. This becomes apparent when one gets away from ridiculous religious superstitions and beliefs. Current superstition also includes much of the current medical-pharmaceutical explanations and treatment of the psyche. In fact, the ridiculousness of the former is very similar to the latter perspective or belief. They both stem from superstitious, childish and immature, incomplete or

biased platforms. Each one is at opposite ends of the same continuum; one very primitive, the other very narrow and incomplete.

This condition can be caused by abuse and torture, either psychological or physical. It can be caused by other people or situations that create extreme forms of trauma. 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.³⁰ I have seen instances of this. 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 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, sometimes called transference, is more usual and happens more frequently than most people acknowledge.

I will 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.

³⁰ "Multiple Man: Explanations In Possession and Multiple Personality", Adam Crabtree, Pg. 99

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Viewing These Dynamics from an Abused Man's Perspective

I experienced the dreams related below after getting the courage required for speaking up and disclosing childhood sexual abuse I experienced. At the time of disclosure I received only abuse from family members I had disclosed it to. It was a prime example of people reacting in a hypocritical, abusive and guilty way. These family members were, perhaps, people who had themselves been abused either by individual's, groups or society - ultimately by the mutilated collective psyche. In this instance their unconscious acting out was expressed by making their victim, me, feel the same pain they thought they had or actually may have experienced. I make this qualification because many of these emotions and feelings people access on the collective psyche, unconsciously. Individually they may or may not have experienced them however, collectively everyone does. As I stated in my introduction I have learned there is no place for blame when looking at these dynamics and experiences. Blame and judgment would defeat the purpose of the message I am presenting in this book. However there is very much a place for evaluation.

Similar to many people who experience these dynamics, the pain they caused was far worse than anything remotely similar to what they had experienced. The further abuse I received for trying to speak up about this was followed by nothing like anyone could have conceived; only the Devil could have - the collective unconscious shadow. Sound familiar women? Believe me I had experienced my own living hell living "Behind Closed doors" and "Life with Billy." Only I didn't resort to murder. Even if I had wanted to, as a man I wouldn't have gotten away with it as the person who orchestrated the revengeful murder described in the book. I am referring to the infamous book "Behind Closed Doors." Ironically, although a young woman who had been severely sexually abused by her father arranged the murder of her father, she got a young male friend to perform the act. He went to jail, she didn't - echoes of the Homolka-Berbardo case.

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 purely 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. But the figure which 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 developed a sense of utter terror. I run toward the main building with the forest behind. I run around the building and

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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. I have learned that in order to be useful and protective to the world around me I have to begin by safe-guarding and nurturing the closest source of life to me that I can - me.

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, sometimes have an agenda of revenge rather than justice. Their victims are almost always innocent. This is changing today as we become more aware of the situation. In this particular section of my book is documented abuse of men by women (and the shadow). Most of this abuse is perpetrated quite unconsciously, the hypocrisy anyway.

It 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 and preconceived ideas and manufactured attitudes about me, I feel I have a responsibility to speak up for myself and other men, 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." After all, 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 so that they only see it in certain areas. People who have been abused also have a tendency, without awareness of what has psychologically happened, to become oppressors and commit the same abuses. Criminally, many formerly abused people actually consider an abused person's speaking up about the abuse, especially to the abuser, as abuse or hate mongering. I remember one abusive woman I spoke up to about her abusive ways that 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 my self from her abuse as 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. One 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. She was blinded her to own hypocrisy. Even though she had never been either physically or sexually abused, which she told me, nonetheless she used to attend groups for female survivors of male abuse and other female support groups. When I tried to speak up about the abuse, which I suffered panic attacks and asthma as a result, 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. This is criminal hypocrisy and revenge - not revenge for things that had been done to her but done other members of the human group she

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was part of – ; it is not justice and the striving for equality. 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. In psychological terminology they were insane. 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 the three very best examples history has produced in recent times 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 to teach us following his exile. Had history been different he and his culture's evolved message of life may not yet have gone beyond the borders of Tibet as it has today.

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

Men become disempowered by the false macho type of strength and bravery they sometimes exhibit. 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.³¹ 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. By appearing weak and vulnerable, in some cases, women can readily resort to available resources that are denied the man.

We have to be careful of overkill. I have been with 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. I myself have been in these abusive relationships. 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.

A lot of macho types of behaviors are taught to be examples of power, such as mindlessly throwing one's life away in battle. That serves primarily the powerful and few elite at the top of society who normally put the wheels of war in motion. In fact these types of "power" are really expressions of powerlessness. As Farrell points out, most other groups within society, by looking

³¹ 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

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at the very common sense nature of the dynamics involved, 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 of sexism that is not recognized for what it really is.³²

When it comes to military involvement, although women are joining the ranks of these "individual's" more frequently today, the vast majority of combatants found in front line battle areas are still primarily men. However, I would add another dimension to this. 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 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. 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, void of any material – gender - manifestation of bigotry. In this sense, sexism that used to be perpetrated primarily by the male gender has been expanded to include all human beings. No gender is more violent than the other; no gender is more peaceful than the other. To make a statement that assigns violence primarily to one gender more than the other or a peaceful and nurturing mentality to one gender over another is simply an expression of hypocrisy and hate.

In respect of 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 have said 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.

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. 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. She didn't want to have anything to do with "glory." 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.

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 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 to blame. 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 becomes, really, is a 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

³²"The Myth of Male Power", Farrell

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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.³³

Powerlessness forces men quite often to take jobs that literally place them in danger. Jobs they are forced to take because of spending obligations and that even in today's world, a man's wallet is the prime motivating factor that determines if he is able to find a partner. There is another important thing he 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 dehumanization and lowering of self worth, for most men, with the actual life of a slave.³⁴ I include these references only because for a man there is no alternative, in many cases, if he wants a partner. 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.³⁵ 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.

I will qualify this by saying that, today, more women are joining the ranks of the homeless for similar reasons - the dynamics I have discussed so far in the above chapters. 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. 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.³⁶

An example of male humiliation is when the male mid-life crisis is referred to as "playboy time," whereas the female mid-life crisis is called a time of maturing, finding herself and so forth.³⁷ 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. In unnatural circumstances, both men and women are experiencing a socially conditioned frustration. They are being prevented from experiencing a dynamic milestone in their lives. This time should be the point in their lives

³³ Pg.32, Ditto

³⁴ Pg. 35, Ditto

³⁵ "The Myth of Male Power", Pg.?, Farrell

³⁶ Ditto, Pg. 123-134

³⁷ Ditto, Pg.123-134

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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. Applying to almost all people during this time period, nature intended people to set aside the more worldly and material aspects of life to the extent that higher and more mature levels of the psyche, the whole psyche, could be attained and realized. 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. This is not what nature intended.

What is being described here is hypocrisy and bigotry, most of it unconscious. Subsequently, this is creating a psychological state that results in projection onto the targeted victims. Men simply get hit about twice as hard as women when talking about gender-hating and gender-bashing.

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.

In other words, this has in many cases created examples where the people who have in the past have been brutally oppressed have today become the oppressors. During these days when all people are oppressed, 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 and resulting psychic energy³⁸.

Women have progressed and made improvements in life circumstances. Hypocritically, the past wrong's done to them and the outdated stereotypes of men, in a generic sense, creates a situation where a man complaining about being abused by a woman makes him vulnerable to accusations of being a woman hater.³⁹ 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.

What if a man is really getting abused and complains, hopefully like any woman in a similar situation would do 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. This has been especially 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 women and women's groups do, I would not have gotten away with it the same way

³⁸ Ditto, Pg.123-134

³⁹ Ditto, Pg.134

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they have. In order to blamelessly understand the dynamics I am discussing, everything I've written so far has to be appreciated.

Consider traditional 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 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," primarily through the application of technology.⁴⁰ Echoes of columbine school shooting. This is the fault of society and our conditioning. Nonetheless, I know as a male and having studied and spoken to many women, this conditioning can be far more devastating on a boy than a girl 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. In a corresponding way this devastates their potential for full development as human beings. Boys are too embarrassed to speak to peers and in most cases are conditioned to be macho - the false masculinity. They certainly will find it difficult to find anyone to share this with among the population of girls who would only ridicule this. I am speaking about these realities from a position of statistics and generalizations. There are exceptions to this. However, they obviously are too few at this time to have much of an impact. 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.⁴¹

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, 1972. I was working as a busboy. One of the female staff, the assistant manager, held a party at her house. While there, most all of the female staff 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, 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.

⁴⁰ Ditto, Pg., 166

⁴¹ Ditto

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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 other males. We will look more closely at the dynamics of sexual exploitation in-depth later in this book. Whatever the reason, in these instances they almost ruined me as a human being. The dynamics are cyclical and primarily unconscious. An example of a double bind, later in my life, resulted from some of the abuse I suffered at the hands of other males because I was not ashamed to show a balanced awareness that included my feminine side as well as my masculine. For example, if I did not take part in ogling and making disparaging remarks about attractive women within sight and similar things, I was humiliated and abused, in some cases like a gay person is at times

The point being made here is that boys and men's socialization and conditions in life place them in a situation where their egos take a much greater beating, resulting in much greater frustration. As Farrell makes clear, there are many more services available for women than for men. 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, boys and men's needs have to be addressed the same as our attempts to help girl's and women's. Everything has to be in balance, otherwise it will not work. 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. I have experienced many situations where women were being abusive - they simply demonstrated that they wanted a reversal of the status quo. Consider the example I gave earlier about the "Feme-Nazis." I know there are a lot of Macho-Nazis 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 their person is being abused or threatened. However, anger has negative effects when it is not let go of once some sort of acceptance and action takes place. When a person's anger hangs on too long they can become anger. When this happens anger is projected towards the target individual or group, 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 be brought to light.

This is especially true when people are trapped in abusive situations. 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. I have to add that these situations affect almost everyone today, regardless of gender, color or creed. However, the pendulum has swung too far in many cases - as I have already stated elsewhere. Psychologically, consciously or unconsciously what develops are cyclical entrapments in the same sense that entrapment means in respect to what Police have been prohibited from doing. I am referring to entrapments that are used by perpetrators and ones that are induced - ultimately they are created 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 is 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. The result can be explosive anger and violence. The victims usually pay doubly and sometimes they create and take innocent victims along with them.

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I mean, let's get serious here and get way from superstition. Is this not a realistic, mundane and most important, good psychological explanation of the "Whore of Babylon"? For God's sake, can't people become sensible enough to see that this is exactly the state of affairs the Bible is speaking about in Revelations? It makes perfect sense. 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 this book explores what Jesus and some writers of the New Testament were really talking about. While doing this 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. 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. Whoever had the vision recorded in the New Testament was a prophet.

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 in all of the 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 everyone except themselves. This "conscious" blaming and labeling is not conscious in the sense that the individual is truly conscious of the reasons why they project and scapegoat. Remember, these dynamics are primarily unconscious, cyclical and domino-like. In such a situation a person so affected, not knowing how to survive otherwise, in turn does it to someone weaker. Like a pack of raging wolves - in sheep's clothing, usually, I might add.

Many groups send this unconscious repression into the collective unconscious psyche. Because of this 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. Most of them all have the same affect, consciously and at the subconscious level. Of course, there will always be the rare hermit and true loner but there are not enough people in this category to make an impact on the percentage given above. In respect of women in relation to men, a woman's anger can blind her totally to positive changes or the many good things done by men. Consider times when a person or group is still attacked when they are taking appropriate strides towards making positive and appropriate changes for the better. Changing ways of being and living that have existed for a long time and are deeply embedded within the psyche 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 formerly oppressed group become the oppressors. This pattern has been a heavily recurring phenomenon throughout history.

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 men have been making as individuals and as a group. Then take everything else I have explored and described into consideration – many of the 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.

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Consideration for the feelings and affects all of these dynamics have on men are not taken seriously. This is not the case with women today. Women's feelings are important - but so are men's⁴² I still walk into feminist bookstores and other women's "domains" – I have even seen this in a children's aid lobby! – where I have seen 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.

Roman Coliseums - everyone loves a good viscous brawl in hockey 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 if it was her son fighting. His team was playing next. At first, filled with the collective atmosphere she gleefully said yes. She then quickly looked at me 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 any threat or apparent threats directed their way usually will result in efforts by other people to alleviate the situation quickly, if she or they ask for assistance. The natural thing to do is to change this mind set to include everyone in society.

On a large scale, many women do not recognize the protection or assistance men will offer. The intent is not usually seen unless action is required, putting themselves at risk to save a woman or anyone for that matter. Blind rage causes them to see, in most cases, only the negative things about men or they fall back on complaints which are obsolete, simply to perpetuate the anger. Much of this impulse is unconscious. It becomes part of the repressed shadow and the collective.

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 rules of process and conduct found in their example and apply it in true and equal fashion to men, to everyone. Surely the time has come for this blind witch-burning to come to an end. There is certainly no argument coming from me about the academic demonstration that history repeats itself only in different apparels.

Unfortunately, those boys and men 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 men by some women. This does not reinforce in men the good qualities wise feminist propaganda has asked men 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. When directed towards innocent men or men 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 women and men.

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

⁴² Ditto, Pg. 168

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shame-based in personality they don't love themselves. Consider love – then consider people who have been conditioned only to think of other people to the neglect of them selves – and why suicide would appear to be an answer for something? In this case I am thinking of men who commit suicide to relieve their families of a burden; so that their families can be rescued financially by their own deaths with the resulting insurance payments. This is not fantasy.⁴³ 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 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, are good providers - or only providers. They are good husbands and fathers but receive absolutely no recognition of the good they do. In addition, their wives are the ones who exhibit the very same characteristics women and now the vast public has been condemning in men. They partners then have the amazing arrogance of undermining important woman's groups by hiding their abuse under the umbrella of these 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. 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.

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. These were the very same types of abuse that women and society condemned men for. In respect of women, I attribute most of this to repressed anger and a shadow ruled by a wounded and hurting animus, which they find unable to acknowledge. I also attribute it to an over-indulgence in 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 they condemn in men.

Many women say the physical act of being raped devastates self-esteem, makes them feel guilt ridden, depressed and so fourth.⁴⁴ 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 self abuse.⁴⁵ The objectification, double bind, humiliation and so forth that boys and men experience - that has never been seriously recognized before – can produce those dynamics described above in the extreme. This is so exacerbated because of the lack of recognition and acknowledgement to these realities. Imagine how one of these men or a man that is abused would feel when they only see females getting the support denied them. Think how this is compounded when those females receiving the support may in fact be his abusers. I have experienced my abusers exploding in rage when I tried to speak up and then I was persecuted because of how upset I got them. This would be no different than an abusive man going into a rage when his female victim tried to speak up and then

⁴³ Ditto, Pg. 170

⁴⁴ Ditto, Pg. 173

⁴⁵ Ditto, Pg. 173

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the abuser getting support because of how upset she made him. Think about this, people. I have personally seen and experienced these dynamics. 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?

Approximately 12% of men claim to be physically abused by their wives or partners. What about boys who are sexually abused by older women, including mothers, but no one seems to take this seriously or even tries to address it?⁴⁶

Below is a web page I found on the internet. It is an advertisement for a book that deals with the topic of women abusing men.

Introduction

This paper is an academic study of a subject that has not yet become part of mainstream conversation and public debate. This is because it's still considered a taboo subject in many ways. Men feel a real sense of shame at having been victims of this crime in addition to the distress caused by social indifference and apathy of our community in not condemning female violence. Many feminists on the other hand, help contribute to the problem by denying that the issue exists at all.

This is an issue rife with misconceptions and misinformation causing difficulty for both men and women who see it (for different reasons) as an issue at risk of upsetting the current politically acceptable and carefully crafted gender stereotypes of male and female behavior.

This paper provides a balanced perspective on this subject and attempts to shed light on an under-recognized and increasingly insidious social malady. Once you and I recognize and accept this issue as an important social problem, then we'll be able to begin the process of finding solutions, creating healthier families and encouraging more responsible parenting.

Excerpt from Husband Battery: The Most Unreported Crime

by Raymond Mills

This is a brief excerpt of some of the findings and statistical trends that have emerged from social research in this area over the last few years.

...fortunately, there is a growing Men's Movement which is helping to bring about a more balanced approach to the whole issue of domestic violence. Also, a growing body of researchers are beginning to recognize trends on family violence that have, until recently, been neglected in the literature. The following statistical items are only a few of the research findings and trends being generated by their studies.

- Between 1985 and 1992 the rate of minor assault by women against men increased substantially (Straus & Kantor, 1994).

⁴⁶ Ditto, Pg. 176

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- Both Canadian and American wives, themselves, have reported being more likely to physically assault their husbands than were their husbands to assault them (Grandin & Lupri, 1995; Brinkerhoff & Lupri, 1988; Straus & Gelles, 1986).
- Across Canada, 39.1 percent of women compared to 26.3 percent of the men physically abuse their partners (Sommer, 1994).
- Between 1975 and 1992 the rate of severe violence committed by men against women decreased by 48 percent (Straus & Kantor, 1994).
- Between 1975 and 1985 the rate of severe violence committed by women against men remained essentially the same. From 1985 to 1992 the rate of severe violence by women against men increased nearly one third (Straus & Kantor, 1994).
- Of every 100 families, 2.0 experience severe husband-to-wife violence, but 4.6 experience severe wife-to-husband violence (Kantor & Straus, 1994).

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Below are some other rather startling statistics:

-Battered husbands are often a topic of jokes, and the idea of domestic violence directed towards the male is often dismissed with incredulity. Husbands suffering from domestic abuse have historically been ignored or ridiculed.

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-Researchers and others have tended not to pursue husband battering cases is because it was thought to be a rare occurrence, and the male figure is typically seen as the stronger, more self-reliant figure due to sex role.

-In truth, an analysis of homicide rates (the most recent severe violent offences) showed that the number of murders by men (17.5% of total homicides) was about the same as the numbers of murders by women (16% of total homicides).

-A multidisciplinary health and development longitudinal study in 1972 was the first to obtain data on violent exchanges between cohabitating individuals as well as those who are dating who may or may not have gone to college.

-Findings indicate that 19% of the women and 6% of the men reported they had performed an act of severe violence against their significant other and 37% of the women and 22% of the men had performed minor forms of violence, such as slapping or hitting.⁴⁷

I have already mentioned that I had been sexually abused by both men and women when I was a child. 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. We have to speak out about these issues because addressing them can only assist women in their fight against violence directed 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 women's issues have become human issues – have become people issues.

My first experiences of depression were when I became involved in a relatively long-term abusive relationship. This partner suffered from severe depression and the depression it ignited in me, for a while, followed me into other experiences of abuse. My depression wasn't caused because of a latent or hidden and masked depression subsequently triggered in this relationship. In this relationship, at first, I turned all of the triggered guilt or guilt-like dynamics in-ward. 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.⁴⁸ 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. This is exactly what used to happen mostly to women. I remember one time when I was living in a large Canadian City in the Western provinces. During some of the time I was there I went for counseling to address 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.

⁴⁷ open site-using the open site code 5.3, The Open Encyclopedia Project

⁴⁸ Ditto, Pg. 176

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We have to focus on both sexes needs in equal amounts. 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 blind and 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, men, women and groups - 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 technology - 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. A lot of violence that is perpetrated against people goes unacknowledged. If there are no safeguards to protect people from this - prevention policies in place to address it or provision of healthy support for victims - how do we break this unhealthy and unjust cycle? The collective examples 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. 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 Tyrone. I read this book when I was in my teens. Tyrone does not try to illustrate how an individual psyche contains with it the collective psyche, I do. The character he writes about would be classified as being a person with Dissociative Identity Disorder. However, taking into consideration the dynamics I have been describing it is quite easy to extrapolate from the book and apply a similar understanding as my writings 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. This was a characteristic I at one time thought only applied to right wing bigots, violent and sexist woman-haters and so forth. The women I am talking about wish for and try to reverse the situation, as is prevalent among some opposing groups within society today. I've personally experienced this in many instances and it almost always pertained to situations when I was the recipient of abusive anger, verbal attack or sexual 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 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 the sometimes horrible experience of feeling helpless - to feel trapped within situations where you have been conditioned to feel helpless. Because of the abusive environment many women have lived in the courts are 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. 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.

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, part of 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 her to perpetrate this act of violence

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are the very masculine energies she condemns 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 which 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. 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 masculine 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.

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.⁴⁹ Masculine power, including the gender male, has contributed to female power.⁵⁰ I will modify that to say male and masculine power helped create an environment conducive to the 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 in bringing this about. Today, we have to move beyond the use of logic exclusively. We have to 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 the cleansing of and bringing to light the wounded nature and devastation that has been done to it. For men and women one of the most important transitions they have to make is to move beyond archaic emotions. They have to evolve into a more balanced expression of an intuitive, empathic and feeling-toned expression of their true humanity – each gender in union with the other, not in 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 characteristic 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

⁴⁹ Ditto, Pg.?

⁵⁰ Ditto

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return to paradisiacal union without losing connection with the Tree of Knowledge that Eve bequeathed to humanity.

Masculine and male energy - and this includes women to a lesser extent - 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.” 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. They comprise the largest group in society experiencing this in the sense that it is getting to the point where all men are looked at in the same way by some women and 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. 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.

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 back-stabbing. 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.

For the sake of their own health many women will come to see their negative masculine input into the nature of 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 to react by becoming possessed by their animus - an animus infused with rage, most of it unconscious. It doesn't hurt just men wither (I decided to leave this Freudian slip-typo in, simply for affect). It adds to the overall, collective phenomena within society. Indeed, woman is hurting herself as well. Well = the deep unconscious, the “goddess” within.

Animus is pure masculine expression. When we picture a masculine caricature of Satan it is fairly accurate. But it is an image only to demonstrate the type of energy - the proverbial finger pointing at the moon. It has nothing to do with gender. Besides, usually there is also the feminine energetic expression present to contain it as *well* - Leviathan, Hecate, Kali and Medusa. This is usually vampire-like, “whore-like”. You might say it is a relative type of feminine dynamic expression whose receptivity - receptive, womb-like or vagina-like - has become aggressive. It has become forceful rather than a peacefully and receptively interactive dynamic - sucking rather than containing and nurturing. Please see the humor when I refer to it as a psychological blow-job. Instead of being sensual it has become more like a black-hole in space.

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.

In society, the energies which contribute to imbalance the collective psyche are provided by both genders. Traditionally, females have had greater access to the collective unconscious

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psyche. Forced and strict gender stereotyping resulted in women having more of an inward psychic focus. This inward focus acted as a survival mechanism in the midst of oppression. This was an oppression that limited all people – men and women – and their collective evolution. Women's inner masculine element, the animus, naturally gives them an advantage in consciously navigating within their unconscious realms, something men have to consciously strive for. I can only imagine what the barbaric actions of the medieval inquisition added to this. People 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 – become neurotic hypocrites - or became less aware on the ego level of consciousness. I would say it was during those centuries that “Satan” experienced a rapidly powerful growth spurt. This was largely caused by the very people who were attempting to battle the Devil. They were the master projectors of self hate at that time - primarily religious personalities - of various denominations and religions. They didn't act alone – there were civic, provincial and national governments 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. An image of Satan can only be understood metaphorically, metaphysically, psychologically and spiritually, not literally. The fact is this masculine image of Satan does not apply to women-hating. It refers to anti-woman - against men and women and all life on earth, not the gender female. It refers to self-hate because its origins begin with repression and self-denial - that is the core reality of Satanism. Consider what I have discussed so far about sadism and masochism.

The dynamics of Hecate, Leviathan and Kali are identical energetic expressions to the masculine Satan, only in reverse – vacuum-like vessels that contain the energetic forces that are stolen. Similar to what I said immediately in the above, these feminine forms and energies do not hate the male gender either. Like the Satanic expression of unbalanced energies, the recipients of their energies are not determined by gender. Importantly, the latter feminine images cannot be separated from the above masculine image, period. Christ and the Madonna are marriage partners united in spiritual balance, fertility and health. Satan and Hecate are marriage partners united in imbalance, hate, subservience and fear.

So, an image of Satan or any other image used to personify psychological and energetic reality can only be realistic for the purpose of expressing energies, not gender. A literalist interpretation of these images results in separation and fragmentation - the very thing we have to get away from. 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. Materially created idols cannot realistically create a picture 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. The higher states of human mental capacity cannot be completely and adequately described. For those people who do not experience these higher realities experientially, explanations and description of them can only be partial and incomplete. This is similar to the attempts of various Saints, Sages, Holy people and profoundly creative artists throughout the ages to describe these higher realms through print, theatre and other forms of art. Even then it is only one person's interpretation, using the filter of the human mind in trying to conceptualize that which can only be known and understood through direct experience. Even less adequate are the attempts of psychologists and psychiatrists in trying to describe the lower levels of the human mind. The human psyche cannot be materialized. It can only be realized.

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By ignoring the more destructive energies consciously, the *more* prevalent and potent they become. Then, they naturally manifest expression in some way. Although we tend to take health for granted when it is present, destructive energies cannot be ignored.

The longer these psychological dynamics are active in persons or groups, affecting them accordingly, the more extreme their expression become. This is because these types of unbalanced psychic activities cannot nourish the requirements of psychic and in extension physiological satiation in a mature sense. 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. The source of nourishment has to be found within an individual's own treasure house.

People who are not aware of these dynamics have become possessed by them to some degree or other. When the deeper level psychological dynamics I am speaking of are ignored they can become debilitating or destructive. When they are not ignored but instead respected and searched for they are usually life-giving. This is where people can benefit from the many different sources of deep human knowledge that are to be found in both Eastern and Western wisdom traditions. The practice of Yoga = union with all of life, study of the Tao: the way, books such as "The Art of War", "The I Ching: The Book of Changes" and historical Western Wisdom, as found in Spiritual Alchemy, the Cabala and other profound disciplines can assist humanity to heal itself. The Bible and other spiritual masterpieces obviously are profoundly useful but only if they are interpreted in a non-literalist fashion. Obviously, modern psychology and even physics are sources of deep understanding. To regain a balance lost.

Society, indeed the world, has become possessed by an enraged shadow. Most people have never been realistically aware of its dynamics. The attempts by religions to explain and express these dynamics have usually resulted in superstition, paranoia and persecution. 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. There are exceptions to this as has been historically expressed in Native American and other indigenous cultures around the world. 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

Affected, we are destroying the living ecosystem of Gaia, the living expression of the creative source. 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 called Gaia. The shadowy state of the human psyche places most men, 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 some women, at the top of the power elite of society. Even there, it is the shadow that controls. As I said earlier people who abuse, oppress or manipulate other people are weak people. Of course, ultimately, even those controllers are controlled by nature and the Creator. What I am describing is a historical accumulation of energetic patterns.

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. I think of it, humorously-cancerously, in terms of the Beatle's song "Yellow Submarine." 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.

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Shadow is expressed as self-hate and self-abuse, among both men and women. A lot of the self-abuse is unconscious. An example where this spills over into the conscious realm is sadism and masochism. This is on the increase as an accepted way of expressing one's self, for example, in the bedroom or boardroom. However, most people are not even aware of when these dynamics are present. There are also a great many socially accepted ways to express these dynamics. These are "melting 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.

What we have to do is raise awareness of this collective state of affairs so the 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. As I pointed out earlier, more women than ever before, possessed by their animus and 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.

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 and be her positive feminine side, the same applies to men. 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. As I also said, in acting the appropriate way, in certain circumstances, men are persecuted on suspicion they are gay, which in itself illustrates the persecution gays have to endure sometimes.

If a 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 male and the driver female? After seeing a female driver, who ran a red light in busy intersection, smash into a man crossing the street and slamming him into a lamppost where his head left 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 a woman can prove extenuating circumstances, which lead to a criminal act, she is excused or much more leniently treated. Usually she is given help and support in various forms. A typical example is the Bernardo-Homolka case. I did not rely only on one source for information about this case. I learned it had been known in High School that Homolka had been responsible for many incidents of unacceptable behavior. In many cases she had induced Bernardo to do the same. She was also a completely equal participant in the horrible torture and murder of two young school-girls. Yet she was bribed to testify against Bernardo and received much less punishment. He was even blamed for causing her behavior subsequent to the

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trial! I remember seeing a picture of her arm in arm with a fellow inmate 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.

An important question to ask is why, when men do not protect people, especially women, we condemn them but when women do the same thing they are actually protected in doing this by providing excuses and rationalizations for it. It simply demonstrates the double standard and the level of male hate that has developed within Western society. Men comprise the only visible group in society who is not protected from this.⁵¹ To get away from the insanity track both sexes have to have the freedom to strike a balance between home and work - feminine and masculine within. At the moment primarily women are supported in achieving this realization. A National Justice survey in the U.S. discovered that people in general consider it far worse for a man to murder his wife or partner than a woman to murder her husband or partner. In addition, a National Family Violence Survey's nation wide sampling of households discovered that women actually admitted they were far more likely to use physical violence against their male partner than their male partners were of using violence against them.⁵² I provided some other documentation above to support this. I cannot fathom how these facts are ignored. The only commonsense answer to this I can think of are the high levels of unconsciousness and hypocrisy that exists within society today. This is especially true in relation to the collective shadow.

After the Montreal Massacre - a horrible and tragic event to be sure - 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 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 of the continent (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.⁵³ 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. In the latter incident, this woman pointed out to me that the woman perpetrator had not committed a single act but had actually acted in the manner of a serial killer.

When men require assistance there is usually none available, compared to what is available for women who experience similar traumatic events. Personally I have found this at hospitals, in the general public and especially with intimate women in my life. Men also get it twice as hard because most other men find them repulsive as well because he, at least unconsciously, threatens those men who think they are quite comfortable in their machine-macho-like roles.

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 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.

⁵¹ Ditto, Pg.211

⁵² Ditto, Pg.214

⁵³ Farrell, "The Myth of Male Power"

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Obviously, this is not to say that gays and lesbian women are killers. All I am pointing out is that social reality is not being presented in a clear and honest way. I am talking about censorship and unbalanced propaganda. I mean, seriously folks, what is going on here. I know from many experiences of being with abusive women that I have left, they really did a number on me, primarily in the way of character assassination. That is, blaming the victim. Importantly, I am not trying to paint all women like this, quite the opposite. 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 people, in a political and 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: "Come on act like a man". Personally I believe this is a subconscious hate that itself takes on the same caricature of Satan and Hecate. It is also conditioned self-hate. As I said, it ignores the fact that people, men and women, are more alike today than ever before in recorded history.

Speaking from personal experience, if I had swallowed without thought the humiliation, scorn and abuse I experienced, perhaps I would have felt the same way. Remember, I'm speaking from a perspective of the abuses I suffered. It is a fact that many people, men and women, suffer from self-hate because of the way they have been abused and treated. Conditioned, they experience self-abuse and accept abuse from other people as a result. Criminally, the number of children experiencing and being affected by the same hate at a time when they should be enjoying the pageantry of blooming life is on the increase as *well*. Children are also being victimized by being indoctrinated to hate in the same manner - by some parents and groups within society. This has to stop. As people raise their levels of consciousness a greater number of people will realize the reality of these conditions of life.

I have personally spoken with women who agree with what I am saying – how I felt about what I experienced and my analysis of it. How is it that the distinction and focus on difference between men and women is even manufactured? It is because of a bigoted attitude that ignores violence against men and creates a double standard that perpetuates the unfair, exaggerated and inaccurate perceptions of men as a group. Today, violence, in all its guises is fundamentally generic.

Although there is more than sufficient evidence that men experience violence from women, and I am including physical violence in this regard, legislation is only in place to protect women. Past abuse is a defense within legislation that allows women to kill or murder - "battered woman syndrome." It is one of 12 defenses available for women who murder people.⁵⁴ Regardless of the abuse men suffer there is no defense available for men who act in similar "self-defensive" ways. I even 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 her 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!

⁵⁴ Ditto, Pg. 227

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Society is emotionally blind to this reality - the reaction is quite often the opposite of an empathic and supportive one. If women or anyone else abuses a man, he is considered potentially dangerous, especially if he speaks out, as I did. I suppose the assumption here, probably unconscious, that if a man is abused long enough he will strike out in response. This 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 intended. I would say it is time for men to march on behalf of themselves and take back the Day. The beautiful thing about it is that we can walk arm-in-arm with women doing it. Obviously we, men, have to do some consciousness-raising of our own. 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

Once a person is labeled and stereotyped by most of the community, especially by those closest to them, the process can actually have an inducing effect upon that person so labeled. I've seen and experienced this in action myself and Robert Merton expressed it quite well in his development of "labeling Theory." In expressing this I am referring to feelings of worthlessness, guilt, self-hate and insecurity. My sensitivity and ability to become aware of the dynamics is what saved me. I wonder, in addition to the effect of men experiencing abuse and not having it taken seriously, what effect does 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 also an unconscious collective pressure on a person so labeled. I remember one individual saying to me that these types of unconscious sacrifices to the shadow were, as he referred to them a "harvest of the innocents." This person was not talking about men. He was talking about people, all people, and how victims quite often respond by striking out blindly and taking it out on innocent people.

Self-awareness and integrity are the main defenses a victim of this nature will have at their disposal. This is Human nature. Speaking on behalf of men, the only effective remedy is awareness of this reality so an individual will not react emotionally to it. They then have to take appropriate action. I am referring to the same type of action women are encouraged to take by supporters of their safety. The best solution to it is a cessation of the trigger - abuse. I will stress again that the very dynamics I am discussing here are dynamics used against all people by people, although the actual scenarios and forms are different depending on who is being victimized.

People like Betty Freidan of the early feminist movement, Mr. King and the Dali Lama were and are right – consciousness-raising is the number one thing that can be done to remedy not only this situation between the sexes but between all individuals and groups.

Society dramatically promotes and assists us in living only in our egos. When sensitive people with highly developed minds learn to see themselves and other people in a truthful way - truths that apply to everyone - they usually have psychological crisis to deal with. Their awareness is treated like an aberration. Similar to the way abused women used to be treated as hysterical when they spoke up about the abuse they experienced. In all times and most places up to the 20th century people of these sensitivities were respected and looked upon for knowledge by the whole community, with the exception of most of Europe soon after the inquisition started. Today, they are treated with contempt and ridicule, sometimes labeled mentally ill and sometimes medicated to the point where they totally disconnect from their bodies. They become mere automations and are so treated. They are so drained and conditioned many of them do become the incompetent members of society people expect them to be. But we can have a whole chapter discussing this portion of the population, the story of which begins in infancy. When I was actively practicing social work and counseling youth, I even had a case manager tell me that

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making a person aware was not necessarily the best thing to do because they may not be able to handle it. I was recommended to allow the very poison that was adversely affecting the person in the first place to remain untouched. This is a band aid approach.

The most important question we can ask ourselves – and also calls for a whole chapter or book for that matter - is what kind of effect, especially unconscious, does everything we have been discussing have on our Children, with a focus on the anger. I have seen many examples of parents, male and female, exhibit a total lack of care for the effect of their behavior on their Children. If we look around at the dramatic changes in the nature of violence - lack of respect exhibited, which flows from a lack of self-respect - among young people today in the Western world, we see the effects. This also applies to most categories of scapegoats as well. We condemn people for actions that are induced by the very attitudes, assumptions and actions that cause it. This is most applicable to the collective unconscious level of the psyche - blaming the victim. 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 to have to deal with a culture and roots in shambles - in chaos (even if it is a transitory stage to another level). They have very little stability to hang onto. They have to substitute what has made cultures great to satisfying themselves with fast food and the latest mind-numbing form of entertainment, normally of a violent nature. Much of this entertainment is poisonous, promoting psychologically unhealthy lifestyles in a lot of young people. 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. Our present methods actually 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 begins to infect further, in this case beyond the individual so wounded and vice versa. As far as punishment is concerned, you don't teach someone to be non-violent by kicking them in the stomach.

It is 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.⁵⁵ 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 this (social) system, those who always had control stayed there. In this sense, the poisonous dynamics in place simply kept men and women at each others throats, except the upper hand for the time being, had been shifted to the women's court.

This dynamic reminds me of how powerful perpetrators are able to create 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. Similar, also, to the ways certain political institutions in the world use the same methods, tactics and dynamics in other parts of the world. In this case they use the manufacturing and selling of weaponry-arms, covert and not-so-covert political machinations to keep oppressed nations and continents at each others throats. I am referring to the continent of Africa, countries in South and Central America and the Middle East - while the main perpetrators and instigators continue to laugh for a little

⁵⁵ Ditto, Pg.232

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while longer. These are also the same dynamics that exist among the poor people living throughout the ghettos of the large cities in the United States of America. The world knows these situations cannot last much longer.

The various dangerous jobs and “professions” men 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 understanding of the term.⁵⁶ Psychologically, there is absolutely no difference between women who prostitute themselves sexually, putting themselves at risk than men 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 is one of society's saddest expressions of self-hate and oppression.

Why is it that, today, women are not cross examined after making allegations against men the same way men are? ⁵⁷ The rationale 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 Women are today using this same legislative advantage to get away with their behavior. Consider the immensity of what is being said. As briefly described on page 27, a very dramatic fictional example illustrating how some people are automatically stereotyped and assumed guilty, is the story Stephen King created called “The Green Mile”. Try to imagine what it must feel like to truly have compassionate intentions towards others, a life-supporting need, as did the victimized character in the book. Imagine being not only prevented from expressing this need but in fact being placed under suspicion or condemned simply by virtue of your gender or race. In addition, this victim was a healer in every sense of the word. He was victimized and condemned simply because of bigotry – because of illusionary, false appearances. The main impact of the book was that those who executed him, when the time arrived, knew he was innocent!

Returning to the main commentary, Farrell goes on to illustrate that once the power within government was redirected, in many ways it became a surrogate husband, provider and support organization that ignored the requirements of men.⁵⁸ As stated above, the exception to this is if men fall within some other sub-category that just happens to protect them, not as men, but a “worthy” group of people. This profoundly demonstrates the double standard for men and women in legislation. It boils down to a legal support for revenge rather than true 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 applies to relationships and areas where the women are the perpetrators of violence.⁵⁹ People are people. When men are victims, if they speak up, they may be attacked by their violent partner, parents, siblings, etc. 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 going on, especially political correctness, many indeed do feel like they are walking on eggshells. I've heard many men say just that. When violent men abuse their female victims the same dynamics are present.

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

⁵⁶ Ditto

⁵⁷ Ditto

⁵⁸ Ditto, Pg.237

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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.

However, Nature has a way of cleaning house before starting new growth

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 affect on the innocent. In some cases, only men who completely co-opt themselves into the one-sided view of the extremist woman are accepted. Although the apparent intentions behind these people's actions can be honorable, initially at least, political correctness can be a poison. It forces people into talking and behaving in a hypocritical and self-wounding manner, something virtually no one deserves. It promotes illusional and hypocritical ways of living. It promotes doublespeak. When men do this and do not recognize the male side of the story, they become "kappos", in a very real sense. The dynamics here are similar to women who have, in the past especially, compromised themselves to survive or rise in the usually exclusively patriarchal power structure. Today, men have to do so in the more feminist political power structure, depending significantly on the geographical and cultural location.

Considering what I have been saying, why is it considered politically incorrect to take into account how partner interactions contribute to inter-partner violence. It is ridiculous to consider this can be called "blaming the victim," especially when the man might be the main victim - from emotional, physical or psychological abuse leading to the response of further violence.⁶⁰ The same rules that apply to women have to also apply to men. Some women now use this very shelter in order to cover up their own abusive behavior they direct towards their partners. This is similar to the way any abusive person can use this sort of manipulation. This mindset assists in allowing people to be abusive and abused. The perpetrator blames their rage, unjustifiably, on the victim - this is simply a reversal. Considering all the dynamics I have been discussing so far, this reversal is not surprising. These specific types of dynamics, between genders, extend far beyond partner relationships. On the unconscious levels of the collective human psyche, and perhaps not so unconscious, they extend deep into most areas throughout North American, European and indeed world society.

In considering violence between men and women, interpersonal interactions and communication patterns have to be examined.⁶¹ When Men attempt to explain it as an interactional problem or when the woman is the violent partner or relation, it is downplayed, ignored and reversed. Look at what a book "Women are from Venus, Men are from Mars" has to say. In effect, it excuses female abuse and ridicule of men. The book excuses one gender and blames the other. Throughout North American society today, psychological and interactional characteristics applied to gender are reduced, neutral or reversed. In this book the positive characteristics of women are exaggerated while the negative traits attributed to men are exaggerated. These latter dynamics are exactly the type of things I experienced when I was attending a school of social work. While there I appeared not as a male who had been abused all of my life - a person who, during that time had kept my bi-sexual acting-out nature hidden from most people. I was treated exactly in the stereotypical and brutal ways I have been describing throughout this chapter. Today, the above mentioned book is highly inaccurate in its description of gender - it is obsolete.

⁶⁰ "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

⁶¹ Ditto, Pg. 211

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Rational discussions about violence are not attempts to deflate women's justifiable anger.⁶² To say something like this today is most hypocritical, obsolete and also illustrates, among everything else I have described so far, that the rage and hate has gone too far. It is this very anger and rage which prevents people from clearly seeing what is going on – consciously on the social level. I am talking about being well grounded in common sense. In many respects we are living in an unconscious matriarchy today, especially if one takes into account the collective unconscious psyche.

As the author Whitmore spoke about in the book, "Return of The Goddess", and other authors speaking from 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 physical ritual blood sacrifices as was common practice during those times. This was because of their physical representation within the culture of masculine or yang energy. 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 (but with the majority of male victimization, by women, being ignored) the main sacrifice is masculine energy. Witmore says that now the time has come to unite the "god and goddess." This statement of his, for me, is one of the most important statements I have ever heard. The moon has ruled, the sun has ruled, now it is time for the marriage of Sun and Moon.

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 meant when they said something, verbally or otherwise, the road to healing would be that much shorter.

The fact is, it is this anger and rage which prevents people from seeing clearly what is. On the collective level this anger and rage accumulates to cause even more violence - against people, one against the other. This is not necessarily based on gender, ethnicity or anything like that. In a very real sense it is indiscriminate. Being indoctrinated to believe that "we live in a dog-eat-dog world" just adds fuel to the fire. This is not and should not be the way to live - it is the reverse of true civilization. It is against nature and contrary to what the laws of nature really are. 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 and as everyone knows they also have a sort of six-sense about them. They can grow quite attached to their owners or masters – they learn how to read them at an instinctual and sensual level far beyond the capability of most people today. I will suggest the way domesticated cats learned to enjoy torturing their victims and then not even eating 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.⁶³ This way of thinking is rather obscene in what it suggests when a person considers all of the evidence. The reality of the situation is that sometimes violence is perpetrated by a man, sometimes by a woman and sometimes they are equal

⁶² Ditto

⁶³ "What Causes Male Violence Against Women?"

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participants. As we have seen, sometimes women also react to males or male abuse with violence. The criminality of the situation as it now stands is that 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.

I am and any one reading these realities should be outraged at this level and stance of supposed justice. What happens to a man who is severely abused and humiliated in relationships? A victim sometimes reacts with violence to the abuse, as abused women have. Most men are still far under the level of women in having achieved literacy with their emotions. Fewer men than women have an ability to perpetrate psychological manipulations and control by virtue of this emotional illiteracy. It is well known that women are able to emotionally manipulate, humiliate and emotionally abuse people far more than most men are capable of. This is because they do not block out their emotions as many men have been conditioned to do. As I pointed out earlier, most men still react by physical acting-out, especially in response to the multitude of severe double binds they find themselves in. Emotional and psychological abuse can have far more extreme and devastating affects on a person than physical violence. Yet statistics also prove beyond a shadow of a doubt that many women are also physically violent. So, not only can the violence be bi-directional; men can also be extreme victims of both types of abuse. Yet there is no defense for men under similar circumstance. 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 worked in 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.

A politically-correct illusion is created by ignoring the substantial amount of violence within lesbian and gay relationships.⁶⁴ 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 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 have spoken to and had plutonic relations with lesbian or bi-sexual women who say some lesbian relationships are very “smothering” and controlling. One bi-sexual woman I spoke too said she was in such a relationship. Her partner, a radical activist, approached me after a conference we attended at which she 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. There was not one negative element mentioned in respect to women, lesbian or gay relationships. As an aside, I know of one female professor who left this institution because of this double standard. These scenarios were unnaturally idealized and turned into utopian dreamlands 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. 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 to see her partner - chattel? - on a platonic basis in the future. 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. It was this woman who had spoken to me at great length about the smothering and controlling behavior of her partner. I should also mention that the friend

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of mine 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. In fact, a student at the school told me at one time that today people are considered youth until they are 24. There were at least 15 or 20 years in age difference between these two women.

The main point here is that the very dynamics that have been justifiably been found unacceptable in men, affect all people not just 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 will 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. I avoided this humiliation because I was not able to attend a graduation party that was being held by the students. I had an accident that almost killed me. I was not able to attend this graduation "party" because I was in intensive care at a 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. I was later told by a student I had gone to this school with that the initials stood for the words "pretty fucking macho" - such hypocrisy.

The following are some excerpts I have taken from my personal journal. They demonstrate quite nicely the dynamics I have been discussing and exploring throughout this chapter. As usual I will change or delete the names because as I have been saying throughout, people cannot really be blamed; I am simply pointing out that the reality of today's social dynamics are very different than what many people would like to believe. Put your seatbelts on people and believe it or naught.

November 22, 2005 I want to mention one other place I worked, from 28 August, 1999, until quite recently, (security). While at this place of employment, I worked as a licensed Security guard. Mr. (a male) was the president of this company. I remember when I first started working for (a male) he told me he was working on a case where he said he was investigating a man in a Satanic Cult who was alleged to be having sex with his daughter. He did not go on to elaborate. However, at a later date, he told me about another case he was working on where a man had been convicted of murder but he had evidence that the people who had testified against him had lied or been paid off. Again, he did not elaborate.

Quite early in my employment with this man, there were insinuations made and indirect intimidating comments that I was gay. I remember him telling me one time that members of the police force or military did not like working with people who were gay. I remember working on one job site where some of the employees, especially a guard who was going out with his daughter at the time, gave me a rough time and made many insinuations that I was gay. I remember being at the company's office on one occasion. He and his wife (his secretary) were working. I made the comment to him and his wife that I had met a woman I might be interested in. His wife looked at me and sarcastically said to me, "Well, at least it is a woman and not a man". I simply ignored the comment.

There was another time I was working at a job site, a bank, where one of the tellers was a very attractive woman who used to hang around with my younger sister in high school. The above mentioned employer knew this person and said to me. "I would love to F... her". I also ignored that comment.

Then, there was a time when I was working at a job site at the (a place). During one shift, when I was sitting in the office, a very attractive, scantily clad woman walked into my office. It looked like she should have been lying sunbathing at a beach, instead of being in the arena,

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especially after she identified herself as being the other guard that worked at the arena on the other shifts. At a later date, outside the entrance to the company office, I ran into the above mentioned (male) and his wife. I mentioned this guard and he animatedly said that she had just won a wet t-shirt contest at one of the local bars. She was 19 years old at the time. He spoke about her shape and placed his hands in front of his chest indicating the size of her breasts as he told me about the contest; his wife silently looking at me as he said this. I did not say anything else except that she looked like she had just come from the beach.

At another job site, (a place) in Halifax, on (a road), there was an instance where I was sexually harassed by two of the employees. After the incident, I filled out an incident form and told (male owner) about the incident. I also told him I filled out a report but did not feel it was necessary to give it to him. I have the original copy of this report to support the following words. What follows is the wording in the form, word for word:

Date: 05/06/02

Time: 16:36

Incident report: sexual harassment

Guard name: Paul Mitchell

As I was relieving (female staff) at the security desk, (male staff) arrived and began talking. In the past, in the (female staff's) presence, (male staff) has made it known that (female staff) is attracted to me. This time, he got (female staff) to ask me if I found her attractive. I answered politely in the affirmative. (male staff) went on to say (female staff) wasn't happy with her present boyfriend, "The only reason she stays with him is because he has a big (genitals)." At this point I noticed (female staff) was glancing at me in my groin area. I raised my arms up and said, "I want to stay away from that." I was becoming very uncomfortable. As I said, this is not the first time I have been made to feel uncomfortable. The conversation (male staff) then went on to how "one has to put up with a lot of "crap, without saying anything if one doesn't want to get fired."

I told Mr. (male owner) about this incident and it was never mentioned again. I soon reached the point where I told Mr. (male owner) I would not go to this job site again.

I put up with this type of treatment for quite some time before I eventually stopped working for Mr. (male owner). The only reason I continued working for this company, as usual, was because I needed the money to survive on. Just like a prostitute.

I will make one other statement in relation to working for Mr. (male owner). While I was still working for him and just before I went to Alberta, while speaking with (male owner) at the (company), I started talking to him about not having a partner or having sex for quite a while. (male owner) mentioned that, while in Alberta, I could always resort to having sex with a prostitute if I wanted sex. He said "...it's safe as long as I use a rubber." I told him I have never had sex with a prostitute and had no intention of ever doing so. I found this a very curious thing for an ex. police officer and especially an employer and owner of a security company to say.

November 23, 2005 – I will mention a very important experience I had while doing volunteer work at a (community kitchen); this took place last year. While at this place, on two occasions two older women, both in the 60s or so, pinched me on the back side, at different times. The first woman was a full time staff member, the other woman did volunteer work on a regular basis. Finally, I told the director of this place about this sexual harassment. She never mentioned anything to me again. However, subsequent to my complaints, every time I went in to do volunteer work, if the full time staff person responsible was on shift, she would come up to me, every time I entered the place to do my volunteer work, shimmy up along-side of me and ask me if I wanted to go parking. This went on for quite some time. The other woman, the volunteer person, never did anything of an embarrassing nature to me again; only the full time, paid staff person. On one occasion, when I arrived, both the Director, (a female) and this older woman, (female staff - she is perhaps old enough to be my mother) was present as well. In front of the director, I lightheartedly told this woman, after I pleasantly greeted her, I did not want her asking me to go parking any longer. There was only a smile or smirk on the director's face. No action had been taken that I was aware of. Subsequent to this, when I arrived to do volunteer work, this

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older woman would greet me with very intimidating looks and was very unfriendly. I finally reached the point where I could not tolerate this type of treatment any longer, especially considering the fact I was doing volunteer work, not even paid employment; obviously in neither situation is behavior of this kind acceptable.

The following is an example of the kind of situation that sometimes had the affect of causing me to have a panic attack. At the end of April, of this year, while living at another residence, (address), one evening I was confronted by the landlord, (a man). This man was a person who preached from the pulpit as a layperson and was a man I looked upon as a father and authority figure. He was a man who had visited me in my apartment where we would have sometimes quite lengthy conversations, quite often.

I remember on one occasion when this man came to my apartment, the screen saver on my computer was in operation. It was a moving slideshow of various images I had collected. When the image of two women embracing and kissing each other came on the screen, he made the comment, "your not one of those are you.....that is evil." Anyway, on one occasion at the end of April, this person arrived at my door and I welcomed him into my apartment. He looked very angry and immediately asked me in a very accusatory way if I had been looking in the window of his brother and Daughter-law's apartment, on the ground floor. I was shocked at this question. He then went on to say how he knew 10 or so killer martial arts techniques (he was quite aware that I practiced martial arts), in a very threatening way. I was dumbfounded. I told him that of course this wasn't the case and he soon left. This had the affect of causing me to have a major panic attack. Three days later, when the panic attack subsided, I gave my notice. What is very important, in addition to the cause of the panic attack (caused by aggressions and threats made by an authority figure I trusted and respected) is that there was one person living down the hall who suffered from "schizophrenia." Apparently, there had been a disturbance caused by this person. On a couple of occasions, just preceding this confrontation, this landlord stated that "I don't want any more crazies from the (mental health) living at my apartment any longer. Finally, he told me that he wanted me to get social services to send the rent checks directly to him. I told him social services will not likely do this because they want their clients to be able to become as independent as possible. Furthermore, I had been at this apartment for almost a year and had never been late or missed a rent payment. I said this too him but he just smirked and walked away. A day or so later he said he had been speaking with social services and indeed I had been correct in what I had told him. According to him, the person he had been speaking with asked him if he was going to give me my notice because they will not send the check to him directly. He told me he said to them, "It is a distinct possibility." It was very soon after this that the above incident happened. Of particular importance is the fact I had told Mr. (a man) that Community Services had given me funding to find my own place to live, away from my family, because of past abuse. I also told him I suffered occasionally from panic attacks. I believe it is a pretty good assumption he knew the affect his actions would have on me. Even if he didn't, that is what happened.

Tragically, still in a relative state of anxiety, at this apartment, I decided to give Mr. (a man) my notice, to place most of my belongings at my mother's place in storage and go on the road, hitchhiking. During this attempted "road trip," I got as far as Fredericton (just outside the town), where I camped in the woods that night. It was still quite cold at night and that particular night there was a major rainstorm. My makeshift lean-too did not hold up very well and by early morning I was very cold and drenched. Having been unable to make a fire to warm myself or cook a meal, just before dawn, in shock and panic, after making several attempts to climb the rocks and get through the trees, I was able to make it to the top of a steep incline onto the highway. I was exhausted, in shock and panic and quite frankly, I can say there were times I had felt better during the course of my life-time. When I finally managed to get up to the highway, I could hardly stand. I found myself on a part of the highway that might be considered a small mountain and the wind was quite fierce. Drenched and in the state I was in, the only thing I could do was walk in order to keep warm. It was still dark, with very little traffic on the road and those

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that did pass by did not stop to give me a lift. I must have walked several kilometers with a back pack, that had weighed about 100 lbs. dry but drenched must have weighed at least 150 lbs.

The next thing I knew I found myself being lifted into an ambulance. At the hospital I found myself unable to speak or communicate. Eventually, I was able to indicate I wanted something to write on so that I could communicate. In the presence of one particular nurse, if a recall correctly, I believe her name was (a female nurse at the hospital in Fredericton), plus with the assistance of a Clonazepam tablet, I to began to speak a little. It was not until a policeman showed up to ask me some questions that I regained my ability to verbally communicate adequately. I felt safe in his presence. After spending the night in the hospital and the following two nights at a local shelter, I decided I was getting too old for this sort of thing (hitchhiking on the road by myself) and I decided to come back to (the city I had left).

Everything I described above cannot be considered a result of "free floating anxiety." I think any sensible person can see that. However, the very most important aspect of this whole "adventure" is the extreme cathartic affect it had on me. From that time onward, I have not required any medication, except for the occasional Clonazepam.

The journal stops here

Life is a daily challenge. During my struggles, journey and quest for answers, many times I have been on the verge of giving up and just going away. At such times I would write something, practice some martial arts or some other activity that acted in such a way I was able to regain my balance. Through discipline and the gift of the spirit I was always able to recollect and continue with what has always been a life process. Below is a letter I wrote when I was at a point where I had decided to give up in trying any longer because of everything I have been through and what I have been writing about.

March 25, 2006

TO: The Prime Minister of Canada
The Right Honorable Mr. Steven Harper

From: Paul F. Mitchell
11 Glenview Drive, Apt. 102
Dartmouth, Nova Scotia, B2Y 4J9

Phone: (902) 405-2147

Mr. Prime Minister

I am writing this letter and sending the accompanying documentation on disc (Microsoft Office XP) because after many years of severe abuse and after having contacted several organizations to attempt to address some of these issues to absolutely no satisfaction, I realize that virtually every effort on my part to speak up for myself and on behalf of others like me, has only resulted in further abuse and humiliation. I have submitted documentation to Human Rights, the news papers and legal aid, only to have it ignored. After you read what is contained in this documentation I can only say it would be impossible not to see the injustices that I and other people have endured. Especially the brief synopsis I provide at the beginning of the documentation should make the overall context, connections and collusions quite apparent. The main body of the documentation is very detailed and it is truly amazing what some of the contents contain.

Having said that and with all respect to you, I just want to say that I had believed myself fortunate to have been born and raised in the nation of Canada. I believed it to be an example to

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the world of a true, peace loving and democratic nation the rest of the world could emulate. At the time of writing this letter I am making plans to receive funding so that I can take a course teaching English as a second language so that I can travel overseas. In all honesty I would rather be in another country of the world trying to help people without having the illusion of being treated equally under the law. I say this because I have come to see that regardless of living as a law abiding and responsible person within my community or wherever I happen to be, as a male, I have endured severe abuses without any avenues for recompense, support or other forms of validation that many groups within our country take for granted. I have received severe abuse from many of the same people and groups that expect and in fact demand and receive the very support I have been denied.

In the first part of the accompanying documentation I will present in brief form a short history of my experiences. Following that, in chronological order, is a history of the actual documentation that I have taken from a personal journal I have kept over the years. Much of what I have written about would seem unbelievable. In many ways it seems more appropriate to a horror story read in a novel or seen in a movie. It is a document portraying actual events. In all honesty, having worked as a social worker who worked and helped many people who have endured a portion of what I have endured, I don't know how I have overcome many of the things I will describe. I believe my training as a social worker, my ongoing study and research in psychology and sociology, my practice of martial arts, past work in the area of security - because of all of this and the discipline I have thereby learned I was empowered to somehow continue, against all odds,

Having said that, I will only say that a homeland I once thought of and told people represented a country that could indeed me a saving blueprint for the rest of the world, today, is a country I cannot wait to leave. It has been run by a bunch of politically correct hypocrites that care nothing for the welfare of their fellow citizen but only about their own egocentric and petty group interests, the money they can put in their own pockets and the illusional image of power and glamour they can create for themselves.

Mr. Prime Minister, please do not take any of what I have said personally and please understand that my main purpose in doing this has been primarily to benefit other people who have or are undergoing similar experiences. In the past and until quite recently most of my attempts to expose some of the following information were made because of a desire to survive and help other people. However, with each attempt at exposing some of these things I found myself being treated more unfairly and with less respect. Today I am writing this letter and sending this documentation for personal reasons, for personal satisfaction and with a certain cynicism I had hoped to escape. Since a near death experience on July 25, 1991, I have had and only expressed a love for all people and done my utmost to be of service to my community and fellow human beings. I have had that humanity that I nurtured and tried to develop almost extinguished from within me. I am more qualified than most of the so-called professionals that have made a mockery of the jobs they were supposed to be performing in service to the people and community in which they live. I cannot express the appalling humiliation I felt at being treated like a criminal by the people who were supposed to be assisting me to overcome some of the traumas I have endured and the way that these severe abuses I endured were, in almost every case, completely ignored. Especially galling has been the actual fact that in almost all cases the professionals who were supposed to be offering me assistance and support had far less knowledge and ability in the positions they were pretending to fill than I have.

Although by the time you read this letter and material I will already have made plans to leave Canada, please, as a new Prime minister representing a caucus that still demonstrates the dignity that made Canada a great and respected country world wide, I ask, for the sake of your fellow human beings and for the sake of human dignity to take what is contained in the following and use it to improve the lives of countless numbers of people. People who are unjustly crucified in a society now saturated with a double standard; in which many of the formerly oppressed have now become the oppressors. This has been a recurring theme throughout history. Mr. Prime Minister, perhaps you can make history by breaking this vicious cycle.

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In closing I will say that I have just completed a book, edited and structured according to publishers' standards that I had hoped to have printed and published in Canada for the benefit of the people. Without any exaggeration, having been completely ignored in a country that has been run by its own form of fundamentalist hypocrisy I plan on having this book published in the same way Mr. Rushdie had the "Satanic Verse" published once he left the country that had treated he and his fellow citizens so inhumanely.

Yours sincerely,

Paul F. Mitchell

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11

A Brief Chronology of Combating a Cult: a Personal Experience



“Defeat of the Dragon”

Mandala by Paul F. Mitchell

I will begin chapter 11 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 Qui 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

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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 my 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 who 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, related in some detail in this chapter. 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.

I will present the following chapter more in the form of the journal entries I took them from instead of the more formal way I have tried to present the earlier material. Most of it is of a purely historical nature, without a lot of technical information to complicate things. Most of it speaks for itself. It is important for the reader to remember that a good portion of the dynamics that take place in what I describe must have been unconscious, and I am not referring to me. I will leave it up to the reader to "believe it or "naught."

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I experienced a very great amount of hypocritical and abusive treatment at a school of Social Work when I studied there and obtained my Bachelor of Social Work. Of note, while I was still at the school I remember dating a bi-sexual woman a couple of times, a young woman who I did volunteer work with at the library. During that time she told me about the smothering relationship she wanted to get out of. After one conference at the school where this person's partner was a guest speaker, after viciously attacking all forms of male heterosexuality and men that were not gay or bi-sexual, this person accosted me verbally. She threateningly told me to stay away from her girl friend. She did this in exactly the same manner she had just completely attacked men for doing. I note this because it was a blatant example of hypocrisy and hate.

March 25, 2006 – In the following statement I am speaking for myself. When it comes to personal growth each person has to develop a relationship with him or herself in order to get in touch with all of the psychological aspect of themselves. Then, a person can decide consciously whether to live them or not. As I have been saying throughout this commentary, everyone has two sides to their psyche. Usually, only one side or characteristic is suited to live and actualize, in reference to that unique individual. It is important to acknowledge both sides however. It is only when both sides are seen and acknowledged that a conscious and honest decision can be made; importantly, what is true for one person might not be true for other people. Although we all share universal human archetypes, characteristics and psychological dynamics each individual has to figure out for themselves what is right and true for themselves.

I mentioned earlier that I had been b-sexual at one time. Now that I have developed a psychological understanding of the way my abusive upbringing and severe experiences of sexual abuse had affected me, I realize now, that is a past part of my life. This realization occurred as I a as a result of spending years trying to unravel the severe effects of the abuse I have encountered over the years, and the confusion that resulted from being sexually abused as a child by both men and women who had been old enough to be my parents or grandparents. This included two years of sexual abuse I suffered at the hands of a male homosexual and two experiences of sexual abuse at the hands of older women, including one that was old enough to be my mother. Speaking for myself, I know that during the years I was addicted to sex and other forms of obsessive acting out, that my inner woman, more specifically my inner "princess, who was a virgin and very young," suffered. Today, I realize that my inner princess was not attracted to sexual dynamics of the same nature. My wounded, pissed off and masochistic shadow was. This is a personal statement. In no way do I judge or even evaluate other people as to their life styles. As long as a person's lifestyle does not infringe on the liberties of other people, men, women and especially young children who can't speak for or protect themselves, no one has the right to express anything except tolerance, as described earlier in this book.

July 25, 1991 - In my graduating year, I suffer the bicycle accident that that resulted in absolutely no structural or long lasting damage. After the accident, I was under the complete control of intimates. By this point in time, an important intimate and ally, as an elderly person, had been so verbally and psychologically intimidated that he had become a mute person within his own family. All of the other members of the family literally hate men in the sense that they project a great amount of anger about things that happened to them or other members of their group onto men they happen to be in personal relationships with. This has been most pronounced in the almost completely negative way they portray, treat and interact with men who have been "close" to them. Speaking in reference to above person, after his death - his car fell on him while he was working on it - I subsequently replaced and became the recipient of that anger. A drinking episode that caused the above mentioned accident was triggered by an older intimate's abusive "treatment" of me and some unfounded accusations.

I take on a position of house supervisor at a place where the previous male supervisor had quit because of severe workplace abuse. The woman who got me the position was connected indirectly to the social work school I had attended and related organizations and groups. This person was a member of a group that some people consider a type of cult for some of the hard-

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core members. This group is a 12 step program for people who have or had partners who are alcoholic or been affected by people who have a drinking problem. During the times I interacted with this inner group of members with this person they belittled, humiliated and otherwise abused people, usually male, who had drinking problems. Ironically, most of the unmarried members of this group had a boyfriend in AA. In front of me and other people, they referred to their boyfriends and other members in AA as "sick puppies". They made no attempts to shield me or their boyfriends from this line of talk. I stopped going to AA because of the complete self-defacement and masochistic humiliation some members constantly put themselves through. At the time of writing this, I have been alcohol free for 17 years. I have also been free of illicit drug use for quite some time.

After learning how to control panic attacks caused from abuse, which I learned through the practice of meditation and martial arts, I develop severe asthma. I learned how to control this through the above mentioned techniques, puffers and the occasional mild tranquilizer. Today, I only use puffers.

I took on the position of supervisor while still physically quite weak from my accident. While experiencing profound abuse at this place, from a woman who said I had been hired because of sexist hiring practices, I experienced nausea and other physical symptoms associated with the abuse. The way the ringleaders performed this abuse was like something out of a novel and fit a classic and quite observable pattern.

While experiencing this treatment I had to tell the woman who had been instrumental in getting me the position (mentioned above), who was on the board of directors of this organization that I was not interested in her romantically. I had been forced to tell her this because of her increasingly blatant passes and attempts to get me involved in a relationship. After I told her I was not interested, all support from her and the head office evaporated. The person in charge of the organization was also very good friends with one of the most abusive ringleaders. In addition, abusive treatment increased from both the abusive staff and head office when I discovered a possible cover-up may have taken place when another woman who had locked horns with the abusive ringleaders was hurt on the job. I was forced to resign after the director of the organization threatened me and told me not to breathe a word of it because "we may have a lawsuit on our hands." The woman who got me this position also had contact with the main female abuser in my circle of intimates. I finally was forced to resign from this position after enduring almost two months of severe work-place abuse.

1991-92 I get a job in an organization working with youth. I take on a case working with a survivor of a Satanic cult. I am told that I might be forced to be involved in an accident, I might be followed, could have my phone tapped and so forth. This briefing I received was from a female psychotherapist who was working with the survivors of the cult in therapy. Although I was supposed to be able to phone this person for support while working on this case because of the severe nature of some of its dynamics, after repeatedly phoning her and leaving messages, she never once returned any of my phone calls. While working with this youth I was also involved with quite a few other people, all of whom are members of closely allied or related types of services and groups. It was some of the people involved with this Satanic case who were the people who initially introduced me to my first interests in the occult.

During the time I was working with the survivor of this cult, on one occasion I was swarmed while walking on the sidewalk, alone. I end up in court. Even though I was swarmed and had only struck out and made contact on one occasion, with minimum force, to stop the assault, I was convicted. In court I never wavered in my testimony regardless of the convoluted ways in which I was being questioned. The people who had swarmed me were contradicting themselves, making outrageous claims that didn't even happen, that the police could have testified against. The police weren't even called to the stand. A relative later told me she had been sitting outside of the courtroom with the policeman who had arrived on the scene. He had told her that there had not

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been any indication that the individual I was being accused of assaulting had even been hit, let alone viciously assaulted as they had claimed. (I remember after I was arrested and driving to the police station with this officer, in the police cruiser, he told me much the same thing.) According to their testimony I had brutally and repeatedly struck this person. Knowing my own strength, anyone with any common sense would have known that if I had have struck this individual in the manner they had described she would have been covered in marks and bruises. The policeman told my relative there were absolutely no marks at all. How could there be: as I said I struck this individual one time and one time only, with an open and cupped hand that would have absorbed most of the impact and left even less of a mark than a slap, only to stop her assault on me, while I was surrounded by the gang she was with. My relative never told me about this conversation until well after the court case and conversation took place. I was found guilty.

A few years after the swarming I had received a pardon for the common assault charge. Many years later I personally had a criminal record check performed when I applied for a job. I found out the conviction was still on my records even though it should have been removed. I later found out that only in the city where the swarming had taken place, where the Satanic Cult operated from and where the survivor I had been working with lived at the time of the swarming had it not been taken off my file.

Although the organization that got me involved with this Satanic cult case fired me after I was swarmed and convicted the main organization taking care of the survivors of the cult kept me working with the youth. At one point I was asked to describe what happened during the swarming in front of various staff and other people present. After I told these people about this incident, in the community and especially social work and the "helping" professions generally I was totally ostracized. Once this organization had trained someone to work with the survivor I was working with I was let go after a trumped up slur on my character in which the question of my honesty was manufactured.

Partial Letter to the Parole Board

November 15, 2005

My name is Paul Frederick Mitchell. I was born on February 18, 1958. I'm writing this letter in order to have papers proving I received a pardon for a minor offense which I was convicted of on October 19, 1993, Sec. 266-B. See attached Certificate of Adult Criminal Convictions.

I discovered that the Law Courts I had attended at the time received notification of my Pardon. On the other hand when I applied for a records check at the police department for a job I was applying for the attached form is what I received. For nine years I have been ostracized by people after I told them I didn't have a criminal record but gave them the go ahead to do a criminal records check. Obviously the conviction would have showed up in their check. For nine years I have been unable to work in the career of my choice, social work. More importantly since the city I am living in is rather small and the areas I applied to for jobs are rather close knit, after being turned down by one prospective employer after another... well this type of information spreads fast. The calls I made to 911 that resulted in having wanted abusers put behind bars as well as the calls I made to child protection services that, combined with similar calls from other people I did not know, resulted in children being taken out of abusive environments - these types of Good Samaritan actions appear to have been ignored.

However, I don't want to use up your time with these details. I'm simply requesting to have papers proving that the pardon I received is sent to me so that I can present them to the police Department. The Police told me that as soon as I obtain this information they will clean their files of my past conviction.

I trust this is sufficient information. If not, I can be reached at

With Respect, Paul F. Mitchell

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Telling these potential employers I didn't have a record, telling them to go ahead with the check adequately explains why eventually I couldn't even get a job except for manual labor in this city. As I said earlier in this work, I have two degrees and have never stopped researching and studying my main areas of scientific, spiritual, philosophical, sociological and historical interest. I was later able to find out that after these things transpired all traces of the cult member(s) I had been working with had "disappeared" from this area.

1991 - From the time of this "conviction, beginning with people who were close to me, I begin to hear that I am being looked upon as a potentially dangerous woman hater. Almost 100% of the abuse I received was from women.

While I was working with the Satanic Cult survivor I was introduced to different esoteric schools and ways of thinking I had never been interested in before. I am a person with a strong educational, intellectual and spiritual drive. In addition I wanted to find out about cults so as to uncover them and work to help people. I developed and in a scholarly way become familiar with a lot of them in a practical sense. My family, friends, and people who knew me began to treat me like a freak or cultist. People in my family referred to my association with people in Earth religion and other forms of esoteric pursuits as being Satanic. I never associated with any Satanists and the only time I ever spoke to anyone with those interests was when I encountered them in public with lots of people around. The only questions I ever asked these people were why they were interested in practicing what they did and also whether they found it rewarding or not

My father is killed when his car falls on him. I am given three battlefield trophies (firearms) that my father had collected on the battlefield at the Normandy Invasion when he was fighting the Nazis, all the way to Germany in the Second World War. Although my other two brothers and I were each supposed to be given one of these guns I am given all three. I had these firearms duly registered with the police department.

Constant insinuations are made to me about my cult involvement and my hating women whenever I speak out about abusive treatment. Constant references are made about my "brain injury", memory impairment, etc. One person even starts to talk to me about how people with schizophrenia don't even know when they have it. He had a high paying job in the government. I know he was referring to my studies in the occult that I was researching in order to uncover cults. The reason for this statement of his was because he was at this time himself in a very controlling marriage, was treated in a very disrespectful way, with a double standard in place. The domino effect was definitely in operation here. The only reason I was even experiencing absent mindedness was because of the constant onslaught of abuse caused by me being labeled - in, family, at work, institutions and the ostracism I was experiencing in the community.

This even occurred in many personal relationships I was able to develop. I was only able to find relationships with abusive partners by this time because of character assassination and the way I was portrayed in the community. The most abusive partner, and this included physical abuse while we had sex, had been a security guard at the local psychiatric institution. When I finally ended the relationship, as an example, one day she called me. She knew I was home and made approximately 25-30 phone calls in a row. Subsequent to the last phone call, after about fifteen minutes she showed up at my front door. She didn't live very far away. She rang my doorbell for about 10 or 15 minutes steady. Apparently, she had wanted me to take her somewhere in my vehicle. This particular individual told me she had suffered structural brain damage at one time. Apparently this had not prevented her from getting a security job at the hospital working with traumatized, victimized and disempowered people. She had obtained that position through a person she had been going out with at one time who worked at the hospital.

I also remember around this time someone close to me, mentioned further down in this chronology, also showed up at my door one time. She also knew I was home and similar to the person above, who she knew personally, she also rang my very loud doorbell without interruption

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for about 10 or 15 minutes. I wasn't expected to be allowed to have any privacy. These two incidents actually occurred after some of what I will relate below.

Because of my involvement primarily with women involved in learning about Wicca or Earth spirituality and my learning to connect with my body, mind and spirit, I get the courage to speak up about the childhood sexual abuse I had suffered at the hands of the man on my paper route. What had completely eluded my memory during these years was the sexual abuse I experienced from the woman in her forties when I was fourteen years old as well as a 32 year old woman when I was 16 years old. Given the nature of what I was dealing with at the time my mind only focused on and considered long-term incident of abuse I experienced from the man on my paper route. The 32 year-old I met through friends of the above-mentioned person. When I spoke out about the abuse I had experienced as a child to people close to me I received only abuse, everything from indifference to direct and indirect insinuations I was a gay pedophile. During this time I had a breakdown associated with street drugs due to the constant abuse, being told I had brain damage, was a member of a Satanic cult, hated women, as well as the gay pedophile insinuations. In addition, in the community I was ostracized and humiliated.

I reconnect with a friend of someone close to me about possible work. I take on a job I am not qualified for and "piss" off the owners. A person to oversee my work performance is brought on the job. This person was extremely abusive and created situations where I may have been injured on the job. I am persecuted because of my intellectual and spiritual interests, totally humiliated. Knowing about the accident I had there is much talk about my "head injury." There is blatant dishonesty on the part of the abusive person working over me. When it was just the two of us present she made no attempts to cover her dishonest accusations made about me to the owners. When I pointed out the blatant nature of her lies and other forms of abuse she would simply laugh in my face, literally. During one discussion I had with the owner he said to me "Do you think you're the only person who she's abused?" I now realize that was precisely why he had hired her. I am forced to resign. Of note, during this time I am seeing a mental health person for depression I am experiencing after I get involved in an extremely abusive personal relationship. I met this person because of an introduction by someone in the same organization I was working in on behalf of the Satanic cult survivor. One day I leave an appointment card by the phone at the workplace. It had disappeared when I went to retrieve it. After the abuse reached such a level I had to resign the owner gives me a long lecture on the availability of financial disability support in the community and how a mental illness does not have to prevent a person from living a "normal" life.

I am talked into getting involved with a brain injury association. The only reason I am even absent-minded is because of the constant abuse I had been under. The head of the organization welcomes me with open arms, tells me I can get work with them and do other types of volunteer work. I give her some documentation about the abuses I have received from work and intimates. This person had been a local politician in the same party that the owner of the above business I had been forced to resign from strongly supported. After this person read the documentation I had given her to read all enthusiasm as to the promises of work disappeared but she still wanted me to stay involved. One of the members and representatives of the organization badgered and harassed me to stay involved as a brain injured member but I resisted against that. Finally, the person in charge of that group told me that if I had wanted to work in the community in the helping professions I should not have gotten involved with the occult. It was blatant religious persecution for an interest that was primarily an intellectual and scholarly pursuit and one that I developed primarily to help people. I was rejected by the very group of people, related community services employees, who had introduced me to those topics and then later condemned me for it!

Pertaining to work, this person even suggested I should contact someone she knew who might provide me with work. It was the same person I had worked for who had given me the case involving the satanic cult! He worked at the local mental health institution and the employment he provided for people there was one sponsored by the hospital. I had spoken to some mental health

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clients who did work at that job and I heard horror stories about how he treated them. I remember one time running into him at a location of one of these hospital sponsored sites. It happened to be right next door to the place where I lived in a building that was owned by my family. I remember on that occasion he was leaving that place in a bit of a rage after speaking with some of the clients who worked at that operation. I spoke to him and he rudely pretended he didn't even remember when I had worked for him at the time he gave me the case involving the Satanic cult. He actually looked at me after I said hello to him and said "do I know you?" He was a psychiatrist at the local psychiatric concentration camp.

I end up in counseling with a psychiatrist who is recommended to me by a person I was in the abusive relationship with. This was a person who I met through the organization I had been working in with the survivor of the Satanic cult. What follows is some rather detailed documentation of my experiences with this "professional". I will give this person and other people I speak about aliases. All I am trying to do here is get a message across, not burn people like I have been burned.

Dr. Sooty

While seeing Dr. Sooty I was in a very unhealthy relationship with a very controlling partner, Angry Animus (mentioned above). Before I became involved in this relationship I had spent a year working long hours, primarily with schizophrenics in a group home setting. I remember on one occasion I worked many hours over a two week period of time. That was a long time ago but if I recall correctly I believe it was 163 hours at casual rate pay. \$6.00 something - in the early 1990's, with no overtime. This was when I was working for a community support organization, the one connected with the survivor of the satanic cult. There were situations in this environment which were quite stressful for me but under all conditions I was able to remain level headed and rational. During this time, 1 year, I remained drug and alcohol free with absolutely no desire to use. At no time did I experience depression, anxiety attacks, etc.

It was not until I allowed myself to be dragged into this relationship I did not want to be in, recommended to me by a person who worked for the organization mentioned above and slowly allowed myself to make a greater and greater commitment to this unwanted relationship that I began to experience anxiety attacks and depression. Around the time I began to experience these things a girlfriend of my partner in this relationship reintroduced me to drugs, grass. Under these circumstances I resumed using grass on a regular basis. It was under these circumstances I began seeing Dr. Sooty, a friend of my partner's psychiatrist. My G.P., who is also the G.P. of a relative, his name is Dr. Done, had also placed me on the anti-depressant Prozac. Shortly after starting to see Dr. Sooty I broke off the unhealthy relationship I was in. However, I continued using grass.

I finally reached the point where I had a very bad trip on magic mushrooms one night. Someone I knew showed me how to grow magic mushrooms. He was also heavily involved with what today I can only call a cult although they called themselves a coven. There was absolutely no discipline involved. It was purely ego-driven and there was a lot of jealousy involved. They focused on the more primordial aspects of what they were doing; involving people in the community in public places without any sense of responsibility about their actions except as it pertained to their egos. It had nothing to do with life giving Earth religion. A favorite computer game of this young person was road rage and sometimes he spoke about the need to cull the earth's population.

After my crash Dr. Sooty placed me on the anti-psychotic pharmaceutical, Orap. While on this drug I only very occasionally used grass. After a time the effects of the illicit drugs wore off and I found myself, while on Orap, beginning to experience major depression on a more frequent basis. During this time I found the ability to stand up for myself evaporate. I became apathetic and any zest for life dwindled. In this frame of mind, "by my own choice," I allowed myself to go back into

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the same relationship with angry animus which had been very difficult to get out of several months before.

Although I realize today there was a greater attraction to this woman than I realized at the time I will say that the main reason I resumed this relationship at that time was loneliness. Today, I realize she was a victim as much as me. In this instance I will not think of her as angry animus because I realize that if things had have been different this person and I would have been a perfect couple. Under the circumstances of our lives this person, in different ways and in a lesser extreme she experienced very similar traumas and conditionings that I experienced.

Eventually Dr. Sooty placed me on the anti-depressant Trazadone. It had an apparently positive effect on me and in fact I eventually was able to get out of the unhealthy relationship, again, which was more controlling than before. Unfortunately during this time I was using grass but that is all.

I will repeat that Dr. Sooty was a friend of the psychiatrist that my past girl friend Angry Animus had been seeing. I have to relate this because I feel it might be important. After breaking off the relationship with Angry Animus, during one session, Dr. Sooty asked me if I missed Angry Animus. I remember telling him that I didn't miss Angry Animus but I did miss her mother because of the very good conversations we used to have. She had been involved in the WWII and had worked in the same building as Lord Mountbatten. Although I hadn't even mentioned this Dr. Sooty asked me "and what about Young Sprout?" When I thought about it I said, "Yes, and Young Sprout also." Why did Sooty ask these leading questions? I certainly had not brought them up or even mentioned anything related to angry animus after I broke off the relationship for the second time. I remember speaking to Angry Animus's mother on the phone after the two of us had split up. I remember Mrs. Nazi Hunter made a comment that absolutely amazed me. She said: "Angry Animus is worried that you might try and get in contact with Young Sprout". Mrs. Nazi Hunter told me this in such a way that it was meant as a friendly warning and there was absolutely no intimidation in her voice. Of note, there were many times Angry Animus pressured me into having sex in places and at times her daughter could have been exposed to the activity. On one occasion Young Sprout even exposed her self to me and when I told Angry Animus there was almost no response on the part of Angry Animus.

In considering the above and Dr. Sooty my question is this: was there any communication and breach of confidentiality between Dr. Sooty and his friend and colleague Dr. Chin, the psychiatrist Angry Animus was seeing? If there was then both Angry Animus and my self were victims of professional misconduct and breach of confidentiality. I am only asking the question. However, by the end of this personal documentation if everything is taken into context – the whole picture - I think the answer becomes pretty obvious. These two psychiatrists both come from the same cultural community and it might be possible they had contact within their community. This is only conjecture. However, combine that with the fact they were in the same career. This was a profession in which everyone seems to know everyone else. Also consider how I was recommended to this psychiatrist, Dr. Sooty. Having worked in the security field for a few years, for a short time in the helping profession and having studied social and personal psychology for well over ten years I am only asking this possibility in the same way an investigator might ask it. I am not being paranoid. I am simply asking a legitimate question that is quite plausible under the circumstances mentioned above. With my above mentioned qualifications and having spoken with and read about police investigations that started out with flimsier leads than this that eventually resulted in the finding of more concrete proof over time, I do feel my concern that a breach of confidentiality may have taken place is valid; and what else.

Eventually, when I expressed a desire to get off the drug Trazadone, Dr. Sooty suggested that I should go on another drug Risperidol, which he said was an anti-depressant. I later found out that it was an anti-psychotic. Dr. Sooty actually lied to me. This drug is not an anti-depressant but an anti-psychotic only and has no anti-depressant properties. Dr. Sooty was reacting to times I

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would have sessions during which I would express enthusiasm about insights I was having about myself (projections, etc.). He felt it was inappropriate to be too happy, that is, to become enthusiastic about what I was learning about myself on my own. Dr. Sooty did not give me any support whatsoever when I was able to see things for myself. As long as I looked to him for advice and insight – that is, as long as I expressed a dependence on him to answer questions about me - I received a very calm and patronizing type of support but no support when I did things on my own.

I remember during one session, I related what I considered lots of self-insight. At the session I was in very good spirits and enthusiastically told him what I had come to see about myself. He met almost all of what I related with a flat expression and gave no support to what I had told him. He finished off the visit by telling me a story. He said he is able to spot a schizophrenic when he sees one. I remember as I left his office that day I went to shake his hand. He would usually initiate a handshake but that day it was me and he expressionlessly and apparently grudgingly offered his in return. His hands were very cold.

One time Dr. Sooty suggested that I should go on the drug Lithium. I reacted with panic because I have heard some pretty bad stories about the dangers of this drug. In fact I know one woman who has lost the use of her thyroid gland because of this drug. Dr. Sooty was not very happy when I refused to go on this drug but said he would not press me to go on it because he did not want to lose me as a patient. The best interest of his client didn't even enter into the picture. When I at first refused to go on the drug Resipridol, Dr. Sooty reacted with outright anger and told me to find myself another Dr., if I did not take his advice. He certainly reacted with more anger than anything I had even remotely approached while describing my experiences.

Around this time I had started a new job, the abusive job mentioned above and was responsible for doing a lot of things I was not competent to do. I was therefore was under a lot of stress. Having come off the antidepressant Trazadone sometimes things were very difficult to deal with, especially under all of the circumstance I have been relating. This included what I was experiencing at the job. I remember that Dr. Sooty, in response to my refusal to go on the drug Resipridol, confidently told me to give him a call when I reached a point that I needed to speak to him: "give me a call when you change your mind" or something to that effect. It was the exact opposite of positive encouragement. He said this to me quite emphatically and with certainty. He made me feel I would not be able to do without this drug. Given my nature and how, until quite recently the power of suggestion used to have quite an affect on me as it relates to certain things from the past and considering the pressure I was under it was not surprising that I ended up agreeing to go on this medication. While on this drug I once again experienced apathy and submissiveness of character. I once told Dr. Sooty, while on Orap, in response to this feeling as being "dead" in the sense that I had absolutely no drive or zest for life.

While on this drug, however, I put up with the abuse. I could hardly tolerate what was going on but simply stuck with it. Eventually I again began to isolate myself and resumed drug use. Two work related incidents that took place changed this however. I attended a function organized by the employees of the above mentioned place of employment. While at this function I was not having a good time because of being totally ostracized and in response to a nasty remark aimed directly at me quietly got up and left. The next day I ran into Dr. Sooty. Unbelievably he lived a few doors down from the minister of our church who I had gone to see in order to retrieve some books I had loaned him. By accident I had gone to the wrong house, Dr. Sooty's and told him of the above incident. I told him how I had acted appropriately by quietly leaving the above mentioned function and how the next morning, experiencing depression, I had gone to the coast to walk on the beach and do other activities to regain my balance. I felt good because I had handled the situation properly and had dealt with the depression not by using drugs but by doing a healthy activity. Dr. Sooty's response was that I could safely increase my dosage of Resipridol without experiencing too many side effects. I was stunned by Dr. Sooty's statement. All increasing my dosage of medication would do is to enable me to remain in unhealthy situations I

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did not and should not be in, not to mention the side effects. I never went back to see Dr. Sooty after this encounter and I went off the drug Risperidol. Of importance is the fact that my perception of the abusive behavior I was receiving was being interpreted as being a result of mental illness. This is exactly similar to how abused women who used to speak up in the past were treated - as if they were being hysterical.

While seeing Dr. Sooty he was never able to pinpoint anything. He said "You are not this or that but somewhere in between." He was trying very hard to fit me into a diagnosis but was unable to. Over the time I had been seeing him he had me on two anti-psychotics, an anti-depressant and wanted to put me on the drug lithium. As I mentioned he reacted more angrily during times when I would not take his advice than I ever did during sessions even though at times I was speaking about traumatic events that happened and were happening in my life. He refused to acknowledge insights I made on my own and misled me with false information as a way to induce me to follow his advice. He used intimidation, lies and threats. After one session I remember asking Dr. Sooty to look at the notes he was taking. I only glanced at them but I noticed that a lot of what was written down was taken out of context. As an example, I remember speaking of how I would sometimes get angry or frustrated at a relative because of her overly critical, opinionated and demeaning behavior directed towards me. I had also said that I love and respect her and will always remember what she has done for me and other members of my family. All I saw when I glanced at Dr. Sooty's notes, in respect of my discussion about this relative, was that I was angry at my relative.

It is important to note that Dr. Sooty was well aware of my involvement and study of various spiritual traditions including Earth Religion, of which he strongly disagreed with my involvement. On one occasion, after telling Dr. Sooty about my intellectual interests as a student of religions, I brought into the next session several books on some of the Earth religions, the Judea-Christian Kabala, etc. Dr. Sooty kept these books for a few weeks before I received them back from him. Importantly, I remember going in to see Dr. Chin with Angry Animus to discuss a letter I had written to angry animus about the abuse in our relationship. The topic of my religious interests had been raised and I also discussed those with her as well.

Subsequently, with increasing accusations being leveled at me, having my past continuously thrown in my face I finally I had a major break-down while on the drugs I had been taught me how to produce.

While in the Psychiatric concentration camp for assessment, (A terrifying ordeal)

I had a bad trip on magic mushrooms, resulting in my going to a relative's place. I told her I was leaving town because I didn't want to be the "family sacrifice". I was still fairly stoned and under this influence I told her I was very aware that the family was going to sacrifice me, in response to my real life situation of being the family scapegoat. Relative 1 immediately phoned relative 2 and (apparently) relative 3. They took me first to the City General Hospital. I was relatively lucid by that time and made it clear to the Dr. I was speaking with that what I had told relative 1, "I'm the family sacrifice... I had a computer chip implanted," etc. had been drug induced. We then went to the Psychiatric concentration camp. Once there relative 2, relative 1, and the doctor, with me in the same room, spoke about me as if I was not even present. I could not remember relative 3 being present. At a much later date relative 3 told me that she had been present. When she told me this I thought I must have blocked out the memory because I couldn't believe she could take part in such a charade.

While speaking with the admitting doctor I remember mutely shaking my head "no" while, mostly relative 2, said the most outrageous things about me. Relative 1 was supporting much of what she said although it should be mentioned that Relative 1 was highly influenced by Relative 2. I remember at one point when the doctor left the room relative 1 looked at me and said "he's

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good", referring to the doctor. I just stared in mute shock. Relative 2 was going on telling the doctor about my involvement in satanic cults, how I hated women and so on.

When the doctor came back I was told that based on what the City General Hospital had said, my family and what was stated in Dr. Sooty's file – but they shouldn't even have seen them! – I would be certified if I did not voluntarily sign myself in.

The staff at this hospital said they had access to Dr. Sooty's files on me as his patient. How did they obtain these files? I did not sign a release for these files to be accessed by the hospital staff. The only thing I signed was a form they said stated that I had signed myself in voluntarily. I did not read this form, was not asked to read the form nor did anyone go over it with me. I signed this form during the above experience with my relatives and accompanying doctor. Realistically was the form I signed a release form for these files? Even while I was still going through the admission process they said they had access to these files of Dr. Sooty's who, as I said, worked at the hospital.

In the admission files that I did not receive until after I had gone to the hospital because of a panic attack almost 6 years later there is no mention of me signing myself in voluntarily. What is stated in these files is that I was certified. Did they trick me into signing a release form for these files? At the time of this admission to the hospital for assessment I was terrified and completely under the control of my relatives. I won't assume anything but it would be interesting to see what a real and authentic investigation would uncover as to what actually happened.

Perhaps the most humiliating aspect of this assessment was when I was having a physical performed on me soon after my admittance. Towards the end of the examination the doctor pulled the waistband on the front of my underwear out, looked down at my genitals, then let the waistband slap back onto my stomach. He then looked up at me with absolutely no expression on his face and offered no explanation. The whole examination was done in silence. This dr. was absolutely cold and at no time spoke to me except to direct me what to do during the examination. I could never write about this experience until now. Even now, years later if I am using the bathroom and let the waistband slap back to my stomach I remember this experience and actually feel nauseated for a brief time.

As I just said, when I got a copy of my files back in 1998 (I had to pay \$25) there was no record of anything related to admittance. The records they gave me at that time only started from the time of my first session with Dr. Tasmanian as an outpatient. At that time, I was asked to give permission to the hospital to have contact with my relatives "to discuss my welfare". Like a fool I gave them permission. Then I was seen once and only once by a Dr. Ilsa who happened to be an extremely attractive blond haired German with an accent. I made it very clear to this doctor that I was fully lucid by this time even though I had to struggle with this and felt a little zombie-like because of the un-requested medication they gave me upon admission. I clearly told Dr. Ilsa I realized what I had been saying while at relative 1's house, at the City General Hospital and to a lesser extent at the psychiatric concentration camp had been drug induced. I believe I said something about these drug induced exaggerations being based on real life circumstances. By the time I arrived at the psychiatric concentration camp I was in a relative state of shock. Nonetheless after that one doctor saw me I was on the spot labeled schizophrenic. Some time later, during my 10 day assessment, while asking permission to go outside I was told that it was my decision because I was there voluntarily. What a sick joke

After my incarceration had come to an end relative 2 was claiming I had been suicidal - a fantastic lie and directly contrary to the facts. If I was trying to escape the fate of being the family scapegoat I was obviously very concerned with preserving my life. Although I was not specifically told this I will assume that this was also used as a reason for my admittance and so-called certification. In support of this assumption, my files from the hospital, written by the Dr. I saw there and after, makes a specific mention of the fact that I am not suicidal or homicidal!!!, although

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the way it is worded makes it sound like that possibility was believed at the time I was admitted. I would never kill myself because that would make me a murderer! Oh I wish I had never taken on that case!

I found these comments quite amazing: "Denies any psychotic sxs, however one night he thought about selling all his things and moving to Vancouver." So I wanted to get away from a city where I have experienced one trauma after another. Anyone who can read the writing on the wall can see it was the only sensible thing for me to do, given the history I have related and as a middle-aged adult how does that make me psychotic? It's also interesting that Dr. Tasmania makes the observation that my "insight is poor." I strongly disagree with that statement. Throughout this ordeal only my abuser's viewpoints had been accepted. This troubles me immensely not just for me but also for other people involved in abusive family situations and experiences they may encounter in places like the psychiatric concentration camp.

Dr. Tasmania also makes the "observation" that "he doesn't want to go back to his old job.....because' he makes judgments about me." I told Dr. Tasmania that an old employer that I started working with after the last abusive job mentioned above (a relative) is obsessive-compulsive and I have documented elsewhere some outrageous examples of his perceptions. I did at first try to get some work with him but his bizarre conversations as well as humiliating me in front of strangers by asking me questions about my mental health, talking about being able to calculate math faster than a computer and that he can travel in different dimensions made me realize being around him is the last thing I should do. I could go on but the whole point of this exercise is to point out that throughout the major portion this ordeal, in my files I'm portrayed as potentially suicidal or dangerous to others, an utter reversal of the truth. What's even more of a sick joke is that relative 2's "testimony" played the largest role in this charade.

When I was in the hospital, I asked that my books on the Wicca be removed from my house, about 20 in all. I asked this request after I had been there for a few days and had begun to feel like I had been hypnotized (see below). When I got home after ten days, relative 2 and apparently relative 1, had taken about 130 of my books. They must have been in frenzy when they did this because some of these included psychology (one on child psychology), history, etc. It also included my house copy of the yellow pages. As well, they had removed personal items from around my apartment which I never recovered. Most important they took my personal diary! I felt I had been raped, again! When I said again, I was referring to the childhood sexual exploitation I had suffered as well as the psychological/emotional trauma I experienced.

There were several appalling and dehumanizing things I saw while at the psychiatric concentration camp. One thing which stays with me however: I remember when a nurse was trying to take blood from me, a daily occurrence. She was having difficulty inserting the needle in the vein. Several times she missed the right spot. Each time it was very painful. In all the countless times I have given blood or given blood samples over the years I have never experienced any pain. At one point I actually made an exclamation of pain. The nurse just looked at me severely and never said a word.

I don't know what to make of this but upon entry into the camp and for several days after, I was given sedatives and other medications. I did not know what these other meds were and I did not request any of them. During the first few mornings when I woke up in the hospital, my eyes were so caked in sleep and other gook I could hardly open my eyes. My sinuses were so clogged up I could hardly breathe and my head and body felt like a freight train had driven over it.

I believe it was on my second morning there I went to use the bathroom. As I was using the toilet paper I was shocked to find lubrication down there. I know this sensation because I have experienced the same sensations during bisexual experiences. Maybe it was present because of my temperature being taken? I don't know; at night I was passed out because of, at first, un-

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requested sedation. But I do know this: I was so terrified I didn't dream of saying anything and who would have believed me anyway?

Another extremely disturbing thing was that when I "came to" in the psychiatric concentration camp for the first time after being admitted and heavily sedated. I removed a lot of personal jewelry and other items that were important to me in a soul or spiritual sense. I also found myself thinking like a policeman and in ways and expressing mannerisms totally unlike me. I also had developed, seemingly overnight a tendency to look at just about every situation or event, things, and people in ways that were somehow symbolic or important with a double meaning. In other words, paranoid and in addition I was searching for a hidden meaning or relationship in everything I encountered. Never had I ever thought that way. Was this a result of being so heavily sedated and the resulting lowered psychic boundaries that I was psychically affected by other tortured psyches around me? I actually felt like I had been hypnotized, later, when I was able to get my balance and bearings back. It took me quite some time to even shed this tendency. Fortunately, because I was so conscious of this new addition to my personality almost overnight, it never really affected the way I interacted with my environment.

The point is, in all the times I had indulged in substance abuse and regardless of whatever happened to me, it was not until I was coercively incarcerated, in addition to whatever else they might have done to me while I was heavily sedated and as well treated like some sort of animal, that I ever even remotely acted or thought in this manner. Although I do have more to document in respect to my experiences with these types of situations and people, I will say now that this was only one sort of thing I had to overcome that was induced by the very people that are supposed to assist people in healing. After everything I have written in this work, are people beginning to realize just how deadly rather than life giving and healing much of what we take for normal really is? It was the traumatic abuse and treatment by hospital staff, intimates and society that had done this to me.

As I described earlier in this work, by some miraculous chance, I have been able to overcome many things that victims everywhere have never been able to withstand. I am not being arrogant here, only realistic. I overcame one label after another, one diagnosis after another, until the only thing left that I could be labeled with was a person suffering from Asthma. Through discipline learned first in yoga, various forms of meditation then the martial arts I overcame 'Schizophrenia', "depression", panic attacks, alleged "suicidal-homicidal" potentials, constant character assassination, constant abuse and trauma and so on. The one thing I learned of most value is that when a person does not allow themselves into being triggered by the pathological projections of others, it bounces back to the source from which the attacks originally come from. What about all the people, especially the children of the Earth, who do not have the ability to withstand these sadistic kinds of things?

Below are some short excerpts (taken from my journal) that followed some of this shadow-induced torture and horror that I had to overcome in order to heal. Rather than receive support I literally had the few people I associated with (almost 100% of everyone I had as friends had began to ostracize me and I also began to isolate myself) and every institution or group I encountered worked against me because of labeling, the rumors and lies that had been manufactured and the constant suggestions I had various mental illnesses, personality disorders, was told I hated people, was anti-social and so on. The cult experience:

'Since my last entry I have been experiencing a cacophony of emotions and at times, mental confusion. I feel pulled in different directions with respect to my direction and focus. On the one hand, I do realize I have to limit my focus to myself and the need to recreate myself. That is, I have to develop strong boundaries to where I end and others begin,...'

'Being around and especially now under the direct control of my intimates, this is not easy for me. As soon as I allow my emotions to have the least bit of leeway, I find myself emotionally

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identifying with others and their problems. I have been given plenty of opportunities to learn to stop this. By experiencing others' tendency to not always give me the emotional and psychological acceptance of me that I expect, I have been given the opportunity to actually see my immature tendency to expect this reaction from others for what it is. (At this point I am actually beginning to blame myself for the trauma I have experienced; a perfect example of pathological conditioning.) 'I am experiencing a lot of what I perceive to be double-bind/mixed messages. For example, on the one hand I am being instructed by a variety of people with different types of messages, directly and through insinuation, to listen to myself and my desires, needs etc. while on the other hand to ignore them, to not be selfish and so on. I'm not being very clear and there are so many examples I should have but can't clarify things well enough to describe and therefore to explain them.'

It was eight years ago that I wrote that last entry. What I have written in the preceding gives people some example of what I have learned, overcome and the reason I am writing this book. Consider the pathology that runs throughout society and the world, where the truly unbalanced and deadly call the meek and victimized people of the Earth the sick ones and criminals. This is what has caused me to reach for the truth and attempt to do my small share in trying to stand up for those who have been brutalized, stripped and dehumanized. God damn the poison of the Earth and might God through the people save it.

What follows is an example of what I experienced five years later after having spent two years out west working and having a variety of experiences. I related some of the following in an earlier section of this work. Although I originally went out west to get away from this poison, I came back because of the health of relative 1. When I came back, up until the present time, January 21, 2006, what I experienced was worse than what I already described. The difference was that, indeed, I had with certainty become stronger, more dedicated to the truth and more determined to get rid of and dispel these poisons, from myself to start with and then to let whoever has eyes to see and ears to hear.

5 years later :Yesterday I had a very severe panic/anxiety attack. I went to the City General hospital. They gave me Clonazepam, telling me it was similar to Ativan, without the dopey effect. I related much of my ordeal with intimates since coming back East. While I was lying in a bed, in the emergency ward waiting for the Clonazepam to take affect, I remember overhearing the dr. who was attending to me, speaking to someone at the psychiatric concentration camp. I remember hearing him say "...he hates his family..." If I could hear him say this, I'm sure everyone in the string of beds in the open emergency ward could hear this as well. I couldn't believe he even said it and so loud even I could hear him. My bed was farther away from the nurse's station where he was using the phone than most of the other beds, all of which were occupied.

I went from the City General hospital to the psychiatric concentration camp. While there, I spoke to Oop. Very soon after the interview with Oop started she brushed off any suggestion I was schizophrenic. I related the abuse as well as the physiological symptoms which resulted. I also mentioned that I was somewhat disassociating but remaining conscious of it as I've learned to do because of my centering practice in meditation, detaching from but following my thoughts and emotions. In fact, I think it would be much more accurate for me to use the word emotionally detaching and as well I was becoming somewhat absent minded. That is more accurate rather than use the term dissociation. I definitely do not experience any symptoms of MPD, what is today called dissociation identity crisis or something like that. Importantly, the detachment and absent mindedness I experienced only related to the actual memories and abusive things I was trying to remove myself from.

Sept.17, 2003 I met today with, first Oop then she and Dr. infantile together. While I was with Oop I found her easy to speak with unless I disagreed with her or expressed my opinion about how I felt. For example, she told me I looked quite good since she saw me last (and going on

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Clonazepam), that I looked much better. I told her I felt calmer but physically I was still somewhat anxious although it was masked because of the mental disconnection from my physiological symptoms. My mind was trying to say one thing, my body another because of the medication. At this point she crossed her arms and told me, because I expressed my opinion about how I felt as opposed to how I appeared that I was arrogant. In other words, and she and Dr. infantile both agreed to this, I should only listen to what they had to say not to what I thought and felt. She also, with her arms folded, looked at my portfolio I had with me and asked me what that was. I simply told her it was some work I was doing in conjunction with someone else. She firmed her look and didn't ask me anything more about this. What business of hers was this? She definitely appeared defensive and nervous as she asked me this.

If I disagreed with either Oop or Dr. infantile, alone or when I was with both of them, they became defensive. When I attempted to take an active as opposed to passive role in speaking with Dr. infantile he started blinking his eyes nervously and became somewhat fidgety. When I switched to only passive reception of what he had to say to me his nervousness ceased and he became much more pleasant.

Today when I was speaking with Oop, before I saw Dr. infantile, I asked her if I was coming across as calm and lucid. She agreed. Oop had the Admissions file in front of her that I was not given back in 1998 when I requested my files at the hospital. She mentioned that in the file I had been certified because, among other things, an employer had phoned the hospital and told them I had a loaded gun at home in addition to a 3 piece antique gun collection which had been given to me by relative 1. The name of the employer was not mentioned. I have never had in my possession, except hunting with my father, an operational gun, loaded or otherwise at home or anywhere else. Most importantly, as I state elsewhere in this document I was told at the time I went in for assessment that the form I had signed was a voluntary admission form. I was definitely told that my admission had been voluntary. Oop finally left the room and after obviously conversing with Dr. infantile for a while, they both returned.

I had thought that Clonazepam was an antipsychotic. Oop pointed out to me that Clonazepam was not an anti-psychotic. She showed me the pharmaceutical write up and sure enough, although the drug was listed very close to the word anti-psychotic it was not referring to that particular drug. I suppose that in itself is a good example of how I respond to the power of suggestion, especially while under the influence of medication. This demonstrates quite readily the very plausible assumption that I would respond just as readily to a placebo as I would to actual medication and demonstrates very well the power of a person's mind to either heal or hinder an individual. It also demonstrates very well the healing affect meditation and martial arts can and has had on me because of the way these arts teach people how to discipline their minds. It is also a very powerful indication of what I have had to overcome because of the brutalization and unfair and incorrect labels that have been placed on me over the years. The fact is, at the time I am placing these journal excerpts in place it has been 8 months since I have required any of the medications mentioned above. It is only panic attacks that I have psychologically suffered from and had to deal with in the last few years. I am able to control these from happening with the occasional .5 mgs of clonazepam and the use of puffers. The practice of mindful-ness meditation and martial arts has been the main reason I have overcome these subsequent reactions from the traumas I have endured. It is unbelievable what I have overcome since the above entry was first written. In fact, I have almost two hundred pages of extremely damning documentation. What I have provided here are only some of the highlights.

Of note: while I was with this person, 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. She 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 requiring compassion and support while she was talking to me, someone who was, in a very civilized manner, challenging

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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 was certainly a result of being the recipient of abuse and based on what I know 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 being dragged away by security. It occurred to me that the young woman would have been a good synchronicity representing my raped and abused inner woman at the very same time. Compassion in action? My blood runs cold when I think of society's victims being re-victimized and tortured like this.

During much of the subsequent conversation with Oops and Dr. infantile, Oops had her arms crossed defensively. Anyway, they said I was presenting many of the symptoms I presented 5 years ago, disregarding the very real emotional and psychological shocks I related to them which I had received from my intimates, in addition to the other demeaning comments and behaviors.

One of the most extreme examples of this abuse was last winter when I was going to relative 3's place to do some painting at her family home. I was driving my truck and supplies to her place, with relative 3 as a passenger. We were just approaching her driveway when, during our conversation I told relative 3 how good of a price I was charging her for the paint job I was going to do for her. As soon as I said this relative 3 screamed at me at the top of her lungs. It startled me so badly that I lost control of the truck and plowed into a snow bank at the entrance to her driveway. Relative 3 scurried out of my truck and rushed into her house. After I backed out of the snow bank and parked properly in her driveway I numbly and as I now know, in shock, started taking my supplies into her house. When I entered the front door relative 3 was casually sitting at the top of her landing, just inside the entry-way to the house. I looked at relative 3 and asked her why she had screamed at me like that. She calmly looked at me and said "Oh, but I didn't scream near as loudly as you did." Relative 3 then casually got up and walked away. I related to Oop this experience as an example of what I have had to endure with my family. She totally ignored this and instead implied that the only thing wrong was my mental health status. This in itself is a very damning example of the treatment I have received from staff at the psychiatric concentration camp.

Oop and Dr. infantile then went on to say Dr. Ocean (the last Dr. I had seen in the outpatient clinic 4 or 5 years ago) said he didn't think I was schizophrenic. However, they left it up in the air. As I said, 2 days ago when I was in a very agitated but sedated state Oops had said with a nonchalant wave of her hands that I was obviously not schizophrenic. Today, although I presented myself very calmly and rationally in comparison to then her attitude changed. I can only attribute this to the fact I did not passively "listen to the expert" but rather expressed my own professional and experiential opinions.

The two of them recommended that I come in for crisis counseling. At first I rejected this and Oops, with a firm and very disagreeable look on her face looked at the doctor and said she would report that I had refused treatment. My stomach flip-flopped and I quickly changed my mind. While I was leaving them the two of them said I should trust and listen to the experts implying that my own thinking would not be accurate. Soon after that, when Oops was giving me the card with the appointment on it she pointedly said I didn't remember her but she had been one of the people who had "dealt" with me in 98' upon admission

I requested copies of the Admission forms from 98 which I hadn't received before - Nov. 22, 2005 – the files that contained the bogus allegations of me having a loaded gun and threatening to use. I also requested copies of the notes written over the last 2 days. Oops said I was being paranoid for requesting this. I told her it was a responsible thing for me to do as I want to be as informed as possible, as I had been taught at the school for social work and in my security work.

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Oops said I couldn't have them today. I checked with the records department and they said I would receive a call in a few days when they were ready. I won't even bother going over them in this work but it is appalling the number of outright lies, mistakes and unprofessional slop that some of those files and documents contain.

I feel it is also important for me to say that when I went to the hospital for this second visit, when I was in a waiting room, Oops walked in to ask me to talk with her in an office, before I met with Dr. infantile. When she entered the room, I was waiting there along with one other individual. When she walked in and saw there were two people waiting she rudely said "Hmmp, there's two of you in here" with a very distasteful look on her face. The other person just numbly looked at her.

During this talk she was extremely rude and intimidating to me saying many of the things and acting in the ways I have related above. To repeat, it was also during this talk that we heard someone being brought into the ward. To repeat, she briefly left the room we were in and went to see who was coming in. A few moments after she left I heard a young woman start to scream, saw security guards soon run by the open door and heard the previously quiet person who was being admitted being dragged away, literally. It was absolutely appalling. A moment later Oops returned to the room with a grim and completely ugly look on her face. She offered no explanation. This was in September 17, 2003. Believe it or naught.

(August 14, 2007 – From 2000 to 2002 I did not require any medication of any sort. From 2002 to fall of 2005 I used a drug called Paxil to help deal with panic attacks along with some Clonazepam – this was after I had planned and then came back to the city where all of these traumas occurred. From fall of 2005 to spring of 2007 I very occasionally used clonazepam in conjunction with regular use of puffers. Since spring of 2007 I have only had to use puffers.)

T0: The Prime Minister of Canada
The Right Honorable Mr. Steven Harper

From: Paul F. Mitchell

Mr. Prime Minister

On March 25, 2006 I wrote you and sent you some excerpts from my diary. I suppose at that time I had expected some sort of action from your office, although I am realistic enough to the fact that the issues of just one man – even if they are survival issues – are small in comparison to the running of a country. I understand and appreciate this. I also sent you a copy of a book I had been working on at that time. Although I had been working on the contents of that book for a long time, the process of actually making it presentable and understandable was one that, in hindsight, made the copy I sent you appear fairly incomplete. What it did demonstrate was the severe psychological trauma I was trying to make sense of and free myself from. Since then I have improved upon that transcript. It is available at <http://paulmitchellfoun.tripod.com>

What I am sending you today and perhaps someone might find it interesting to read, is some important excerpts from my diary that brings my journey up to date. Whenever I have spoken out, in a civilized and conscientious manner, especially after I published the above web site, it has resulted in more ostracism in my community and with most people I know. Although I recently traveled across Canada as far as Calgary

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looking for work, all of it, all though very interesting, resulted in me having to return to Halifax. I was invited to Calgary to live with someone and work on a project. Because of a conflict of ethics and morals and resulting intimidation I experienced when I raised concerns on these topics, I was forced to leave. I contacted the Better Business Bureau about this, not for myself but for other people that might have become involved. Since I returned to Halifax I have been forced into having to stay in an abusive environment, worse than the one I tried to free myself from.

As a final note, the last time I sent some information to your office it ended with the first entry of this copy. I noticed today that the copy sent to your office finished with the word 'War it is, Paul F Mitchell'. When I retrieved the original transcript in another document, I found the way it had been written in my journal. I will finish this letter to you with the same words.

Peace, Paul F. Mitchell

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How Society's Institutions Help Perpetuate and Maintain These Dynamics. The Big Picture: Maintaining the Machine

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 straight-jacket of the artificially created personas and behaviors we are conditioned 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.'⁶⁵

"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."⁶⁶

Anyone with any commonsense, free of superstitious baggage, who possess a little 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 church... 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 an personal and collective state of mind, the hypocritical actor who is not a whole human being. 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 persons 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

⁶⁵ Paul F. Mitchell, Calgary, 2000

⁶⁶ 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

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hand that we hold and manipulate material objects. This is also how we transfer money or use the keys of a computer - the usual method money is transferred in today's world.

There can be absolutely no question that it is money and the power associated with money that is considered the most important thing in human society today. Someone might attempt to argue that "God" is still the most important thing in human affairs today. I would personally say this is true. I would also have to say that the vast majority of people attracted to the leadership, even membership aspects within some churches are attracted primarily to the "authority and command of the word of God," usually as it pertains to the level of dictatorial control it gives them over people, with a definite domino effect. Most often, today, when I hear anything about Jesus The Christ being spoken about by proselytizers, it usually pertains to his divinity and his authority, the fact that we are all sinners and that we have to listen to his command. Usually this command is interpreted and provided by the self-chosen people who run or control the churches the proselytizers are members of, or whatever particular branch of the literally thousands and thousands of independent branches of Christianity we could be referring to. Rarely do I hear people talk about what Jesus himself actually talked to people about: how to live a descent, evolving and "God"-loving people. Jesus (even Moses before him and Mohammed after him) recognized and saw the dangers of idol worship. He mocked the Pharisees. Yet most of the preaching I hear today turns him into an idol or a Pharisee. Jesus didn't rule over the people, he ruled in and with the people. This is very similar to the way true aboriginal leaders and healers, today, rule through the tribe, not over it.

Money is the biggest inducer to any kind of human endeavor today. So, getting back on track after that little diversion, returning to 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 characteristics much of society has take on. If you are a Christian, please do not be offended. I am simply a person (primarily a Christian) looking at this from a Christian and human perspective. I am sure there are religions that are guilty of similar things where people speak up in the same way. Actually I will qualify that: it is not the religions that make these mistakes but the ego-centric megalomaniacs who sometime become involved in them that do.

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. 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. 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 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.

In relation to the electronic media, 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. I have heard this referred to as "keeping up with the Jones." 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 "beast" had been wounded by the discriminating sword of consciousness during human evolution – ego-consciousness – but this was high-jacked and put off balance because of domination by materialism and growth in the false ego. This is different

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than a healthy sense of self, characterized by a whole psychic and existential appreciation for the reality of life. In a healthy state of mind such as this, the ego works in service of the whole psyche not in service of itself.

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. As I said in my view of things, the beginning stages of meditative consciousness-raising, self knowledge, first recognizes what is referred to by psychoanalysts as 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. 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 thirst for emotional needs satiation by artificial, externalized application of substances, "things" and control of other people and nature. Usually it is comprised of power and control over others people and Earth, while leaving ourselves out of control. It might also include the ingestion-application of mind-altering substances. It might include the possession of material goods and status or it may all be totally divorced from any real type of human integrity or communion with others. These can all be looked upon as types of addictions to compensate for an inner emptiness. It also prevents the attainment of higher levels of consciousness. I am not referring to material things required for comfortable and healthy existence but a mindset where "enough is never enough."

I am speaking generally about a societal mindset based on a materialistic, right wing type of government. 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 is 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. Whether it is in "play" or not, the psychological affect 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. It is commonsense. I have already pointed out the quantum connection between a person's attitude and the interpersonal or inter-object affect that takes place. Children suffer more than any other group in society. 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. This is usually done by someone who is intimately connected with the child or in close proximity. 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 – eruption bursting forth from deep within the psyche, fighting against an unconscious type of semi-possession This is precisely what the symptom of clumsiness

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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 is 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 or 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-wing fundamentalist mindsets. One is the kettle the other is the pot and they both have the same color, or rather, lack of color to their hues.

A nauseating aspect of this 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 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 hockey game - 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".

By the year 2005 the forces of the U.S. have returned to the Middle East and occupied the country of Iraq, in addition to Afghanistan. Rather interesting isn't it that the first area that was secured when Iraq was invaded for the second time were the oil fields, the greatest wealth Iraq possessed. The reasons for the attack were bogus - there were no weapons of mass destruction found, the reason for the invasion in the first place. There is never an excuse for a pre-emptive attack on anyone. A pre-emptive attack is usually a result of paranoia - we see this sometimes in city streets - or might have some other, usually covert reasoning behind it. As for the invasion of Afghanistan, as horrible as the destruction of the World Trade Towers in New York City was, invading that country to capture the leader of the terrorists claimed to be responsible was also bogus. The fact is the destruction of the twin towers represents a world-wide mindset, primarily unconscious, to the materialism destroying the world and humanity. Importantly, I certainly do not blame the Muslim people. There is no proof that the Muslims as a people were responsible, even if a few did take part in this act of terrorism. There is substantial evidence that the real reason for the destruction of the towers was for monetary gain and also to instill higher levels of fear in the American people. There are some very good documentaries discussing possible reasons for the

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destruction besides the Muslims. I would refer people to an excellent documentary called "Loose Change", researched and produced by some extremely intelligent young people.

I will say one good rationalization in the propaganda machine subsequently put forth by the forces invading Iraq was the physical emancipation of women. However, the people of that country will not be saved by simply exporting the very materialism that is destroying their own country. That will only put in place the same destructive dynamics I have been discussing so far.

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 has become the mafia, a mafia that was never able to exist under the control of the Soviet dictatorship. 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.

Part 2

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Exploring the Healing Relationship: Healing the Mind

Consider what it means to be “wholesome.” Then take 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, 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. This is necessary in any approach to the healing relationship.

Consider the at least partial, positive elements which 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. Appreciation for the nature of eclecticism recognizes that, all of them together, can and do go a long way towards working with the whole individual, provided 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 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 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 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, this "advice" was usually offered by the perpetrators. 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 advice (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.

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. I remind people that when one thinks of the term sadism, it does not have to refer to some sort of crude and bloody exhibition of violence. It can be and is expressed in the most subtle of forms. As usual, there is a continuum on which these dynamics are situated.

I do not deny these perpetrators were and are themselves wounded and only partial people, not whole human beings. They are not whole in the sense of being, at least intellectually cognizant and aware of their greater connection to themselves, other people and the larger environment in an actual sense. 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 - the life force. Depression and other so-called mental illnesses 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." Because many of these people usually hold positions of power and influence, they are 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 am glad I didn't read the whole article because I was already searching to find and understand this information 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. 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 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. This atrophies

natural psychological healing abilities. Over time, the unhealthy neurophysiologic condition of a person could, under natural conditions and within a balanced environment achieve a healthy equilibrium. This would provide optimal functioning and sustenance. I will further elaborate on this later in this book. Anyway, the very thieves who helped to bring this condition into being or maintain it will smile patronizingly at them, at the scapegoats, thinking they are being compassionate and tell them 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 individuals 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. Ultimately this is caused by the unbroken umbilical connection to the coercive, shadow aspects 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. 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 35. This is the upper left interior-subjective individual and the lower left inter-subjective or psychic collective. Unconsciously, people who are contaminated and/or controlled by the shadow are focused on 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. These 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 of the number four, symbolized by 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. It is the downward swept feminine, receptive triangle. 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 one is not balanced by the other. 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. In the Judaic-Christian Cabalistic Tree of Life, they become known as shells.

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.

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. 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 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. 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 other person's safety or legal imperatives were threatened by impending or currently happening events.

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.

Of course, there are many homeless people who choose to harmlessly, except perhaps to themselves, live the way they do and no one has a right, in any way, shape or form, to tell them that their lifestyle is somehow inferior or unbalanced, even if it is. It is only when people are in positions of trust and responsibility or when their behavior adversely affects other people do we have the right to respond in that manner. Therefore, the most I could do under these circumstances was to provide support and resources for those who desired to avail themselves of them.

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 of awareness is what is needed first and foremost, accompanied with resource availability.

Even though "mental illness" 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 these people. Recently, I was searching on the internet for information about dynamics concerning unethical treatment of these 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.

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.

Criminalization of mental illness is also being examined at a national level by the Canadian National Committee for Police/Mental Health Liaison, which is comprised of police officers and mental health professionals. 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, and the annual conference, visit www.pmhl.ca.

Let anyone who has their eyes open see for themselves the possibilities and ramifications of 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.

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 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 Medieval times who would not perform the last rights for a dying person unless he got paid for it. In Medieval 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. Although I have been gathering information and understanding for this book since 1991, by 2005 the dynamics I have documented and spoken about so far appear to only have increased. 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.

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 which 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 2006, 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 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."⁶⁷

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.⁶⁸

Taking into consideration what I have already said about these dynamics, it becomes clear that a powerful, unconscious "great mother" aspect of the psyche is left in predominance. This does not refer to gender, nor does it devalue the feminine energetic principle. It refers to an

⁶⁷ Reprinted with permission by Mr. David Lague, President of Canadians Against Child Abuse Society, "Child Abuse Prevention Guide"

⁶⁸ Pg. 99, "Eye to Eye: The Quest For The New Paradigm", Ken Wilber, Shambhala.

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 *aspect* 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 repressed⁶⁹ – it has never been conscious except for those few individuals who are willing to put in the effort of waking themselves up.

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 appear 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.

⁶⁹ Ditto

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 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 inhibitors. 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.

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 muted and controlled 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. A lot of this research has been attained personally through years of meditation. Another source of wisdom 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 powerfully 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.

Consider the individuals described in the immediate above. These people are not usually able to distinguish between their own individual self and the collective human psyche. Being in semi-conscious contact with the larger human psyche, which everyone experiences at some level and to some degree, in many cases they take on aspects of the collective anger and guilt. In many cases they also take on many of the fears and feelings that people refuse to acknowledge within themselves. This most poignantly refers to suicide. 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 other people. 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 contaminated superego.

Those Sensitive 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 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 strait-jackets. 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 straight-jacket 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 give 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 surroundings."⁷⁰ 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.⁷¹ 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.

⁷⁰ Ditto

⁷¹ Ditto, Pg.100

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 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 catch-all 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 psyches⁷² 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 other-wise 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 are all aware 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 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 court room 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 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 Manson 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

⁷² Ditto

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:⁷³ “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 neuropathological or biochemical abnormalities and a few people without any symptoms of 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. What follows 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 diagnosed with schizophrenia have recovered on their own without medications or psychotherapy.”

⁷³ “Unethical Psychiatrists misrepresent What is Known About Schizophrenia”, Al Siebert, Ph.D.
<http://www.antipsychiatry.org/siebert.htm>

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 (Andreasen, 1997). ***However, such a test might well identify someone who has been taking neuroleptic medications for many years.***"⁷⁴ 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

⁷⁴ "Unethical Psychiatrists misrepresent What is Known About Schizophrenia", Al Siebert, Ph.D.
<http://www.antipsychiatry.org/siebert.http>

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 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."⁷⁵

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 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.

⁷⁵ "Unethical Psychiatrists misrepresent What is Known About Schizophrenia", Al Siebert, Ph.D.
<http://www.antipsychiatry.org/siebert.http>

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."⁷⁶

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 have 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, crucifixion is not just symbolism, 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."⁷⁷ 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 reality of 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

⁷⁶ "Unethical Psychiatrists misrepresent What is Known About Schizophrenia", Al Siebert, Ph.D.
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⁷⁷ Ditto

mystique rules people. They are controlled through the unconscious or subconscious levels of the collective psyche – primarily the shadow infested superego. Widespread awareness of these dynamics is hidden, this being effectively maintained by the various forms of illusion we create and allow to be created for ourselves.

From a health perspective the Soul, individual and world, is contaminated by a pissed off and neglected shadow. Our inner men and women have been sabotaged by the shadow and the more primordial levels of the psyche and in this manner 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 have to be taken into account are the coercive elements within the collective, both psychically and materially – body and mind cannot really be separated. We see the various diseases and illnesses that attack our bodies when this illusion is in predominance. In addition, we have to recognize the inseparability of the individual and collective psyche.⁷⁸

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 themselves. This is because the individual psyche contains within it the whole of the collective as well.⁷⁹ This is a perfect way of describing the development of the perfectionist police-state within.

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 collective psyche, people can enter 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,⁸⁰ both individual and collective. All we have to do is look at the violence, greed, bigotry and revenge tendencies prevalent throughout 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.⁸¹ 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.

⁷⁸ Ditto

⁷⁹ Ditto, 102

⁸⁰ Pg. 102

⁸¹ . 103

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.⁸² 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 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 meditation 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.⁸³ 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 more subtle and less rigid forms, forms that it would rather think about conceptually and verbally.⁸⁴ 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.

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.

⁸² .Ditto, Pg.103

⁸³ Ditto, Pg.105

⁸⁴ Ditto, Pg.106,

True meditation teaches the mind to “clean the house” of the very dynamics stemming from and that create bigotry.⁸⁵ I am referring to an area of the psyche that the medical establishment, psychiatry and most areas of psychology, and mainstream society pathologize. 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 from. 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 minds ability to physically bend a spoon or affect what is being observed - a wave or a particle. Simply perceiving and measuring can be thought of as the beginning stages of creation because of the affect even this, apparently trivial, process has on matter.⁸⁶ 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 a lot more of the unconscious and collective psyche has a much more powerful 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

⁸⁵ Ditto, Pg. 106

⁸⁶ Ditto, Pg. 131

discredited.⁸⁷ 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 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, well-being and evolution.

Once an individual transcends the purely personal contents of the conscious and unconscious psyche, research by a multitude of individuals indicate 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 -⁸⁸ 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 these psychic states-of-mind. These are, possibly, experiences of people touching these chaotic and abyss-like blurs – 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 "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."⁸⁹ 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 or Tree of Life (now, just how did spiritual and religious traditions of great antiquity come to this realization?...mmmm, makes sense). 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,

⁸⁷ Ditto, Pg.131

⁸⁸ Ditto, Pg. 132

⁸⁹ Ditto, Pg. 133

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 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.⁹⁰ 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, oceanic and 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 libininal 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 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

⁹⁰ Ditto

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.”⁹¹ 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 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 physical reality of brainwaves illustrates how one individual psyche can “materially” and psychically affect another individual psyche. 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 – this has been scientifically proven by instruments and concepts. 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 result of an experiential occurrence, 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 with the collective memories or projections of others. This indicates the requirement that there be an absence of repression in an individual. Consciousness also helps to protect the individual from ego-inflation.

⁹¹ Ditto, Pg.133

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.⁹² 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.⁹³ 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 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 reference to psychic orientation, it is only when focus is placed on one area of the psyche to the exclusion of other areas, expressed by the quadrants of Wilber's graph, 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

⁹² Ditto, Pg. 134

⁹³ Ditto

between compassion and bigotry. With this understanding we get a better idea the effects these opposite orientations have on people.⁹⁴ 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.⁹⁵ 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 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. By 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.⁹⁶ 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

⁹⁴ Ditto, Pg. 135

⁹⁵ Ditto

⁹⁶ Ditto, Pg. 135

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 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.⁹⁷ 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.⁹⁸ 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.

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 development that preceded. 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.⁹⁹ 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

⁹⁷ Ditto

⁹⁸ Ditto, Pg. 136

⁹⁹ Ditto, Pg. 242

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. This has been proven beyond reproach by various scientists of the mind and evolution who have studied this phenomenon. 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 combination of factors involved: psychic – cognitive, feeling-toned, communicative, visual and physical.¹⁰⁰

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 straight-jacket 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 than the simple intellectualization of words.

In speaking about breaking away from the herd 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 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

¹⁰⁰ Ditto, Pg. 247

become trapped in this level or stage. Earlier, I referred to this as psychic crucifixion. By destroying or preventing society's most gifted people - those with the greatest psychic potential for development - from achieving these potentials, the majority of society's people are left to regress rather than evolve. Fortunately, this is not true a 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.

Healing the Client and Healing the Healer is a Mutual affair

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 - 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 safe-guard 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 nature's 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.¹⁰¹

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 themselves, 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, the neutralization of negative projections the client unconsciously sends out to the healer, can only be accomplished by a therapist who is highly conscious of the process 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 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

¹⁰¹ "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

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 who 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. Furthermore, the proceedings took place in the very same area where the clients were treated. There was an attitude that permeated these proceedings 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 themselves 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.

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 nature provided us with in creating the ability for science to do these things. 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. People have to recognize, based on a scientific and common sense view that this crisis currently exists. Ignorance about the nature of true health has created a crisis in health care. This is exacerbated by an overwhelming focus on drug maintenance and a sterile healing environment. Aside from the clients, this results in a high healer burnout rate because of their ineffectual and/or neurotic-psychotic "efforts." It is compounded by the cumulative effects of these factors. Mental health practitioners have the highest suicide rate of all professionals.¹⁰² 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 – especially keep in mind the other highly negative and detrimental dynamics mentioned earlier that affect mental health clients, 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 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.

¹⁰² Ditto

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 thought themselves next to 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.

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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, healing

¹⁰³ Ditto, Pg. v111

requires the giving of energy to the client or patient for just that purpose.¹⁰⁴ How many healers today could or actually would consciously give themselves 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.¹⁰⁵ This can assist both the client and the healer in developing compassion for themselves 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 own 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 their own resistances to the same process.¹⁰⁶ 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.

Consciousness-raising can allow us to see that the most effective healing takes place when this mutual interaction takes place.¹⁰⁷ 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 empathy¹⁰⁸ 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

¹⁰⁴ Ditto

¹⁰⁵ Ditto, Pg. 1X

¹⁰⁶ Ditto

¹⁰⁷ Ditto, Pg. X

¹⁰⁸ Ditto

actual needs of the client. In reading the chapter on "Psychiatry and the Sacred"¹⁰⁹ 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.

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

¹⁰⁹ "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

of the client, in this case me. Most important, if a client is responsible and wishes to take a proactive 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 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 who 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 safe-guard 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.¹¹⁰ 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.

¹¹⁰ Ditto, Pg. 6

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.¹¹¹ 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 become an empty shell, similar to the way the Judeo-Christian Cabala refers to shell.

I will mention a reference made by Edward M. Podvoll¹¹² 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.¹¹³ These are catch-all phrases that do nothing except very nicely - criminally - net certain mental process that resemble mystical experiences. They have been pathologized by a narrow-minded medical model that refuses to acknowledge that it's 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.¹¹⁴ 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

¹¹¹ Ditto, Pg. 8

¹¹² "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

¹¹³ Ditto, Pg. 147

¹¹⁴ Ditto, Pg. 151

en mass. The Dali Lama makes a compassionate mention of this, only using different words in his autobiography. 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 fourth. 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 had presented myself in an absolutely

calm, animated and intelligent fashion. It was the mental health worker, in fact, 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 argumentative. 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 which 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 flutter 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.¹¹⁵ Discipline is necessary because otherwise

¹¹⁵ 'Awakening The Heart: East/West Approaches to Psychotherapy and the Healing Relationship", Pgs. 9 - 10

there will be a tendency to become overwhelmed. At first there will be a, partially conditioned, impulsive tendency to shut down or shut ourselves off from 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, they do not become sidetracked by the fireworks and kaleidoscopic panorama. 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.¹¹⁶ 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 unsatisfied yearning for development of a higher nature.¹¹⁷ 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."¹¹⁸ 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,

¹¹⁶ Ditto, Pg. 10

¹¹⁷ Ditto, Pg. 11

¹¹⁸ Ditto, Pgs. 11 - 12

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.¹¹⁹ 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 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.¹²⁰ 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 who 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

¹¹⁹ Ditto

¹²⁰ Ditto, Pg. 14

new self can be born.¹²¹ 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.

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 this is represented by the number 8. 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

¹²¹ Ditto, Pg. 16

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 quaternary 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.

Having described this dream I will 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 breathe. 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 synchronistic 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. For some reason, in the countless times I had this dream over the years I never experienced it as a *nightmare* 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.¹²² If a psychological healer approaches any healing relationship in a humble and mutual way he or she can actually learn as much about themselves 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 express itself. It is trying to expand consciousness, to understand. I wonder what the actual 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

¹²² Ditto, Pg. 19

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.¹²³ 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 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.¹²⁴ 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 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.¹²⁵

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,

¹²³ Ditto , Pg. 22 - 23

¹²⁴ Ditto, Pg. 23

¹²⁵ Ditto

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. I have spoken to some Hollywood Satanists, believe me in areas that were quite public, but even these people are as materialistic as anyone else who fits into that classification of people. People who do not understand the real dynamics they pretend to. Real Satanic dynamics are unconscious, as different religions and spiritual traditions have known for a long time. Some of these religions and traditions like to keep the true nature of these realities hidden. In addition I have intellectually researched enough that I feel qualified to speak of these dynamics.

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. Anyway, the above is a prime example of how people are mute-olated, psychically and physically by the beast in the machine. This was pure projection and rejection on her part - a need to control others. As described, she displayed many physiological and effected 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 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 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 school teacher 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 had have gone 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 ounce 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 where the woman I refer to above speaks 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 on where the statistics are obtained from. 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 their or 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 a lot 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 which 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.¹²⁶

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.¹²⁷ 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 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.¹²⁸ 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

¹²⁶ Ditto, Pg. 29

¹²⁷ Ditto, Pg. 30

¹²⁸ Ditto, Pg. 35

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 anti-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.¹²⁹ 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 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.¹³⁰ 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.¹³¹ 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 can 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

¹²⁹ Ditto, Pg. 36

¹³⁰ Ditto, Pg. 39

¹³¹ Ditto, Pg., 46-47

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 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.¹³² 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 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

¹³² Ditto, Pg. 47

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 themselves 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.¹³³ 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 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

¹³³ Ditto, Pg. 51

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 psycho-dynamic 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 themselves. 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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As I read and interpret the material in the book on treating satanic abuse survivors¹³⁴ it focuses on blatant Hollywood styles and their different types of abuse: 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 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.¹³⁵ 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. When I used to work with people included in this population, based on gender, I did not notice any differences in those persons who were, at least partially aware of these realities.

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 producing energy within a psyche. This would

¹³⁴ Colin A. Ross M.D.- Satanic Ritual Abuse: Principles of Treatment. University of Toronto Press, incorporated 1995

¹³⁵ Ditto, Pg. 104

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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.¹³⁶ 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.¹³⁷ 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.

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

¹³⁶ Ditto, Pg. 105

¹³⁷ "Ditto

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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.

One may consider a history of severe childhood sexual, emotional or physical abuse whenever there is a history of acting-out.¹³⁸ 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 true causes of acting-out among our youth are downplayed by the medical establishment and the children's parents. 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.¹³⁹

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.

¹³⁸ Ditto

¹³⁹ Joseph Chilton Pearce, "Evolution's End: Claiming the Potential of Our Intelligence", Copyright 1992, HarperCollins Publishers, 10 East 53rd Street, New York, NY 10022

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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.¹⁴⁰ 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 240, 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.

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.¹⁴¹ 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

¹⁴⁰ Ditto, Pg. 146

¹⁴¹ Ditto, Pg. 146

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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 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.¹⁴² 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 consciousness¹⁴³ 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

¹⁴² Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 106

¹⁴³ Ken Wilber, Joseph Chilton Pierce, Carl Jung, and on, and on.....

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profound sense. This is because it strikes at the very 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 psycho-somatic 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 subsequently manifested biological factors; biological expressions of psychic traumas and imbalances. 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.¹⁴⁴

One thing I'd (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 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, every opportunity to ignore the traumas that had happened to me was used; 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".

¹⁴⁴ ¹⁴⁴ "Unethical Psychiatrists misrepresent What is Known About Schizophrenia", Al Siebert, Ph.D. <http://www.antipsychiatry.org/siebert.http>

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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 of the violations that took place against the clients-survivors they were working with. 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 disorder¹⁴⁵ 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 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.¹⁴⁶

Importantly, most forms of childhood trauma usually result in some form of memory loss.¹⁴⁷ 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.

¹⁴⁵ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 107

¹⁴⁶ 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

¹⁴⁷ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 107

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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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The Psychic Dynamics of Childhood Sexual Abuse

In many cases, people who were sexually abused as children learn how to live and operate from emotional and age appropriate levels corresponding to when the abuse took place.¹⁴⁸ 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 usually is hidden, also has similar affects on a person's psychic and emotional development. Many victims of childhood sexual abuse respond to it cognitively and therefore consciously during review of the contents of the actual abusive memory at an age-appropriate emotional level and respectively, in an age appropriate manner of feeling-toned expression, not to be equated necessarily with actions associated with acting-out. I am referring to a personal review of the abuse during a much latter time, usually during counseling. 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 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

¹⁴⁸ Ditto

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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. This 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.¹⁴⁹ 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.

¹⁴⁹ Ditto, Pg. 108

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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 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.¹⁵⁰ 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. I was told by an Aboriginal woman who worked with children 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 artificially created and maintained uroboric¹⁵¹ 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

¹⁵⁰ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 108

¹⁵¹ Uroboric- A dynamic state that is circular, not evolutionary. It is represented by a lower level, reptilian aspects 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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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 is represented by being in a flask that is heated over a forge. 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 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 these 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

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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.¹⁵² 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 becomes forms of psychic sexual activity or expression. 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-bound 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.¹⁵³ 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 more subtle psychic 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. The main symptom of this, psychologically and especially emotionally, is expressed by people caught in the mother and for females, father-complex – they

¹⁵² Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 109

¹⁵³ Ditto

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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 persons 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 supper time. 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 do it primarily for health reasons today and almost as long as I remember, as an adult I never go anywhere without a bottle of water. 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 them 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 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 their twenties. I know this is a very common phenomenon and applies equally to both men and women. There is a natural element involved as

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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 manager'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 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 was 16 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 friend's place to get a vehicle to drive her home.

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 of group mind possession.¹⁵⁴ Crabtree says the (psychic sexual – *my addition*) affects and influence on a person's psyche can range from family right up to national levels.

Unless a person is very sensitive and consciously aware, most of the effects of these dynamics will be unconscious or if a person is more aware, subconscious and chaotic. 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,

¹⁵⁴ Adam Crabtree, "Multiple Man: Explorations in Possession and Multiple Personality", Pg 274
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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 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.¹⁵⁵ 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

¹⁵⁵ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 110

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isolated rural area after I had “escaped” my home town 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 - 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 by my picking 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 superego 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.¹⁵⁶ 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” 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 have 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

¹⁵⁶ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 110

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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.

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,¹⁵⁷ a sixth 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 or dynamics arise when an individual is being abused by a person or people 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 to 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 than 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.

¹⁵⁷ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 110

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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 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 identified 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.¹⁵⁸ 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 their 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 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.¹⁵⁹ 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.¹⁶⁰ It was discovered that these dates coincide with

¹⁵⁸ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 112

¹⁵⁹ Ditto, Pg. 113

¹⁶⁰ ¹⁶⁰ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg.14

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solstices and significant dates within the calendar of secret societies. He also mentions that within certain victims there is a programmed suicide date implanted.¹⁶¹ 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 which 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 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 world-wide 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 supper-time 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

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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 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 Creator of the world produces such people who are individual and courageous enough, even rebellious enough - in a liberation sense - as the King's, the Galileo's and the Einstein's.

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 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. These memories may also be modified by an individual. 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 all spiritual or cultural world views 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

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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 psych.

The General Principles of Survivor Therapy

As I am discussing this material I suggest the reader remember about the methods and process of healing that Edward Podvoll spoke of, mentioned in the earlier chapter on the healing relationship. One of the first things that must be considered is whether or not a therapeutic intervention is destructive and simply increases the psychic invasions and elements of mind control that brought the individual into counseling in the first place. I mentioned earlier that many people are coercively taken from cults or perceived cults only to be coercively forced back into their cult of origin or otherwise discredited if they choose against or speak out against this. This is a classic maneuver of destructive cults. One such example and usually used in conjunction with a branch of the same cult, is the existence and use of "therapeutic" establishments that use destructive and regressive methods to produce dependant, disempowered and discredited clients.¹⁶² I illustrate to a substantial level those dynamics in my introduction and overviews of social dynamics in the earlier sections. Although I would refer to it as institutional pathology, Ross simply refers to it as the prevalence of "destructive therapeutic interventions." A bonus point can be given to Ross because he makes it clear that as little difference as possible should be present in the way ritual abuse dissociation identity cases are handled and non - ritual abuse cases are handled. It is important because this condition can develop from both conscious and unconscious dynamics of ritual abuse. Since conscious or unconscious abuse operates from and with the same dynamics, obviously, the dynamics required for healing also have to operate from the same dynamics and perspective - conscious and unconscious.

These general dynamics have to be consciously adhered to so that a therapist's individual idiosyncrasies and ego convolutions do not interfere in the process. This is where the therapist has to be very knowledgeable about their own selves. The general guidelines Ross outlines are specific to the treatment of Dissociation Identity Disorder. However as I have adequately demonstrated, most people within society operate, in a very real sense, from a state-of-mind that can be called dissociation-identity-disorder. They may be referred to as operating from this psychological position in addition to other corresponding characteristics, as described in depth-psychological literature and practice. These "milder" forms of dissociation are referred to as neurosis and undiagnosed psychosis.

One of the first requirements is that therapists have a well balanced psychic integrity, one that demonstrates that a strong enough self-boundary exists so that psychic enmeshment will not take place; in other words that transference will not develop beyond an observational level and one that can be "healed" in a healthy, conscious way. The therapeutic state-of-mind has to be permeable enough so that an empathic connection can be made with the client and a trusting relationship can be established without which a healing environment would not otherwise be possible. This can only be accomplished with a therapist well versed in self-knowledge so that the below listed dangers are guarded against.

Without listing the exact principles that Ross lists, what they comprise of are physical and in extension psychological limits and boundaries of interaction that subsequently prevents or limit enmeshment or transference (projection) and especially dependence. These guidelines protect the therapist, but especially the client who has experienced enough violations of their psychic and physical integrity already. In this sense, many clients have already been conditioned to voluntarily open themselves up to further violations of their integral selves.

¹⁶² Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 216

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In respect to the need for therapists to know themselves at least 1% of therapists who treat people with Dissociation Identity Disorder have undiagnosed symptoms of Dissociation Identity Disorder themselves. Statistics indicate as many as 50% have been sexually abused.¹⁶³ This supports my assertion that many professionals who are not aware of their own wounded natures will seek careers in those professions in which they have power over the most vulnerable population of people within society so they can become perpetrators themselves, unconsciously. Everything I am saying here may be very difficult for many people to digest, especially some mental health professionals whom these comments are meant for, as much as the general population. On the other hand, I know there are many people that have used the services of these people, who I know will agree with what I am saying.

As John Welwood states in his book "Awakening The Heart," although many therapists complain about their clients resistance to "treatment," it is equally important for the therapist to recognize their own resistances to "treatment." For the record, as I have been doing I will usually refrain from using the word treatment whenever possible, except in quotation marks. For me, and I would imagine many other people, it leaves a very bad taste in the mouth and a possible naught - as in evil or wicked - in the stomach. As I have been doing, I will use the more healthy focused word, healing, whenever possible. As a somewhat cynical aside, I don't know how the term sounds in German but I have no doubt that when Dr. Mengale at Auschwitz spoke to his fellow practitioners and helpers, I would imagine he quite possibly used the word "treatment" to discuss the experiments he did on camp inmates. In many cases this is the same way modern pharmaceuticals and other "treatments" are used on the inmates of many of our mental health institutions, literally as experimental guinea pigs. I recall one of my experiences soon after a devastating experience at one of these places. I remember during a group session at one of these institutions the actual topic of German psychological experiments on the Jews was brought up. At that time I couldn't appreciate the significance of that group conversation, today I can.

In the healing process if the therapist does not have strong boundaries in place it can be depleting or rather difficult on the therapist. It also creates a certain amount of dependency on the part of the client. This is the very sort of dynamic that therapy is supposed to work towards dispelling and doing away with. Furthermore, as dependency increases a primarily unconscious activation of the more resentful, sadistic aspects of the client toward the object of his or her dependency on the therapist also increases.¹⁶⁴ Because of the dynamics involved, the two-way interchange of energy, there would also emerge a certain level of resentment of the part of the therapist. Attitudes and the quantum effect of psyches in relationship would obviously mutually affect each other in similar ways. This could be positive in the sense that, if consciously aware of these dynamics, they might be identified and addressed.

However, the likelihood is that within a more structured process of uncovering these dynamics they can be dealt with in a more controlled and gradual way, without the formation of dependence. The former example, because of the haphazard and uncontrolled appearance of these dynamics does more to damage the healing process, usually, than helping it. I suppose some radical types of therapy do call for high impact situations in order to provide a cathartic type of affect. However, rare is the therapist who can handle these types of therapy and unless an open awareness of the process is present it might not work.

¹⁶³ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 123

¹⁶⁴ Ditto, Pg. 122

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**The Enemy Within the Healing Camp: When the Psychotherapists are Cultists, Whether
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Whenever a strong dependence is created between the clients and “healers,” this becomes a type of “Destructive Psychotherapy Cult.”¹⁶⁵ 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.”¹⁶⁶ 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.

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

¹⁶⁵ Ditto, Pg. 123

¹⁶⁶ Ditto

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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 their "clients."¹⁶⁷ 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 servicing 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.

¹⁶⁷ Ditto, Pg. 124

Problems Inherent in Treating the Client as Different or Special and other professional points of interest

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Problems Inherent in the Client Being Regarded as Different 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 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 my subsequent actions an exhibition of 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 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,

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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.¹⁶⁸ 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, 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 Turretts, 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

¹⁶⁸ Colin A. Ross M.D., *Satanic Ritual Abuse: Principle of Treatment*, University of Toronto Press, Incorporated 1995, Pg. 121

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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 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 themselves 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

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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 off 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 perpetrator's and victims 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 who 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

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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 health 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 their 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.

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. 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 disbelief 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.¹⁶⁹ 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 themselves. 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-psyche 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 affective with clients a therapist, teacher or other health professional has to be in touch with the real nature of well-being. This is only possible after a sense of well-being 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.¹⁷⁰ 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. 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.¹⁷¹ 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

¹⁶⁹ Ditto, Pg. 153

¹⁷⁰ Ditto, Pg. 157

¹⁷¹ Ditto, Pg. 58

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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.¹⁷² 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.¹⁷³ 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 possess the world. The latter only results in greed, a desire for status, image and power over other people.¹⁷⁴ 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.

After becoming dependent on various external sources - the personas and illusions that people create and identify with - most people have a difficult time, if ever, in overcoming this alienation of self. This extends outward 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 ego-centric stance.¹⁷⁵ 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 produces 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 hero, 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 be in the world as it is, rather than

¹⁷² Ditto, Pg. 60

¹⁷³ Ditto, Pg. 61

¹⁷⁴ Ditto, Pg. 61

¹⁷⁵ Ditto, Pg. 62

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chasing the illusions of image, greed and power over other people.¹⁷⁶ It enables a person to remain whole and complete.

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 more subtle and apparently more civilized way of achieving the same thing – it severs them from the deeper psychological dynamics taking place.¹⁷⁷ 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 self. 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.

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.¹⁷⁸ 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.

¹⁷⁶ Ditto, Pg. 63

¹⁷⁷ Ditto, Pg. 65

¹⁷⁸ Ditto

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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.¹⁷⁹ 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.

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.¹⁸⁰ 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 themselves, instead of monitoring the client. Constant monitoring of the client and the therapist's 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 Trungpa 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.¹⁸¹

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

¹⁷⁹ Ditto, Pg. 73

¹⁸⁰ Ditto, Pg. 76-77

¹⁸¹ Ditto, Pg. 79

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know are types of servitude and 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. They were all expressionless and 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

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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.¹⁸² 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 the scene described above was the opposite of bigotry. The only difficulty I had was to not physiologically get angry with 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.¹⁸³ 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.¹⁸⁴ As I pointed out much earlier, most forms of psychotherapy that do not rely on medications or behavior modification 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.¹⁸⁵ 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

¹⁸² Ditto, Pg. 81

¹⁸³ Ditto, Pg. 82

¹⁸⁴ <http://www.cla.purdue.edu/english/theory/psychoanalysis/definitions/repetitioncompulsion.html>

¹⁸⁵ Ditto, Pg. 83

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been achieved it becomes more natural and less forced. It 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 that which 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 psychotherapy¹⁸⁶ 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 such as 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 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 them off completely by intellectualizing and pathologizing.¹⁸⁷ A person learns simply how to just let them be; to let them flow on by. "Judge not lest 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.

¹⁸⁶ Ditto, Pg. 84

¹⁸⁷ Ditto, Pg. 84-85

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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.¹⁸⁸ 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 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 themselves 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.¹⁸⁹ 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.¹⁹⁰ This is usually when fragmentation and repression sets in. It is also a time of opportunity and potential by recognizing these truths.

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 in everyday life. As with any roles one assumes, it is only when a person identifies themselves 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 it 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

¹⁸⁸ Ditto, Pg. 86

¹⁸⁹ Ditto, Pg. 92

¹⁹⁰ Ditto, Pg 160-161

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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 psycho-somatic 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.¹⁹¹ 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 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 rebalancing. 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 themselves resorting to frequent punishment with the children, 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

¹⁹¹ Ditto, Pg. 161

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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 one's 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 considers the unbalanced and psychotic type.¹⁹² 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 is important. It is important to note that when an individual learns to be true to themselves, their true inner core, ethics and morals will naturally be adopted by the individual and too a 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."¹⁹³ He provides us with examples how society is constantly preventing people en masse 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."¹⁹⁴ 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.

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

¹⁹² Ditto, Pg. 161

¹⁹³ Ditto, Pg. 161

¹⁹⁴ Ditto

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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 process that only psychically mature people can 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 and ego aspects 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 death blow 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

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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 that which is only an illusion. Thinking along these lines, one may simply look and see that the victories and attainments 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 ourselves from insanity is to realize the impermanence and transitory natures of these illusions.¹⁹⁵ 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."¹⁹⁶ 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.

Those people who have allowed themselves 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 indeed this is recognized by the healer 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

¹⁹⁵ Ditto, Pgs. 164, 165

¹⁹⁶ Ditto, Pg. 167

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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.

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.¹⁹⁷ Above I mentioned the difference between people expressing and discovering bigotry within themselves 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."¹⁹⁸ 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 that 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.

¹⁹⁷ "Awakening The Heart: East/West Approaches To Psychotherapy and The Healing Relationship, Pg. 94

¹⁹⁸ "Recovering Sanity: A Compassionate Approach to Understanding and Treating Psychosis, Podvoll, Pg. 168

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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 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.¹⁹⁹ 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.²⁰⁰

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.²⁰¹ 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, coming 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 of these conditions have reached epidemic proportions in today's society. These can be 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 which 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

¹⁹⁹ "Awakening the Heart: East/West Approaches to Psychotherapy and The Healing Relationship, Welwood, Pg. 96

²⁰⁰ Ditto, Pg. 97

²⁰¹ "Recovering Sanity: A Compassionate Approach to Understanding and Treating Psychosis", Podvoll, Pg. 168

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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.

As we know, this can describe 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. These “Vibes” are sent out by the prospective invader. They match because there is a similar intention and feeling of affect or intent behind the 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 pathologize reactions and ways the human species has developed over a huge span of time for survival, protection and transformation. This is being applied to 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, 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 these reactions 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 squirrely 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.

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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.²⁰² 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 or indirectly 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. They 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 that says the number of people on anti-depressants because of depression, 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 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.

True love is not characterized by passions and sentiment. We can become possessed by these dynamics, like poisons.²⁰³ 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 common place 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 – dependence relationships, enmeshment and so fourth. 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

²⁰²“Recovering Sanity”, Pg.168

²⁰³ “Recovering Sanity”, Pg. 174

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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 happen. In these cases it simply becomes another form of addiction and repressing mechanism.

We have to learn preventative medicine: Podvoll speaks of “mindfulness.”²⁰⁴ 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 sunwise and creative motion to the right. I can only hope that this young princess always follows her heart and always continues to ask questions.

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 insanity²⁰⁵ 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.

²⁰⁴ Ditto, Pg. 176

²⁰⁵ “Recovering Sanity”, Pg. 179

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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 manifests 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, 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 which is sometimes deficient in people.²⁰⁶ 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.

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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 muted 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.

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.²⁰⁷ 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 much of the knowledge and information we seek, we in fact already have. 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 begin 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.²⁰⁸

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.²⁰⁹ I would modify this statement to say that this was true when strict gender stereotyping was in vogue. Today, these qualities can and are indeed to be found among 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

²⁰⁷ "Awakening The Heart

²⁰⁸ "Awakening The Heart", Pg. 106

²⁰⁹ "The Eye of Spirit", Ken Wilber, Pg. 189

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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.²¹⁰ 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. Because 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 becomes the devouring mother rather than the nurturing mother.²¹¹ 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

²¹⁰ "The Eye of Spirit", Ken Wilber, Pg. 189

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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. 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 from 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.

Remember the example I gave earlier of an exclusively ego stance, forcing the rest of the psyche into the clutches of the shadow. This results in an unconscious control by the repressed aspects of the psyche and shows up in anti-life expressions, instead of nurturing and life giving ways. It is dominated by the dark "goddess" and Satan, the dark wife and husband, even though they hate each other because that is their nature. The only "good" thing about this is that, because of their very natures sooner or later they will eat themselves out of house and home. The sad question is: how much of humanity and the earth will they take with them. Let's remember, the Source of Creation itself is limitless and untouchable. The only thing that suffers is the Creation that the Source produced so that it could know itself. I hope this isn't a reflection that the Source simply became disgusted with what was created. The immature ego I am referring to is really controlled by a reversed feminine aspect of the Earth, while the reversed masculine aspect -the ego - thinks it is in control. 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.

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Personally, I have always had greater faith in human-kind rather than the barbaric idea of survival of the fittest. I had always associated this idea only with lower evolutionary creatures. However, maybe the Hindus are right. Only the Creator knows – I'll leave this up to the reader to figure out what I am referring to with this statement.

People have to spend more times searching for important similarities, while appreciating profound differences between men and women. We have to become tolerant, accepting and celebratory of our differences, made possible by uniting with of our mutuality's and similarities.²¹² Intellectual and ideological nonsense results in promoting one side at the expense of the other.²¹² Let us comprehend, appreciate and integrate the non-pathological aspects of feminine and masculine energies and characteristics into the whole character and nature of each individual's psyche.

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 Earth and its materialistic nature rather than lowering and further becoming enmeshed in matter.²¹³ Men can learn to connect more on the horizontal Earth plane while more women can learn to connect on and move upwards on the vertical Heavenly plane. Always remember, these comments I am making do not necessarily apply strictly to gender. For example, when I refer to more men reaching into earth, I am also referring to those women who are possessed by their animus. 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. 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 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

²¹² "The Eye of Spirit," Ken Wilber Pg. 200

²¹³ "The Eye of Spirit," Ken Wilber Pg. 201

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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.

Recognizing the developmental processes and having cognition of them gave me a clear cut 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.²¹⁴ This statement 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 Podvoll was 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 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 holarchy and the necessity to keep intact the structures or foundation that preceded the higher structures from

²¹⁴ Ditto, Pg. 215

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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.²¹⁵ 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 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 holarchy, 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 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 its 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.²¹⁶ This is also the nature of hypocrisy. In early childhood development this stage is natural. When this stage

²¹⁵ Ditto, Pg. 219 - 228

²¹⁶ Ditto, Pg. 239

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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, 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.²¹⁷ 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 book 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.²¹⁸ The "wolf-boy" 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 reaches 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

²¹⁷ Ditto, Pg. 273

²¹⁸ Ditto, Pg. 274

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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 or 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.²¹⁹ 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 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

²¹⁹ Ditto, Pg. 274

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with spirituality. Trungpa Rinpoche, a very wise Buddhist Lama makes these distinctions.²²⁰ 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 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. This can only be achieved by individuals, followed by the masses.

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.²²¹ 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 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. Obviously, I am referring to a life-enhancing practice, as opposed to the black arts. The black arts separate and disempower people. The white arts unite and nurture life.

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 to 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.²²² When Jung refers to archetypes, what he is referring to are, usually, primordial or

²²⁰ Ditto, Pg. 277

²²¹ "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

²²² Ditto, Pgs. 63 - 64

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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 in the above quadrants on page 34. 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 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 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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Podvoll talks about the history of treating mental illnesses, especially psychosis.²²³ 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 Amerindians, shamans and wise Asians 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 such as these were short-lived because of the vehement opposition by asylum psychiatrists. I've read about the huge profits these people 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.²²⁴

The first time he saw a potential client for his new center²²⁵ Podvoll recognized a confused but definite "divine anxiety," the person was undergoing. The true compassion and care that Podvoll expressed when he first met this person was noticed by this individual, who 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 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 their own imbalances.²²⁶ The healer has to become as much acquainted with the clients inner world as the client is expected to become acquainted and accepting of the healers', hopefully, grounded within the material world.²²⁷ 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.

²²³ Recovering Sanity: A Compassionate approach to Understanding and Treating Psychosis", Pg. 215

²²⁴ Recovering Sanity: A Compassionate approach to Understanding and Treating Psychosis" Pg. 217

²²⁵ Ditto, Pg. 217

²²⁶ Ditto, Pg. 218

²²⁷ Ditto

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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.²²⁸ 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 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.²²⁹ 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."**²³⁰

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.²³¹

²²⁸ Ditto, Pg. 219

²²⁹ Recovering Sanity: A Compassionate approach to Understanding and Treating Psychosis," Pg. 219

²³⁰ Ditto

²³¹ Ditto, Pg. 222

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This knowledgeable awareness was used during the creation of a naturally balanced healing household.²³² 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 Feng Shui sense. 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.²³³ 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 carries 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 energy could be used to heal depression.²³⁴ 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.

²³² Ditto, Pg. 222

²³³ Ditto, Pg. 224

²³⁴ Recovering Sanity: A Compassionate approach to Understanding and Treating Psychosis," Pg. 224

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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.

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The Universe: Wholeness Produces Superb Psychologists

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"²³⁵ 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 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

²³⁵ .The Kingdom Within: The Inner Meaning of Jesus. Sayings., John A. Sanford, Harper & Row, Publishers, Inc., 10 East 53 Street, New York, NY 10022,

American Way"²³⁶ 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.²³⁷ 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.²³⁸ 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 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 me 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 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

²³⁶ "Beyond The Lodge of The Sun: The Inner Mysteries of Native American Way", Chokeycherry Gall Eagle, Element Books, Inc. 1997, PO Box 830, Rockport, Ma 01966

²³⁷ Ditto

²³⁸ 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

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 which 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. This 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 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 off 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.²³⁹ 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 immerse 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 intermingled 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 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 shed by the ego (Welwood makes such a description in his book) but also blood shed 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-

²³⁹ "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

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."²⁴⁰ 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 evolverment.

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.

²⁴⁰ "The Kingdom Within", Pg. 9-10

A purely materialistic world view 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 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.²⁴¹

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.²⁴² 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 "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

²⁴¹ Ditto, Pg. 11

²⁴² Beyond The Lodge of The Sun", Pg. 11

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.²⁴³

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 loin cloths 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 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 requires 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

²⁴³ Ditto, Pg. 9

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. High magic, on the other hand, is usually meant 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 also meant to enlighten the greater human collective environment.

It is interesting to note that there are various Western mystical traditions I have been involved with that represents 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. It shows the way how all people once they start to become more conscious, how they 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.²⁴⁴ 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.²⁴⁵ 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

²⁴⁴ "Beyond The Lodge of The Sun", Pg. 9

²⁴⁵ "The Kingdom Within", Pg. 12

Kundalini Yoga poses the danger but it is only when intense Hatha Yoga, focusing only on the 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. I am accompanied by a beautiful young woman about the same age as myself. 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-olated 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, both the masculine and feminine parts, 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 one 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. It acts on the principle and the necessity of frustrating the ego 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 main one to overcome is the mother complex as Psychoanalysis refers to it. The "Iliad" is a story that mythically describes the journey in overcoming this complex - the cutting of the maternal umbilical cord. 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 vampire-like feminine energies on the collective. 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, consciousness 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 challenges and frustrations were represented by the fountain

of blood yet it also represented the whole of life or life blood. 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 aspects 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.²⁴⁶ 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 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

²⁴⁶ "Beyond The Lodge of The Sun", Pg. 12

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.²⁴⁷ 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 to this as "Great Spirit" that is found within all things and might be seen if an individual looks for it in the proper ways.²⁴⁸ 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 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.²⁴⁹ 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 forth. 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.²⁵⁰ If a person is an

²⁴⁷ Ditto, Pg. 18

²⁴⁸ "Beyond The Lodge of The Sun", Pg. 13

²⁴⁹ Ditto

²⁵⁰ "The Kingdom Within", Pg. 19

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 they really are.²⁵¹ 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.²⁵² 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.

²⁵¹ Ditto

²⁵² "Beyond The Lodge of The Sun", Pg. 14

Throughout history and modern times it has been demonstrated that those persons who have achieved a state of wholeness, who have individuated, will be 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.²⁵³

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.²⁵⁴ 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.²⁵⁵ 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 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.

²⁵³ Ditto, Pg. 25

²⁵⁴ “The Kingdom Within”, Pg. 21

²⁵⁵ “Beyond The Lodge of The Sun”, Pg. 28

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.²⁵⁶ 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. This reality is also represented by the Eastern wheel of karmic life. 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.²⁵⁷ These are important spiritual and psychological understandings that can provide humanity with blueprints or maps to help us navigate where we are going.

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.²⁵⁸ 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 paper boys or girls to pick up. It is night time 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

²⁵⁶ "The Kingdom Within", Pg. 23

²⁵⁷ "Beyond The Lodge of The Sun", Pg. 35

²⁵⁸ Ditto

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 cause 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 is 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 of 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.²⁵⁹ 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.²⁶⁰ 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 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 bumble bee. 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.²⁶¹ 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

²⁵⁹ "The Kingdom Within", Pg. 27

²⁶⁰ "The Kingdom Within", Pg. 28

²⁶¹ Ditto, Pg. 29

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 which 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.

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.²⁶² 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.²⁶³ 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

²⁶² "The Lodge Beyond The Sun"

²⁶³ "The Kingdom Within", Pg. 30

within each and every human being alive.²⁶⁴ 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.

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.²⁶⁵ 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.²⁶⁶ The beauty is the inclusive awareness that can result - the natural beauty of the whole. The greater that this consciousness is, individually speaking, the more subtle 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 being 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 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.

²⁶⁴ Ditto, Pg. 32

²⁶⁵ Ditto, Pg. 33-34

²⁶⁶ "The Lodge Beyond The Sun", Pg. 54

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 who 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 ourselves. These things can only be obtained through self-confrontation. As the repressed and forgotten aspects of our 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.²⁶⁷ 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. 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 metaphysical and in a

²⁶⁷ ²⁶⁷ “The Kingdom Within”, Pg. 70

warped way spiritual while the other is materially based and metaphysical. I will draw two analogies. The first example can be compared to people who are psychologically and emotionally abused. The dynamics in the second example can be compared with people who are physically abused, which contains elements of the psychological and emotional. Within consciousness and by way of consciousness-raising this can all be healed.

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 their 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.²⁶⁸ 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.²⁶⁹ 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

²⁶⁸ Ditto, Pg. 36

²⁶⁹ Ditto

of these spiritual traditions any worse than the other? More important, is one any better than the other? I have not studied the 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 self 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.

²⁷⁰ 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 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 but many are possessed by an unacknowledged dark side thereby expanding the unhealthy 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

²⁷⁰ “The Kingdom Within”, Pg. 39

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.²⁷¹ 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.²⁷² The nature of timelessness is 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

²⁷¹ "The Kingdom Within", Pg. 45

²⁷² "Beyond The Lodge of The Sun", Pg. 55

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 the male being 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, 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.²⁷³ 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 aspects 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, that 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 make 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 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

²⁷³ "The Kingdom Within", Pg. 118-170

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.²⁷⁴

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 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. A balanced perspective can be attained by focusing on present awareness using past experiences for learning. 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

²⁷⁴ “Beyond The Lodge of The Sun”, pg. 58

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.²⁷⁵

Many people reject the Kingdom – individuation - because of the responsibilities that go hand in hand with a rise in consciousness.²⁷⁶ 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.

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 illusionary securities offered by immersion in the herd and the false ego.²⁷⁷

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 aspect of the beast or machine - a *double* bind. It is known as the binding of the wheel of life in Eastern wisdom traditions 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

²⁷⁵ Ditto, Pg. 60

²⁷⁶ “The Kingdom Within”, Pg. 45

²⁷⁷ Ditto

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.²⁷⁸ The meaning of this statement is 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 muted 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.²⁷⁹ 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 their self, not impulsively but as the moment requires. Higher levels of consciousness gives 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.²⁸⁰ 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.²⁸¹ This violence can be countered by love. The meaning I intend the concept of love 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

²⁷⁸ "The Kingdom Within", Pg. 45

²⁷⁹ Ditto, Pg. 47

²⁸⁰ Ditto

²⁸¹ "The Kingdom Within", Pg. 48

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.²⁸² 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.

It is only with people who have discovered themselves in some sort of crisis because their small egos and unbalanced viewpoints are unable to provide a fulfilling sense of wholeness and living reality that a true search can begin.²⁸³ 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 life. 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 the creative source of life that can only be achieved within the center of wholeness mentioned above.²⁸⁴ Much of this involves recognition of our dual natures - masculine and feminine, Yang and Yin, strong yet vulnerable and so fourth. A steady feeling of powerful awareness of this integration will lead to a vastly increased scope of perception and true spiritual reflection. This is highly personalized, experiential and teaches the body and mind to accept the inner fire of the spirit. The same process can produce the ignition of the inner fire and maintain it until you reach the awareness level where clear perception of wholeness and oneness with everything is experienced. This is only possible with a powerful individuality. These paradoxes have already been explored.

²⁸² "The Lodge Beyond The Sun", Pg. 61

²⁸³ "The Kingdom Within", Pg. 49

²⁸⁴ Ditto, Pg. 51

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 illusionary materialism of the egoistic world. This is the true self that connects with all things in the universe.²⁸⁵ 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 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.²⁸⁶ 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.²⁸⁷ 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. It can only be accessed by escaping the gravity of the Earth where it is then obtained from the higher realms of spirit.²⁸⁸ This can only be achieved by centering one's body, mind and spirit inward in order see and embrace outwards and upwards.

²⁸⁵ "Beyond The Lodge of The Sun", Pg. 62

²⁸⁶ Pg. 53

²⁸⁷ "The Kingdom Within", Pg. 54

²⁸⁸ "The Lodge Beyond The Lodge of The Sun", Pg. 62

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.

²⁸⁹ 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 is known by students of human and individual psychological evolution 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 foot-hold on which the "Kingdom" can be founded and built.²⁹⁰ 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 consciousness that protects and shields us from the chaos and storm-like activities of "hell":²⁹¹ 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 ourselves.

²⁸⁹ Ditto, Pg. 54-55

²⁹⁰ "The Kingdom Within", Pg. 56

²⁹¹ Ditto, Pg. 57

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.

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 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.²⁹² In this sense when Jesus speaks of coming to bring to the earth not peace but a sword²⁹³ 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. All types of communication. The sword of Jesus does not refer to physical violence. I mentioned this several pages back in reference to the way

²⁹² "The Kingdom Within", Pg. 58

²⁹³ Ditto

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.

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.²⁹⁴ 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 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 pin-point 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

²⁹⁴ “The Kingdom Within”, Pg. 62

notice anything – except your 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.²⁹⁵ 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.²⁹⁶ 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.²⁹⁷ 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 a person is coerced by forces outside him or herself 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.

²⁹⁵ “Beyond The Lodge of The Sun”, Pg. 65

²⁹⁶ Ditto, Pg. 62 - 64

²⁹⁷ “The Kingdom Within”, Pg. 65

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.²⁹⁸ 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. 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.²⁹⁹

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 taking place.³⁰⁰ 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.³⁰¹ 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 one is manipulated by the herd, 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 ourselves.

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.³⁰² This demonstrates a total absence of differences between people on the higher levels. Although this only makes reference to language, considering the importance that language and semantics play in creating our cultural perspectives and world views, it therefore also demonstrates that the eradication of semantic differences would also do away with

²⁹⁸ “Beyond The Lodge of The Sun”, Pg. 66

²⁹⁹ Ditto, Pg. 67

³⁰⁰ Ditto

³⁰¹ “The Kingdom Within”, Pg. 66

³⁰² “Beyond The Lodge of The Sun”, Pg. 67

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 of the psyche experiences it darkly, negatively and in a bigoted manner.³⁰³ 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 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 one's 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.³⁰⁴ 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

³⁰³ "The Kingdom Within", Pg. 68

³⁰⁴ Ditto, Pg. 80-81

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 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 contradictions³⁰⁵ 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.³⁰⁶

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 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.³⁰⁷

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

³⁰⁵ "The Kingdom Within", Pg. 70.

³⁰⁶ "The Kingdom Within", Pg. 70

³⁰⁷ Ditto

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.³⁰⁸ Ritual and ceremony that stem only from the brain or ego aspects 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 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 the consciousness. This is very similar to the medicine man who 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 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 by taking into account what is in the heart of the well centered individual, free of the false masks we present to the world.³⁰⁹ 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

³⁰⁸ "Beyond The Lodge of The Sun, Pg. 99

³⁰⁹ "The Kingdom Within", Pg. 74

“messing with your awareness.”³¹⁰ 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, mind 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 can 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.

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.³¹¹ 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. I did not see or read the episode that explained why he switched to the dark side although one person who did see it briefly told me his ego was hurt by a woman. Darth Vader’s reaction to this - he switched to the dark side. 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. Darth Vader did - I am talking about his fight against the dark side and being repeatedly exposed to negative energies, not the fact he was insulted by a woman! It is well known that there is no place in martial arts for anger – it destroys the ability to focus, concentrate and also 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 scene 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 was symbolic of the perfection of the souls,

³¹⁰ “Beyond The Lodge of The Sun, Pg. 99

³¹¹ Ditto, Pg. 127

regardless if it learned the lessons it was supposed to learn in their fleshly 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 in ways 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.³¹² 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.³¹³ 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 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.³¹⁴ 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.

³¹² "Beyond The Lodge of The Sun", Pg. 127

³¹³ Ditto

³¹⁴ "The Kingdom Within", Pg. 79

To break the will of a child can be viewed, in this context, as the first inroads by the “adversary” in killing and mutilating 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 necessary.³¹⁵ 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.³¹⁶ 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.³¹⁷ 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.³¹⁸

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

³¹⁵ “The Kingdom Within”, Pg. 80

³¹⁶ Ditto, Pg. 82

³¹⁷ Ditto, Pg. 83

³¹⁸ Ditto, Pg. 84

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 nurturing it we enlighten it, it becomes an expression of inner strength and knowledge.

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."³¹⁹ 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.³²⁰ Therefore, by 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 in favor of the Kingdom.³²¹

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.³²² 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.

Virtually everything we do, say and think has a deeper meaning when looked at not only as an individual but 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 potential for all life forms, with an obvious emphasis on human beings, to become in turn creators. Not as gods but as God intended, through nature, not in spite of nature - all nature.

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.³²³ 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.

³¹⁹ "The Kingdom Within", Pg. 78

³²⁰ "Beyond The Lodge of The Sun", Pg. 150

³²¹ "The Kingdom Within", Pg. 89

³²² "Recovering Sanity", Pg. 212

³²³ "Recovering Sanity", Pg. 212

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 themselves. 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.³²⁴ 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 the individual (s).³²⁵ 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 outwards 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

³²⁴ "Recovering Sanity", Pg. 212

³²⁵ "The Kingdom Within", Pg. 90

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 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 your self, for the same reasons.³²⁶ Having said all of this, I will again say that there are aspects 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.³²⁷ 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.³²⁸ 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.³²⁹ 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-

³²⁶ Ditto, Pg. 94

³²⁷ "Beyond The Lodge of The Sun", Pg. 151

³²⁸ "Beyond The Lodge of The Sun", Pg. 151

³²⁹ "The Kingdom Within", Pg. 95

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.

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 world-wide 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 much of it is caused by unconscious dynamic levels of psychic operation. 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 losing touch with our foundations, the lower levels of psychic reality, subsequent crumbling and fragmentation has been the cause of this world wide 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 gleaned 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 world view.

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, 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.

Immature or mutilated and terrorized psyches are threatened by this communion or love of souls-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, recognizes 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 feels and recognizes 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 holarchy, 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 was 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 Nova Scotia. 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 proselytizer, 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 who had been beaten attended, 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 Firth 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 represented 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 in a short length of time. She was a supreme being and a protector but she was also very emotional. What is interesting is that in the movie as she grew and became acquainted with life on Earth she went through a process of experiencing the same thoughts and emotions in a vastly speeded up progressive development that mirrored a movement up the chakra system. 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 – a 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 movement of growth beginning at the lower levels of psychic growth up through to the highest levels but was beginning to regress in the same way I have been describing in this book. Fire cannot be fought by adding more fire – “If everyone keeps taking an eye for an eye pretty soon the whole world will be blind.”

Of utmost importance, it was while this being was in a state of complete neutrality and combined with the other four elements that make up, in metaphysical terms the complete spectrum necessary for life, the approaching menace to Earth was defeated. She was the fifth element. She was almost unconscious because of the merciless onslaught of the evil that was trying to kill her and the Earth. Both the Earthlings and the invaders were trying to murder her, the most advanced creature on Earth.

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. What was required was the love of a man, who had become very cynical. 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. I draw a parallel between this process, the consciousness-raising process I have been describing throughout this book and how it can be graphically illustrated on page 34.

Importantly, the fifth element's neutral state, in one sense, also mirrors the conscious level in today's society, mute-lated and verbally mute energies on the collective level today that are beginning to manifest throughout the world and society.

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. Paradoxically, her neutral state also represented the tamed lower levels of the psyche – her reactions of violence to the violence she encountered had ended.

She is also a metaphor for the perfection of life, of wholeness - the perfect circle. It required active loving and living masculine energy combined with 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 muted, raped and contorted aspects of Heaven on Earth. She represented the muted, raped and contorted aspects 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”.

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 be 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

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.

The following is an article I found on the internet. Proper references are supplied.

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"

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 which make up his identity. In cults this dissonance is created to exploit and control them.

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 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 which 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 both 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.

THE EIGHT MARKS OF 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 their family. (Paul Mitchell – unless it is being done by the family: I a, referring to everything from pathological projection, manipulation and character assassination.)

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.

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.

Some cults like Moonies and Hare Krishna's call their deception "heavenly deception" or "transcendental trickery". 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 than 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. "

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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. Most of the collective psyche is only perceived on a collective level by a few people 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 mind. 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, including all human beings and all life on the Earth. 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 themselves.

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.

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 that 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. 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 because they are not refined by the cognizance of the neocortical and higher levels of psychic functioning. 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 – Mystic 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.

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 a 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. By 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 places 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", 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. It is represented by 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.

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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