

## What they don't teach at school

I have already narrated a story of the legendary Dr. Pirogov who sought to be appointed the Minister of People's Education because of his conviction that all ailments are easier prevented than treated.

It is difficult to overestimate the antihumanistic influence of any modern school, even the most liberal one. For me, that influence is not only in what is taught; more importantly, it is in what is *not* taught and even prevented from being taught at all costs - although, in my opinion, it should be taught in absolutely every school, if it is a school and not an incubator (that's what my friends called the school we studied in).

Well, what is it that is not being taught? Two essential, basic human skills, which make all the difference between a human being and a biorobot: to be aware and to live through.

**Being aware.** It is the first key to human consciousness. During my first encounters with gestalt approach I found to my surprise that neither me nor other people knew or were aware of what was going on in their consciousness. Discovering my ability to be aware and its power to solve almost all of my problems was a huge revelation. I managed to cure myself from what the septicine calls gastritis simply by becoming aware of the processes running in my consciousness. That's it. No more pills! Whenever I felt pain, I would turn my attention to what was going on in my consciousness and stop that. That's it! The pain would disappear. Isn't it a miracle? Pull the fingers out of the door gap - and they stop hurting! Miracle, miracle!

Naturally, the reader would require a definition of 'being aware'. I would define '**being aware**' as being present with one's attention in the processes running in one's own consciousness. Presence of the man in the house. An average person, that is to say, the majority of the 'civilized' residents of this planet, have nobody 'in the house'.

There are no criminals on the planet but many human beings who are unconscious. I feel sad talking about it, but practices of awareness have ruthlessly shown time and again that the most horrible acts perpetrated by people had an unconscious and deeply hidden impulse of love at their root.

There are no valiant heroes killing bad guys. Rather, unconscious biorobots killing other biorobots while the whole mass of other biorobots attends the process. Why?

Feels odd to talk about it, but the answer lies on the surface. They were taught that way at school: 'Whatever you do – no need to be aware! And you will shoot like a bullet train from maternity hospital to the cemetery'.

Any Human Being (let me capitalize it) who is aware, is regarded as inconvenient for others because the questions he poses can make them aware. He removes bricks from the wall. The bricks get nervous: they lost the habit of living long ago. When I was 10, I attempted running away from home because nobody there could answer my questions. After that dad bought me a TV: 'Better watch this window, son. Important is – don't try to become aware of what is happening in you. Else you may start living'. (That was a time when a TV set at home was not so common).

There was a time when I worked a lot with children brought to me by their moms who were unable to answer their questions. And I tried my best to support these children in their yearning to be aware, and empathized with their existential loneliness, since by that time they had discovered that nobody was 'in the house', neither at home nor at school. Sad.

One of the techniques for developing awareness is given in my text *Hygiene for Consciousness*. [Cleansing agent](#). More techniques are given in my books and in books by other authors [commercial break].

**Living through.** This is another rare human skill, which is virtually eradicated in biorobots. The fascinating news is that at any given moment something or the other is going on in the living human being. People feel sad, scared, hurt, or happy. A living human being may have something aching, stabbing or shooting. Blood pressure goes up or drops down. Running nose or cough come when body feels like cleansing; pain comes as a signal of dipping vitality. Dear zombie-technicians, pain is a signal of loss of vitality in some aspects of the person's vital activities. Becoming aware of the processes running in the consciousness and causing the pain - brings back life into those aspects. Attempting to eliminate all the unpleasant sensations and feelings instead of becoming aware of their causes, instead of living them through, instead of allowing them to take you wherever they want to take – is attempting to eliminate life itself. If we called things their real names, chemists' stores' would be 'Deadeners' Stores'. And alcoholic beverages and tobacco products could easily be labeled 'Self-Liquidators'.

True word for a modern medical doctor is zombie-technician. Is life so bad indeed?! Or is it the same old fear of the bricks dreading falling off the wall? Once, when I was about to be left alone in a room with a beautiful young wife of one of the masters, I asked him jokingly: 'Aren't you wary of something happening between us?' 'In that case I will be living through my jealousy', - he replied at once. That's the answer of a true Prince of Eternity. His consciousness is trained first to live through the happenings, allow life to flow, and only then everything else.

Let's give a definition of the '**living through**'. For me it is an inner consent with all processes going on in one's body and in one's consciousness. Consent with one's own nature. Living through without awareness leads to an animalistic, instinctive state. Combined with awareness, it makes the human consciousness, a step towards the divine nature. A biorobot is not aware and habitually blocks his socially rejected impulses. An

animal behaves freely, antisocially, unconsciously. Any war is a socially approved antisociality. A space where old C-graders become A-graders.

If society does not allow a child to do what he fancies at school, then at least he should be entitled to live through his gloom and displeasure. Take away that right – and a potential zombie is ready.

Being aware and living through are two sides of the same process that transforms a creature with human brains into a human being. A combination of instincts and intelligence. Some may suggest that blocking of these processes may be working to somebody's advantage - say, of some notorious World Government. Well, it is not. Even if such secret organization existed and conspired to prohibit all awareness and living through to the rest of the world, such organization itself would surely be made of biorobots who would not be aware of their non-living. Once a highly placed Ukrainian asked my opinion on what his main problem might be. I said, 'Your main problem is that there is no you. At some point you stopped being human and became a machine that serves your own empire. But there is no life in you nor in your empire'. He started to sniffle, his eyes became red. Some time later his spouse told me that he didn't work that weekend, which was a first in a long time. He went fishing.

That's it, in brief. The text can go on and on. I am thankful to Eugene Kurtev who put it very aptly: 'Gestalt approach is not a therapy, it is a training of how to make dialogue'. And then it occurred to me that the whole institute of humanistic psychotherapy should not be called "psychotherapy" - because in fact it is a powerful tool of imparting essential skills missing from the school curricula. Because of that gap, people get a chance of obtaining these skills not in childhood when they are of vital importance, but upon facing a lifetime or health related calamity. I remember a horrifying dream I had many years back about somebody kidnapping my children so as to teach them something. I was on a business trip at the time, so I hurried home and started teaching my children myself, imparting all the skills that I considered important and useful in life, and getting other teachers for them to teach things I did not know or could not teach myself.

I find it odd when people get apprehensive of juvenile justice. Juvenile justice may be a threat to those parents who are. How could it be a threat to those parents who are not?

Pura vida. With all my love. Viacheslav Gusev [idi.in.ua](http://idi.in.ua)

## **On compassion in men**

I promised to write this article long ago. But what an arduous task it turned out to be! I am writing it for the third time now. Some topics – like this one – need to be taken up, but doing it actually feels like dislodging a thick layer of old compacted dirt. Isn't easy but must be done. And so, to compassion in men.

No doubt, compassion is the most difficult aspect of the male path. It is this very aspect of consciousness that makes a difference between a man-beast and a man-human. Women's energy is different, it is uniting in nature, hence women never get into such powerful conflict with their souls. An example: during a conference, a renowned doctor Nifont Dolgoplov invited supporters and opponents of the death penalty to come forward. What followed was both startling and demonstrative. The opponents' group got only women, not a single man. The supporters' group got men and just two women. Unexpectedly, the discussion turned into a confrontation between men and women. The women group arguments were unbeatable: "First you carry, give birth to someone and then see whether you can kill." Turned out even those two women in the men's corner could not counter that. Turned out they did not have children.

Savage energy of the adult male remains impassively dividing in nature until such time when the male heart awakens. This awakening always comes with ability to feel pain of the other living beings as your own. If you will, it is an unavoidable price for the ability to love like a human. A young man at this juncture badly needs support and compassion, because the more he allows his heart to awaken, the more of universal pain he begins to feel. At that moment what does he care about studying physics or history; success of this initiation determines the whole course of his future life. I remember the day when my son returned from school and asked me: "Papa, why is it that when I hit someone, I feel pain here?" – he placed his hand in the centre of his chest. "You are growing up, sonny!"

Having experienced the pain of compassion, many boys choose not to go ahead with that process. Truth is, there is lots of pain in the human perception band. LOTS OF PAIN. Not having passed through this initiation, boys become grown-up male beasts disconnected from their hearts, or otherwise eternal children disconnected from their animal energies.

A man who dares to compassionate loses his ability for violence, thus becoming defenseless and paralyzed in a way, - because he discovers that it is easier to endure physical pain and even death than to endure mental anguish. An example from the world cinema: one of the protagonists of *the Green Mile* was clearly capable of defending himself and even getting out of the prison; more so, he was offered to be released. Yet, he refused. "I am tired", - he said and allowed himself to be executed. This is a story of an incomplete initiation. Historians of the Vietnam war wrote that tommy-guns of many American soldiers killed there were found fully stocked with bullets. Looks like hippie soldiers chose to meet the enemy's bullet instead of shooting themselves. Another story doing rounds on the net is about a matador who could not kill the bull when the animal refused to attack and just stood there looking into the matador's eyes. And he put down the weapon. Examples are plenty. What is it: faintheartedness or heart power?

A man on his way to compassion awakening has to watch out for one more trap: when love is yet to awaken in his heart and wisdom in his consciousness, he may fall for the impulse to help the suffering out of pity.

"With an uncompromising yearning to know in my heart I start on the Great Path, and the only thing I fear is help out of pity" - said great sage Lao Tzu many thousand years ago. It is one of my favorite sayings of Lao Tzu. "Help of a fool is worse than enemy" - another one from my dad. One of the ailments of the pitying is a revolutionary syndrome. It is a dangerous ailment because those afflicted with it inevitably multiply the number of sufferers in the world. All the freedom and equality fighters end up building new prisons and executioner's blocks. No less dangerous is a philanthropist disease: the black-holish abyss of human ignorance is capable of swallowing an unlimited amount of money and energy. Only the loving and wise can act in a pitiless and ecological manner.

As I have written earlier, the form of intrapersonal relations of a person is the same as the form of his interpersonal relations. It is a law. As inside so outside. The source of suffering wrenching the heart of the awakening man-human is not out there. As a result, the beastly and the humane in a man learn to communicate with each other. And if he who is being initiated by the Universe allows that compassion in himself, embraces it, lives through it, he finds more and more love awaking in his heart. Having tamed his own beast, a man-human begins to appreciate the difficulty of the process in others. He discovers that the only way he can really help the world is to love it with all his heart; that it's actually the most effective and real medicine. The rest is all games. That is why the wise ancient people of the planet try not to interfere with the process of growing-up of the "civilized" ones. Each culture has to walk that path or die.

With pitiless love comes wisdom in the form of accepting suffering as an inevitable aspect of maturing of the consciousness in this world. By watching conflicts of my children I discovered that there was no way I could protect them from soul pain or from physical pain; that however hard I might try to shield them, it would be no use, as they would encounter the pain in the world anyway; and that the only thing I could do for them was to love them, to compassionate with them and to support them through that pain by sharing my wisdom. I have already described what came out of my forceful attempts to interfere with my children relations in *The Remedy For Diseases*. Pain and suffering amplified. That way they taught me their wisdom. In one-child families, parents and children have no means to learn that.

In my publications, I often use this line of Bert Hellinger: 'There are no criminals in this world, only victims'. Any society that believes that punishing and defeating "the bad ones" will allow "the good ones" breathe easier, doesn't make any sense. Compassion awakening is an essential and inherent stage of the male growing-up. It is a nature-designed vaccine against crimes. Any culture that ignores development of compassion

has to deal with crimes. And so, all the countries in the modern world are facing an impossible predicament: the state needs male soldiers but it does not need male criminals; however, in both of them there is no room for compassion! How to tell them apart, other than by outfits? The internet is full of photos of the special force squads shooting away protestors marching on the streets. They look confused.

My childhood friend, who served three years in a landing attack battalion in Afghanistan, got himself into prison hardly two weeks of his return home. Already in prison, he earned two additional terms. He was a Soviet Rambo. He perished there in the prime of his life. He who survived Afghanistan died in "sovok". The system that created him, killed him. In my time as a psychotherapist I had to deal with numerous cases of rare psychosomatic disorders of ex-Afghanistan soldiers. 'We cannot be forgiven, after all we had done' – said one of them. He stopped identifying himself with a soldier, he felt criminal. Those who I treated got rehabilitated, but how many of them wounded with that war were left out? Their pain is still filling the biosphere waiting to be healed. Some time ago we did a research on the main problem of the Slavs as an ethnos. It has shown that the common ailment of the ethnos is: "it is not in our custom to respect those who we do not fear". Consequences of this nationwide ailment are plenty. One of the key ones is that it is not customary to hear the wise in the Slavic culture, yet it is customary to hear the powerful. What does modern Russia take pride in? "Well, our weapons are the best in the world". Christians.

Soulless and heartless recruits do not exist in this world, they cannot be. Similarly, soulless or heartless rulers don't exist, they cannot be. If a man-warrior or a man-ruler is not in touch with these aspects of his consciousness, it does not mean his soul is not hurting, or that that hurt is not splashing into the biosphere to catch up with him in due time. The heart of stone will sooner or later need coronary bypass surgery. Heart diseases are the leading cause of death in the "civilized" world. Hmm, how come? Probably because of unbalanced diet.

Women are blessed with the ability to nurture certain aspects of consciousness in their men. What she supports with her energy, that grows on the planet. If a woman is in touch with her soul, she cannot nurture or encourage beastly aspects in men. More so, it is her soul energy that nudges male hearts to awaken. Beauty and the Beast – an age-old attraction. Eros and Thanatos. As I have written earlier, my observations show that women awaken first, but they feel scared to go into their awakening alone, when everyone around them is still fast asleep. However, if women don't do it, their men will never wake up.

There is no difference between epidemics and calamities. As Lise Bourbeau, one of the masters of the civilized world, observed, the destructive energies that people find in themselves are essentially reflections of the inner energies of our planet. We are

inseparably linked with the Earth into a common energy system. The humans are not supposed to cut themselves from these vital energies, or to suppress these energies by using force against force - as in both the cases the energies start to manifest themselves in the form of natural calamities, that's the planetary psychosomatics, something the civilized scientists have been finding so difficult to believe, although the connection had always been known to the ancient. The human's challenge is to convert these energies into love. Especially as it is our natural urge we all share. "Blessed are the meek: for they shall inherit the earth".

Pura vida. With all my love. Viacheslav Gusev [idi.in.ua](http://idi.in.ua)

## **In Circle of Dance**

In the Circle of Dance, the one standing to my right seems right to me, and the one standing to my left seems not right. The one trying to be righter than everyone runs on the Circle and inevitably turns into his own opposite, of which he remains quite unaware (examples – the whole human history). The one standing in the Circle right across me looks like my opponent, but if the life circumstances change (and they do change, such is the Game) and that person finds himself next to me, he becomes my ally. Wisdom lies in not turning opponents into enemies and also in perceiving them as guides in the process of our growing-up. Anyone who tries to destroy all the opponents will sooner or later destroy himself. The one who braves to lose his truth will learn the Universal Truth, but it may also happen that it turns out to be a truth although of a different order. Evolution of consciousness. Everyone Let's Dance!

## **My Peru**

One day I felt so overwhelmed and asked the Universe: "Who am I? Where am I from? What am I really doing here?" They say, a sincere prayer is always heard.

After these burst out aloud to no one in particular, events in my life started to unfold rather promptly, and to my great surprise I found myself in Peru. And

again, and again, ten times. Where else could one look for answers to questions like these if not in the native land of ancient civilizations? The very first and real Peruvian master answered the two questions I did not say aloud. "Sure, - he said, - God is Love. Those who claim that God is something else but Love either don't know what they are talking about, or are deliberately misleading". He also told me that when his mother was leaving this world — she was dying in his arms, — he sang farewell songs to her and so it was one of the happiest days in his life. His mother was returning home.

By the time I had already confessed to myself that the fear of death was among the main motives of my acts. Meeting a person totally cured of the fear gave me some hope that I, too, may be cured. Have you ever wondered as to why the British had to bring Africans to work on the plantations? The answer is simple — the Indians didn't want to live in slavery. They would rather die or walk away. Acts of the fearless are difficult to understand by those who fear death.

Besides, there in Peru I met doctors whose view of the world was quite consonant with mine. "The silly white medicine, - said one of the Peruvian professors, ex-chancellor of a state university, - for some reason removes a sick organ but leaves the bad energy in the body. The sickness can't go like that. Makes much more sense to do the opposite, remove the bad energy and then the organ will heal itself". Oh yes! His words were a precious balm for my soul. By that time I already got a fair idea about the irrationality of the mechanical white medicine.

Till I got to journey to Latin America, I naively believed like many other white folk that I belonged to a highly developed civilization that had some real achievements. What I understand now is that perhaps the chief achievement of the technological advancements is pollution of the environment and gradual invalidisation of humans. The white science can hardly get a move on unless it connects with spirituality. Natural course of development of the spirituality-deprived science is towards returning humans to the mineral conscience. Do you want to start thinking as fast and crisp, and more importantly, as insensitively and dispassionately as a silicon crystal in your laptop or cell phone? Well, you have already started doing it. Haven't you?

Those who are keen to develop external technologies but not their own conscience will sooner or later become slaves of their creations. That is obvious, is it not? Or do we need to watch ten more "Matrixes" and "Terminators"?

Now I understand, as do many travellers, that there are still those ancient and highly developed cultures on this planet who compassionately watch sufferings of the white. "Come to us from your cradle," – croon Jivaroan Indians for the last few thousands of years. I translate their songs differently: "God, when will you people grow up?"



Peruvian Indians impressed me with their attitude to the “bad” people. In their view, if a person treats others badly, he must be sick and needs healing and not punishment. Healing and not compulsory treatment. Old adage: “He who deserves love the least, needs it the most”. The conquistadors, who were the first to enter Peru, were shocked to find that the Indians were more Christian than the “missionaries” themselves.

“There are no “bad” or “good” people, all of us are parts of a whole that requires awareness and interaction”, - wrote Arnold Mindell whom I referred to earlier. Development of our consciousness renders more peace to soul and happiness to heart than the most advanced external technology. Or do you think differently?

The most valuable insight I’ve got from my trips to Latin America is that although I share and cherish many views of the Indians, I am not Indian myself. I am different. They have what they have, I have what I have. It is wonderful that we have things in common. It is fabulous that in other things we are different. I attend my class in this vast cosmic school and they attend theirs. I have some common subjects with them, and some subjects are just mine. The strongest bond that unites us is the Earth, our only one. It was worth flying to Peru ten times just for this revelation. Truly, “On the way to yourself, there is a chance to meet yourself”. How splendid and enigmatic this world looks, if one just peeps out of the playpen of the “civilized” consciousness.

## **Artificial mom**

If somebody asked me about the final destination of the modern civilization, I would try to answer as politely as possible: back to the female reproductive organ. There where from all of us came. Sounds odd? I’ll try to explain my views on the evolution of the human. When an embryo is conceived, it finds itself in a very peculiar state: it has everything yet it can’t do anything. Everything is done on its behalf by somebody external. In this case – by its mother.

Is there a need for a human being to self-develop in that state? Surely not. What is the point? Everything is supplied to the body. What happens to the baby’s consciousness in the mom’s tummy? No one knows for sure. Official view is that cerebral cortex gets fully operational approximately two weeks after birth. Prior to that there is no need for the cortex to be full-on. The consciousness does not develop. In my picture of the world, human life is all about an impelled journey of the human consciousness from the maternal aspect “everything is available and I can’t do anything”, to the paternal aspect

“nothing is available and I can do everything”. From the state of a creature’s consciousness to that of a creator. From non-being to being. From ignorance to competence. From helplessness to might.

In my view, this amazing opportunity is given to every one of us. Yet, there is something so sweet in that memory — when I can’t do anything and yet everything is available. Stanislav Grof calls this state “the first perinatal matrix of consciousness”. Quasi paradise! In my view, practically the whole development of the technogenic civilization is aimed at solving just one fundamental task: how to recreate the state of the first perinatal matrix, when someone external does everything on behalf of the person. Results of such development are obvious — look at the elderly of the civilized world. They exemplify the future of this trend. Can a person be considered alive if he cannot survive without tubes connected to him to enable his vital functions? He is half man, half machine. There are millions of people in this world who cannot live without taking various so-called medicines. What does it matter how the apparatus tube looks like— be it a rubber tube, be it a chemical formula that needs to be taken with certain regularity, failing which the effect is as good as disconnection of the tube?

Medical science of the civilized world tries to treat the human body in the same way as a mother would treat her yet-to-be-born baby, that is, supplies certain substance to the baby’s blood, to regulate it on its behalf. Cheap and impersonal. At times not so cheap – but still impersonal. To which end is such medicine developing? Well, it’s quite clear. They will replace the body. Make it of something else. What intrigues me in that case is how the medicine intends to deal with the soul? Can a person be considered alive if his brain lives but the soul left this world since some time?

What the nonsensical medicine calls diseases it tries to fight, are actually the paternal aspect of the Universe. However odd my words may sound, essentially such medicine fights the Creator. It’s not by accident that the Pope has appealed to the believers to avoid taking medicines.

“He who tries to interfere with the Creator’s design by grabbing His axe, risks losing his fingers”, said Lao Tzu several thousand years back.

All the other social institutes of the civilized world behave exactly the same way as the medicine: they know better than the man what knowledge he ought to gain, which taxes he ought to pay. Mommy knows best?

Someone has noted quite aptly that the chief aim of the technological progress seems to be replacement of the man himself. The more capable and advanced System the humanity creates, the more it gets to suffer from its very effects. The space is scarce in the mom’s belly. Wish we had something of our own:

thoughts, choices, actions... At least our very own, not-regulated-by-anyone rhinitis. Riot in the spoon of water.

It feels odd talking about it, but in my picture of the world the civilized world has been making stupendous efforts to recreate the situation of the first perinatal matrix: "everything is available yet I can't do anything". The state of "in the mom's tummy". Yet not one of those making the efforts seems concerned to enquire about how the people's souls perceive it. Why listen to the soul? God forbid, people may start living...

There is another way of development of the civilization — development of the human consciousness. Bidding farewell to the maternal aspect and moving towards the paternal one. True, it is a much more difficult option, as everyone will have to make their own effort. Can't ask anyone else. It is something akin to learning to walk. Can be achieved with someone else's support but moving your legs you must do yourself. And yes, the big mom will always be willing to extend her love and support to such movement.

It surprises me when people perceive the paternal aspect of the Universe as punishing. With such attitude they may as well start fearing their own actions, thoughts and efforts. "Mom – take me back, I am scared of Papa!" But it is the paternal aspect that demands of us to have our own thoughts, actions and efforts. Signing off my books, I often use this line: "Any problems, including diseases, are nothing but folded wings. Let yours be always spread!"

Those civilizations on the planet who have chosen this way of development, have totally different elderly. Strong, wise, knowing. At some point of time I went to Peru because I just realized how badly I needed some person who would be older and wiser than me. We have so many elderly people around us — but all of them gradually degrade as is, of course, implied in our mom-creating culture. They turn back to babies. Back to the first perinatal matrix. Their advice leads to the same place. Back in the mom's tummy.

A good friend of mine has shared with me her experience in India when she saw some poor old men sitting at the bank of the Ganges. She got horrified by the sight. One of the men sensed her state, went up to her and hugged her. And suddenly the woman felt how much health, wisdom and peace was there in that man. Whereas in her, who was so much younger, there was ailing, confusion and fear. She realized that she did not need to worry about the old man, but should rather think of what kind of old age she herself was heading to.

Well, that's the story. I have already said that the maternal aspect seems simple and easy, and the paternal aspect seems tough. Forgive me for repeating it once again. Often, having met with the paternal aspect in our lives, we see it as a punishment. However, a challenge is not a punishment but a moment of

choice that every person has to make. A choice of whether we want to develop our own consciousness or allow it to degrade.

## **Wings**

When I sign a book, I often use the same dedication line – not because I can't come up with a new one, but simply because I am so fond of it: "Any problem, including disease, is nothing but folded wings. Let yours be always spread!"

Let yours be always spread!

## **On social ecology**

A simple revelation that the Universal Truth is one and inexpressible in words whereas truths are plenty and all of them are, so very regretfully, subjective and carry at best a subtle hint to the Universal Truth, comes to people at a price of more or less pain and suffering. In my picture of the world, no growing-up is possible without suffering, and each attempt to avoid a little pain will sooner or later lead to a big one. A classic mythological example is Buddha who was shielded from all the suffering by his father till certain age, and then he got it "all at once".

The multitude of truths is there for a simple but objective reason — a truth depends on the point of view of the observer, on his or her age, education, faith, upbringing, moon phase, sun flashes, glucose and hormones' level in blood, monthly cycle and other such things. What is seen by a spectator in the audience and by a magician's assistant standing behind the magician's back are different things, although both these people are present at the same event.

All the attempts of the humanity towards making everyone see only one truth have been so far fiercely resisted by other participants of the "project". It is understandable, of course, since the urge to have it "this way only" is typical of a 3-year-old and should be reducing with age but somehow it is not. And it cannot, since the ideology of fight remains the basic ideology of the "civilized" humanity.

At the age of 3 fighting is appropriate as it helps the child to become aware of the "Self" and his or her borders. At the same age empathy begins to awaken: having caused pain to the other, the child suddenly feels pain himself; having refused to share a toy, he feels disappointment of the other. For me, "empathy" and "humaneness" are synonyms. A cat hunting a mouse, judging by outward

signs, doesn't feel any shade of compassion. The cat's truth is simple: victory means lunch.

When a child feels compassion, he finds himself in an impossible conflict between his animal nature and his soul. If he follows his animal nature, he remains a 3-year-old forever, a being with rudiments of human consciousness. If he follows his soul, he faces the fact that all the social institutes established by the humankind so far, are intended for the 3-year-olds. Wherever may a mature person go, everywhere he or she will be offered to fight. As an old joke goes, "The good always wins over the evil, because he who has won is the good."

The idea of the fight is so deeply ingrained in the mass consciousness that the mere thought of "the fight" being unnecessary may appear incredibly stupid. I remember my shock when I realized that the "official technogenic medicine" is, in fact, fighting not the disease but the person himself, and more specifically, his soul. And the key task of the medicine seems to be to not allow growing-up, keep the human consciousness in the animal state. I don't think it became thus by a deliberate decision of some "saboteur", rather the state of the medicine mirrors the state of the society's consciousness. A great Russian doctor Nikolai Ivanovich Pirogov had appealed to the Emperor Alexander II to make him a Minister of People's Education, having reasonably deduced that the foundations of the nation's health are laid not in the public health system but in the education system. Alas, even to the Tzar Liberator Alexander II, Pirogov's ideas appeared "too much". They remain "too much" to date.

A director of the school that my children attended shared her observation that the role of a teacher as a source of knowledge seems to have lost its meaning, just as the traditional approach to the school textbooks lost its relevance. Earlier a teacher or a textbook could be programmed with any "convenient" information, thereby shaping the consciousness of the whole nations. But now even a first-year student can google his truth and present it to prove he was wrongly graded. In the modern world, the teacher's role looks more appropriate as that of an adviser and a reference expert for the child who tends to seek knowledge on his own. Otherwise, a fight between teachers and students is inevitable.

Some time back there was a TV talk show on the subject of fight with international terrorism, and there was that one woman who proposed a "nonsensical" idea about fighting terrorism by providing good education and general awareness in the countries known as terrorism breeders, adding that although it may seem like a slow way, yet it is humane and quite effective. For a few moments all participants stopped talking but then resumed as if they never heard her, - because for the consciousness of 3-year-olds winning is much more important than a co-development.

Why so? It would be naive to presume that money is at the root of all evil. If you observe behavior of 3-year-olds, you will find that they often strive to win even to their disadvantage. Winning gives that wonderful feeling of energetic superiority. That's the whole point of the fight. Although that feeling comes with the fear of losing the superiority, but then the fear isn't nearly as important as the superiority. Welcome to the squirrel cage of history.

Search for solutions suitable for all parties brings peace to the soul. Such is the existential choice — either the feeling of victory and superiority, or harmony and peace of the soul. Ah, there is one person who, I am deeply convinced, deserves the most honorary award from the humanity, although he may be known only in the professional circles. His name is Stephen Karpman — an American Jew of Russian origin; what else does it take to be a genius? He discovered and described the so-called Drama Triangle. When one 3-year-old tries to snatch a car from another, sooner or later some sort of intuition would tell the attacker that he went wrong somewhere, even without any empathy. It's plainly more interesting to play together.

However, the moment a third party gets in, the situation changes dramatically. The third party adds impetus to the struggle. So to make the music play forever, three players are required: a "Persecutor", a "Rescuer" and a "Victim". Continuous switching of the three roles is the basis of most acts motivated by the 3-year-old consciousness. They don't miss a chance to state: "I am not simply after my adversary's energy, I am doing what is "right"!" And for a naive 3-year-old spectator it looks exactly that. An example from Russian history: first "expropriation of expropriators", then "expropriation of those who expropriated the expropriators". The aim of the 3-year-old's consciousness is not justice, but fight, capture of the adversary's energy.

To hide the true state of affairs from themselves, it is customary in the culture of the 3-year-old consciousness to seek someone or something who or what can be assigned a role of the Persecutor. That is roughly what happens when not-so-bright parents mockingly spank a wall because "it hit our boy". That is how phantoms of Persecutors are created. Humanity knows many such phantoms: crises, diseases, unemployment, terrorism and so on. A classic line of brilliant Bulgakov, as spoken by the character of professor Preobrazhenskiy: "Disarray is not in closets, it is in the minds".

I will try to reveal, for example, some of the mythological Persecutors, although with a pinch of irony.

"Global economic crisis that we are trying to overcome". Translated that means: "Forgive us, citizens, we erred in our plans and calculations and couldn't reach agreement between ourselves. Looks like chaps in Latin America are smarter, their economy is on the rise". Something like that.

"Medicine fights diseases". What is indicated in the "etiology" (origin) section for most "diseases" that the medicine fights? "Etiology not known". So if, say, reference to the virtual monster of "disease" were prohibited, doctors would be forced to tell the "patient": "You know, frankly we don't know why "that" is happening to you. My colleagues and I have examined you down to the molecules but couldn't find the cause. Looks like the Creator had done one thing wrong; you should have been created of titanium. And there is no need to read the line of the Old Testament: "So God created man in his own image....", or unnecessary thoughts may start popping up, and why would you need that?" For the 3-year-old consciousness to consider the possibility of the "disease" turning into a "gift" trying to manifest itself in vain... NO! That is not the way to think! Fight, fight and more fight!

"We will eradicate all crime!" Once I consulted a director of a brewery who had effectively stopped beer smuggling by his workers. What he started doing was whenever he needed a beer for personal consumption, he would go and buy it in the shop at the brewery premises. At the discounted price, i.e. at the cost of production. Slowly the workers followed the suit. No comment. Remove the virtual Persecutor, and actual participants of the conflict will come to light.

Humankind has always known scientists who went beyond the 3-year-old consciousness, not for advancement in their professional carrier but out of love and compassion for people and out of yearning for the Universal Truth. The concept of biosphere has been developing for some time, nearly for two centuries. Well, actually it had been known even to the ancient cultures: "Heal yourself and thousands will be healed around you". Arnold Mindell was the first who publicly surmised that every problem that humanity faces exist within every person, too. In other words, as long as each of us wages a wasting struggle with own self trying to defeat it, a similar sadomaso process will be unfolding in the outer world. A cat who doesn't have a mouse chases its own tail. As long as a war rages inside, it will be raging on the outside. How to stop the war? Heed to your soul.

At the end of this article I would like to present the principles of social ecology. In my view, struggle for the environmental ecology is pointless, as destruction of environment is a natural consequence of the prevailing state of consciousness. A child doesn't bother whether he has torn or soiled something — there will always be mom who will clear up.

I would like to introduce the concept of "social ecology" into habitual use.

Only solutions that truly suit all the conflicting parties, may be called socially ecological.

The belief that such solutions are unattainable is, in fact, a hidden desire to continue fighting, which is typical of the 3-year-old consciousness. War is

sweet, and it gives temporary relief from facing internal contradictions. If one of the conflicting parties projects itself as senior, which is the case in many conflicts, then the true proof of seniority could only be in wisdom of action and decisions, and in no way – in demonstration of power.

## **Principles of social ecology.**

First published on website [idi.in.ua](http://idi.in.ua). Presented here is a slightly expanded version appropriate for the article.

1. Conflicts and contradictions are unavoidable. As dialectics has shown, unity and conflict of opposites are a natural source of development. The problems occur not due to the fact of the conflict but out of the choice of behavioral strategy in the conflict.

2. Any conflict is a misunderstanding. Literally, «lack of understanding». When understanding is found, the conflict gets over. Essential transpersonal meaning of the conflict is in development of individual and collective consciousness.

3. There are three basic strategies of behavior in the conflict: fight, escape and development. Desire to win in the conflict does not lead to resolution since the root causes of the conflict are not out there in the world but in the very consciousness of each conflicting party. Alleged victory in the conflict simply shifts the conflict onto a different plane. Often that plane appears quite removed from the field of the conflict in time and space. In my picture of the world, in the countries where the “war on terrorism” is waged, it’s often good citizens who start to behave like terrorists and shoot their own neighbours. They simply manifest multiple internal contradictions that are at the root of external conflicts.

4. For any conflict situation, there are solutions perfectly suitable to all the conflicting parties. Such solutions cannot be a result of a consensus that equally poorly suits all the parties; instead, they are solutions of a totally different level, enabling the best possible development of each of the parties.

5. Search for such solutions is possible and the humanity has long developed tools for the same. However, the socioecological way is not being sought due to the prevailing stereotypes adopted by the majority of the social institutes.

6. Resolution of internal contradictions a priori leads to resolution of external conflicts. The opposite is also true: search of solutions at the different level in external conflicts a priori leads to resolution of internal contradictions.

7. The path of development looks more difficult than the paths of fight and escape, however, from the point of view of social ecology it is the only path worth treading as only this path leads to the evolution of consciousness.



Indeed, ladies and gentlemen. There is sufficient potential of rationality accumulated on the planet to stop turning the wheel of fight of everything with everything. Creativity is no less engaging and brings more happiness.