

Newsletter 14: Defence, Resistance, Obstinance and Fear



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Dear Friend of True Self-Knowledge,

Self-knowledge is so fascinating because it will explain the entire world to you as part of the truthful recognition of yourself. Whether you study an atom, an elementary particle or even a quark, or whether you look at a social system or attempt to understand an individual human being or some part of nature, you will always be confronted with the basic characteristics and principles that apply throughout the universe. As soon as you study in detail an aspect or a part without isolating it from the whole, you will very quickly recognise that everything is connected, that nothing can be divided and the fact that everything follows the same call. So why not start with yourself?

With regard to exploring self-knowledge, our last newsletter dealt with breaking away from conformity and compliance. Such a breaking out should not really take place externally as this would be merely a reaction and thus keep us entangled in what we want to break away from. It seems likely and most probably inevitable that we will initially make this mistake, thinking that we can free ourselves from what is wrong and what we want to shake off through opposition. But ultimately we will come to realise that freedom only arises by understanding the prison we are in and that its walls can only be torn down by seeing and not by rebelling against it. This is why we will have to start by recapitulating precisely these reactions of defence and resistance that go hand in hand with the awakening for what society and morals have done to us in order to be able to advance on our path of revealing the Innermost in us. Freeing ourselves, which means totally rejecting society's morals and values, is the first step in the process of self-knowledge. As we have seen in the last newsletter, the freedom to look at everything without any taboos must be there right from the beginning. Only negation of all the thought constructs, to which we are exposed, will enable self-knowledge and meditation. However, freedom comes only from seeing, from detaching ourselves from anything that has been imposed on us, by recognising the personal pool of egoism, into which all of humanity has isolated itself as a result of the conditioning it has experienced, by understanding that we are degenerating in this pool of egoism. By negating what is not love we will find love. In love, the separation between the ego and the Whole disappears, the pool of the ego dissolves itself back into the flow of the Whole.

It is the intelligence of seeing that liberates us from all entanglement. Intelligence is not found in making critical assessments, in judging and being able to differentiate. Seeing what is there indicates intelligence. Really seeing what is there brings about transformation and true change.

Before this can fully prevail in us, we will need to work our way through the individual steps of acquiring self-knowledge, through many errors and through many doubts and failures. Defence, resistance and defiance against what has been imposed on us will only come alive in us when in the process of self-knowledge we begin to awaken to our conformity with a rotten society and its morbid values such as envy, competition, possessiveness and corruption, and all the conditioning we are subjected to as a result. Since we most likely fail to find immediate access to the essence of this defence, to the rejected feelings (such as powerlessness and defencelessness), we tend to get entangled in defiance based reactions and try to break

through the walls of conformity by fighting against them. However, seeing in stillness will soon reveal to us that we are entirely on the wrong path. It will also bring us in contact with the associated fear that the defence would like to avoid.

We begin to surmise, on the one hand, the fear of querulously manoeuvring ourselves into a dead end with associated consequences, and on the other hand, the fear of the essence of rebellion, the rejected feelings, the feelings of exclusion and helplessness. There is also the fear behind conformity and compliance, which we will see later on.

We see that self-knowledge, despite the fact that it has a special kind of beauty in every stage, is not particularly inviting. Who wants to confront feelings such as fear and obstinacy if they can be avoided? It requires the intelligence of insight to keep going and not give up. Not many people seem to have this intelligence.

Liberation from the conditioning we have inevitably experienced, from the bordered-off ego in which we isolate ourselves, is more an elimination of this entire internal inventory, as the warriors call it. We free ourselves from unconscious and habitual submission to these structures of conformity, we accept full responsibility for everything that is there and put aside what we deem not useful. We accept what we believe is still useful, though not as a guide rail to be followed mechanically, rather as vibrant, acknowledged content of our authentic way of being. This is a long process, which everyone of us has to go through at a very individual level. The ego is given its appropriate space, the intellect is relegated to its limited sphere of activity, everything rediscovers its natural and original order. Consequently, it does not make much sense and it is also practically impossible to attempt to describe this process in detail. I will therefore provide just one or two examples for illustration purposes. Being conditioned to follow traffic rules makes sense, so I will retain it, while being drilled to compete with and compare myself to others I will reject as being destructive and I will therefore delete the associated thought structures within me. Honouring my parents and being grateful to them I recognise, to some extent, as a value that promotes community. Thus I retain these relationships, as something vibrant and alive and not as a habitual pattern, even though in general I avoid any relationships governed merely by custom and tradition and terminate their corresponding patterns in my brain. And so on...

Before this inner order can be revealed as an expression of utmost intelligence, we pass through a complete series of emotional states as part of this process of overcoming compliance and conformity and initially tend to be entangled in them before we understand how to integrate and thus overcome them. As soon as the resistance against the inner truth is waning, our true nature shows itself initially in our animal response options – the defensive feelings such as aggression, anger, hatred, and jealousy with which we often respond to the challenges of reality out of fear. We will look at these defensive feelings next time. Only when we have freed ourselves through precise observations from all entanglements to which we are bound by these feelings, will the actual feelings, the rejected feelings from which we have tried to escape through these superficial and intense reactions, become visible underneath. Feelings of defencelessness, powerlessness, helplessness as well as abandonment and loneliness will still surround us for a long time afterwards until we finally find peace and inner stillness by surrendering to them. These rejected feelings correspond to a deeper layer of our true nature. They bring us closer to what we will ultimately explore as our Innermost, that what is really true.

Naturally, fear is a dominating factor in this whole matter. In our search for security, we barricade ourselves in our ego, segregate ourselves from all that is unknown and difficult, that might invade us from either inside or outside, adapt to society's demands for conformity, and so on. Fear shows up anywhere on our path to self-knowledge and lurks in the background of

all our endeavours. The desire for security, and the fear associated with it, form something like the basic engine behind all those aberrations we humans find ourselves in.

Fear will therefore always accompany us until the end of self-knowledge. It lies behind our intense outbreaks of defensive feelings, in just the same way as it stands in front of our recognition of the feared rejected emotional states. Only when we have worked through all these confusing states in our self-purification process will we be able to fully understand the fear, and only by understanding the ruminating thoughts that drive the fear, will we be able to overcome it or bring it to a stop in us. Freeing ourselves from fear by learning to confront what is there, is one of the main steps on our path to self-knowledge.

Fear is responsible for submission and obedience, creating authority and all the control that goes with it. It is not authority that generates fear – even though in the end there is an interdependency or vicious circle – but vice versa: fear gives rise to the authority, to which it submits in its search for security.

Fear is the actual conditioning factor with which our brain, our mind, conditions itself. Via this conditioning, fear brought forth our society in which we are ultimately trapped. Fear with its negative spin-offs, its servants, the defensive feelings such as envy, hatred, jealousy, greed and ambition, is primarily responsible for the conditioning of our mind and the rotten social system in which our inner state is portrayed. Based on fear, we conform and accept the conditioning of having to be compliant.

Fear wants to avoid the pain that comes with insecurity. Defensive feelings are nothing other than endless filigree excrescences of this fear, just like the rejected feelings are nothing other than the endless differentiations of this pain that we want to avoid. Self-knowledge ultimately opposes this inner disorder and confusion through the discipline of observation and attentiveness with an order that is not its opposite, but rather its end. Something completely new. It brings about clarification through the process of continual learning about yourself, the world, and everything as it happens from moment to moment.

Seeing society as it is, with its aberrations, its derailments, its injustice and monstrosity means recognising oneself. To look at oneself in one's fear driven state, means understanding the society that we are creating through this fear. This "seeing", without any trace of self-pity, defence or judgement, this unemotional and silent observing, ultimately results in freedom from all conditioning, in the freedom of an energy that is not influenced by anything and which we find deep within ourselves. The endlessly destructive cycle of social continuity, in which every generation destroys the next generation, could come to an end.

If many people could discover the path of self-knowledge, then the conditioning and ego-formation that are to some extent inevitable and necessary in certain mechanically functioning areas of everyday life, would no longer degenerate into the evil that destroys everything alive, but would find their place in a grown-up, awakened humanity. Fear and its search for security would be driven back and kept at bay through intelligent and loving guidance, so that the young following the old do not get caught up in the same suffering and do not have to resist the same recurrent imprisonment. The existence of love and compassion, which will single-handedly provide us with security at the end, would make fear largely superfluous.

As we have said at the beginning, self-knowledge will quickly reveal the totality of the basic characteristics and laws that are inherent in everything, the order that applies throughout the universe and each of its parts. It leads you to the oneness of everything, gives you humility to fit into the whole, to find your place in it.

May you follow this call of the Immensity, dear friend.

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