

Newsletter 16: The Defensive Feelings (Competition, Envy, Greed)



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Dear friend of self-knowledge,

What is needed in everything you do, including the process of self-knowledge, is passion. And such passion arises when you see a sense of purpose in what you are committed to. To break through conditioning, you first and foremost need to see it and recognise that you have been conditioned personally, and above all be aware of how and to what you were conditioned. It is not very helpful to think deeply about conditioning. You need to really feel the conditioning in yourself and sense what you have been drilled or trained for. To feel this, to actually perceive it, is already half of the necessary breakthrough. Real recognition takes power away from the patterns of conditioning so that they eventually fall away without difficulty and you can easily detach yourself from them. For example, admitting to myself that I am drilled to be dutiful and unobtrusive, to go through life fearful of my own strength and the authenticity of my own expression, quickly frees me from such or similar patterns of behaviour. You have to develop a great passion for all this if you want to make progress.

The values of our society are based on egotism and possessive thinking, on competition, ambition, envy and greed. All of these are defensive emotional attitudes that hold down and repress our actual feelings such as pain, sorrow and exclusion from consciousness. The average human being lives out of these defensive feelings, out of an egocentric personality that is based on the laws of the two most childlike centres in our energy system and has not yet awakened to the level of the heart. Our society, which is produced by this average human being, is therefore an egocentric society that glorifies division and isolated personal happiness. It still has no idea of common thinking and sharing. There is a lack of passion for shared happiness.

In this and the next newsletter, as in the last one, we want to continue to deal with the defensive feelings and in particular with competition, envy and greed as aspects of our fear of insecurity. These defensive emotions operate from the subconscious of the egocentrically fixated person who has not yet found the maturity of a heart-driven personality.

In the process of self-knowledge it is important to set this maturing process in motion by becoming aware of these subliminal feelings, by assuming full responsibility for them and thereby breaking up the stronghold of conformity, falsehood and double morality, which causes this egocentric fixation on security in individuals and which in society is portrayed as effective morality and tradition.

Competition means comparing yourself, measuring yourself against others. Competition determines our whole life. From an early age we are encouraged and conditioned to compete. The goal is to be better, richer, more beautiful, smarter and stronger than anyone else on all levels. A totally destructive game that inevitably catapults most of us into the position of the loser, from which envy and hatred are born, because we do not think we can bear the exclusion that accompanies it. But even the few winners who succeed in asserting themselves and securing a coveted winner's place are corrupted in the cruel game. Corrupted and obsessed with ambition, they lose all empathy and compassion and are trapped and isolated

within themselves, their avarice and their egocentric world. Their greed completely erodes the basis of existence of the people and creatures that populate the earth.

Conditioning for competition is conditioning for division and therefore, as we are not actually divided, for untruth. It is based on a limited optic of division and it cements this division through continuous reinforcement using repetition of the conditioning keywords. Isolation and the flight from its underlying loneliness lead to dependency, which in turn leads to addiction, to greed for pleasurable things as substitutes, and thus in its wake, the fear of losing them. An endless, destructive vicious circle.

Our society, created by the egocentric spirit of limited thinking, conditioned for division and competition, is full of this destructive game with all its consequences and effects. Justice, fairness, balance, all that for which the falsehood of morality still prides itself, since it cannot completely suppress the conscience of the heart level, is totally disregarded as a result. That human society could ever find its way back to an order of goodness seems absolutely unthinkable, definitely unimaginable, without an Armageddon that would destroy everything beforehand. It seems impossible that mankind will overcome the bulwark of its greed and its avarice through insight.

The good among humans will not come back by us becoming better, as the hypocritical voice of conformity morality dictates, whilst it continues in the underground of consciousness to purposefully provoke division through ambition and competition. Becoming good or becoming better will never bring about the blossoming of the good. Wanting to become good grows out of precisely the same legitimacy that venerates comparison, measurement and evaluation. It is part of the system that is responsible for the domination of that which divides - the evil. Like freedom, being good exists by itself, alone, without an opposite. It takes place now. Where falsehood ends, where evil, envy and competition come to an end, because they are shaken off when we awake to their existence and their dominion over us. To let all that is not good die away, that is the path of self-knowledge. Self-knowledge is dying. Avarice, ambition, envy, competition and greed are expressions of an ego that does not want to die.

Envy and resentment are the natural consequence of a society based on competition.

Dissatisfaction, the greed of those left short-changed and those left insatiable, conflict and war are bound to come from it. Problems such as terrorism, for example, will never end with even more control or additional repression. The escalation of 'more-of-it' leads to a war of all against all. To see the justified dissatisfaction behind a phenomenon such as terrorism, to acknowledge the envy that must arise out of injustice alongside the feelings of exclusion and being short-changed that lie beneath, this will be inevitable for humanity. Their intransigence in this respect, the lack of intelligence that lies in not wanting to see what is reality and truth, this will bring about the final showdown.

The freedom to see, to be allowed to look, the freedom to drag the unconscious into the light of consciousness, this must be at the beginning. Because intelligence, an intelligent new look and new beginning, can only become effective where there is freedom.

Greed is misdirected curiosity, the corrupted, originally natural desire for life and the joy of living. It was corrupted by its link to the impact of neglect, the lack of love and care in early childhood. The desire is misdirected by the fact that greed reaches for a substitute and not for the original. Greed is the hunger for life, degenerated into addiction, which has lost its natural orientation and clings to the wrong things without restraint. Desire, the eternal longing for real life, is the innocent life force itself, which gives us meaning and drives us forward. Greed has lost its innocence and, in an unholy alliance with thinking, desiring more and wanting to possess more, it has committed itself to doom.

Revealing the defensive states of envy, competition and greed, of hatred, jealousy and avarice, of violence and counter-violence, is the beginning of a renewal that is urgently required by the individual and the community created by him. And this is what self-knowledge wants to open up in us. However, this first step by itself is not enough. It would be as if a group that wants to engage in community-making were to remain content with being stuck in the early chaos phase. What is needed is the subsequent emptiness phase, a dying produced through insight, where the people in the group give up old ideas, opinions and fixed points of view and are prepared to listen and respond to each other, so that the group can finally find its way to a sense of community that satisfies all.

This process of community-making, which at group level is no different to the process of self-knowledge in individuals, is what humankind will need or would need. It remains a risk that humankind loses itself in the chaos of uncovering conflicts and thereby destroys itself.

After uncovering the defensive feelings that determine us from out of the depths of our consciousness, we also require the discipline of attentiveness, an intelligence of perception that sees that these repressed defensive feelings, despite their power that vehemently wants to be expressed, cannot be acted on. We must learn to keep these feelings still until they release their inner content: the feeling of exclusion and, ultimately beyond that, also the Innermost, the blossoming of goodness and love in us.

In humanity as a whole, we will hardly be able to avoid the fact that "a lot of crockery will be smashed" before we see reason. However, the individuals adept at self-knowledge should be able to find their way directly into the intelligence of stillness and thus into the death of the false and into the deeper layers of our being. In the stillness of meditation, they will free their mind from any dishonesty. What they need is the passion we discussed at the beginning, a passion for self-knowledge and truth, which they find in the attitude and determination of the warrior. In order not to get lost in any blind alleys on the path of self-knowledge, the warrior's tools are needed: taking responsibility, honesty, giving up self-importance, not letting oneself go etc. Only the warrior can truly survive on the path of self-knowledge.

The solution to all human problems, collectively and individually, will not come from uncovering the unsightly truth about defensive feelings. But this is a prerequisite to uncovering even deeper truths. In later newsletters we will primarily deal with the distained rejected feelings of powerlessness, defencelessness and lostness, which only the warrior knows how to quench. It is not only the winner in the deadly game of competitors that is the guilty perpetrator of the misery that has arisen from it. Equally guilty is the loser, who, unable to bear the feelings of exclusion, helplessness and being short-changed, must act out through defensive behaviour.

Not that the loser's silent surrender to the state that is will bring about the solution. On the contrary, the loser's rebellion is required. He must shake off his paralysis, his cowardice and make clear his distress. However, this distress must be recognised and not defensively acted out. Action, from which good blossoms, always comes from out of stillness, from the emptiness that arises from recognition of what is. Pure seeing without reaction is at the same time a direct action. However, it is a direct action that does not create chaos like all reaction that stems from defence against what is, but instead only creates love and joy.

May you discover the fundamental stillness in everything, dear friend

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