

## **Newsletter 18: The Rejected Feelings (Abandonment, Exclusion, Feeling Short-Changed)**



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Dear Friends of the Path of Self-Knowledge,

In the last newsletter we concluded for the time being our discussion of the defensive feelings: those that are the first to awaken in us as soon as we begin to rattle the structures of conditioning and conformity through self-observation. As promised, in this and the next two newsletters we will deal with the real feelings, those previously suppressed by these fear-controlled defensive states. We call them the rejected or original feelings, those which do not arise as a reaction to another unwanted feeling, but rather occur directly in the life process, triggered by traumatisation and hurt. To be more precise, we should of course add that defensive feelings do not only suppress rejected feelings, they can also suppress other defensive feelings. In the process of self-knowledge, the entire nested ego-structure created by this process has to be dissolved once again layer by layer and illuminated with consciousness. All the states, feelings, reactions and thoughts that we can perceive within us, usually hide something deeper that has been pushed out of our consciousness by defence and dissociation. In the same way as there were defensive feelings such as hate, avarice and jealousy lurking behind a wall of conformity reinforced by fear and defiance, using a precise approach we soon discover those things that these emotions and associated reactions want to suppress and control. And as we have already discovered beforehand, in the end there is even something beautiful hiding behind fear and defiance. While defiance is our latent power that, once liberated, breaks through every wall that constricts us, fear – exposed to the light of choiceless perception – refines itself increasingly into a careful, considered and cautious looking and acting that ultimately originates from seeing reality, from exact self-knowledge. In the light of consciousness, everything finds its way back into the natural pre-existing order that is actually present in the universe.

The purpose of self-knowledge, the purpose of its process of uncovering, is to find the way back to the truth, to the authenticity of one's own experience, and consequently to greater autonomy and quality of life. We thus open ourselves up to a co-operative and intelligent togetherness with all beings that is no longer guided by outdated prejudices. Something true, genuine and deeper lies behind everything that is pretended, false and superficial. In the case of the rejected feelings – such as abandonment, exclusion and feeling short-changed, which we want to examine on this occasion – there are states such as jealousy, hatred and avarice that have literally built up in front of the rejected feelings and have condensed themselves into a barricaded ego so that we no longer have to feel them. Ultimately, the personality trapped in conformity is our imagined ego, which has distanced itself from the frightened being that we want to liberate. Our essence knows no ego. In the end, it once again recognises and risks innocence, a return to the state of innocence, an embedding in an indivisible Whole, whose movement it follows.

The rejected feelings within us have already become much more real, more human, more true; but they are not yet the ultimate truth about us. That we succumb to these rejected feelings relates to our wounded being, which still has to cleanse itself of the traces of its traumatisation before it can rediscover its original innocence and undividedness in the state of meditation. The rejected feelings peel away gradually during the path of self-knowledge and they usually

occupy us for a long time until we learn to look behind them and to penetrate even deeper into our true essence. They, too, still represent subtle ego-structures created by the violations of our personal or collective history. They want to be integrated and understood before they finally let the innermost core within us become visible and free.

There is never a real end to this process, since there will always be certain "maintenance work" related to necessary cleansing recapitulation, the restoring of the state of innocence, that will be necessary as part of meditation. A certain amount of past guilt reaccumulates quickly due to friction with all the inconsistencies, especially in the brutal world in which we have to live. But in principle, we finally come in contact with a fundamental source within us that can no longer be questioned, which is beyond all ego-domination and which allows us to feel once again the connection with everything in a true state of undividedness.

But there is still a long way to go. For the time being, we first want to take a closer look at and integrate these softer, finer, but also difficult feelings, which we usually do not really love – otherwise we would not have rejected them throughout the process of ego-development – the rejected or repressed feelings deep inside of us. They will make us softer, more sensitive and more compassionate.

Mostly, however, our resistance against them is very strong, as we do not appreciate their beauty and reject them as unacceptable. The lack of intelligence in this rejection shows our immaturity. Self-knowledge brings us this maturity, this awakening, through which we begin to see the futility of such a strategy of rejection. As we can see from many examples, the world is full of such feelings, even on a large scale, since mankind as a whole is struggling with the needed transition from rejection to acceptance of the things it has rejected. We encounter it in the more than one hundred years of war against drugs, in the current chaos of attempts to control the refugee problem, in the inability to give up obsolete ways of thinking that prevent us from finding new and shared ways of dealing with environmental destruction, the monetary system, creating relationships, the upbringing and education of children, etc. Mankind is suffering from this transition. It will destroy itself if the transition cannot be accomplished.

The path to follow, the path of self-knowledge, consists of sincere and honest looking. This intention alone, this attitude, nullifies any defence. Those who are willing to honestly perceive what is, will also see. Usually not all at once, and unfortunately not immediately and directly. But in a persistent process of true seeing, layers of petals one after another open up until the whole blossom of reality becomes visible in its beauty and incomprehensibility. Since seeing also gives rise to immediate action – initially predominantly internal action, but ultimately also external action – this seeing is enough to change everything, to change us and the world.

We will not be able to look at every single one of the rejected feelings as they dare to come out from under the wilting defensive state that has repressed them for so long. This will be your life's task, dear friend. Something that you will have to accomplish like every single one of us, if you really want to contribute something to a change for the good on earth. And this happens all by itself as soon as you establish in yourself a quality of honesty with regard to your perception.

Here we will turn to the most important rejected feelings and especially those that begin to light up from behind the defensive states we have looked at in the past newsletters: in particular the feelings of abandonment, exclusion, and being short-changed that lie behind jealousy, hate and avarice; the powerlessness, helplessness and defencelessness that lie behind competition, greed and envy, and the loneliness that lies behind our pleasure orientation.

This time, we will address the first three feelings, namely abandonment, exclusion and being short-changed.

When we explore jealousy honestly, we soon discover that abandonment is the feeling from which we want to distance ourselves. However, if we start taking an interest in jealousy and dedicate ourselves to it without prejudice, we discover that in our relationships we are still behaving like babies who do not want to learn to cope on their own. The feeling of shame surrounding this childish immature attitude that comes over us when we see it, is usually enough to quickly free us from this inability and finally reveal to us the beauty of abandonment, which begins to show itself as soon as the abandonment really has space within us. We will deal with this later when we begin to discover the authentic core within ourselves. The exclusion, the isolation into which our own hatred has manoeuvred us or that we feel when faced with the hatred of others, is quickly no longer terrifying if we lose our fear of it and decide to live in complete stillness and mindfulness without reacting to it. It is amazing how unproblematic it is to be exposed to feelings of this type and to be able to hold them in oneself, as soon as we give up the idea that this is unacceptable. We experience a real boost in maturity by doing so. From being whining children, who always have to look elsewhere to seek support from others, we transform ourselves into considerate, self-contained adults, who no longer need to react hastily and become entangled in tricky situations as a result. All exploding monsters or addicted fugitives quickly collapse within us and make room for a dignified, intelligent presence that can truly relate to others and does not simply connect with others in predictable, standardised patterns.

What a joy to really grow up! All these rejected states soon turn from being dreaded impositions into best friends – guarantors, who will never let us fall back into the mixed up state of spoiled, hurt infants. An inner order begins to develop. An inner stillness too, an inner space of boundlessness. But we will come to that in later newsletters, once we have come to the end of this supposedly arduous path.

Unfortunately, we humans tend to be endlessly stupid in this process. And it is the same every time. It is only after we have completed a particular step that we realise that we could have done it immediately, without taking any time at all, without endless practice and learning; that there was never any need to stumble into this trap of unintelligently defending ourselves against something that we find challenging, this trap of closing one's eyes to reality and truth. To our excuse it can be argued that this learning step is also a step in our evolutionary development, which hopefully, if many succeed in taking it, will soon be reflected in our genome, and that the stupidity of it, at least in part, corresponds to our current state of consciousness as prescribed by our evolutionary development.

How can we not see that behind the avaricious defensive attitude that excludes us from a generous coexistence, hides our feeling of being short-changed, which our thinking is afraid could happen again? How can we overlook the stupidity of such a strategy that merely corrupts everything and brings no advantage at all and then stick to it in a narrow-minded manner? How can we not recognise that we are missing out on a shared paradise for as long as we refuse to accept a culture of giving? "Give what you didn't get!" the Buddhists are rightfully teaching. Do they see what beautiful things their forefathers discovered a long time ago? Or do they, too, only move in a tradition of meaningless sayings, barricaded behind ego walls made of hate, avarice, jealousy, fear and resistance, like everyone else?

Why are we never prepared to let an emotion like feeling short-changed spread out within us and experience that this is not so bad, that we are able to do it, and that allowing it is a great liberation? How can we remain so limited, so unenlightened, so unawakened, without at least realising the fact that we have completely lost our way?

Are we ahead of the times, dear friend, in that we have dedicated ourselves to self-knowledge, in that we see that a different path is needed, a different approach to the challenges of life, a new strategy? That we are also willing to attempt this path? Are we the new genome, or do

we already carry the new genome within us? This new genome that will finally assert itself, that allows compassion and togetherness and puts it ahead of egoism and egotism, that sees that we can leave behind our fixation on childishness, leave behind the attachment to our animal heritage. That we do not need a dysfunctional, conceited ego based on old injuries in order to master our life? That this ego, on the contrary, keeps our best skills in check? Or are we freaks, exceptional phenomena in a lost world?

In the next newsletter we want to continue to approach our Innermost by illuminating once again the rejected states that are hidden behind defensive behaviours.

May you succeed in being an enlightenment freak, dear friend

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