

Newsletter 19: The Rejected Feelings (Powerlessness, Helplessness, Being at the Mercy of Someone or Something)



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Dear Friend of the Path of Self-Knowledge,

When people set out on the path of self-knowledge, they awaken for it and are at first often enthusiastic and progress rapidly. However, at some point their life theme, which for many people lies in the realm of rejected feelings, catches up with them. They come to a standstill and the breakthrough into the Innermost, which seemed so tangible at the beginning of the process, moves further into the distance again.

Of course, there are also people, in fact the majority, who in connection with their life theme are already at a standstill in the defensive feelings. Jealousy, possessive thinking, need for control, competition and envy, are the 'popular candidates' among the feelings which they simply cannot let go. It is to be expected, however, that the people who are attracted to self-knowledge are those who are already a little more mature and that their main concerns are rather the deeper feelings.

One can only speculate about what makes us more mature or immature in this sense. Obviously, there are differences that can already be observed in children. Even in a family, in which all the children have grown up similarly, there are huge differences. The fact that their learning about the rejected feelings comes to a standstill at the 'stupidest place' in the whole development process is very tragic for the 'more mature' people, as it is extremely exhausting being permanently exposed to the burden of the rejected states. People, who have to struggle with these rejected feelings for a long or endlessly long time, often feel as if they should never have started with self-knowledge as it seems – at least from a superficial point of view – that their fellow human beings, who remain trapped in conformity, are obviously better off. That we have overcome the fear of the deeper layers within us and largely given up the wild reactions of the defensive states, does not protect us from exposure to a great degree of suffering caused by the rejected feelings; to some extent even having to bear all the rejected suffering of humanity.

The task at this point of development is therefore to open oneself up not only to one's personal pain, but also to the stream of suffering of all humanity, to pain itself, supra-individually; in a sense, as preparation for merging into wholeness and unity. This usually also includes coming into contact with the consequences of collective guilt from the distant past and 'being allowed' to clear up one's share of it as a contribution to the Whole. The latter is then already part of the process of encountering the transpersonal boundary layer found at the stillness point in the middle of the head, which prepares our awakening for the very Innermost in us, or in other words, the level of the crown.

As I said before, it is stupid being stuck in this uncomfortable place practically for the rest of our life without ever having the prospect of breaking through. Paradoxically, however, this is precisely the challenge for this section of the path, as we will see in a moment. And it is uncomfortable only insofar as it is not yet possible to find acceptance for this state, and so it seems that only the path of failure leading into despair and depression is open to us.

The confrontation with the liberating rejected feelings is actually a much more interesting and much more demanding challenge to our intelligence than dealing with the agonisingly restric-

tive defensive states. The crux of the matter is that every rejected feeling in us can only dissolve and gift us the energy freed from it, when we consent to remain with it without complaint, without any defensive reaction, and if and when necessary, forever. This is precisely the paradox: only total acceptance of the unwanted, finally frees us from it.

The prospect of being stranded for the rest of our life with powerlessness, helplessness and being at the mercy of someone or something seems absolutely unacceptable. This is why, in our immaturity, we resist and gladly flee to the defensive feelings that banish this unpleasantness into the underground of our consciousness. However, in our stupidity, we overlook the fact that this cannot provide a solution and that, on the contrary, the unresolved will sooner or later demand its reckoning from us with twice the force.

To surrender, however, seems impossible to us in the beginning. How am I ever supposed to accept that which is simply not acceptable? Only when we break down in despair at this insolubility does our awakening intelligence begin to realise that the solution lies in this dying – for that is exactly what it is: an act of dying. To be powerless, in a state of powerlessness, is precisely the state we experience at this point, the death point, and it is the state which must be given space in us if the greater things that we want to consider in later writings – love and the destiny that is born of it – can finally pervade us. To be completely helpless, the state of helplessness, is exactly the state of being lost, which finally, once all resistance and reaction have come to an end, can find a home. A total surrender, the state of being at the mercy of everything, which is the prerequisite for us to be accepted into the ‘paradise’ of stillness.

Our intention in this newsletter was to deal with powerlessness, helplessness and being at the mercy of someone or something. Behind all rejected states we ultimately find an aspect of the essence of our innermost being. The rejected feelings form the entrance to our home, to our core. We will concern ourselves with this much later.

All rejected feelings are repressed by the egocentric personality, by the self of the conforming layer, and repressed further still by the defensive states in the already awakening person. Only when this defensive reaction to our deeper and truer layers of emotions is withdrawn, can the rejected feelings really show themselves in us and blossom fully, so that, to the extent that we can fully integrate them, they can then wither away.

It may be a tragedy not to go beyond this point in a human lifetime. However, to be able to see and accept it as a theme for a lifetime, will be a comfort to us if this is what has been allotted to us, if these are our limits. The purpose of this – to establish an unbending and unpretentious warrior attitude in us – will undoubtedly gradually reveal itself to us in the years of wrestling with these states, and will, in itself, be a gain worth living for.

Among the defensive feelings we examined, we looked in particular at competition, envy and greed: those states that consciously or mostly unconsciously form the values of our corrupted ego society. It is precisely these facets of our anxious defence that we use to ensure that powerlessness, helplessness and being at the mercy of someone or something – the feelings that they repress – do not occur in our lives. On the path of self-knowledge, we finally for the sake of truth and reality allow these feelings to occur, and finally face up to what appears impossible and leading to insanity.

To be defeated in a competitive struggle leaves us with this almost unbearable feeling of powerlessness, which we normally straightaway defend ourselves against through irate internal and external acting out. Thus, conflict and war have no end in the world.

A person who is adept at self-knowledge chooses a more meaningful strategy. He allows that which – seen superficially – means his downfall. He surrenders. He acknowledges the feeling of powerlessness within himself, he befriends it. He realises that the old strategy gives birth to

even more powerlessness. He begins to sense that powerlessness wants to lead him into a new dimension, to reconnect him with a paradise that seemed long lost. With the risk that he might be once and for all stranded in this state of powerlessness, because he will not find the ability in himself to go beyond this state, he sets off on his way. He is powerlessness. He takes the place of those powerless in the world and humanity. What he struggles for and what he may not be able to achieve, what powerlessness – like all rejected feelings – teaches him, is inner stillness.

We will hopefully later discover that this dimension of protected wellbeing without suffering actually exists, and that stillness grants us access to it in meditation.

Envy and greed accompany all competitive struggles. The powerless loser tries through mischievous envious intrigue to compensate for the helplessness that comes from not being able to assert himself, so that he can at least prevail to a limited extent by inflicting damage on the opponent. As long as he remains thus entangled, he is going with the fear that is at the centre of all defensive attitudes and emotional states. He is fear-driven. However, practised in self-knowledge, he finally realises that fearful thinking can only give birth to more and more fearful living and he begins to pause. The act of pausing, of being still, leads him into the woe and pain that forms the essence of all that is rejected, of all rejected states and feelings. In the awakening of the intelligence that brings about this pause, this action through non-action, he begins to realise that pain is the gateway to the Innermost, to enlightenment and release from all woe; and that in acknowledging the woe, the woe itself can show its innermost essence, which leads beyond all suffering. And although he sees that there is no guarantee that he will ever be able to achieve this state of complete stillness that is a prerequisite for this kind of transformation, no guarantee that he could ever catch more than a fleeting notion of the happiness beyond, he begins to set off on his path knowing that he has found his life-theme, his vocation, his destiny. He is prepared to accept that it would be enough for him to become at least an unswerving, steadfast warrior on this path. And as with all rejected feelings, he will certainly gain so much maturity in this process that he will be able to understand that enduring these states is not so difficult in the end, is no longer an endurance, but rather a pause for the beauty that they also possess.

The loser in a competitive struggle is completely at the mercy of the insatiable greed of the powerful and victorious. How could he not need to rebel against this unbearable state of being at their mercy? How could he bear this humiliation? Is his only option to grasp greedily and perish in the attempt? Is there nothing left apart from the present day all too common rampage, the terrorist-like self-destruction should he succumb to it? Or does he see that with such behaviour he will only continue to entangle himself – and with him the whole – in feelings of powerlessness, helplessness and being at the mercy of something or someone; and hence will only inflict even more pain and suffering on a troubled humanity? Will he realise that it ultimately needs a strategy completely different from the previous one, one that definitely leaves behind the animalistic and debilitating heritage and patterns of retaliation? Will he see that it needs a black hole in the midst of this turmoil and that he has been called upon and chosen to be this black hole? A cul-de-sac for all these feelings, the anxious defensive feelings and the painful rejected ones? A black abyss of stillness that ingests all, draws everything into itself and unifies it? A black hole in which everything that drifts over its event horizon is destroyed, erased and pulverised?

Ultimately, the love, born of pain in our innermost, is like a black hole that draws in and purifies all that is impure or repugnant, and which ultimately destroys all untruth and non-love. Love is destruction. Love is a black hole that ultimately opens up into a completely new universe, into a new story. And all that has been, all that has passed, pours into this new universe as newly created purified basic energy. But more about this later in further newsletters.

Can we see all this, dear friend? The truth about it? Or do we let ourselves be convinced by philosophers who today want to make us believe that the all-fulfilling Spirit, which wants to take us in and guide us, does not exist? By those who still cannot or do not want to see that this Spirit has already been scientifically confirmed in the quantum field?¹ By those who think that they are allowed to turn their own limitations into law; who think that their lack of competence in finding access to something, constitutes proof that it does not exist.

Castaneda's great Don Juan, who was long ago expelled from their ranks in an attempt to declare him charlatan, described them as warriors who failed due to lack of clarity. Warriors, at least!

What do you think, my friend? Should we not go one step further together and at least fail when faced with the third enemy, power, rather than fail when faced with the second enemy, clarity, as happened to all of those who, like Moses on Mount Sinai, only get to see the promised land from afar, only fleetingly, because they were not granted the possibility of building in one lifetime sufficient stillness as is necessary for enlightenment? An enlightenment, whose existence the philosophers deny, but whose possibility they can at least recognise. And who, in contrast to the aforesaid philosophers who are perhaps merely jealous, exude wisdom at the end of their lives.

What do you think, dear friend, will we at least be blessed with this good fortune?

Samuel Widmer Nicolet

¹See for example: Ulrich Warnke: Quantenphilosophie und Interwelt / Der Zugang zur verborgenen Essenz des menschlichen Wesens; Scorpio Verlag, 2013 [Quantum Philosophy and Interworld / Access to the Hidden Essence of the Human Being]