

Suffering from Trauma Driven Wealth

The reality of poverty is undermined by an illusion to which a significant number of us highly capable people are attached. The illusion is voiced as, “We can take as much as we want for there is no limit to the available resources that we crave.” The illusion fosters in us the false belief that we can endlessly gather and that the only reason that other people don’t have as much as us, or more realistically, as much as they need, isn’t because there is a limited supply and that we take much more than our share, rather it is that other people aren’t intelligent enough and don’t work hard enough to get as much. This illusion subtly instills within us the belief that we are superior to the people who have less that those who have less are less worthy. We sustain this illusion with the belief that we have the God given right to have dominion over them, just like we do with the animals, plants and mineral resources.

May I ask if as I’ve suggested that the influence of the illusion over us is so complete, are we then not in serious trouble? If so, could it be that subconsciously we may be suffering repressed guilt and shame because we are inadvertently inhibiting so many people’s efforts to gather enough to live a healthy life? And tragically, aren’t we then suffering because in living in the grasp of this illusion it is stripping away our Soul. If that wasn’t a heavy enough burden, it seems to me that we also suffer from a pervasive state of paranoia that one-day these people will gather into Hordes and come after us. Could this then explain why so many of us who are eminently successful, live in self-imposed prisons; richly decorated to be sure, but within guarded gated communities in homes making full use of all the latest technological anti-burglary and invasion systems. As if this wasn’t enough don’t we feel even greater vulnerability because we fear that we and/or our children might be kidnapped for ransom? All of this combines into our living a life under the grinding weight of heightened tension and anxiety. Basically our engagement within the illusion is self-destructive of our Free Will and Choice. For sure, we are deeply trapped.

The depth of the self-deception leads me to feel very concerned about the illusion’s long-term affect on our mental health. Especially revealing is our difficulty to even explore the subject. Why? Is it because our subconscious defense mechanisms work 24/7 to protect us from the living reality that we who seek to control life are so fully controlled. Wow! The power of the Illusion coerces us into a life of Denial that distorts our ability to perceive our circumstances accurately. Sure, we feel like we are in control. Isn’t that what all our wealth is about? However, upon reflection doesn’t it now seem that our decisions are actually based on misinformation; information fed to us by the Illusion in order to sustain its control over us.

In presenting this I definitely include myself as having a history of experiencing many levels of denial. Hopefully, as you read what follows it doesn’t seem that I am blaming us for our behavior, as in my viewpoint, we highly capable people are innocent. Why innocent? I feel that we are innocent because we didn’t choose to become like this. From my experience past overwhelming life’s circumstances affected us. In my life I was subjected to a series of terrifying intra-family trauma(s) that threw me off course. When looking at my family, I can now see that I was brought up in a home that was dysfunctional due to my parents and the generations of parents before them having experienced their own terrifying traumas.

Things had to be going really poorly for them to have made the choice to give up their lives in our ancestral homelands. My parents were the children of traumatized immigrants and were raised within their own crippling emotional family and cultural environment. I would suggest that even for those of us who believe that we haven't directly experienced trauma that just being raised in a family with an ancestral history of trauma is sufficient to affect our sense of wellbeing. Many people with whom I have discussed the affect of family trauma share a similar viewpoint and can see how trauma can be passed on to the following generations through what is called genetic memory.

The Immigrant Experience further complicates this, our lived experience within the cascading affects of trauma, and the prejudices through the American Acculturation Experience. Most of our families came to this country initially not just for greater economic opportunity, but because we were fleeing a dangerous political and religious situation. We left in fear and with a feeling of great loss; loss of our homeland; our way of life. This destabilized us as individuals and destabilized our families. With this burden, in our weakened state, we opened our arms to an illusion that in the short run filled us with hope. It filled us for the same reason that so many people experiencing depression overeat. It's our feeling of being full that temporarily provides a sense of comfort and security. In the push to accumulate, with each experience of getting it, it provides us with this exact feeling of fulfillment. This experience of getting the next deal or object is the Illusion's Seductive Promise to which we have so fully succumbed.

So, What describes the essential nature of our American Way of Life? Perhaps the word, "Capitalism" would capture the essence. Just the word "Capitalism" denotes the drive for capital driven by the compulsions to experience being a free spirit with the added spice of survival of the fittest. I feel that for us, Capitalism has taken on an almost religious format. It seems to me that it trumps our acknowledged religious practice as the primary driving force of our culture. Its values of accumulation have been raised so high that it challenges the very existence of a good and loving God.

The anxiety and fear generated through the underlying unresolved influence of Trauma, which is then directed by a drive for safety through the focus on unrelenting accumulation has a terrifying outcome for not only us, but for society and culture. For us, who are very good at what we do for a living, it generates the imagery of a society that can have only one winner, where in order to get to the top we have to disable if not eliminate the competition who seeks this same goal. In this drive for dominance we have, and hopefully inadvertently, evolved a culture of unrelenting cannibalism. This is ultimately self-destructive to our economic competitive edge. Expanding corporations consume more and more of those less able, thus leading to a hidden monopolistic economy that has become top heavy. We then delude ourselves into believing that we should reduce costs ever more completely in order to demonstrate to the investors our competitive edge. Through endless automation we cut down on workforce costs. One day with no workers needed we will have low costs and maybe no one left with any income to purchase what we produce.

I feel fortunate that I somehow became aware of this, and let me share that this vision of our state of being upsets me deeply. I stood witness to how the Game of Dominance has consumed our ability to act within a body of Common Sense. It upset me so deeply that it overwhelmed the hold that the illusion had rooted within my psyche. I was so angry when I began to see the hold of the illusion over me. It was this anger that

gave me the impetus to make every effort to pull myself out of this turmoil sufficiently so that I could gain some perspective.

Don't doubt that I loved having the world at my command, however, when I have the strength to look at how I have used this degree of empowerment, I can't really say that I can be proud of myself. It's amazing, in some sense, that those of us who are so capable did not choose to use our talent to enhance the welfare of our larger family, society. We could be so helpful in developing ways to improve the function of Capitalism so that "No one is left behind." For me, lifting my head up was like awakening from some form of drugged sensual dream. In awakening, in the ensuing moments of self-reflection and honesty, I could once again feel the depth of my True Values. This philosophy of Winner Take All that was so involving and really exciting and which consumed me, was in the depth of reflection, anathema to my nature as a family and community inspired person. It is so out of balance with my spiritual goals of love, peace and harmony. In struggling to come to grips with the conflict of the drive for unrelenting accumulation counter posed with the drive for a cooperative and sharing life style, I had to look beyond my Judeo/Christian/Muslim upbringing for perspective. This Journey of self-awakening took me to the roots of Pre-Colonial Indigenous Spiritualism.

Yes, America, meaning The United States of America, is now the Fountainhead of advanced technological military capability where in the near future we will not have to put people in harms way when we seek to dominate another society. We will increasingly be able to disable their infrastructure, their financial foundation and their military power electronically in the form of cyber-attacks and with kids in uniforms in front of video screens flying drones in our creation of World Domination like a Video Game that they were raised on. We won't have to have veterans returning from foreign lands experiencing the guilt-filled consciousness of PTSD as a consequence of unwittingly being our tools. So strong...slaughtering people they didn't even know existed before enlisting, purely for our political and financial gain. I can no longer delude myself into believing that this is what it is to be an American.

For us to be True Americans is it only about endless accumulation and domination? Yes, it's important to be strong and able to defend ourselves. But when this is all that there is, then don't we become tyrants to those who are less able than us. Is this what we truly want? Is this what we work for?

Maybe some reflection on this would be helpful before continuing to read.

Now, with this awareness increasingly integrating into my being, upon awakening in the morning I wonder what good I can do on this day. It starts for me with a quick review of what it means to me to be an American of this, our land. Yes, Respect is critical for myself and for others. To incorporate this I dress in a philosophy that venerates Life and from this emerges the perspective that Everything is Alive and Connected. To me, because I can feel Life's Connections, that Everything is part of Our Whole, it feels right that we would be better served as a society to make sure all parts of our Societal Being receive sufficient life resources to be healthy. This philosophy is a strong antidote to the poisoning clutches that the illusion had previously maintained.

So as I share and then apply this philosophy through this writing, to me, Capitalism then is not just a word that describes a system of finance and economics.

Because Capitalism manifests through people and the manner in which they interact, Capitalism is so much more than a word. It is Alive. It occupies that part of our mind that encases behaviors of survival. It influences our perceptions, our values, and our choices. Being alive through us, it seeks to consume some form of life giving energy. It feels to me that it consumes our life energy as it directs us to endlessly accumulate, far beyond what we will ever need to use. This endless activity of accumulation strips us of the time to reflect and to contemplate and to evaluate the outcome of our behavior. This state of self-ignorance has a deleterious affect on our worldview and the lives that we influence through our power. We are, can I suggest, blindly addicted to the drive for more. Isn't living a life of addiction that influences our every waking moment the epitome of suffering?

The issue to me, therefore, is that it would best serve our welfare should Capitalism not be free to consume all of the life force to the exclusion of the rest of our Being. For it to succeed in this unbridled consumption will lead us to the death of our existence as a people who ultimately value living in a democratic culture. For us to regain some free will and choice, freedom if you will, this life force called Capitalism, while essential, must be regulated to a median state of being so that it promotes and serves the general welfare before any individual surplus is put aside.

Just like in viewing us as innocent, until we awake and consciously choose our application of our life force, so too then is Capitalism innocent. What I am suggesting is that it isn't that Capitalism is either good or bad, rather I am attempting to move this exploration to another viewpoint of life. The core of this life view is that when any living organism is out of balance, it is unhealthy. Let's look again at eating. Eating is not only essential, it is a great pleasure. However eating too little or too much is a sign of illness. Currently in our Culture as a living Organism there is a growing disparity between those who have and those that don't.

In our current state of unrelenting gorging, with most of the energy of life now going to us, our small group of people who hoard this life force thereby gathering so much more than we can ever consume, has lead to the emergence of a Societal Disease. By restricting the flow of energy to all people, we are unconsciously introducing a form of gangrene into our societal body. Translating this into our consciousness, a growing group of people are being forced, not because of a lack of intelligence or willingness to work, to live on less then they need to remain healthy. These people are part of our family and are essential to our survival as we are essential to their survival. We have to remember this and regain a healthy, wholesome and family perspective as to the nature of our society. You might wonder why Great Civilizations don't last. Could it be because they have become so far out of balance with most of their resources going to the hierarchy, that in weakness the bottom collapses out from under them?

Again, the critical focus of this exploration is on the illusion that so fully affects those of us who are able to gather without any limitation to our effort. When the health of most of the people is negatively influenced and no cure is made available, then the prognosis is for an ever-increasing dysfunctioning of society leading to a state of chronic illness. This increasing disability affect us, the highly efficient gatherers at the top of the economic scale who I am suggesting are entrapped within the illusion that there is endless resources to gather. To fail to acknowledge this and therefore resist any effort to support a more healthy distribution of essential resources to the general public will be

catastrophic. I would like to suggest that it is suicidal to deny our engagement within this compulsive illusion.

Because of how I see our situation, should we feel that it would be unreasonable to, well frankly, categorize us as mentally disabled, emotionally unstable, and cognitively impaired? I guess I am suggesting that we desperately need help before it is too late. But how to do this “In-reach.” I am very concerned as to the difficulty to reach into our elitist group as so many of us are so unresponsive and unreceptive. Not only that, how can we be introspective when we are being encouraged in what we are doing? Encouraged like this. Our behavior is being reinforced by not only our peers but by most of the people whom we are hurting. How? There are so many people in the general public who want to be just like us. These people feed our egos through their unstinted admiration of us as great role models who represent the Ultimate Achievement of The American Dream. We aren’t just wealthy, they see us with the most Un-American nostalgia for Kings, Queens, Dukes, and Earls.

Maybe all of what I’m sharing is also an illusion. Likely all humans are caught up in some form or other of an illusion. However, if it is possible that we are also caught up within an illusion, then are we as safe and secure as we believe? Does not the engagement within any illusion disable us from the reality of our lives? I wonder if you’ve ever seen the imagery of an Opium Den in which people are lying on beds, drifting into the smoke of pleasure, drifting and drifting as their bodies and cognitive ability continuously atrophies. They are fully engaged within their illusion, which has become their reality, and their life force is being sucked dry even though they feel euphoric. So, this may be what is happening to us. In this exploration I am suggesting that it is the life energy within us upon which the illusion feeds. The more disciplined and capable we are, the greater the concentration of consumable energy and the more the illusion will seek us out. In this possibility I am suggesting the title of this plea, “Suffering from Trauma Driven Wealth.”

Let me remind us of a story that we heard when we were young. In this story a dissatisfied person in order to achieve “success” seeks out The Devil to make a pact that in exchange for success the person agrees upon death to give up their Soul. Could this have happened to us on a subconscious level due to our experience of Trauma and experiencing the forces of Material Acculturation, which drives us to gather in order to encase ourselves in an illusory capsule of Safety and Security?

In balance, Capitalism is a wonderful vehicle for economic achievement. In this way the healthy drive for a reasonable degree of consumption generates a synergy between Capitalism and People. However, when consumption becomes increasingly excessive, Capitalism as an economic vehicle takes the form of a parasitic relationship with the life force of People being consumed to the detriment of their welfare. To be specific, I feel that given what is happening in our culture, the movement toward the parasitic relationship is what is occurring with the outcome being the deterioration of our Way of Life that benefited us so greatly from the earlier synergetic interaction of Capitalism and Society.

Ok, enough. What to do about this? Of course, with all I write I am presenting my insights, experiences and observations. In no sense is this an academic article put together through research of other people’s viewpoints. This being made clear, maybe the first step is to self-educate how the illusion infiltrates our lives. In this process of

discovery it is so helpful to share with each other our insights to this situation. This is what I hope I am accomplishing by sharing this.

It is instructive to us to be conscious as is to details of the psychological mechanisms that allow the workforce and us to feel good about our effort regardless of the suffering our work causes others.

For me it the discovery process has led me to a viewpoint of how this illusion infiltrates our living economic and social experience. Here's what I see.

By being the "High Priests" of Capitalism, we highly disciplined and successful people are not, as we believe, operating from free will and choice, but have been programmed to be driven for endless "Increased Opportunity." Let's look at some ways that this programming was accomplished. The system generates focuses of opportunity through competitive economic structures such as private, public and corporate businesses. Dominance and the take over of one's competitors is the goal, just like in the role modeling of many of our "old school" storybooks, the combat of athletics and for the millennials, the video and internet games we have enjoyed. Being vulnerable because of our past traumatic experiences, these stories and games rewire our brains to be receptive to the illusion's suggestions of increased empowerment.

It all feels so good! Our most powerful businesses attract the most capable people, thereby we increase our concentrated reservoir of energy: (Human Resources). Once this energy is gathered, like any "battery," it can then be drawn upon and directed. When a person chooses to respond to being recruited and then is hired/commits to a job/workplace there is a concurrent loss of choice as to the use of one's energy. While employed, their energy will be directed by us through the function of the job/workplace. Their energy has been purchased/gathered.

How does this loss of empowerment take place? Perhaps like this. Each workplace has its own culture. In the initial phase of employment we ensure that a new employee is presented with the values and standards of our business culture and the employee must adapt themselves to our business culture in order to pass the probationary period. Frankly, each of our workplace's culture is a fabrication. We create the culture to obtain the highest degree of commitment and work endeavor. Whether it is a large, medium, or small business its Culture is a fabrication and in that sense an Adopted Illusion.

This acculturation to our business model is a means by which we subtly introduce a reprogramming element encompassed within the illusion. What we aren't aware of is that it is the illusion working through us that fabricates. It's purpose is to increasingly blind our work staff and without being aware of it, ourselves, to the consequences of our work that is harmful to the community and to the environment. **This is the essential means by which the illusion gains mastery over us. The illusion blinds us and masks the reality within a system of rationalization that supports the benefit of the illusion.** The consequence is that the negative outcome is "dressed" as a positive, thus providing the illusion, which sustains the morale in our work effort.

An example could be seen in our participation in making armament that are "dressed" as defensive mechanism to protect our homeland. This of course is true

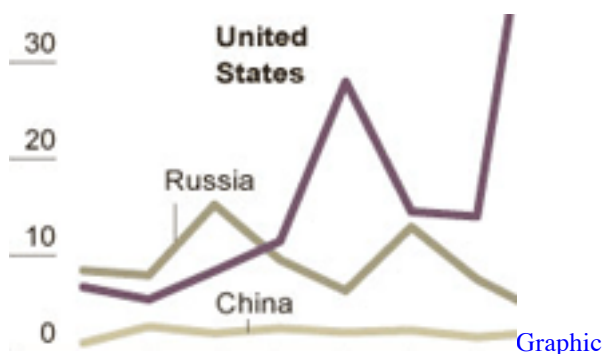
however in addition to protecting our homeland, a good percentage of our bombs are sold to “Our Allies” who may or may not be our Allies tomorrow. Just like we armed Afghanistan’s effort to eject the Russians during the 80’s only to discover that in the end we had armed our current enemy, the Taliban. The following is outdated statistics however the foundation of it is still sound.

U.S. Arms Sales Make Up Most of Global Market

By [THOM SHANKER](#)

WASHINGTON — Weapons sales by the United States tripled in 2011 to a record high, driven by major arms sales to Persian Gulf allies concerned about [Iran](#)’s regional ambitions, according to a new study for Congress.

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Overseas weapons sales by the United States totaled \$66.3 billion last year, or more than three-quarters of the global arms market, valued at \$85.3 billion in 2011. Russia was a distant second, with \$4.8 billion in deals.

The American weapons sales total was an “extraordinary increase” over the \$21.4 billion in deals for 2010, the study found, and was the largest single-year sales total in the history of United States arms exports. The previous high was in fiscal year 2009, when American weapons sales overseas totaled nearly \$31 billion.

The rationalization of production for self-defense is a positive myopic outlook, and effectively blocks The Truth. Armament sales are one of our biggest businesses. This outcome of the work that I am describing is “removed” from our consciousness. Our morale is lifted by slogans such as, “America the Beautiful, The Protector of Democracy.”

Intuitively, the illusion is very threatening to us and yet it successfully masks itself under its veil, constantly stimulating our vulnerabilities due to our history of repressed trauma. Once we experience a life trauma, our complete sense of safety is

shattered and because we didn't die, we spend the rest of our lives working to re-establish a sense of safety and security. It is this deep sense of insecurity and vulnerability that opens us to the illusion. Inherent to the blinding elements of the illusion, it is armed with a comprehensive defense system that is triggered by any effort to unveil its hidden reality. When reality "nudges" the illusion, it activates anxiety in us and should the "irritation" continue and intensify, the defenses come to the forefront through the use of our power acting through programmed and focused propaganda. If this is insufficient, then through our politician's influence upon decisions that lead to police repression. This failing, then we trigger the extension of military force. The function of this defense is to render the threat, Truth, physically, emotionally, and cognitively not only inoperative, but illegal as it is reframed as a threat to National Security.

A good example of this was the effort to repress the Anti-War Movement against The Continuation of the Vietnam War. While this repression ultimately failed, it was the last time that a democratic opposition to a governmental policy succeeded. Was it really our goal to undermine our own civil rights? A good example of the complete repression of a democratic opposition was when President George W. Bush stated after a very large Anti-War Demonstration that while the majority of the public was increasing unhappy with the continuation of the Wars in Iraq and Afghanistan, that while he was glad that people were able to express their opinion as is constitutionally guaranteed, it was his decision nonetheless to ignore the majority's wishes. Following this, when the Occupy Now movement began to gain support, repression was advanced by bringing the police into the situation in which the Occupy Now groups in New York and Los Angeles were forcibly removed. The effort to repress a democratic opposition to government, as was enacted at home against the Occupy Now Movement, was the exact reason why in the Middle East the NATO Forces with the impetus of the United States felt justified to authorizing the bombing of existing government forces we felt were trying to repress the Arab Spring. Hypocrisy and Revelation.

Like I suggested earlier, we are innocent. In our cultural system of Capitalism, we who make our exquisite living, due to the illusion integrating with our unconscious and unresolved trauma issues, are "forced" to deny any responsibility for the negative consequences such as poverty and the undermining of democracy. The illusion, as stated earlier, has rerouted our brain's neuro-system to defend it against any variances. In the very core of this mechanism lies denial; a complete set of rationalizations that provides us a means to reframe the negative consequences and to shift the responsibility to the very people who are experiencing the worst elements of these negative consequences, those being the poor and unrepresented.

I hope that what is being read here is stimulating some vestige of our consciousness. It is critical that we begin to accept that at least to some degree that there is a relationship between our delusion that we deserve everything that we take, and the increased suffering that a large portion of our citizens experience. I believe from my experience that we could benefit from accepting the possibility that we have been raised to block Reality. Let's look a bit deeper, if you are willing.

You see, because of the Illusion, we have been enslaved to our strictly psychological system of defenses that are activated when Reality Approaches. The Illusion by co-opting Capitalism reinforces its power to deceive us by its ability to reinforce it values through an energetic and highly addictive system of reward. The

influence of the rewards being addictive, overrides any efforts to self-moderate participation in this system. What's also interesting, the system of reward dampens our sensitivity to the needs of others. An image that comes to my mind is the ability of the saliva in the vampire bat's bite to act as an anesthetic so that the victim doesn't feel the teeth's penetration that permits the sucking of blood that leaks from the wound. That's how the illusion works on our sensitivities. We just don't feel it.

Attached to the Illusion is the crippling supportive emotional dynamic that the very existence of poverty elevates our mood as we succumb to the insidious feelings of greater self-worth. "Look at what I can do that they can't." Without poverty, one loses the benefit of the comparison. The existence of poverty supports our feelings of super-competency and this, in turn, feeds our ego and promotes in us feelings of superiority which leads to feeling free to "Dominate" others. This sense of empowerment acts as an anecdote to the underlying feeling of vulnerability and weakness sustained by our unresolved issues caused by our past traumatic experiences.

Are we still able to struggle on some level to open our minds to our need to accept that there is some form of cultural hypnosis that has addicted us to the Illusion? Or are we really so shut off? Maybe the resistance is about: *What we can't accept is someone explaining to us that we are trapped, victims, and maybe even slaves to our subconscious feelings of vulnerability that is "forcing" us to continue to endlessly accumulate.*

However, all is not lost. There are people amongst us who have achieved the ability to be consciously aware of our trauma and as a result have developed some effective management skills to monitor its effect. This group, by its very nature, is very conscious of the causal relationship between over accumulation and poverty. We can know them by experiencing their empathy and their advocacy for the fair treatment of those struggling.

In addition to our small number of people, there are larger numbers of people who struggle as individuals, to wrestle the illusion in the effort to manage the affect of their trauma. Struggling in this fight for freedom, you can recognize them by their effort to seek support through the spiritual guidance and community of religion. With the help of a "Heavenly Father" those of us in this group are able to feel more secure, less vulnerable, and by being in the company of others of a similar experience, are opening up to sharing. The welfare of our lives requires us to be bound to our church, without which we would decompensate. We may or may not be conscious of this need to connect, but we do so out of "Grace." It is this Grace that allows us to be sympathetic if not compassionate to those who live in poverty.

The rest of us, well. There are others of us who do not attach to the positive community of church, but rather to a community that self-isolates as a group, bonded together through financial derivatives of safety and security. To those of us in this category, we are the Capitalists. Because we operate from a subconscious level, no rational input has any lasting affect upon our awareness. We cannot see the relationship between over accumulation and poverty. We only see the world as a threat and we use our intelligence and abilities to foster the very fear that "created" us. We fear any opposition to our point of view because in our ancestral homeland we were unable to curtail that opposition and as a result lost loved ones, our homes, and our ability to make a living. Because of the depth of our traumatic experience we can never trust again. We have to support strength and control as a means to protect our fragile egos. We are blind

to the pain that our economic choices foster on those less aggressive than us and we will attack with force anyone or group that has the will to challenge our behavior.

Let me say that those of us caught in this iron grip of the illusion really aren't alone, but for now that's OK. We will continue to reach out, hopefully in a more effective manner as we ourselves learn more about our condition.

In review: Because I have a mental health background both in experiencing trauma and recovery I feel that Capitalism is "run" by those of us who are of the "Highest Functioning" seriously mentally ill. Those of us in this situation use the economic system to bolster our feelings of security at the cost of a great deal of suffering for the rest of society and indeed the world. We are innocent because again, we are unaware of our dilemma. We act without consciousness because we are possessed by a Force that has corrupted our values and yet has provided us with the illusion of a positive outlook to our behavior. It is so subtle, comforting and eases us through the moral valley that unsuccessfully tries to reassert itself within the depths of our mind. This immoral Force has corrupted our outlook on life and reinforces itself with a veneer of paranoia that accentuates our fears. Because this causes us to live in denial of the relationship between excessive profit by the few and the increasing loss of ability to make a living for the many, we feel in our imprisoned depths the shame and guilt of our state of insensitivity. The more we accumulate the greater our fear that the poor will rise up to get a share. The paranoia leads to the psychological need to have everything and every one under control. The greater the need for control, the larger the loss of the general public's civil rights and in this manner wealthy individuals de-evolve from humans into dragons protecting our hoards. (Sorry Dragons for this analogy.)

Now, who can reason with a dragon sitting upon its hoard? "Come on man. Give up some of your hoard. You know share, share, share." Flame!!!!

Power is Addictive. It distorts our mind's ability to perceive Reality. It reinforces itself by increasing the paranoia of loss leading to a greater need for safety. It creates the illusion of threat and those of us who are caught up in it, project this fear into situations that are benign and this results in our taking aggressive pre-emptive action to destroy the imagined threat. When we act in this manner, often stimulating the subject of our paranoia to react with anger and even aggression, this just feeds the illusion's hold on us to reframe the situation so that we appear as the victim, fully justified in retaliation. It's just like in sports when the athlete that reacts to an aggressive attack by the opposition. It is this reactive response that gets the athlete called for the foul. This occurs both internally and externally. It becomes an illness that feeds on the loss of trust and compassion.

So, writing this in the manner that I am able, my goal is to reduce the threat to our personal, family, community and national health. A powerful first step in relieving ourselves from the Illusion's mastery over us is the need for the strong regulation and management for the safe use of Capitalism, the carrot to our horse/insecurity. I guess that a good example of regulation is in the same category of smoking. Yes, it would be wonderful if everyone who can't regulate their smoking could be given a magic pill to extinguish the ember of this addiction. However, because that doesn't exist at this time we direct our effort to help people to stop smoking through effective education, which encompasses the visual outcome of failure to do so. While not a panacea, it is well worthwhile as is the effort to educate the young people on the dangers of cigarette use.

Surely it has some limited success and that degree of success is saving lives and preventing misery for the individual and for those who love and care about them. I wonder if the model of education would also be somewhat effective for the children of our people who are addicted to the false empowerment of excessive accumulation and who can't regulate this need.

In writing this I must admit I have struggled mightily to find a way to voice my viewpoint in a way that was empathetic and connected to our plight. To me, we are all in this together up to our necks with the waters rising. I have adult children and six granddaughters who I hope will have the opportunity to be mothers themselves one day. Unless our current trend of living in the innocence of The Illusion is somehow slowed down if not reversed, I tremble in anticipation of the terrible outcome that we will all have to face. Many of you who read this also have children who will or already have their own children. It is our families that we somehow need to protect from so fully succumbing to the Illusion as we have. We need to focus on this and for those who read this who have the strength at this time to stand up and connect to what is shared here, I look forward to your feedback and to any willingness to engage in coming together to work for our children's and grandchildren's futures.

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