

## WORKING WITH NEGATIVITY

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### RUNNING AWAY



Henry Miller:

"Everything we shut our eyes to, everything we run away from, everything we deny, denigrate, or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy, and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it."

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### ERWIN ROUSSELLE. A CHINESE TALE:

"The Chinese - and in this he has remained true to his heritage of age-old wisdom - has never forgotten the fearful aspect of everything that is truly great, and in tales and legends the magnificent primordial monster rises again and again to his consciousness. There is, for example, the story of the dragon-like spirit of Stallion Mountain:

A peasant has dallied at the market and is a little tipsy as he starts on his ride homeward. As he approaches the ridge of Stallion Mountain, he suddenly sees a monster sitting by the brook, lapping up water. Its enormous face is blue; its eyes bulge out of its head like those of a crab. Its mouth gapes from ear to ear and has the aspect of a vat full of blood. Its fangs, growing in irregular clumps, are two or three inches long. The peasant is terrified, but the monster does not look up. Profiting by this, the peasant starts on a wide detour around the terrible ridge.

As he rounds a bend, he meets the son of a neighbor, who calls to him. The peasant tells him briefly that he has just seen the monster nearby, and the neighbor's son asks leave to ride with him. The peasant, eager to carry him as fast as possible from this awful place, lets him mount behind him. As they are riding along, the neighbor's son asks him in a crafty voice: "What exactly did the monster look like?" The peasant feels ill at ease and replies beseechingly: "I'll tell you everything when we get home." But the other persists and says: "Turn around; perhaps I look like the monster." A cold shiver runs through the peasant and he cries out: "Don't make evil jokes. A man is not a spirit." But the other jeers and repeats: "Turn around." The peasant refuses and the other pulls him around by the arm. And the peasant looks into the face of the monster and falls unconscious from his saddle."

Thus suddenly, beneath the mask of everyday, the mask of the neighbor's son, the horror which lies at the primal source of being - the monster by the stream - suddenly confronts man.

He tries to escape but cannot. He carries the monster with him; it attacks him from behind, and in the dread of recognition man loses his senses, falls headlong into the depths." <sup>1</sup>

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### TWO QUOTES FROM PEMA CHODRON:

"Trying to run away is never the answer to being a fully human being. Running away from the immediacy of your experience is like preferring death to life."

"If we run a hundred miles an hour to the other end of the continent in order to get away from the obstacle, we find the very same problem waiting for us when we arrive."

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### THE SHADOW

Jung:

"There is no light without shadow and no psychic wholeness without imperfection. To round itself out, life calls not for perfection but for completeness, and for this 'the thorn in the flesh' is needed the suffering of defects without which there is no progress and no ascent." <sup>2</sup>

Jacob van Ruysbroek:

"I must rejoice beyond the bounds of time...though the world may shudder at my joy, and in its coarseness know not what I mean."

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- the only way [one way] to delineate a character, is by describing the clothes that they wear. The background of the arcane class rituals of Princeton, with its Ivy League focus, also could have been stripped away.

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The occultation of Samten. I once said – perhaps inspired by Malidome Some . . . that one does not have to visit the ground of (where) the ancestors (are buried) – any ground will do. So beer, honey, incense, milk etc – is necessary. Perhaps Robertson. Great Aunt Max.

- my Tarkovsky catharsis – began with *Solaris* in San Francisco and ended with *The Sacrifice* in Cape Town, where I almost strangled Leonard.

The plastic flowers that I used to wash as a child in an enamel basin with warm soapy water. The biscuits arrange Lemon Creams, 6p at Lalabhai Harry's shop on the corner . . . genesis of interest in the Mandala . . . The Trechichoff phase – and some time I turned to abstract art – draw me a donkey . . . the path that leads to Solti.

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<sup>1</sup> From: Erwin Rousselle, *Dragon and Mare - Figures of Primordial Chinese Mythology*, [1934] *Papers from the Eranos Yearbooks*: Eranos 6. *The Mystic Vision*, Edited by Joseph Campbell, p. 107.

<sup>2</sup> Jung, *Psychology and Alchemy* p. 159.

Tell the Protima Paan story - relates to Bang-on-a-Can Mahler - Simon Rattle - George Solti - Bernard Haitinkh - are O.K. are all connected - part of the arrogance, aristocratic tendencies that made me suffer as a child.

Merchant of Esoteric Fragments

I prefer to present fragments, sometimes with working notes in blue pencil, so to speak. Not that I ever use a blue pencil.

Start a Massive project. Teach - serve sentient beings? What would Karmapa want?

I'm speaking in a very esoteric sense now. We have to close ourselves off from the negative energy, which is to say, we have to strengthen the shield that protects the light.

Negative egg: 5th July 2002

Just before I spend time reading your letter and answering I will say a few words while online. I had the thought that Adele, or whatever that particular state of consciousness is, and there are many incarnate examples of it - stands for - it is like they lay their eggs in our souls and then later these eggs hatch out. Rather like the Chestburster scene in *Alien*. So I think we should not carry these negative seeds within us - and we should not allow our 'selves' to become the soil in which they can grow! This is, simply put, discriminative wisdom, and we love Adele, and we say with Jesus, Father Forgive Them For They Know Not What They Do.

But we must Know What we do, and what others do Unto Us... and move on with our lives and process (like cheese) the pain and see where the next line of action and teaching will take us - more later - Samten

If we cannot celebrate our common humanity, we are still static socio-cultural barbarians. Too much emphasis is placed on the negative in our society. We (The Media) seem fascinated by our own shit.

Trungpa Rinpoche writes:-

"Yet the basic honesty and simplicity of negativity can be creative in situations like communities and personal relationships. Basic negativity is very revealing, sharp and accurate. If we leave it as basic negativity rather than overlaying it with conceptualized ideas, we see the nature of its intelligence which is very precise as well as energetic. Negativity breeds a great deal of energy, which then becomes intelligence. When we leave the energies as they are with their natural qualities they are living rather than conceptualized."

Thus quote appears in the Spring 1972 issue of *Garuda* which was subtitled "Working with Negativity", and will surely be seen as one of the most valuable and influential publications to appear at this transitional period, for it strikes directly into conditioned norms of evil, or negativity.

An address before the United Nations, General Assembly on November 10th 1961, continues this theme:

"We live in a world of conflicts and yet the world goes on, undoubtedly because of the co-operation of nations and individuals...Even today between countries which are opposed to each other in the political or other fields, there is a vast amount of co-operation. Little is known or said, about this co-operation going on, but a great deal is said about every point of conflict, and so the world is full of the idea that the conflicts go on and we live on the edge of disaster. Perhaps it would be a truer picture if the co-operating elements of the world were put forward and we were made to think that the world depends of co-operation and not on conflict."

There is an immense depth of truth in these words by Nehru, a great soul - which has just been practically made evident in my own work. Thirty copies of a document called 'The Human Manifesto' were sent out to major social figures and to date the returned comments reveal the naked horror of this distortion of conflict in that even such seemingly enlightened thinkers only mention the war-mongering policies of the United Nations without any mention of the various legitimate activities of co-operation on the Health and Cultural levels. The blame is on each individual but can be seen reflected in the negative national programmes of the media, who follow the attitude that good news is not news at all.

One of the cornerstones of the current transformation process is the shift in emphasis from patriarchal to matriarchal, a movement precipitated by the "Timely Rain" of Tibetan Buddhism and its influence matriarchally on the West.

This again is a total broadside on the abnegation of the feminine psyche and the attendant perverse attitudes of the human sexual functions and nudity. Here we have the view of that matriarch Aldous Huxley in '1984' who touches on the very delicate problem of sex and violence in the Media. It must be understood that especially in South Africa all forms of destructive violence and sadism are permitted on the screen as fit food for the mind of the masses, but not the innocence of an unclothed human form. Huxley writes in '1984': (Quote missing...)

Further evidence can be gleaned from the popular comic strip characters, especially Walt Disney. The domestic setup of both Mickey Mouse and Donald Duck is strange to say the least - both live with three 'nephews' while continuing a relationship with Minnie Mouse and Daisy Duck respectively with never a hint of the consummation of their relationships. I suggest that here we have a mass psychic effect of the doctrine of the Trinity, in its present corruption which is 'The Father, the Son and the Holy Ghost' another very strange domestic setup when we consider that in the Tantric Tradition of matriarchal societies, The Mother is included in the Trinity as it is Her right to be. Perhaps this shift into the root cause of our contemporary confusion - the shift into the truth, alignment and station of the cosmic feminine principle.

To quote from *Maitreya 4*:

"Jung; believed that the late Pope, Pious XII, was acutely aware of the necessity for the reinstatement of the Wisdom-Goddess both externally and internally. He writes of the Assumption of the Virgin Mary being made dogma in 1950:

"It was recognized even in prehistoric times that the primordial divine being is both male and female. But such a truth eventuates in time only when it is solemnly proclaimed or rediscovered. It is psychologically significant for our day that in the year 1950 the heavenly bride was united with the bridegroom."

In other words, the Church rather late in its history, has remembered a truth that it should never have allowed its congregations to forget - the supreme importance of the Divine Equipollence being manifested in the human psyche."

Peter Garst article in *Children of Atlantis*, in S.A. archives. Archetypes and the Yidam. Jung and Tibetan Vajrayana Buddhism.

## THE SHADOW

This is the 'shadow'. Clunk! A concept as heavy as granite blocks . the same applies to *the Soul, the psyche, the ego, the self* etc., all with the Definitive article, singular, whereas most of these terms are non-definitive and plural in nature, in their essence- for example the psyche

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quote von Franz on Onians -

We say he or she is psychic - not the psyche - but is = *esse, essere*.

The *is*-ness of psyche

*Psiche - psichico* - psychic, psyche Psicosi - psychosis, psychopathology, The Shadow operates in the brightest daylight, in fact, the brighter the light, the deeper the shadow! "...a shady deal..." demonisation of the shadow. "...he was a shadow of his former self..." suggesting shrinkage and wasting away.

parasol - for shade against the sun, whereas an umbrella is for the rain . .

The Sacred Parasol, is one of the Eight Auspicious Symbols in Tibetan Buddhism, and perhaps Hinduism and other forms of Buddhism as well.

feeding the Shadow!

The Shadow is a hiatus, a gap, a place where the light is obstructed - turn to the light, and the shadow will not be seen - sweep it under the carpet -

Alter Not the Ancient Landmarks.

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### vulnerable

1 exposed to the risk of being attacked or harmed, either physically or emotionally. **origin** - C17: from late Latin *vulnerabilis*, from Latin *vulnerare* 'to wound'.

Feeling Vulnerable = CLAY - which receives impressions - whereas a block of concrete does not .

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## The Drug Nicotine

Peter Stuyvesant

KING SIZE - Rich choice tobaccos plus the Miracle Filter make Peter Stuyvesant the international Passport to smoking pleasure. Easy draw. More flavour . More satisfaction

Japan Tobacco, one of the world's biggest tobacco companies, plans to make billions from the diseases caused by smoking, through deals with biotech firms for the exclusive rights to market future lung cancer vaccines.

*Guardian Weekly* November 15th - 21 - 2001

Sunday 5th April 1998, *SUNDAY LIFE*, p. 12: picture of Brad Pitt - with packet of Marlboro Lights in his left hand - Article title: "Pitting his pretty skills against the Himalayas."

I Killed the Horse-Headed Gods, We Kill the Horse-headed Gods by Smoking cigarettes. But, since giving up smoking, the Horse-Headed gods are returning, slowly.

Nicotine is a Drug, and it is highly addictive, so some experts say. I remember a second-hand report of a highly placed Doctor at a major University Medical School in South Africa, who only whispered the fact in private that nicotine is as addictive as heroine, if not more so.

And yet, if we look at cinema advertising, we see a world of Fun in the Sun, beautiful couples in helicopters or casino's or whichever site is considered "in" - Seville for the Expo, New York, Bermuda, the French Riviera. In fact it is not the tobacco that is being advertised, but the 'wish-fulfilment of the masses that is being played upon, in a rather diabolical manner. We will never see a cigarette advertisement set amongst the starving masses of Rwanda or in the slums of Calcutta, will we now? It suggests an outstanding addiction to social-climbing.

Another conditioning archetype is the Marlboro Cowboy - the "He-Man" on horseback and around the campfire, or The Camel Man in the jungle or white-water rafting. These are serious manifestations of the Male Psyche as manipulated by the Mass-Media. Again, some tobacco companies indulge in culture. This is known as "produce enhancement". But much more lucrative is the link between Sport as Big Global Business and the Tobacco Industry. One cannot imagine how smoking could be related to sport. Especially powerful again, is the masculine relationship between the Motor Car and the Cigarette. Fast Machines and the Power of Speed are excellent 'enhancements' to addiction. As a cluster of addictions, they define in classical ratio the territory of male chauvinism.

But then, women smoke excessively as well.

We have to ask ourselves to what extent this propaganda has affected us, and to what degree it affects children. For example, according to recent statistics, 3,000 kids start smoking in the USA each day. Smoking amongst 8th graders is up 30% in the USA. [CNN August 1995.]

Now in the light of this, we wonder why Maggie Thatcher, the ex-Prime Minister is, and was working for Philip Morris. Wherever she went, according to a British Documentary screened last year - during her "Far East" Tour - politicians changed their legislation on Smoking. Now that is a frightful statement - that a Tobacco Company has enough Power to change the legislation of a few major Eastern governments.