

War and Other Mistakes in Evolution

(A Medical Psychotherapist Thinks about War)

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Why do people of “normal” disposition grow up to reign down horror of every description; bombing, burning, drowning, maiming, raping, starving, murdering and completely destroying the lives of millions, while seeing themselves as righteous and of good conscience?

Let's take a journey into the structure of the self, and see if we can find out.

THE STARTING SITUATION

The Fall

Imagine that you are standing on the top floor of a tall office building. You are waiting for the elevator. The doors open and you step in.

Unfortunately that day the elevator is broken, and is in fact still in the basement.

Unable to catch yourself in time you start to fall down the shaft.

You begin to experience a degree of horror so overwhelming that it reaches the maximum that your central nervous system can handle before you pass out; however in this case you do not have the luxury of passing out. You hear screaming, realise that it is your own, and wait only a short while for your death.

The fall begins the moment we are born, and does not end until the moment of our death. There is however one thing that we can do to stop the falling; to stabilise ourselves, and ground our feet firmly in mid-air.

We can build a personality structure which we often call the “Self.”

Personality or Self is a structure that takes raw life energies, the predator’s deepest needs and processes, emotional pain, the terror of death, the genetically oriented drive toward self-actualization, and builds them into a set of civilised functions, the appearance of which is far, far removed from their original state.

This ability to transform, transfer and change one thing into another makes personality the most complex and also the most dishonest set of processes ever

devised. Dishonesty stands at the foundation of human life although it is not what we finally want. We must however understand how these hidden processes chain us; otherwise we will never be able to throw them off; otherwise these errors in evolution will bring us as a species, to our final end.

The First and Most important Evolutionary Mistake and Therefore Species Ending Flaw in human development, is the evolving of Consciousness in a Predator. This is so because as Predators we must have electrons (energy) to power ourselves. No electrons mean the end of our life.

The Predator is an Electron Thief, stripping them physiologically from our food; usually but not always killing that food in the process. The stealing of electrons lies at the base and at the very core of predator life. It will inform the development of predator personality or self and thus our consciousness at every level we examine. The stealing of electrons from other life is our Predator Prime Directive, and as we stated, this must be so, since no electrons mean no life. Thus from the beginning and up to this very moment our consciousness is set upon a predator path.

The Second Evolutionary Error and Species Ending Flaw in producing Predator Consciousness, is the seeming absolute necessity for dishonesty, both within and outside our biological systems, in order to acquire either directly through our food, or indirectly through the acquisition of power, the energy we must have. Again, no consumption of electrons means death, and therefore there is no avoiding it as the prime director of all the processes we shall look at inside the machinery of the self, except in cases of genetically ordered altruistic suicide in which of course the survival of the species itself become prime.

How has this come to be?

On the external plane, dishonesty is with us from the dawn of animal life.

The predator says, as it blends into its background, "I am not what I seem to be," (a clump of bushes or an outcropping of the reef). "You are safe and can get what you need here." It is at this point that the unsuspecting are eaten, and give up their electrons to power the predator which has been so carefully disguised by evolution. Thus dishonesty enters biological systems very early in evolution, and does indeed as we also shall see, remain deep within our electron seeking and

electron gathering consciousness. Camouflage is, on the external historical evolutionary plane, the first lie.

On the internal plane dishonesty arises intrinsically and invisibly within the very function of consciousness itself. It then flowers in every direction.

What I am going to begin calling "The Lie", in its very earliest form is completely invisible. Consciousness requires the use of symbols, such as thoughts, words, and images. However these symbols are not the thing they represent. In that sense they are in fact, on the internal plane the very beginning of "The Lie." Symbols have been lifted off and away from what is real; away from the ground of existence. They share this common property with lying. The word "bread" is not something you can eat, and yet if I say I have bread for you, it will move you powerfully, especially if you are starving.

The Third Error in Conscious Predator Evolution, is that words, ideas and symbols, regardless of whether or not they are honest, attain a feeling of reality and thus the strength, or what I call "the fields of sufficient force" to move us. They do so because in the beginning they have a lifesaving connection.

When primitive human's shout "tiger," we pay them heed or we get eaten. Thus what I call "fields of force" come to exist between ideas and the human body. When we group ideas together in what humans call beliefs, these beliefs whether or not they have any substantiation in reality, over the course of our specie's evolution have evolved to feel so real that they can move us to our deaths or to bring death to others, individually or in the millions. If you do not believe in fields of force, try standing next to a piece of luggage in an airport when someone shouts the word "bomb!" The word/symbol "bomb", will bring a field of force from individual or clusters of nerve cells in your brain, to bear on your skeletal frame and muscles, with in fact such overwhelming force, you will move faster than you have ever moved in your life.

The Fourth Error in Evolution, when placing consciousness in a predator species is that because the fields of force do attach to ideas, whether the idea is right or wrong, anything that we can name and communicate, that another wants or fears, will succeed in moving (forcing) them toward our personal and often very untrue reality.

Using this wonderful new tool, that one thing that can stand for another, (the symbol for the reality) regardless of whether or not it represents truth, predators still must of course remain true to the Prime Directive, seeking energy (or the power to acquire it), first and foremost for themselves, or as I said above, in cases such as genetically generated altruistic suicide, for the continuation of the species.

The Fifth Evolutionary Species Ending Error, again concerns dishonesty in the construction of the self, because that dishonesty is profoundly aided by the split within our own mind; the division between our conscious and unconscious functions.

On the surface we feel that we are aware and conscious of our thoughts, feelings, and actions, while underneath hidden from our awareness are deeper predator motivations, intermingled with all the emotional pain we have ever had to bear as child and adult and the resultant fear and rage.

The mechanisms that take the raw predator and enraged child and change the thousands of things it actually is in the depths, into the seemingly civilised creature it appears to be on the surface are the structural essence of the complex lies that rule us. Strangely, it is this changing one thing into another that will allow a civilization, hidden from itself, to stand for at least some period of time before it falls under the weight of its hugely symbolised and displaced (dishonest) behaviours.

Taking a quote from my own free on line book about how this astonishing series of hidden displacements and symbolizations (that can be called at a technical level “dishonesties”), actually work, we can begin to see that when these functions become disordered, and even when they don’t, we can begin to see how in the full extent of having been “civilised”, the conscious predator can destroy its own civilization without even realising why.

“It is the business of the Personality to contain the powerful buried material of the hurt child and also the predator within us. It does this by allowing the slow leakage of these pressures in a highly disguised form. For example, the rage of one child may become the cutting knife of the surgeon, thus containing it and leaking it out across a lifetime in a highly constructive way. In another child it may become the cutting edge of a knife during a street brawl. Yet again, it could become the cutting article of a professional critic.

Whatever the disguise, or what I am calling the “lie”, the impulses come from the same place; the white hot inferno of the unconscious, which is shaped and channelled by the mental mechanisms of defence into all the shades and textures of adult behaviour. *We are the living disguise of a primitive and powerful childhood and primordial predator, and all this is carefully hidden from us by these sideways operating mental mechanisms of defence.*

The transformation of the primitive and the primordial into the adult civilised presentation of the self, is not only extremely complex, but in addition at each shift in its symbolic structure (in the above example for instance, from knife to drama critic), it must bind and contain powerful feelings. The entire structure of the self is therefore under ever increasing pressure even in the healthiest individuals. This will in the end as we shall see, make the self extremely vulnerable to manipulation; manipulation unto death.

The consequence of evolving consciousness into two separate levels, the depths hidden from the surface, is that civilization demands we come to hate the deeper self and hide ourselves, and hide from everyone else. The lie now begins to permeate everything. And thus we live and move and have our being in extreme ignorance, trying to make others believe in the truths that the deep mind generates to construct our false surface.

The first and greatest reason we abhor our own depths, and hide from them, and hide everyone else from them, is that without the disguise given by the external self, we would be rejected by our (civilised) world. Then, alone and unsupported, we would die. We cannot gather electrons if we have no one to manipulate, and no one to stand beside us and manipulate with us, and thus validate the complex dishonest and increasingly pressurised and vulnerable self. And of course we cannot manipulate anyone unless the surface self appears to be functioning for the other person’s good.

A major difficulty in all this is that we have to fool ourselves consciously but more especially unconsciously, first and foremost, before we can fool others. Self-esteem depends upon fooling the self. Without self-esteem we can move nowhere. We cannot even think. Let us take a look at how profoundly crucial self-esteem which is actually self-trust really is as a foundational element in the personality.

A schizophrenic might stand paralysed and unable to take a single step forward if he or she saw (hallucinated) the pavement in front of them disappear and be replaced by the black hole of the elevator shaft.

This loss of trust at the simple physical level has a psychological counterpart.

When some part of our self structure is invalidated, even the tiniest part, we are driven instantly to repair it; in order to stand back and away from the broken elevator door of our death. We fear that the smallest invalidation might mean a total collapse of our self-reality, and thus with no solid ground in our selfhood to stand on, we would fall down into the darkness and die. Our self-protection is profound, instantaneous, and complete.

"I think you are wrong dear."

"I am not. You are the one who is wrong!!!"

We are now nearing the place where we can be taught to give up our lives in war, in order to save the leader's personality structure, and so keep him or her from ultimate terror.

The fragility of predator personality must be nourished with constant validation because as we have seen, it is an extraordinarily complex profoundly dishonest structure under constant pressure. All structures are intrinsically vulnerable and the collection of beliefs that we call personality, which keeps us away from the terror of our fall to death, is no exception.

This problem of validation to keep our belief structures intact is so profound, so pervasive, and so invisible, we can see, if we wish to examine it closely enough, that even the moment you speak one word, you are requesting validation. You expect the listener to give you some sign that you have been heard; that in fact you actually do exist.

Imagine if in the course of a day, not a single person acknowledged your presence, but just simply looked through you as though you were not there. Most people would need a psychiatric hospitalization by mid-morning.

Thus living in complete and hidden ignorance of ourselves and everyone else, we never stop working to be validated; and thus to follow others to obtain it, or conversely to lead others, for the same reason. We hunt endlessly to find the

precious validation which will yield to us finally a sense of safety and a greatly enhanced ability to collect power and the electrons that we must have or ultimately face death from starvation. I stress this because along with other processes it will come to underlie war itself, as we shall see. However we are not quite through the root of the problem yet. We haven't finished looking at the "Lie" we have come to be, in the evolutionary error of having received consciousness in our predator species.

Another reason why the surface rational self rejects the deeper self and keeps it carefully hidden from those who own it, and from everyone else, is that in addition to being predator hot, it works in a way that is completely foreign to the logical surface self. It is a forest fire of drives and needs and feelings, and as we have seen above, it works in a strange sideways seemingly non logical motion. It works through the association of one thing to another, and that is a large part of why it actually is, and what actually makes it feel like, a forest fire, and something to be shunned, until it has been sanitised and projected into the world in a form that will seem logical and helpful and will allow us to manipulate others to their deaths and to the deaths of millions.

As an example of the sideways thought that exists within the heat and drives of our invisible unconscious, and gives rise to the lie of our surface self, if a disease occurs at the same time a stranger enters the town, it must have been caused by the stranger. Clearly then he must be killed. If a woman is said to be a witch and we can hold her under water until she drowns, then clearly we have rationally proved that she was not a witch. Unfortunately however she is now dead. These are the sideways forest fires of our predator unconscious.

Thus we are forced to make ourselves look logical on the surface both to ourselves and to others, when of course and in fact, we are driven by these strange hidden terrifying predator agendas, now sanitised on the surface and presented as helpful for everyone.

The Sixth Error in the evolution of conscious predators is that in being conscious they are aware of their vulnerability as biological beings; aware of the potential nearness of death. This terror of the death/nothingness must be fought and since we are too terrified to look inwards at our own depths, conscious predators pretend to be brave, and do so by coming to see the danger as

actually existing not inside themselves, but rather somewhere and in something they can go to war against; out there. They externalise their terror and enlist our help to neutralise it, at the cost of our lives rather than theirs. The tools they have are the combining of all their too often false personality maintaining beliefs and fears, and the fields of force that are congruent within us all, that will enable them to direct themselves and others (especially others) toward death.

Conscious predators come to believe, to put it in a more sophisticated way, that everything that is not **The Self** is **The Menace**.

Because in fact the external world can and does become threatening sometimes we have no relief from this seeming deeper understanding that the not self, is the menace. The result is that we must find and kill "**The Other**" before the other seems to want to kill us.

This Sixth Error of Evolution (anything other than the self being the menace) has another very interesting and central side effect. It repeats the animal necessity to have territory. Animals mark out a territory so that they will have an area to hunt in that is sufficient to provide for their electron needs.

When we communicate to others our deepest ungrounded terror avoiding thoughts and beliefs, this creates a community (territory) of like-minded predators who can then validate and support each other in these ungrounded beliefs, thus making them seem real. If we are successful in our endeavours, then we have neutralised the Menace that seems to be around us. Those who do not believe as we believe, are outside the territory and must be destroyed.

The Seventh species ending flaw in The Evolution of Consciousness in a Predator Species is the powering up, the solidification, and the complete defence of the delusional, dishonest, highly pressurised and ungrounded belief systems that constitute its personality.

During adolescence under the influence of the hormonal rise, the symbolic self gains its shape; gains driving energy, and above all gains an increasingly solid feeling state so that it cannot be talked out of its symbolic path. Whatever the barrier command of the defences has decreed us to be, the policeman who is constructively handling his own rage by turning it upside down and becoming a

protector, the gay who cannot face himself and so becomes the antigay protestor, the murderous impulse that kills a doctor to protect the unborn, whatever the sideways connecting's give rise to, they go on and on and on, and with the hormonal rising, they gain the unstoppable power of a freight train. All the infinite number of displacements and symbolizations and sideways connections that are born and constructed within us, to keep us away from the elevator shaft of death, **gain absolute solidity**, and nothing can now talk us out of the path of our life. To lose that would be to fall endlessly into death and hence the conscious predators unstoppable drive to self-actualise its personality mechanisms regardless of how dishonest they may be and regardless of the cost to the rest of us.

The Eighth Mistake in The Evolution of Consciousness in Predators which may thus bring their species to an end, is that Empathy comes last.

Empathy is the last and most delicate flower on top of the stem of predator consciousness. It has to be because we cannot afford to empathise with the animals we kill for food.

Empathy is the last process to appear within us and the first to leave, in times of life threatening stress. Everywhere in biology when threatened, the organism regresses to simpler more primitive function. When our life is threatened or when we even think it is threatened, empathy falls away first, and we will kill from one to millions.

The terrible consequence for our survival, of the eighth evolutionary empathic error, is that In fact anything that disturbs our growth physically or emotionally, disturbs the growth of our empathy.

What is less obvious is that when our personality structure is threatened through invalidation i.e. when we are used without our honestly informed consent, empathy fails first. When we face invalidation on any level as children and or later as adults, we feel pushed toward non being and that is the elevator shaft of death. In our struggle to avoid nothingness and death, empathy disappears. It must or we will be overwhelmed by that which undermines us, fall into the darkness and die. How much greater then is the loss of empathy when our homes and lives are actually destroyed; when we nearly starve to death or watch our children get their arms and legs blown off and their eyes blown out.

A veteran I once knew spoke of children playing among the bodies on the battle field. We might call this reverse empathy training, and pretend not to understand where it leads.

Now we have almost all the ingredients we need to create the death of a conscious predator species.

The Ninth Error When Evolving Consciousness in a Predator Species, if you expect it to survive, is that the more emotionally simpler the mind, the more self-assured it becomes in its dishonesties and in its delusions. The power of its self-assurance turns it into a leader as the emotionally weaker minds around it give way to its high validation factor and its threatening posture.

Following a mind like this gives the false but deeply felt sense of validation and safety, that now finally we “know” what the menace actually is and how to deal with it out there, even though in reality it is of course the projection of our own dishonest and disordered self-systems with our deepest fears of the fall to death.

The Tenth Error of Evolution when placing consciousness in a Predator Species is that its feet become firmly grounded in mid-air;

Now at last I have come home to the final ending of my conscious predator species.

Now paradoxically, I can be led to my death as I try to save my life; the life often that was never actually threatened in the first place.

Now finally following a leader too frightened to examine his or her own dishonest and delusional personality systems, a leader of simple emotional mind with damaged empathic processes, I finally feel safe; safe that is, until I realise that I have been profoundly lied to and undermined through my entire life, and in the words of one veteran, “that I, not they, am the monster.”

Clearly when I awaken to this and the hugeness of it, there is nothing left for me except to commit suicide, because there is nowhere, literally nowhere to turn.

Or is there?

“Mommy, daddy, the teacher was mean to me today.”

“Now dear, you know the teacher has your best interests at heart.”

Congratulations Mom and Dad. You have just destroyed your child’s trust in what he sees and hears, his trust in his feelings, and thus as the years go by, his trust in the deepest product of those feelings which would have become his intuition and critical faculties.

Now, unable to trust the foundations of his own personality processes and functions he will desperately start his search for validation. Thus you have created the ideal cannon fodder. He will yearn for validation at any price. He will use his increasingly dishonest (sideways shifting) compensatory personality structures to kill one or millions. You have created the ideal follower of the less emotionally mature, and empathically damaged leaders, who will send your child to his death even as that child seeks the safety that has been taken away from him. And one final thing, you have traumatised his empathic feeling systems, created buried rage, and later in adulthood he will use it to kill.

“Mommy daddy the teacher was mean to me today”

“Was he dear? Tell us all about it and how it made you feel.”

“Well he only ever smiles at Lily, his favourite, and he always gets angry at the boys in the class.”

Congratulations Mom and Dad. You have just created a child who will trust himself and what he sees in the world. He will trust his own feelings and intuition. He will be self-validating and strong. He will know truth from lie.

Paul Vereshack.

Dr. Paul Vereshack completed twelve years of education, at the University of Toronto in 1964. As an undergraduate he concentrated in premedical science, Comparative Zoology, Philosophy,

and English Literature. After obtaining his medical degree and interning at The Toronto East General Hospital he completed the four year Residency Psychiatry Training Program in the hospitals and mental health facilities of that same University. Turning away from General Psychiatry after obtaining a Diploma in it, and not going on to get his certification, he started to explore and practice the new deeper feeling oriented therapies. He is a healthy 80 years old, and has been in the practice of these therapies for more than fifty years. During that time he has not had a single suicide among the hundreds of people he has treated. He has given courses in feeling oriented psychotherapy in Toronto's two Universities and has run Intensive Training Groups in several countries as listed on his web site

He is the author of the free on line book, "Help Me I'm Tired of Feeling Bad/The Psychotherapy of The Deepest Self.

He has been in therapy himself across many years in both individual and group settings. He resigned his medical licence in 1992 after a three year court battle with The Ontario College of Physicians and Surgeons, in matters concerning his methods of therapy. He was reinstated by the Appeals Court of Ontario. He then resigned, and has continued to teach clients around the world (using Skype) how to handle upset feelings. The details in so far as they are allowed to be publicly spoken about, are outlined in the Preface of his free on line book as is much more biographical and professional information at: www.paulvereshack.com

Paul may be reached through the information on his web site.

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Recommended reading for parents: "Tears and Tantrums" by Dr. Aletha Solter

Adult emotional healing: "Help Me-I'm Tired of Feeling Bad/The Psychotherapy of The Deepest Self" free on my web site.

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