

HUMANITY SUMMARY

1. **Humanity Summary**
2. **Humanity Prologue**
3. **The Cultural Affect of Science on the English Language:** An exploration of the underlying foundations of science and as English is spoken it has a negative affect on relationships.
4. **The Shower:** To move beyond the rigidity of Duality and its influence on culture that results in periodic states of extreme polarization, The Shower introduces a moderation where the third variable is introduced. The Shower works on established duality of hot and cold so that it can be moderated through the showerhead and delivers to the user control over the amount of flow from each extreme. In human interaction this would be a viable description of the value of compromise as a result of Free Will and Choice just like how one adjusts the handles on the shower.
5. **Perception's Reflection and its Consequence:** How we see ourselves in others and the difficulty that develops.
6. **Who You Are At Birth:** Each culture supports certain personality types and not others. The consequence is that it excludes personality types that have their own special gifts and unique contributions. This exclusion can cause various states of mental illness and even criminal behavior. The outcome of this is that each culture suffers the loss of the potential contribution from those personalities that are not appreciated.
7. **Schizophrenia as a Repressed Expression of the Shaman:** Following up on "Who You Are At Birth" this article goes into greater depth into the consequence of excluding the Shamanistic Personality in Western Culture.
8. **What is a Teenager?** Teenagers are cultural phenomena in The United States as it encompasses the need to slow down the development of its youth because it already has too many adults striving for a limited number of employment opportunities and affordable housing. The consequence of this repression in development is explored.
9. **Self-Defeating Behavior:** The consequence of rising above one's peers as professional athletes do from impoverished environments that may result in a subconscious compulsion to aberrant behavior that results in the loss of this status. This allows the person to re-engage with peers from their old neighborhood and relieves them of the stress of having to engage with people with whom they can't relate.
10. **Intensity Addiction:** Humankind thrives on intensity, which in many if not all people becomes addictive. The underlying root of conflict and even mental illness is that human nature feeds upon intensity and humans will do anything to experience it.
11. **Financial Addiction:** Continuation of Intensity Addiction as it relates to its influence on the arena of Finance.
12. **Thought Integration:** The challenges that arise when we present or are presented a new idea. The exploration of an idea as a living entity and creating a parallel to the inception of a baby and the care it requires in order for it to thrive over the years into adulthood.
13. **Harmonizing Rationalization and Truth:** Truth is such an amorphous concept. Without a foundation of truth I recently came to realize that my mind has been free to rationalize. I guess this is the process whereby I manufactured a plausible, but incorrect reason for my or other people's behavior. It now seems clear that my engagement in

rationalization has inadvertently yet inevitably led to personal and interpersonal problems.

14. **Denial is When One Actually Can't:** The tragedy of denial is that it seems to prevent our minds from making the appropriate compensations. The damage to the body and or the brain is real regardless of the denial by the person and or by their intimate others. This may result in their living in a delusional state, which prevents them from being able to properly process the situation and to adapt and adjust in a positive manner.

15. **Integrating Therapy into Life:** The subconscious denial on the part of therapists that their training was insufficient and the limitations and boundaries that are imposed upon them leaves their clients with a body of proposed interventions that they can't possibly integrate into their lives. This is a result of The System of Care not providing them with the required time to teach them the necessary skills that these interventions require. A possible adjunct to therapy is explored that might satisfy this need.

16. **My Experience with Projective Identification:** In some form of self-awareness I became conscious that I had been under the sway of my fabricated vision of how life should be and that I had been projecting this on my intimate others. A look at how I explored this and the affect on my life.

17. **Intuitive and Collective Consciousness:** Coming to the realization that the proof of the validity of the wonderful feelings and insights that we experienced in our group by entering into a Collective Intuitive Consciousness is that it must be able to be extended into our personal relationships.

18. **Subconscious and Memory Aspects of Our Being:** In the previous article in "Unifying Conversations," in the G-d section of Outfar10.com, the partnership of The Aspects that make up Our Collective Self, Jonathan, were introduced. These Aspects are: Spirit also known as Intuition, Mind also known as Cognition/Thought, Emotion also known as the expression of Feelings, Trauma the embodiment of the causal pain and suffering as well as a lion of protection, and Body, the holder of Our Being. Now Subconscious and Memory are introduced.

19. **The Holder of Our Experiences:** "I get these insights, and recently, I mean very recently, like a few days ago I was intrigued, very much so with the insight that that unwanted pop-up thoughts are emanating from an aspect that is hidden, yet wants to come out from the dark, so to speak. Now Holder another part of Our Self is introduced to our collective consciousness."

20. **Culture Blocks Consciousness:** This latest challenge for me is to explore in what ways the influence of living in my birth culture, this being the United States, with its unlimited push for material accumulation, military might, instantaneous satisfaction, and e-relationships places barriers inhibiting people like me from living more fully in a State of Consciousness.

21. **How Certain Cultures Promote Life Long Love Relationships:** Love can also be not as an individual expression, but in how well one participates socially. In this way love is experienced and is identifiable through the social norms of one's society. Thus love then permeates into our personal relationships and as a result the love is extended.

22. **What is Missing in Love is Integral:** I now recognize, for me, that love is an art form and that being in love is like being an artist and just because one is an artist that in itself is insufficient to transform the person into a Master. So, being an Heartist is really a

title of one's vocation and falling into and being in Love is really just the first steps of a lifelong journey in achieving excellence in this chosen intuitive medium.

23. Empathetic Conflict Resolution; an Example: How not to be reactive when we feel hurt by someone. Instead of being reactive we can acquire the ability to moderate our response so that we have the opportunity to understand the “offending” party's point of view and the reasons for their feelings, statements, and conclusions. Once we achieve this we can then more effectively how we felt hurt.

24. The Crossroads Intersect: It gradually became possible to me that the phenomena of not hearing what is being said actually is just an inherent element of humans and perhaps even an ingredient that keeps people engaged; without which there is insufficient glue for the maintenance of the relationship.

25. What is Outside is Inside Too: Having incredibly beautiful most core values and not being able to live by them creates a subconscious conflict for the individual and this conflict is projected out into the world at large and into one's interpersonal relationships.

26. This is How it Happened: Still the Christian concept of Love is obviously still in its developmental stage as the Gospel of Love has had no affect on reducing the history of human conflict and has only been used to justify warfare, conquest and then the persecution of the vanquished. So, even such a wonderful value as Love continues to need the nurturing and protection so essential to the young and even the old.

27. The Spiritual Caveat: In my life I have come to realize how relevant being aware of the process of Transition is when I am approaching the point of committing to change as a result of taking on the lived investigation and experimentation of a new concept.