

We're having sex right now!

Dr. William E. P. Fairmont

describes:

Your undiscovered sexual nature

which determines:

The real story of your life.

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Preface

A Peculiar Paradox

If human beings have not discovered their sexual nature by this time (as claimed in sub-title number two of this book) then we have to conclude that something prevents them from being conscious of what they are really all about. People out of contact with their nature can't get wholeheartedly involved in what they do so they fake it. They do things to get them "over with." They complicate their lives. They often hate the drudgery in what they do. It makes them sick. It makes them sickening.

That being the case, then human beings are wrapped up in something other than their real nature. That involvement drains their energies and directs their attention away from themselves.

Everyday, symptoms like what are shown in the newscasts and read in the headlines demonstrate that this other involvement is a terrible disease. Clearly though, that disease is what people "like." That disease is generated by people. They keep it going. They invest in it. They pay for it and when they get tangibly sick from it, some peculiar reaction in them registers the sensation that they have achieved their goal.

This preferred confusion, misery and insanity obligates us to live with a peculiar paradox: In preference to peace, happiness and good will, human beings choose a chaotic, self- destructive life, which progressively alienates them from themselves till it hurts.

When it hurts enough, they need to blot out the effects of what they have become involved in, or they try to fix themselves. That's why we have the drug problem, war, generalized criminality, a glut of technological devices, perverse sexuality and the like.

Some people turn to psychiatrists, psychologists or other "helpers" who purport to be able to remedy these hurts. The idea is that because these "helpers" have read books and passed tests, they are suddenly "authorized" to receive money for their alleged capacity to provide relief for what their patients complain about.

To add to the rub, the great majority of those who seek "help" want the "doctor" to fix it so they can keep living as they have been, but supposedly not suffer so much in the process. Of course that deal can't be made under any circumstances.

To recap: The confusion I've just described can be outlined as follows:

1. Human beings don't want to discover their real nature.
2. They prefer a troublesome existence full of false promises and substitutes for real life.
3. When their irrepressible real nature breaks down due to the pressures and complications that hyped-up involvements always produce, some people seek help.
4. The psychologist therefore is challenged to help people who really don't want that help.

FIVE LITTLE WORDS

Before I became a psychologist I was fulfilling a contract, working in the old elegant Sheraton Gibson Hotel in Cincinnati, Ohio. One night my wife told me that a psychiatrist was in the hotel and wanted to speak with me because she told him of my interest in psychology. Before the night was over he handed me his card. He had written something on it. It said: **“The Basic Neurosis”**, Ed Bergler.

That happenstance changed my life. **“The Basic Neurosis”** turned out to be a book written by Dr. Edmund Bergler. That book, and all the works of Dr. Bergler that I could lay my hands on, became an important influence in terms of how I formed myself as a person and as a clinical psychologist.

Approximately forty years have passed since I received that card. I have had the opportunity to apply many of Bergler’s concepts while working in two cultures on two continents. Over the years, Bergler’s teachings accompanied the changes in me and in the world around me. Those few who know Bergler will recognize his influence in this book. Obviously I’m glad to have had the impetus to follow up on those five little words: **“The Basic Neurosis”**, Ed Bergler.

Now, with gratitude to all of those who earned my respect through their work and have contributed to this book, I present my findings knowing that the reader will resist understanding their content. That seems natural. After all, when I was first introduced to Bergler and the others that eventually had an influence on me, I didn’t know what I was getting into. I had studied others. I thought I knew something. Bergler had something new and better to say. Everyone has resistance to learning something new and more profound.

Admittedly though, I had an essential pre-requisite as I continued to study and practice the influences of those I’m talking about: I WAS AND AM INTERESTED IN MYSELF.

If you don’t have that pre-requisite in relation to yourself, I recommend you don’t read another word in this book. I know that some of you will not take that advice. You will read this book or parts of it, to urgently and blindly try to find something wrong with it. Why not save yourself the trouble? Give this book to someone who has a sincere interest in themselves, or throw it away.

WHY DO SO FEW PEOPLE KNOW WHO DR. EDMUND BERGLER WAS?

When Dr. Bergler died in 1962 he had written and published twenty-two books on psychology and over 270 articles. Yet, in all the tedious years I spent in university classrooms, I never once heard the mention of his name. Furthermore, only on rare occasions did I hear the name, Sigmund Freud. It seemed strange that we were not required to read what Freud actually wrote. We did however have to read criticisms of Freud because questions about them were on the tests. Even when I talked with people who said they had heard of Bergler, I felt they didn’t understand what he tried to say.

WHAT DID BERGLER TRY TO SAY?

Bergler said that the basic neurosis is oral regression and psychic masochism (to be explained in this book). With the establishment of that core idea, Bergler tried to explain how what he called “psychic masochism” is the fundamental defense mechanism in human life. He struggled to show how what appears to be the cause of emotional problems, or to be the problems themselves, are symptoms or “rescue stations.” He pointed out that accepting what seems to be the problem as the problem itself, prevents coming to grips with the underlying cause. In other words, Bergler helped us understand something, that for the vast majority is absurd: That human beings derive pleasure from displeasure and do not recognize either what drives them into their senseless and painful difficulties or the fact that they subconsciously enjoy their suffering.

OTHER POSSIBLE REASONS WHY BERGLER (AND FREUD) ARE MISUNDERSTOOD AND SHUNTED ASIDE

Both Bergler and Freud were pioneer investigators in the spirit of what hard work, intelligence, curiosity and creativity represent. Additionally, they both had what it took to get their findings and experience published and projected against all the odds. The following list attempts to explain why they themselves as well as their work were poorly understood and rejected:

- Both investigated formerly untouched, extremely sensitive areas of the human psyche which got them plenty of non-acceptance from the rigid and insensitive medical establishment of their time.
- Both were Jews, which meant more automatic rejection. Both were pursued by Hitler and were driven out of their native Austria.
- Freud’s works were translated into other languages from the original German. Translations are famous for not capturing the meaning and flavor intended by the author.
- Both investigators developed their findings over time leaving their earlier work subject to discrepancy with their latter criteria.
- In pioneer study and experimentation, the use of methods such as trial and error, self-evaluation and re-evaluation are creditable. Yet precisely those aspects of Freud’s and Bergler’s work were taken advantage of to try to damage their accomplishments.
- Most of Bergler’s writings were presented in English. While Bergler clearly showed mastery of the English language as well as a wide knowledge of literature in various languages, his manner of explaining his ideas was not compatible with a popular audience. Others far less incisive and far more superficial than Bergler, have captured attention and directed interest away from his work.
- Freud and Bergler explained their findings during years of great distractions such as, the depression of 1929, the two World Wars, and the series of wars that followed.

- In order to try to overcome the enormous resistance to assimilating their teachings, Bergler and Freud were limited to the printed word, their private practices, and lecturing before live audiences that were not prepared to understand them. Even today with TV, the Internet, and many other technological means of so-called communication, human energy persists in resisting, misunderstanding, and even hating the efforts of those who attempt to encourage self-understanding. People prefer to not know what they're doing and to not be responsible for what they do.

Freud and Bergler continue to be misrepresented in psychological and popular circles. The coup de grace for Freud is that they constantly talk more about his life story than the essence and application of his theories. Freud at least, is recognized as having done something in the field. Bergler, who followed Freud and sharpened the scalpel to a finer point, has suffered a kind of banishment from the face of the earth. His name doesn't appear in any major encyclopedia and the confusing mentions about him on the Internet range from insults to tiring misunderstandings.

No one will ever present a perfect formula that explains human nature. However, extensive and carefully thought out work like that of Freud and Bergler have to be respected for attempting to confront and cure destructive and insane behavior. If they were wrong or incomplete, then saying so should be sufficient, if and when those who criticize produce more accurate or more thorough investigations.

However, in consideration of the fact that great efforts have been and continue to be made to insult, cover-up, and in other ways to silence Bergler and Freud, we should assume they have touched a nerve that should stimulate further investigation of their teachings.

Lastly, the "science" of psychology is the only one that requires its "helping practitioners" to apply their findings to themselves. The efficacy of therapists depends on their creativity as well as their capacity to experience the effects of their discoveries. In a sense, they must constantly give birth to themselves. They must "get better" forever. Psychotherapists can only offer real help to their patients to the degree that they can help themselves. That means there is a personal factor that is critical in the investigations of psychotherapists.

No doubt the make-up of the investigator himself has an impact in all scientific studies. Nevertheless, studies regarding human nature done by psychotherapists are based on the interaction of the TOTAL organism and spirit of the practitioner in relation to his patient.

So-called experimental psychologists who choose laboratories to explore human life, don't have to offer their "heart and soul" along with their intellectual and academic preparation to patients. People don't come to them for help. These investigators try to quantify phenomena related to human behavior using the "scientific method" and statistical probabilities. Their efforts have filled archives and libraries throughout the world. That kind of work can be carried on without the investigator ever looking at one nit of what he or she is really all about.

On the other hand, psychotherapists must be vigilant regarding their personal thoughts, feelings, reactions and actions. Not all psychotherapists can treat all patients. The multiple differences in individuals leaves the therapeutic procedure open to an infinite variety of checks and balances, defenses, tastes, life styles—stories and circumstances, social class, dynamics-changes-surprises, etc., all of which determine the degree of understanding or misunderstanding that is established between patient and therapist.

The same applies to those who publish their work. Not all that is written can be understood by every reader. Edmund Bergler's efforts were an unprecedented, energetic, highly intellectualized explanation of his discoveries, always presented with ample illustrations. Unfortunately his message did not get the acceptance that it deserves.

THE UNIVERSAL PRESENCE OF "PSYCHIC MASOCHISM"

In varying degrees and modes of adaptation, every human being is a psychic masochist. Without that characteristic, human survival would be impossible. This book explains that fact.

The expression "psychic masochism," was coined by Dr. Edmund Bergler. While the meaning of the word masochism more or less defines a particular characteristic of man's nature, there is no doubt that when the word is applied to Mr. Average Joe and even to highfalutin "important thinkers," there is a pronounced tendency to protest and deny that one (subconsciously) gets sexual kicks out of suffering.

The negative social significance of the term, masochism, can produce tension in many people. The meaning of the word is even subject to controversy and a lack of clear understanding. Yet just the mention of the word stirs some kind of defensive reaction in practically everyone.

Dr. George W. Kisker in his book, THE DISORGANIZED PERSONALITY, tells us:

"The term **masochism** is derived from the name of Count Leopold von Sacher-Masoch, an Austrian writer who pursued women whom he could depend on to inflict pain upon him. He would grovel at their feet and obtain the greatest erotic pleasure from his mistreatment and self-abasement. Sacher-Masoch also insisted that his wives indulge in sexual affairs with other men."

The Encyclopedia Americana presents a "lighter version":

"**Masochism**, a term used in analytic psychology to denote a tendency, usual in infancy and early childhood but outgrown or sublimated in later life, to take pleasure in having pain inflicted upon oneself. The term is derived from von Sacher-Masoch, an Austrian novelist..."

"A mild degree of **masochism** is evidenced by many average men and women, particularly those who spend much of their time complaining about wrongs, injuries, pains etc., suffered by themselves, the inference being that their unconscious masochism drives them to be occupied mentally with pain and the details of its effect upon themselves."

Here's something of what the Encyclopedia Britanica has to say about masochism:

“**masochism**, psychosexual disorder in which erotic release is achieved through having pain inflicted on oneself...”

“While the pain may cause a certain amount of sexual excitement in many persons, for the masochist it becomes the chief end of sexual activity. The term is frequently used in a looser social context in which masochism is defined as the behavior of one who seeks out and enjoys situations of humiliation or abuse.

Masochism as an isolated trait is fairly rare. More commonly the association of pain with sexual pleasure takes the form of both masochism and sadism...”

DR. BERGLER, HOW DARE YOU!

Dr. E. Bergler pointed out that every human being is in one degree or another, a psychic masochist. After that, neither the correctness of his work nor the valuable entrée that it provided for self-understanding, self acceptance, and mental health could get him into the good graces of people who had been “enjoying” hacking it through life, faking it, and suffering. I have just shown that crazy old von Sacher Masoch succeeded in making even the most revered sources of information like encyclopedias, stammer a bit about something that most people admit that “others” are— that “others” do.

“What!? I like (sexually) to suffer!? Don't be ridiculous! That's for the god damned perverts!”

Bergler however wanted us all to come out of the subconscious “masochistic closet.” My experience however has taught me that there is underestimated enormous resistance to facing up to such an important advance in the self-understanding of us all. That resistance keeps us all going round and round in a vicious circle of ridiculousness and suffering.

WITHOUT THE STIGMA OF THE BIG BAD WORD **MASOCHISM**, PERHAPS WE
COULD SEE THAT “ONE PLUS ONE OBVIOUSLY EQUALS TWO.”

TEN SIMPLE FACTS

1. Human beings come to life as the outcome of sexual intercourse between a man and a woman.
2. Humans are sensitive and respond to stimulation.
3. They encounter positive, life supporting stimulation as well as negative life degrading stimulation.
4. Humans are sexual beings and respond to all stimulation sexually.
5. If they are exposed to negative stimulation in their earliest, most vulnerable days, they can defend themselves because they automatically react sexually to all stimulation. It

follows then, that all stimulation when encountered in moderate intensity is manageable, because it produces pleasant arousal. For sexual beings all arousal is sexual. That's why moderate stimulation is almost always not seen or experienced as a threat to survival.

6. In the strict sense of the word, the capacity to receive even moderate negative stimulation (an occasional loud noise, bright light, or a deprecating glance) as pleasant sexual arousal, can be construed as a tendency toward "masochism."
7. That tendency enables us to "tolerate" even severe negative stimulation without having to resort to extreme defensive tactics like fainting, going crazy, dropping dead; as well as screaming, lashing out, or killing somebody.
8. Therefore our capacity to respond sexually to all stimulation enables us to survive, especially when we are seemingly vulnerable, defenseless infants. Later, as we go through life facing countless irritations as well as downright traumatic experiences, our sexual capacity to defend ourselves, enables us to manage the stimulation as long as it doesn't go beyond the toleration point. That being the case, we can see that such things as maintaining a relationship with an "imperfect" wife, husband, partner or friend; the capacity to bounce back from disappointments and even disasters; and the ability to survive the death of a loved one; depend on this capacity to withstand, swallow, or assimilate all kinds of stimulation. We have this capacity because we are sexual beings, and we receive all stimulation sexually. Even if the stimulation is threatening enough to numb our senses, that numbness is a defensive sexual reaction. That's the way human beings react. We were conceived sexually. We react sexually.
9. The ability to survive depends on our God given nature that provides us with the capacity to receive "good" and bad stimulation sexually (in other words derive sexual pleasure from both kinds of stimulation): I'm suggesting here that we should not jump the gun and call, getting sexual pleasure out of moderate "bad" stimulation: "**MASOCHISM**". If we rush to slap such a negatively, super-charged label on our defensive reactions to moderate "bad" stimulation, we'll miss out on adequately understanding the capacities inherent in our nature that give us the wherewithal to survive.

Therefore, to help get to a good understanding of ourselves, it would be to our benefit to get the stigma off of our good defensive reactions. I think we should call our handling of moderate (positive as well as negative) stimulation, a "mechanism," or automatic reaction. It's a survival mechanism, a ***Sexual Survival Mechanism***. Let's call it (SSM). This ***Sexual Survival Mechanism*** enables us to manage all moderate stimulation without suffering harmful consequences in infancy as well as the rest of our lives.

10. When our ***Sexual Survival Mechanism (SSM)*** gets used to being exposed to only moderate stimulation in infancy, that could be good news. Why? Because those lucky

ones will have a high probability of developing a good sexual capacity for confronting the ups and downs in life. When our **SSM** is exposed to extreme stimulation in infancy, those not so lucky ones will have a high probability of developing sexual preferences for precisely that extreme stimulation. Now we're talking about a kind of addiction to the thoughts and feelings in extreme or negative stimulation. That's beyond **SSM**. That is the psychic masochism in neurosis. In more severe negative impact circumstances in infancy, this addiction can become perverse masochism and take the form of psychotic acting out.

Maybe now, with an understanding of these ten basic points, those interested in their real sexual preferences can approach self-discovery with less stigma. We now know that the "problem life" of human beings is an outgrowth of an abuse of our ***Sexual Survival Mechanism (SSM)***.

It doesn't matter if that abuse is self-generated or the result of external stimulation. It's simply that because we are as we are, and depend on the **SSM** in order to survive, human beings can be subject to developing sexual preferences for all kinds of psychological problems. Some develop more sexual preferences for problems and suffering than others.

The preferences for negative stimulation established in different intensities in individuals (**SSM**, mild masochism, psychic masochism, perverse masochism) will be explored in this book.

Dr. William E.P. Fairmont

Introduction

In this day and age...

*To choose or not to choose... This book is a threat to what
threatens you*

IN THIS DAY AND AGE

More or less eighteen years ago, I wrote a book titled: **NO BODY DARES TO UNDERSTAND... The Psychology of Happiness and Sexual Fulfillment**. Today, hardly anybody has interest nor the capacity to understand... the psychology of happiness and sexual fulfillment. In this day and age, the psychology of happiness and sexual fulfillment isn't even an issue.

Now everything clunks along on superficialities: Money—sports— hate— sarcasm— consumerism— criminality— etc., all divorced from what the essence of our lives is really all about. The deterioration in the quality of life, announces that the next catastrophe is always just around the corner. For many it is already here: Drugs— unending wars— television— and technology— techno-life— techno- death.

SO WHY WRITE THIS BOOK?

For myself, and others who want to interact with the content of this book... To hopefully refute the idea that “Nobody” has the capacity to understand... To externalize these ideas and leave them in writing for my grandchildren.

YOU ARE THE PROBLEM. EACH OF US IS THE PROBLEM.

Knowing that your problem life comes from inside YOU, means that depending so much on experts and specialists like doctors, lawyers, advisors, courts, hospitals, governments, etc., is largely a waste of time, faith, and energy. Be careful! These so called authorities are limited people just like you and me. They all have plenty of their own problems. If they work in your favor, use them. Meanwhile, if you want to, YOU can have the last word regarding your problem life as well as your problem solving life, without them.

CONSCIOUS CHOICES

From the moment we are born we are immersed in conditions we did not choose. Most of us “forget” that even being a living human being is not our conscious choice. The majority resist recognizing, that moment to moment after being born, we receive an infinite number of stimuli that form our “nature.” That is: How we think and feel is dramatically influenced by the impact of the energies, atmospheres and circumstances that surround us, ...all of which is not there as a result of our conscious choosing.

Hence, at the outset of life we don't choose consciously. We “find ourselves” alive as a helpless human organism, and then, the impact of energies, atmospheres, and circumstances, stimulate each of us in different ways. We call that process our “formation.” None of that is done with the conscious choice of the organism.

TO CHOOSE OR NOT TO CHOOSE... THAT IS THE QUESTION

Later on, all of us have to “make a life” out of our essence and our formation, none of which was consciously chosen by any of us. Considering therefore, that we all start out without the capacity to make conscious choices, it’s understandable that not all of us survive infancy with conditions and the eventual capacity to make choices consciously.

Our destiny therefore depends on the extent to which we can mold our lives by conscious choosing. If we are incapable of making conscious choices (involving everything our organism is) then we are relegated to be victims of the energies, atmospheres, and circumstances that impinged on each of us from the moment we were “conceived.”

This book is written to better our capacity to choose. The degree to which we can accept the responsibility for everything our organism is, is a measure of the amount of control we have over our actions.

Choose! Do you want to be the maker of your destiny, or the victim of circumstances?

YOU’RE THE PROBLEM— YOU’RE THE SOLUTION

The statement, “You’re the Problem,” centers your attention on your total essence. It also says “You’re the Solution” if you want to be. In other words, you can solve your problems if you insist on taking conscious control of the total organism that you are. (That of course implies accepting what you momentarily cannot control.)

This willingness to take responsibility for all that you are says, “Whatever it is that I think and feel is what **I** am thinking, and what **I** am feeling. ¡Caramba! What’s going on inside me is strictly **my** doing!”

O.K. If I like my thoughts and feelings and they are clearly working well for me—let’s keep them, and onward and upward (or downward) we go. If I don’t like what I’m thinking and feeling and therefore what’s happening in my life... I can change. I can fix things. I can experience new things. The problem is me. Therefore the solution is me.

On the other hand, if I am not in contact with what I am really thinking and feeling, then I do not have a choice in the outcome of my life. In that case, my thoughts and feelings live me!

READ THIS BOOK?

If consciously choosing your fate interests you, read this book calmly and carefully. If you decide to do that, you will find what it takes to change yourself from being a hopped-up parrot of ideas and circumstances that were none of your creation; or from being a down in the mouth battered and bamboozled receiver of somebody else’s torment and grief.

THIS BOOK IS A THREAT TO YOUR MOST WHACKED OUT SEXUAL JOLLIES

The threat aspect of this book comes in when you actually move toward making things better for yourself. Your life long whacked out conscious and subconscious sexual jollies are very tenacious. They got installed in you under pressure (fear, pain, tension, shock). Even though they

may be misleading you, provoking failure and unhappiness, making you sick, or impelling you into a premature death—you will find that you want to desperately hold on to them. At one time they were your only world. You had no choice then but to “love” them.

URGES TO KILL

Now, somebody comes along and says, “You don’t have to live this way for the rest of your life.” —and with that disconcerting bit of news, you might feel as if you’re going to die or as if you’d like to kill somebody. If you believe those thoughts and feelings you’d better put this book down, close your eyes, relax, and let them pass. If they persist, don’t worry. You probably won’t read anymore of this book.

One thing I can promise you: This book has been written to threaten your most whacked out sexual jollies (your mal adaptations, —and your mal formations). If it wasn’t written to threaten them, it would be worthless.

CHAPTER I

Our Inaccessible Past Related
To Modern Lust For Self-
Destruction

EVERYBODY “WANTS” TO FEEL GOOD?

Most people tell you that they “want” to feel good. Some even say they want to be happy. On the surface there is no doubt that they are struggling to show that they want to feel good. Yet, with all their “trying hard,” feeling good seems to be less and less within reach. In their struggle to ward off disappointment and frustration, most people have “adapted.” They have swallowed the idea that worthwhile goals in life are things like:

- **Contrived thrills** (bungy jumping, automobile speed competition, stunt flying, etc.)
- **Instant results** (stock market killing, sex with prostitutes, push button commands to machines and people, etc.)
- **Gimmicks** (special effects, virtual life, new models etc.) and...
- **Being stimulated while in a passive condition** (television, Internet, sports watching, pills, drugs, etc., etc., etc.)

PEOPLE STRUGGLE TO “FEEL GOOD” EVEN IF IT KILLS THEM

Substitutes for real life automatically foster disappointment. That fact doesn’t seem to matter. People hysterically caught up in seeking stimulation out of sync with their natures, find disappointment and wallow in it. They carry on as if a happier life doesn’t exist. They adamantly defend their “right” to suffer. In the process they are forced to see those people who live more peacefully and in harmony with themselves as eccentric, “unrealistic,” stupid!, and in the way.

MORE

On the surface it looks like these people want to get “**MORE**”. **More** money, **more** girl/boyfriends, **more** machines, **more** power, **more** “thrills”/novelties, etc., **MORE!** The pursuit of “More” is understood as the pursuit of happiness. Unfortunately “**MORE**”, in and of itself, does not produce happiness.

YET... THE WEIRD LIFE MARCHES ON

In this book, I will explain why millions all over the world find themselves in a strange contradictory situation. They declare, “I want to feel good! - I want to be happy!” No doubt, the basic ingredients for feeling good and happiness are staring them in the face. Still, in the midst of abundance and potential well being, these people are sick and miserable.

PLEASE HELP ME!

Many patients have come to me apparently seeking “help.” Some give me sufficient time to offer them real assistance.

There are plenty of reasons however why people run away from authentic psychotherapy. One basic reason always applies: Deep down, these people do not “want” to be happy. Because

of adaptations in their early lives they unwittingly - subconsciously PREFER feeling bad and being unhappy.

HOW'S THAT AGAIN?

“Absurd!” you say. “Nobody wants to feel bad! Nobody wants to be unhappy!” Maybe so, but let's take a look at it. Perhaps no one consciously wants to be unhappy. Nevertheless, desires and goals on a subconscious level are too often very different.

WHAT IS THE SUBCONSCIOUS LEVEL?

Subconscious means out of consciousness, out of awareness. Our subconscious minds are our own energy that we don't understand or even know about. These forces operate automatically “beneath the surface.”

People think that the events and consequences in their lives that are produced by these subconscious forces, are not chosen by their organisms. They believe they can't do anything about them. And so they don't take responsibility for their actions or the effects produced by their subconscious energies.

As a result, human beings depend on an elaborate network of “outside” help to solve their problems. Even the best intentioned helper has a tough time living up to what is expected of him, because in every case, the disease or problem is always the same: Deviant, errant, mixed-up, mismanaged energy of the subconscious mind that blinds the suffering person to reality.

HOW DO YOU CURE THAT?

In every case the only authentic cure is bringing this hidden set of passions and goals to the surface, to the conscious mind. From the moment distorted subconscious energy becomes known, the conscious mind has no choice but to begin to question the mal-conceived patterns. An automatic rearrangement of energy takes place when patterns of badly directed energy are clearly confronted and correctly analyzed. This rearrangement helps people avoid the temptation to push themselves into all kinds of trouble. When trouble seeking is reduced and then eliminated, happiness is automatic.

WE ARE RESPONSIBLE FOR WHAT WE ARE NOT RESPONSIBLE FOR

It stands to reason then, that folks should study themselves in order to be more in control of their fate. Furthermore, although none of us are “directly responsible” for activity generated by our subconscious passions, we are all held responsible for all of our behavior. Nobody stops to ask if our actions are directed by conscious or subconscious motives. All the more reason to want our life force to be directed by realistic hopes and goals, consciously aimed toward satisfaction and happiness.

WE ARE HELD RESPONSIBLE FOR BEING UNHAPPY

We've already seen that people say off the top of their heads: "Everybody (consciously) wants to be happy." If that's true, then everyone who is unhappy is at odds with himself. Unhappy people are held responsible for their subconsciously misguided behavior by themselves and those who interact with them. The total organism of each individual is responsible and it knows it! The whole organism is moved by conscious and subconscious urges. People do not "have" conscious and subconscious minds. They "are" conscious and subconscious minds. In other words, people are conscious as well as subconscious energies and passions.

CAN A PERSON REALLY CONTROL HIS SUBCONSCIOUS DESIRES?

Certainly. The key to happiness for human beings lies in correctly understanding the ways of the subconscious mind. Happiness as well as misery depend on the amount of energy devoted to one or the other. More energy is automatically available for real happiness when we know more about what is really going on.

WHAT'S GOING ON?

Whatever is going on (LIFE) has been going on for a long time. Therefore, in order to understand human nature we have to give some thought to our beginnings, to evolution. After all, you and I did not "begin" when we were "born." You and I and everyone are the product of history, of time, of a great stream of energy that had its origin in the unknown past.

PARDON THE INTRUSION

I'd like to declare a brief recess from souped-up modern life to try to relate human history to what is going on in you right now: Basically you are changing. When we look at a human being of five million or so years ago, he or she looked nothing like you, and less like Marilyn Monroe. Human life has changed since its beginnings, and continues to change minute to minute, day to day.

SO WHAT?

The idea is to get us communicating about human nature. Using "educated guesswork" we can consider possible evolutionary changes that helped us get to our curiously unhappy present. For example, prehistoric humans looked and walked like apes. Their long arms suggest their ancestors possibly either swung around in trees, or ran around on all fours. They didn't have TV, sports cars, hang gliders, etc., so they probably entertained themselves looking for food and shelter, fighting off enemies and playing around with each other's bodies.

DON'T WE DO THAT TOO?

We do that too but times have changed. It's reasonable to suppose that the whole sexual set up was different a long time ago. In those days, on all fours, we were much more animal like. It's likely that when sexual intercourse came into being we did it like the rest of the animals. That is, pre-cave man probably mounted pre-cave women from behind.



LIFE USED TO BE JUICIER

Stimulating activity like smelling each other's genitals, probably took up more time in pre-cave man days than it does today. Possibly Miss Pre- Cave Woman got into heat every so often. She more than likely signaled the neighborhood machos she was ready by sending out odors and juices manufactured by nature's insistence on survival. In the process of giving birth, pre-cave man mothers probably licked their cubs into existence after gobbling up the vitamin-rich placenta like many animals do. All in all, life was certainly more people oriented. Clearly, all parts of the human being played an infinitely more important role in living than they do now.

FROM FOUR LEGS, TO TWO LEGS, TO NO LEGS

We have undoubtedly deprived ourselves of a good deal of satisfaction and fun due to changes in our sexual arrangements. These changes and sacrifices had certain justification because they were motivated by the urge to survive. For example, it stands to reason that humans had survival in mind when they changed from four-legged locomotion to the once popular two-legged system. Whether the current "no-leg" system of moving around (motorcycles, cars, trains, planes, etc.) is related to survival or not is debatable. However, it's important to note that the change to two-leg locomotion like all developments humans have made in favor of survival was principally an outgrowth of female passions for survival.

WOMEN ARE IN THE SURVIVAL BUSINESS, AND THEY LOVE IT!

Women have a much deeper sexual interest in survival than men. Men are like fruit trees that can't bear fruit. Women on the other hand are equipped to maintain growing unborn creatures inside their bodies. They are food and home for tiny forming babies. Later they feel the little newborn coming out of them, they feel their babies suck milk from their full breasts, and sense the little ones depend on them to be cuddled, murmured to, and kissed for a considerable number of years. In the most profound sense, women have had a psycho-biological-sexual interest in survival for centuries and centuries.

PUT A HUMAN BEING IN YOUR TANK?

A while back a gasoline company adopted the slogan, "*Put A Tiger In Your Tank*" suggesting their product offered strength, agility and savage ferociousness. The idea of stimulating sales by offering similar human characteristics ("*Put A Human In Your Tank*") would be ridiculous. A human being seems puny and helpless in so many ways compared to a tiger, and to many other animals.

ANIMALS ARE NOT PERMITTED TO SIGN UP FOR THE OLYMPICS

Only because humans live in a civilization can they survive among the animals who run faster, are stronger, have less food and shelter needs, can swim eternally under water, can fly over trees and even mountains and burrow themselves under the ground in ways man cannot compete with without his civilization. Women sensed our extraordinary inferiority. Therefore,

she intuitively “decided” to help us form a civilization dedicated to survival, by gradually abandoning the all four position.

STEP ONE TOWARD FORMING HUMAN CIVILIZATION: HIDE THE VAGINA

Human civilization was formed based on the urge to survive. Survival for human beings is dependent on the capacity to form cooperating groups.

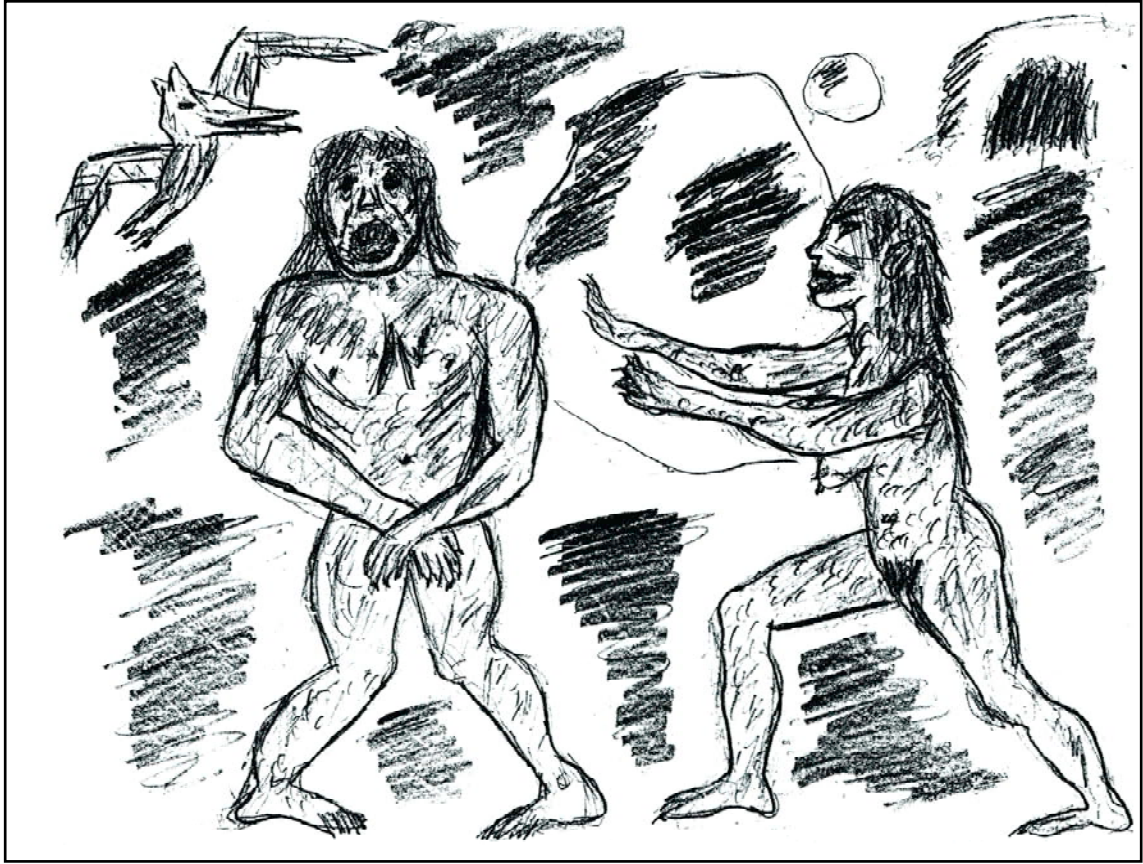
Women “decided” to secure our existence by standing on their own two feet. This had the effect of hiding her vagina. With access to her desirable vagina now made considerably more difficult, those interested in mounting her with her permission, now had to confront her from the front. Her capacity to choose her sex partner was measurably increased. The masculine sex was dramatically weakened. All this helped form our basic cooperating group, the family.

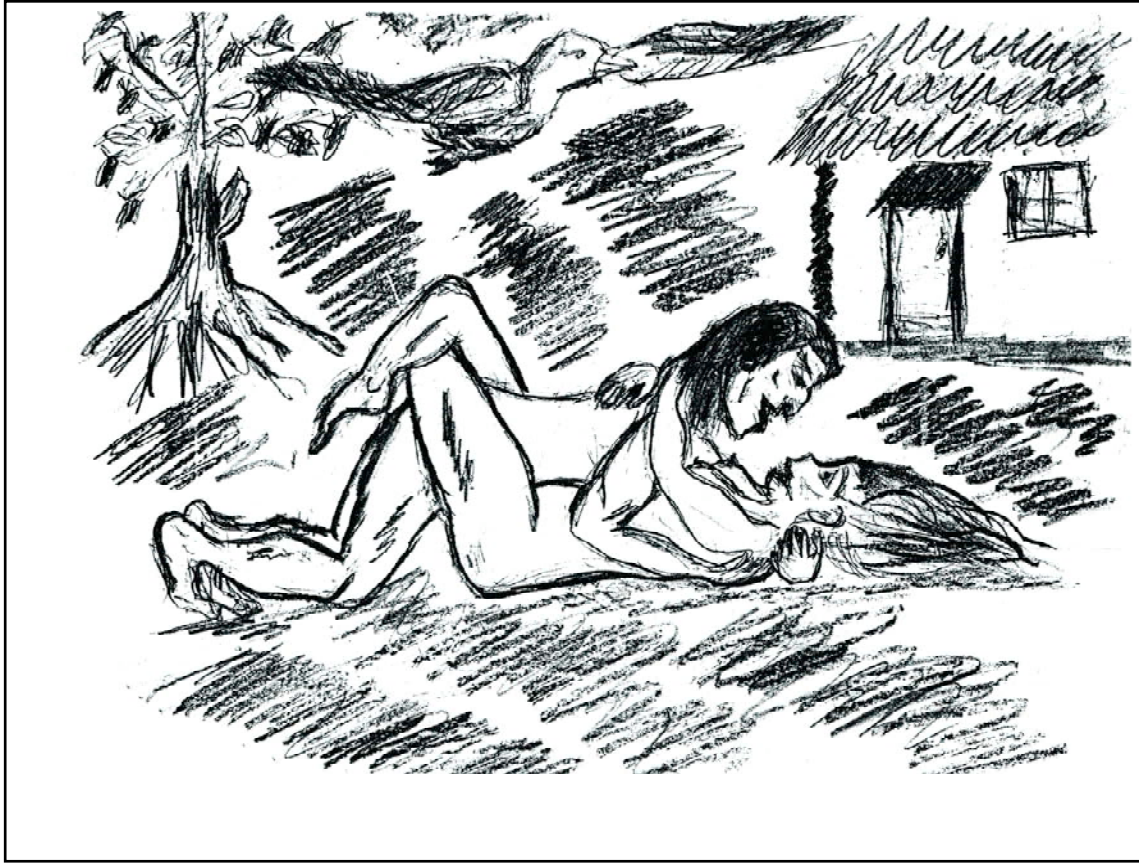
WIN A LITTLE - LOSE A LITTLE

By standing on two feet, a woman made it possible to have sexual intercourse face to face with her suitor. At the same time, the possibility of an uninvited, hot to trot wooer penetrating her vagina from behind was reduced. In the process the fellow involved was required to stand up too, and lo and behold his genitals were exposed making him vulnerable and almost defenseless. This important turn of events helped Madame even more with her idea of developing a family of her own, and from there, a society— a civilization she hoped would perpetuate her sexy survival routine.

WOMEN MADE CAVE MEN OUT OF PRE-CAVE MEN

The women’s new “*Two-Footed Hidden Vagina System*” obligated men to change almost everything in their lives. When men joined women in standing on two feet they were deprived of their traditional defense and attack armaments, their transportation system was severely weakened, and a good part of the social life they had become accustomed to was wiped out.





WILL YOU EXPLAIN THAT PLEASE?

Yes I will.

The majority of the world's animals depend on their mouths and teeth as their main defense and attack weapons. Their delicate reproduction organs remain safely positioned in the rear area of their bodies. When the ladies stood up, the male sexual apparatus had to adapt if it wanted to maintain active relations with the vagina in its new higher level. Men stood up too. The penis and testicles found themselves in a truly vulnerable place. The human mouth and teeth were rendered comparatively useless as attack and defense systems. The two-legged mode of travel cut down on man's speed and climbing ability. Man's capacity to maintain and recover his balance was considerably weakened. So the combination of increased vulnerability, limited armaments, and reduced transport effectiveness forced the cave man to stay closer to the cave. All this contributed to the formation of the family.

NEXT THING YOU KNOW SHE'LL FORCE ME TO CUT OUT MY TUESDAY NIGHT
POKER GAME!

It seems likely that before the two-legged deal came into vogue, pre- cave man could travel as much as he wanted to with the guys. Moving around as he did, he had to compete with the rest of the gang to satisfy his sexual appetite. No doubt passing pre-cave ladies in heat bade the

whole group come hither. But now, more dependent on the cave for survival, Mr. Cave Man, on all twos, surely experienced a change in the business of competition for sexual satisfaction. To top things off he had to develop new ways of relating to survival minded cave women. The former passing lady in heat was now to be reckoned with as “Mrs. Cave Man.” No doubt Mr. C.M. had to get cave permission for a night out with the cave boys.

WHAT DID ALL THIS HAVE TO DO WITH SURVIVAL?

When pre-cave woman decided to guide us toward survival, she recognized that her personal capacity to continue existing deserved top consideration. How, she wondered, could she be expected to comfortably deliver pre-cave babies with all kinds of “pre-cave man-eating beasts” lurking around her primitive maternity ward. Furthermore, it’s damn hard to catch and prepare something to eat making sure at the same time that one and one’s kids don’t become dinner for some prehistoric dragon. By getting Mr. Pre-Cave Man to stay closer to home she could at least count on an interested muscular defender at the entrance to her cave once in a while. To sweeten the deal, and to make him momentarily forget what he had to give up, Mrs. Cave Man threw in convenient, “under your own roof” pleasure that very few other females of the species in nature can offer: 365 days a year of availability for sexual intercourse. (Give or take those days she had a headache.) This super treat just about eliminated Mr. Cave Man’s need to run around looking for sexual satisfaction, and encouraged him to share the results of his hunting ventures with the wife and kids. All of these adaptations promoted:

1. Interdependence in the family
2. Increased security
3. Family entertainment
4. Family identification
5. Monogamy
6. Cooperation with other family groups
7. Survival
8. Post prehistoric psychological adaptations.

THE BIRTH OF THE PSYCHOLOGY OF “MODERN” HUMAN LIFE

With the establishment of the family, a whole new system of brain activity took over. To a large degree, smell power, feel power, movement power, etc., were put aside in favor of think power. Methods of defense, attack, hunting, as well as the refinement of family conduct were dramatically influenced by these changes. Man began to use his energy in new ways.

STANDING ON TWO FEET PUT THE BRAIN IN A “HIGHER PLACE”

The rise to “*Two-Legged Status*” and the simultaneous establishment of the family, increased man’s dependence on objects and the capacity to invent them. His teeth and claws were now practically useless as tools. The cave man had to develop new tools and weapons. This primitive emphasis on technology diminished man’s dependence on his instincts and his body. “Figuring out” took on a more important role in survival strategy than the likes of “feeling out” or “sniffing out.”

TOTAL SELF-RELIANCE GAVE WAY TO RELIANCE ON **THINGS**

Other “trade-offs” throughout history (first for the purpose of survival, later in the name of “progress”) have increasingly emphasized the importance of lifeless objects like machines and material goods. This continuous rearrangement of human energy has progressively diminished man’s reliance on his instincts, feelings, body capacities, and today, even the use of his own brain.

LIFELESS OBJECTS HAVE A PURPOSE

At one time, evolving human energy primarily influenced by female psychosexual urges, had one basic happiness seeking aim: Human survival. As civilization developed, technology took on more and more importance. Certain technological advances harmonized with female psychosexual drives. These made positive contributions to human survival.

THE EVER INCREASING USELESSNESS OF MAN

In modern times, out-of-control, technological, materialistic interests have blanketed the earth. Imprudent dependence on technology and its products has reduced the importance of man himself in his own eyes. As a consequence his hopes for happiness are in deeper jeopardy than ever. In a manner characterized by hateful-hysterical greed, man has largely replaced his sense of usefulness and self-respect with technological devices. An increasing number of signs indicate that man is interested in wiping himself out.

HOPE FOR SURVIVAL IS UNDERMINED EVERY DAY

While the quantity of material goods has increased, the quality of living has deteriorated. Current threats to human survival are overwhelming. The majority of these threats have to do with technological overgrowth:

- a. Air, water, noise pollution etc.
- b. Crime-ridden overcrowded cities
- c. “The Bomb”
- d. The threat of biological warfare
- e. International terrorism, intra and inter family terrorism
- f. Perverted sexuality everywhere

- g. Grand scale divorce and disintegration of the family in general
- h. Depersonalized day to day existence
- i. Population explosion
- j. Child abandonment, child mistreatment and mutilation
- k. Rampant mental illness
- l. Chemical contamination
- m. Radioactive wastes and waste disposal in general
- n. Contaminated diet
- o. Soil erosion and soil contamination
- p. Forest depletion
- q. Oceanic contamination
- r. AIDS
- s. The depleted ozone layer
- t. Hysteria over money
- u. Genetic manipulation, etc. etc...

It took billions of years of evolution to develop women's fundamental psycho-sexual identity and purpose. That purpose— Dedication To Survival— has suffered brutal humiliation particularly in this century. Women are justifiably fed up!

WOMEN HAVE BEEN DISCOURAGED

As civilization developed, women struggled to keep themselves and the rest of us going. Men have not made the job easy. As the masculine technological onslaught established its foothold, the profound life enhancing benefits and pleasures that women provide received little encouragement, and plenty of discouragement.

WITHOUT FEMININITY - NOTHING

Despite questionable treatment and lack of understanding, women have traditionally shown courage and the capacity to back themselves up. Until recent years, they have somehow preserved their feminine qualities and values without which human life cannot go on.

WOMEN ARE GIVING US A WARNING

For many years now great numbers of women have subconsciously defended themselves by taking on masculine values, customs, interests, and even physical characteristics. This turn of

events is a warning. The forces bent on undermining women are getting stronger. They are aimed at eliminating female passions and strengths. These evil forces want to do away with life itself.



THE PROBLEM IS IN THE “REFINING”

Great problems in human life have always come about when human beings obligate themselves to be other than what they are. Throughout history, outstanding conflicts and tragedies have most often come from seriously troubled, “over-refined” people. The “Over-Refined” assign great importance to technology, objects, money, etc., and show disdain for life and human nature.

PEOPLE ARE LIKE WHEAT

Around the turn of the century steel rollers were used to refine wheat for the first time in history. They overdid it. This technological innovation caused the over-refined wheat to lose its good taste and capacity to nourish. The result, white flour, didn’t even look like it came from wheat and is actually harmful to health.

People get “over-refined” when like wheat, they too are forced to go through processes that severely distort their nature. This distortion is one of the



obvious results of technological, materialistic over-emphasis. When pressured into “refinement” (abandoning nature - living with emphasis on things and abstract concepts) people too lose their good taste and capacity to nourish. They lose sight of their real nature. They are out of touch with themselves. Like over- refined wheat, over-refined people do plenty of harm.

KEEPING LIFE UNDER WRAPS

Human beings have always had trouble understanding themselves. Apparently very few people dare to understand that happiness for a human being depends on his/her capacity to know, confront, and live with his/her real nature. In this century it has been practically impossible for people to live close to themselves. The technology glut has brought a daily bombardment of severe shock after shock, which does not allow for the tranquility necessary for self-understanding. The hotly pursued illusionary financial “benefits” from the super industrialized society have turned back on that same society in the form of world-wide financial and emotional depression. The bulk of our so called behavioral “refinement” is actually layer upon layer of befuddled psycho-sexual “defenses.” This refined befuddlement has made people more neurotic than they have time to think about. And what’s even more disconcerting, lo and behold, this condition has infiltrated everywhere and is considered “normal.” Nowadays, people who live with fewer conflicts in themselves are viewed as “weirdos.” The noisy flood of distortions and

problems in life, flat-out prevents people from knowing themselves, and apparently they like it that way.

YOU'RE THE PROBLEM AND YOU'RE THE SOLUTION

Still and all, even with this pathetic quandary staring us in the face, if we can focus on our real nature, and then on what we're thinking and feeling in this very moment, we can still have a shot at distinguishing between our energies that are useful and those that are not.

Let's take advantage of that shot! In the next chapter let's begin with defining our real nature. Then, as we go along we can carefully get into contact with the totality of the energy that our organism wants to express. That energy makes up the real story of our lives.

