

Q: What is, is, and acceptance.

I am curious to know what you have to say about life circumstances such as domestic abuse, child abuse, or other such intolerable life circumstances and acceptance. How is it possible to accept such things and not want something better?

A: The confusion about this matter is part of what I call the hypnotic trance. People seem to believe that an ideal version of "myself" can be created through philosophical insights, spiritual practices, religious experiences, etcetera, which then goes through life perpetually unperturbed regardless of events. That, I say, is a sad fantasy.

If one imagines having arrived at such a state, that will not be an awake state, as I experience awake, but a denial of the human-animal life we all lead. Often that denial is abetted by some form of hypnotic suggestion asserting that our ordinary experience as ordinary human primates, born through vaginas like any other mammal, is somehow "not real," or "less real" than some other, "higher" experience that "enlightened people" enjoy, or that everyday events and the material world are only a dream, or that life on Earth is just a schoolroom preparing us for higher realms, or that (I could go on, but why? I'm sure we all know what I am pointing to.).

That is what I call escapism, not awakeness. I have no use for that nonsense. Personally, if I see injustice and have the courage, I intervene.

For me, acceptance arises not as a goal, but as a *fact* when one understands that in each instant of the experience we call "me" whatever is perceived, felt, or thought is just what it is and *in that moment* can be no different. If one thinks about this, one may see how obvious it is. You cannot, after all, "unsee," or "unfeel," or "unthink" something any more than you can put the toothpaste back in the tube.

So for me, acceptance arises not because there is a "myself" with the power to accept or not accept but because one sees that one has no choice in the matter.

What is, is. To "not accept" that is like a child having a tantrum. The tantrum doesn't change anything.

But this does not imply *in the least* that perceptions of injustice, revulsion at crime and abuse, powerful desires to change a current situation into a more workable one, or wanting to learn, grow, and contribute are somehow out of bounds for "spiritual" people or anyone else.

Why would a normally compassionate human--the 96% or so of us who are not somewhere on the psychopathy spectrum--come to believe that one is required to be passive, unfeeling, complacent, or accepting in the face of "domestic abuse, child abuse or other such intolerable life circumstances?" The only reason I can see is that one feels hypnotized by some form of idealism. And I say that idealism of any kind, "spiritual," philosophical, you name it, leads not to awakening, but denial and escapism.

We are all just human beings here, driven, every one of us, by preconceptual forces that will never be consciously reconciled, no matter what guru or philosopher one consults. The sooner one sees that the sooner one finds sanity.

I wish you strength, amiga. Be well.