

child numbs itself to it by cutting off bodily feeling. He stiffens, inhibits his respirations and makes no effort to reach out for pleasurable stimulation. Later on in life as an adult, he will avoid any excitation of his body because it can or does evoke the repressed feeling of pain that he experienced in infancy. Genital stimulation and excitation will be desperately sought as the only way to physical sensation of being alive and feeling pleasure.

Important as is the need for the total body contact with the mother, the child's need for oral erotic gratification is just as great. Nursing confirms the child in his sexual nature by the pleasure he experiences at his mother's breasts.'

'Because of her identification with her natural functions, the nature woman wants to and does nurse her child at her breast. Thus, the sexual satisfaction she experienced with her husband is made directly available to the offspring of that union.'

A warning to mothers who do not get pleasure from breast feeding. It may be better that they refer to the bottle since the bad or anxious feelings can and are registered by the baby. It is better that the baby gets no feelings of pleasure than bad or anxious feelings from breast feeding.

For those who are bottle feeding, hold your baby naked against your own naked body as much as possible also the husband should do this in a loving way to let the bio-energy field flow between parent and child during and after feeding.

David Porter

A Healthy Anger

It is generally agreed that one of the goals of the individual human being is to achieve awareness—to satisfy his curiosity and to rid himself of archaic prejudices and delusions. Awareness however, can threaten the individual's security, and sometimes it is easier to maintain the old ideas than to consider new ones. Sometimes it is safer to stay in our caves than to look beyond them.

Mystification is one of the ways in which a society maintains its status quo. If, for example, society has a vested interest in ensuring that its female members occupy an inferior position, then that society will encourage a general mystification concerning the woman's role in employment, in the family, and so forth. Since society is essentially a nurturing Parent, individuals who rebel against, or stray away from, its established rules are likely to experience the same feelings of alienation as the little boy who goes against the wishes of his mother or father.

It would be easy to consider oppression as being the incorporation into the Parent ego state (Eric Berne, *Games People Play*, Penguin Books) of certain rigid and largely unfulfilling doctrines. However, in order for oppression to succeed, the two other ego

states of the individual—Adult and Child—must be indoctrinated also. This is done by means of mystification and the threat of alienation. The recently developed subject of Radical Therapy (Claude Steiner & Contributors, *'The Radical Therapist'*, Pelican Books) presents us with the following formula:

OPPRESSION + MYSTIFICATION = ALIENATION

Mystification occurs when the Adult remains uninformed or misinformed concerning the facts of the situation. An individual who is told repeatedly that blacks are inferior to whites or that gays are sick or suicidal will eventually come to believe what he is taught, particularly if his associates have been taught the same beliefs and have accepted them without question. Indeed, if he questions such beliefs he may be rejected by his associates because they feel threatened. Mystification is therefore a method whereby people are taught to have fixed ideas.

Alienation manifests itself as a feeling of being not o.k., either with oneself or with the world at large. Agoraphobia, depression, schizophrenia, alcoholism and drug addiction are some of the symptoms of alienation. Whilst such symptoms can also be used as currencies in self-destructive scripts (i.e. life-plans decided upon at an early age) it should be noted that they are often presented by people who believe that somehow they have lost their membership of the human race.

In Western society it is the white, middle-class, capitalist, heterosexual, male chauvinist pig who is considered most o.k., i.e. most approved of by the Establishment. It is not surprising then, that those who are most likely to experience alienation symptoms include non-whites, the lower classes, non-capitalists, homosexual women and men, non-sexists, pacifists, atheists and agnostics, even fatties and the left-handed. (There is now in America a *'Fat Liberation Front'*).

The alienated person comes to believe that it is he who is at fault, rather than the norms of society. A woman who does not enjoy sex with her domineering husband may believe that she is at fault when she becomes frigid. A gay man living in a city dominated by the Armed Forces may become preoccupied with fantasies of suicide. A left-handed pupil may play truant from school, particularly if he has developed a stutter as a result of his 'disability'.

External oppression is transmitted by the mass media, the Church, the Armed Forces, big business, medicine, psychiatry, education and other representatives of the status quo. Radical Therapy exposes the standards used in the treatment of 'patients'. It believes that illness which is not clearly of organic origin is a form of alienation. It concerns itself with turning alienated individuals into o.k. people—princes and princesses. This is done by making the individual aware of how she has been mystified into accepting her oppression. Awareness leads to a healthy anger and a desire to do something about a noxious situation:

OPPRESSION + AWARENESS = ANGER

Such anger is not 'irrational' or 'neurotic', nor need it be a move in a psychological

game of 'Kick Me'. (The labelling of certain oppressed minorities as 'Kick Me' players is one way of keeping them oppressed and mystified about their oppression). Such anger is a genuine emotion—it should not be confused with the criticism of the Parent nor with the ineffective rebelliousness of the Child. Although the Adult is considered by some transactional analysts to be purely rational and computer-like—an opinion perhaps more attractive to those who think of human beings as machines—some believe it to incorporate an instinct towards self-improvement. Jeannette Hermes, one of the contributors to 'Going Crazy: the Radical Therapy of R.D. Laing and Others', says:—'I see the Adult as combining with the Child to integrate one's life experience and move ahead'. My own view is that the Adult maintains a natural anger which is 'in business to accomplish something', the type of anger you sense when you sign a petition to ban blood sports or to stop a motorway going through your back garden.

Perhaps the real problem lies in the word anger, a Teutonic word which originally meant trouble or passion and is probably related to the German 'angst', meaning anxiety. Most people consider anger an undesirable emotion rather than a desirable striving towards change. The word aggression originally meant walking forwards. Now that both words have become debased perhaps we need to invent a new term, one that suggests a healthy anger.

Dinah Day

The Open Path of Meditation

(A talk given at Valley Meditation Centre, Lynton, Devon)

Man has the tendency to accumulate knowledge, and nowadays this can be done to an unprecedented extent. We are concerned with knowledge, but not with *being known*, either by others or by ourselves, and the advice to 'Know Thyself' is often approached in terms of analysis rather than an open-ended awareness. The root of the verb 'to know' in Sanskrit is the same as that of 'to see', and seeing is a non-accumulative process which in meditation can move with what is being experienced, instead of getting caught up in interpretation. Usually when something is seen it sets off a train of associative thought, or an emotional reaction, which takes the mind off at a

tangent until it is far removed from the here-and-now. We lose connection with awareness of the body, which can then no longer speak to us, and we fall asleep in a strange way. Christ said 'Sleep not!' and the Buddha is referred to as the Awakened One, but man spends much of his time in a disassociated state, not really here, not *with* what is happening.

Perhaps the main thing which turns us to the search for a path is mental or physical suffering, and the need for relief. An extension of this in yogic tradition is a wish for perfection, control, or bliss. Self-mastery is also seen in power aspects of Sufism (as distinct from its other path