

# On War, Violence, Pain, Punishment, and Humility

## TIA™ Alternative Definitions

- **War, Fighting, Violence** - the acts resulting when critical levels of primary disconnection escalate through pain and enemy images into internal or external reactions to those enemy images.
- **Enemy images, moralistic judgments, unchecked assumptions, desires for Control** - constructs of the mind; habitual reactions. Symptoms of unattended-to pain or fear. Violence in the form of thought.
- **Shame and guilt, or fear and defensiveness** - the emotional outcomes of a culture of enemy images, moralistic judgments, and unchecked assumptions.
- **Cynicism, numbness, pessimism, depression** – like advanced swelling, critical symptoms of unattended-to emotions of pain or fear.
- **Emotional Pain** – as a gurgling stomach is to hunger (a biochemical need) - pain is the symptom of unattended-to desire. A natural phenomenon, part of living the reality of Body duality. Easily metabolized and released (with skillful means). Effectively metabolized pain results in clear information and doable requests. Unmetabolized, pain escalates to internal and/or external enemy images (blame of self of other).
- **Desire** - universal needs and values; innocent, benevolent yearnings; the voice of Spirit manifest as Bodymind. The bridge between the Divine and what we experience as physical reality. Unattended-to desires result in pain.
- **Spirit** - the root of all we see, touch, and experience as Bodymind. Nondual. BigMind, BigHeart. That which is all and beyond all. To experience Spirit, see Spirituality.
- **Primary Disconnection** - the first lapse (conscious or unconscious) where desire or pain goes unattended to. Alternately, any aspect of the core truth (of who we Are, of what is Human Nature) forgotten and/or unattended to.
- **Human Nature** - we are Spirit in a Bodymind. We can live our human nature unconsciously, or we can live it consciously and with increasing skill.
- **Power, balance, harmony, fulfillment** - the result of conscious practice of skillful means around living Spirit in a Bodymind (within Self, Other, and Nature).
- **Full Choice** - the possibility of power, available from the state of deep stillness achieved when two opposite options are equally peaceful and acceptable.
- **Reaction** - choice made from within a state of unmetabolized pain, fear, avoidance. Or on the other pole, choice made from within a state of unbalanced preference.
- **Spirituality** - the non-theoretical, direct experience of that which is beyond the conventional Bodymind experience. Intellectual experience of spirituality can be achieved through Witness practice. "Peek" experiences into spirituality can come from any of four types of state shift practices.
- **"Peek" experience (also known as "peak" experience)** - vivid, yet temporary, kinesthetic, mind-and-body-inclusive, Nondual deep knowing. Anyone can experience peak/peek state thus can (at will) cultivate relationship with the Divine. Practiced states become traits.
- **World Peace** - the possibility accessible when critical mass has been reached and we have passed the tipping point, when we at a global level are consciously practicing skillful means around living Spirit in a Bodymind (within Self, Other, and Nature).
- **Retributive Justice** – based in unmetabolized pain, retributive justice seeks to “make the guilty party pay”. Tit-for-tat. A wrong-doing (moralistic judgment) done by a villain perpetrator (enemy image) at the expense of the victim to have justice, the criminal must pay (through punishment) so that they learn how bad (moralistic judgment) they are.
- **Restorative Justice** – based on personal responsibility, restorative justice seeks to effectively metabolize pain. Mediation and resolution, restoration of losses, funds spent on investigating underlying values and providing training for alternatives, rather than spending those funds on incarceration.
- **Pathology** – the rare cases where thoughts, actions, emotions and biochemistry can be proven separate and functioning below 10% of human standards, provable with zero doubt and empirically tested separate from the possibility that ineffective strategies to attend to underlying needs were at play. Example of true pathology: birth-defects. Example of a system misdiagnosed as pathology: most cases of depression and sexual dysfunction. Applications: pathological liars (non-pathology in most cases), murder convictions related to death sentencing or permanent incarceration (requires investigation).
- **Humility** – the moderating softness and compassion that comes with understanding these truths – What we see or know may not be visible to all people at all times. They too may hold a piece of truth that balances the manifestation of Spirit in Bodymind that we do not yet see. I too am not a full embodiment of deep knowing at all times. All of it is exactly as it should be. All that is, is already perfect.