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Why is this blog titled Unconditional Friendship? To answer this requires us first to have a common understanding of the term “friendship”. Most people’s understanding of friendship is a list of requirements and conditions set up by preconceived ideas and assumptions that if not met, mean that the transgressor is no longer acting like a friend. The most common preconceived ideas about friendship are that the two people involved have similar interests, beliefs and ways of looking at the world. “Close” friends share all of their likes and dislikes and even their deepest secrets with each other. “Close” friends are willing to do almost anything for the other person, including supporting the person in all manner of behaviors without consideration of the consequences of that persons actions. There are also those so-called “friendships”, where those involved pride themselves on never having any real conflict and see it as a sign of success that they are always able to be so NICE to each other.

How can a relationship like those described above truly be called “friendships”. A relationship without conflict could only work if BOTH people are already perfect and therefore having nothing to learn and no weaknesses to overcome. If on the other hand the people involved do have weaknesses, then how can you call someone a friend who is supporting your weaknesses? How can you call yourself a friend if you are supporting someone in acting like an arsehole? You may say you are a friend, but your actions speak for themselves in saying that you will support that person in being ignorant or destructive or in acting like a victim etc. as long as they also support your own bullshit. A relationship like that can hardly be called a friendship, but would more accurately be called partners in crime. Sadly, this is the majority understanding of what “friendship” is all about.

So what is true friendship all about? True friendship means having the WILLINGNESS to support the other person in their strengths, but not in their weaknesses. I stress willingness, because it is not always easy to not support someone in their weaknesses. This situation inevitably brings up conflict between the two people concerned. A conflict that must be resolved in one form or another if the friendship is to continue. This also brings with it the need to handle ones fear, because if the two friends cannot resolve the conflict, then the relationship, the friendship, is to all intents and purposes over for the time being. This may sound harsh, but to touch upon true friendship leaves one changed for the rest of one’s life, because it is REAL.

This blog is an attempt by this administrator to learn how to become a true friend to humanity through the medium of disseminating the work of Théun Mares. By doing so I hope to support those who visit this site in their strengths, but not in their weaknesses. Supporting them in their strengths by helping them to see their relationships and their place in this world with greater clarity. Not supporting them in their weaknesses by challenging them on their preconceived ideas about how they see relationships and life in general. This friendship, as is the nature of true friendship, is unconditional. It is unconditional, because I do this without any expectations on the part of the reader to accept the truths contained herein. I know what I know, because I have LIVED the knowledge contained on this blog. I stand firm in this knowledge and hope to in turn give others the courage to stand firm in what they can see with their own two eyes and FEEL within their hearts.

[**Requirements for Friendship**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=138)

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**Question:**

How does one define true friendship?

**Théun’s Guidance:**

Friendship is an act of the heart and, as such, it can never be bought, forced or won through manipulation. Friendship can only ever come from the heart, and in the final analysis the only COST of friendship is the UNWAVERING WILLINGNESS to BE that friend! Nothing else is required; not clever words, not clever jokes, and not clever games.

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[**Hurt Within Friendship**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=11)

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**Question:**

For many years I have had a really good friend, someone I have looked up to as being a role model in my life. However, recently he did something that rocked my boat badly and I don’t feel that I can trust him anymore. I feel hurt and confused.

**Théun’s Guidance:**

First of all let me congratulate you on your honesty and openness. Good! But now start trying to open that BIG heart of yours, for this is what this challenge is all about! :)Start by allowing the male INTO your life unconditionally, even if sometimes it DOES hurt! Remember, my friend, that without the thorns there could be no rose, and ANY relationship takes a great deal of hard work that is neither accomplished overnight, nor without tears! We all get hurt sometime, somewhere along the line, just as all of us have “tripped” to find ourselves face-down in the dirt! Your friend is no exception - he just fell flat on his face. So what?

But I feel that the issue for you is not so much that your friend fell off his pedestal, but rather that when he did, YOU felt a deep HURT! What is this hurt you feel? Why do you feel hurt? These are the questions you should be asking yourself, rather than dwelling upon your friend’s misfortune. In all of this you must now also strive to learn how to TRUST your OWN judgement, for in this way you will always KNOW within your heart of hearts who are your true friends.

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[**Building a Relationship**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=15)

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**Question:**

I have for a long time struggled to build a good relationship with my mother. Is it really necessary to have a good relationship with one’s parents?

**Théun’s Guidance:**

:)It is all quite simple, really! Either you LOVE your mother and therefore you WANT to build a friendship with her with your WHOLE HEART, or alternatively you actually couldn’t be bothered! If we TRULY love someone then there are no OBSTACLES, but merely CHALLENGES to face TOGETHER! And by far the BIGGEST challenge of all is to find a way in which to MEET the other person concerned, for unless you find a point at which to MEET you will continually be at loggerheads!

So make up your HEART! Is building a friendship with your mother for you a Path with a Heart, or not? If it is, then stop pissing and moaning and find a way in which to first of all MEET her. What this means is that you must STOP trying to make your mother think, feel, act and see things the way YOU do! Instead you should make EVERY EFFORT to IMPRESS upon your mother that you RESPECT her for who and what she is, but that YOU are DIFFERENT, and that IF you are going to build a REAL relationship then she too MUST begin to acknowledge the DIFFERENCES between you!

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[**Feminine Leadership**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=25)

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**Question:**

In the modern world of work, women sometimes “lead” men and men sometimes “follow” women. Is it possible for women to nevertheless bring feminine qualities to leadership roles and for men to bring masculine qualities to followership roles, particularly when they are led by women? In my experience as a female supervisor, it seems that with sensitivity I can “lead” in a feminine “style”. My male subordinates, who are capable and resourceful, make excellent suggestions which I “support”; I seldom have to come up with the solutions. I refrain from dictating how they should do their work. Instead, when I suspect that their approach won’t work, I provide my negative feminine feedback but I allow them to do it their way, even when it leads to failure. They quickly learn from their mistakes; I’ve earned their respect for my expertise and thereafter they seek out my feedback. In this way it seems to me that I bring feminine qualities to the role in a way that supports their masculinity. Or can a woman only be a true female and realize her feminine potential in explicitly subordinate/supportive roles?

**Théun’s Guidance:**

My friend, your grasp of the teachings in this respect is excellent, and your approach is equally so! You are, in fact, doing exactly what you are required to do as a female who is in the “male” role. :)And as you can see, it is working very well.

However, your question about women having to be in subordinate roles makes me laugh! :)Don’t let ANYONE ever tell you that the female is the male’s subordinate, for this is VERY far from the truth! LOL! Supportive? Yes! But even in this the female does NOT have to be subordinate! If she were to do this she would become a doormat which no true male can respect. Once again you are doing this superbly, in that although you are masculine relative to your male colleagues, you nevertheless support them in claiming their power as males. And this is truly inspiring! :)

With warm regards,

Théun

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[**Conflict with One’s Father**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=36)

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**Question:**

Théun, I am feeling a revulsion towards my father. He disgusts me. He is so fat and ugly and does not take care of himself or have any self respect. He tells lies constantly and shovels sentimental crap at me about when we (siblings and myself) were kids (mostly remembered in some fantasy not truth). Dad was a real bully and has always been quite nasty. He did have a wicked sense of humour and made us laugh a lot too. But I cannot abide the lies. He is always living in some dreamworld of winning the lottery, he feels sorry for himself, I could go on….and on………

Now maybe he is reflecting my ‘excellent’ qualities back to me. I shall address this.

Then I am feeling pity for dad, none of his family speak to him except me. Poor old git all alone in the world etc. That is an unhealthy way to feel for sure. Guilt is not supportive to the heart.

Then I am thinking well, he is my dad and I have a responsibility towards taking care of him.

Then I am sad, he will not live for much longer, he has had his moments when he has taken care of me and after a fashion does love me - I think, I feel, I dunno.

Then I get mad at him for being such an energy leech, as if he is using my life to live his. But I am choosing to let him, so why get mad?

Then sometimes we actually have a good time together.

Blinking Hell, I am going round in circles. Help.

**Théun’s Guidance:**

My friend, what I am going to say now is NOT going to be what you want to hear! LOL! But here goes anyway, and then you can shout at me all you want to. :)

We ALL, even you, choose our parents for a reason! Now we do not yet know why you chose the father you did, but choose him you did! So as a warrior it is now YOUR responsibility to learn why you chose him to be your father. Having said this I must also add that there is NO reason as to why you should accept your father’s behaviour. From what you have shared it appears that he is very lonely and with no real purpose within life. Perhaps all he really needs in order to pull himself towards himself is to have a REAL friend spelling out for him what he himself is trying to avoid. So what I would suggest is that you sit your father down for an HONEST chat, and then be totally ruthless with him. Don’t spare his feelings, but be totally FIRM as well as GENTLE in telling him what you think of him, how you see him, and how you feel about him and his behaviour. But in doing this you must take CARE to FIRST spell out to him that you DO want to have a relationship with him because you CARE about him.

I am not saying this is going to be easy, but you do not have too many options open to you. You either CONFRONT him, or you choose to do nothing and let him go to pot completely. I myself had to do something similar with my own father many years ago, but my father would not listen to me beyond the face value of my words. As a result he stormed out of my home without even saying goodbye and left. I let him go, knowing that there was nothing more for me to do at that time. I did not hear anything from my father, or see him, for over a year. But then one day he contacted me again as if nothing had ever happened, except that he had changed totally towards me. From that day on until his death we had a very close and meaningful relationship. :)And in looking back upon my life I CAN see that he had been the very best possible father for me!

With warm regards,

Théun

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[**Misconceptions Concerning Love**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=49)

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**Question:**

MY wife and I have agreed that we are going to teach each other how to love each other. I feel this is a step in the right direction, but we wanted to check it with you.

**Théun’s Guidance:**

You KNOW that this can NEVER work! You cannot teach each other to love each other! Love just IS! Love is what conquers all obstacles! But you cannot teach love. Instead love teaches you! As Kahlil Gibran states it so beautifully, “Love gives naught but itself and takes naught but from itself. Love possesses not nor would it be possessed; for love is sufficient unto love. When love’s wings enfold you, yield to him, though the sword hidden among his pinions may wound you.”

True, friendship, my friend, starts with ruthlessness! It is not possible for two SELF-IMAGES to become friends! Self-images can at best be partners in crime!

**Question:**

Théun, if it is true that the heart never lies, then why am I feeling so terrible about having separated from my wife? I realise now that I still love her very much, and wish we were still together in spite of the fact that our marriage never brought either us any joy.

**Théun’s Guidance:**

The heart never lies, yes! But then the heart never does lie BECAUSE it is ruthlessly honest! In this respect it is true that you still love your ex-wife, just as she will always love you! This much is painfully clear to both of you! :)BUT, my friend, loving someone does NOT imply that having a MARRIAGE with that person is necessarily life-supportive for BOTH of you! It is a PAIN-FULL MISS-TAKE to assume that loving someone necessarily MEANS that one should be MARRIED to that person in the TRUE sense of the word! The heart, my friend, has reasons of its OWN, mostly UNKNOWN to the mind, and always INDEPENDENT of the mind! In this respect you should bear in mind at all times that the mind is feminine to the heart, and therefore CANNOT dictate TO the heart! Therefore the mind CANNOT PRESUME to KNOW the PURPOSE of the heart, but can only SUPPORT that purpose as it is progressively unfolded through the act of intelligent co-operation between heart and mind!

The easiest way in which to grasp this is to look upon true LOVE as being sufficient unto itself! In other words, when you find yourself loving someone the heart does NOT first ask you IF this is okay with you, or IF it is to your liking! Love just IS! This is why Toltecs term Love “IT MOVES!” IT MOVES, whether we like it or not, whether it makes us happy or not, whether it makes us jump for joy or disintegrate into tears! IT just MOVES regardless! It is BECAUSE of this that true Love is, in every possible sense of the word, UNCONDITIONAL!

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[**Misconceptions Concerning Friendship**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=57)

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**Question:**

Théun, my understanding of the Warrior’s Path is that we should all strive to become our own best friends. Is this correct?

**Théun’s Guidance:**

Whenever we take ANYTHING out of context we automatically, and by DEFINITION, DISTORT it! So too with learning to become your own best friend! This concept has become such a cliché amongst you that it is in grave danger of becoming horrendously distorted, in the sense of turning into a justification for self-centredness, as opposed to selfishness! Have a good long HARD look at what you REALLY mean by having a CLOSE friend, or a BEST friend! Is this not in most cases just an excuse for behaving and acting in a self-centred and separative fashion?! “I share everything with my best friend, so I have no NEED to share with the rest of the world around me!” “I am my own best friend, and I have learned how to be by myself, to care for myself, and to be happy by myself, and therefore I have no NEED to share with others!”

But HOW can we achieve a TRUE openness of HEART when we continue to ACT in ways that are separative, and then on top of it all, JUSTIFY this in terms of “friendship?” When we DO find ourselves alone in this world, then it is invariably to TEACH us that the WHOLE world and everything in it is the warrior’s best friend! Why? Simply because ALL of life is interrelated, interdependent and therefore interactive! But whilst we continue to CHASE after some “special” person with whom to “share” it, our actions merely indicate the UNWILLINGNESS to truly OPEN UP the HEART in a fully INCLUSIVE manner! Likewise with wanting to become your own best friend just so that you can ESCAPE the CHALLENGES of having to INTERACT in a PURPOSEFUL, MEANINGFUL and INTELLIGENT way with the world around you!

I am NOT saying that it is not possible to have a BEST friend, or even a CLOSE friend, and neither am I saying that you must NOT learn to become your own best friend! But what I AM trying to point out is HOW your perception can get in the way of your FATE and WHAT it is that you are meant to be LEARNING! It is simply NOT POSSIBLE to open up the heart whilst you still continue to ACT, FEEL and THINK in a self-centred and separative manner, wanting and desiring to fulfil the LIKES of the little self, that is, the tonal, or by wanting to ESCAPE the challenges inherent within your daily life!

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[**Facing the World Crisis**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=83)

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**\*Old Sorcerers = New World Order, Globalists, International Elitists, Illuminati**

**Question:**

Théun, some of my fellow apprentices and I have decided to ask you “collectively” for guidance on the current world situation. We felt this would save you having to answer the same questions over and over again. There are, of course, many areas of concern and for the benefit of all the other apprentices who will read this, I will go into some more detail than I would have otherwise done.  
The New World Order is advancing rapidly and Big Brother is imposing itself onto all areas of human existence. The UK is a good example for the total surveillance world we are headed for. CCTV cameras are everywhere, national databases are being developed and deployed, peaceful campaign groups infiltrated by government spies, soon all phone calls, emails and internet usage will be recorded.

The financial system is being manipulated into crisis to advance the agenda (world currency?) and an economic collapse of most of the world seems very close. An attack on Iran by Israel could over night disrupt oil supplies, cripple the developed world and even affect the most basic survival needs of us all.  
Similar developments have affected education and the upbringing of children. Adults are punished for smacking their children, while increasing behavioural challenges in schools are “diagnosed” as medical conditions and children medicated.

And now Codex Alimentarius, a UN programme, is advancing the total control of food. There is concern that organic food will be history, that natural remedies will be illegal without prescription, that medication of animals will be mandatory and that seeds will have to be bought from the big Monsantos of this world.

We have collected the following questions, which we would welcome guidance on. None of us want to act out of and live in fear. But neither do we want to bury our heads in the sand. We want to be practical.

How will we be affected differently if we are in debt or have savings. Is it wise to buy gold? Is there any point now paying off debt? How should savings be used?

Is it advisable to go off-grid and self-sufficient? How bad will the infrastructure get?

What difference can transition towns make (in the UK towns that are transitioning to a sustainable local economy, less dependent on fossil fuels)?

How will different countries be affected? Are there any which will remain relatively free? Is there any one you would recommend people move to?

Thank you, Theun, from me and on behalf of my fellow apprentices.

I send my love to you and the family.

A returning apprentice

**Théun’s Guidance:**

:)Welcome back my friend! We have missed you. I trust that married life is still being kind to you? and LOL!

The world situation as it stands today is not pretty, and it will still get even worse before humanity finally wakes up and decides to do something about claiming back its power which people have been so very happily handing over to Big Brother for ever and a day. Although we are now entering into probably the darkest period ever in the history of humanity, it was inevitable because of humanity’s inherent laziness and asleepness. And yet I do not feel pessimistic, although I know, and I can SEE, that there is going to be great hardship and suffering very soon from now. In fact, I am totally surprised that the real crunch has not come earlier. Already in September 2006 the world was poised for total disaster, but somehow or the other, so typical of where the world is at today, humanity has managed to spin it out until now.

I say I do not feel pessimistic because I can also see that this time has the potential to be a time of great liberation for humanity. Men and women everywhere ARE slowly, although still MUCH to slowly, starting to wake up to what is happening around them. But the greatest problem still facing humanity, even though it is starting to wake up, is the individual’s sense of apathy on the one hand, and its sense of ignorance on the other hand. In their fear people are desperately trying to IGNORE what is going on, and then when they can no longer ignore the obvious, they submit to a totally debilitating sense of apathy, of “But what can I as one person alone do?” So until such time as that individuals start taking whatever ACTION is open to them, the world situation will continue to deteriorate until finally people everywhere will be FORCED into fighting for SURVIVAL. The action that is MOST required today is for people to drop their pettiness, their gross sense of separativeness and self-centredness, and to start forming GROUPS that CAN and WILL make all the difference. But whilst men and women still hold onto the demented belief that it is every person for him or herself and the devil for us all, we are headed for severe hardship in the immediate future.

You are correct in what you have observed about the United Kingdom. It has very rapidly become a police state, and so too has the United States of America, and Canada and many other countries are following hot on their heels. What is the most tragic about all of this, is the fact that the UK and the USA together form the Heart Centre of the planet. Only a little thought is required to see how very dire are the implications here. The Heart Centre of the planet has fallen under the complete control of the Old Sorcerers, who are but the puppets of the true Dark Forces. I see little point in trying to dress up the evil intentions in this, and neither do I feel I am being of service to all who turn to me for clarity if I were not to spell out the consequences of such a dire straight of affairs. Whether or not the planet and all of life upon this planet survives this very REAL crisis remains to be seen, and will depend upon how WELL men and women the world over FIGHT for their survival once the Old Sorcerers have brought us to the very edge of life. The only thing that today stands between utter disaster and freedom, is humanity’s will-to-good. Will this be enough to energise people into action, into battle? Whether it will be enough or not is no longer relevant, for today it is literally the ONLY thing we have got left. Humanity has already been systematically stripped of its dignity, its ability to think for itself, and most important of all, its divine birthright as a free and creative being. And still Big Brother continues to remove people’s freedom and telling them that it is for their own good. And STILL people WANT to believe them, and STILL they DO believe them!

The financial system is indeed being manipulated towards a complete economic collapse the world over, for once this has been accomplished the power of the Old Sorcerers will be more or else unchallengeable. From there it is a relatively easy step to take full control of the world food and water supplies. And once this has been accomplished, the average man and woman will be the TOTAL dependents of the Old Sorcerers. And this is the very REAL evil facing the world today! People in their IGNORANCE THINK that their future lies in the hands of their political leaders and their governments, little realising that their politicians and governments are today but the puppets of the Old Sorcerers, a relatively SMALL group of totally unscrupulous men whose only desire is for TOTAL power over, and who themselves are but the servants of the Dark Forces, of which there are ten representatives in the world - five in the East and five in the West. The Old Sorcerers today already hold most of the world’s money and gold in their hands, and soon they will also have the world’s food and water resources in their hands.

What you have noted about Israel and Iran is also true, although it is now questionable as to whether this will happen or not. In September 2006 everything was set for this to take place. Israel was ready to invade Iran and the USA army was on the ready to defend and support Israel, but for some strange reason the Old Sorcerers refrained from attacking Iran. Today they have been told in no uncertain terms by Putin that ANYONE who attacks Iran will be deemed an enemy of Russia. So if the Israelis, who really control Washington and New York, were to launch an attack on Iran, there is every likelihood that the world will be plunged into another world war with Russia taking the lead.

What you have noticed about education is also very true. It is the main reason why when I was in education in South Africa I became a lone voice in the wilderness and became mostly feared by MANY of my colleagues, for wherever I went as school inspector I spoke out VERY strongly against the dangers of the modern educational system. Time and time again I pointed out the TRUTH that lies behind the so-called enhancements of the educational system, showing the schools I worked with HOW Big Brother is systematically and willfully stripping children of their ability to think for themselves, and in addition, through the so-called moves towards ensuring the rights of children, purposefully breeding delinquent mentalities that can, whenever necessary, be “legitimately” removed from society for everyone’s good! So instead of our children being educated in the true sense of the word, they are being programmed, schooled, into being either very obedient followers of the system, or else total delinquents that are set up to FAIL when challenged by the system! Even home schooling is today steadily being eradicated the world over because home schooled children pose a threat to the system.

And now I will answer your questions:

“How will we be affected differently if we are in debt or have savings.”

LOL! It all depends upon HOW much savings you have and where! Money is today rapidly losing its value, and banks are on the verge of collapsing. So although savings are good, and indeed necessary, it is best you keep such savings at home in someplace safe. Debt? Well this speaks for itself, does it not? It has been the aim of the Old Sorcerers for a long time now to get average men and women as deeply into debt as possible. People who are in debt are NOT free people, and therefore they can be controlled very deeply, not only physically, but also emotionally and mentally!

“Is it wise to buy gold?”

Yes. As the economic situation continues to escalate towards total disaster, gold must and will again become the true currency of the world. This is not only because it is gold, but also because of esoteric reasons pertaining to gold that we do not need to go into in an email such as this. Yet, having said this, you would also be BLIND if you do not see how even the gold reserves and the price of gold is today being manipulated. There is now also a move towards having all gold stamped in some way. In other words, only gold carrying a certain stamp will have any value, and of course, we all know WHO will have all the stamped gold, do we not?

“Is there any point now paying off debt?”

Pay off ONLY the MINIMUM requirement! The Old Sorcerers got you into debt, and so don’t just pay for the sake of paying.

“How should savings be used?”

INVEST whatever savings you have in EMPOWERING yourselves as much as possible, and thereby ARMING yourselves for the battle at hand! This after all, is the true purpose of a website such as Toltec Legacy. Through the medium of Toltec Legacy I stand ready to play my part in providing people with the needed clarity, with strengthening their belief in themselves, with building their will-to-fight and with building their vision for what sort of world they would like to create for themselves. So, my friend, what I am pointing out to you about your savings, how ever much or however little these may be, is that sooner or later you will have exhausted them once you no longer have an income, and then what? No, this is NOT a time in which to sit on your savings like a squirrel gathering nuts for winter! This is a time of make or break for us all! Therefore I reiterate, INVEST your savings in EMPOWERING yourselves! But it is not just your savings that need to be wisely invested - it is also your TIME and your inner CONVICTION.

You find yourselves here on Toltec Legacy with me and my family of warriors. Is this merely coincidence? Is it merely because you have a personal preference in working with me rather than with someone else? No, I don’t think so!

Could it be that you were guided to me for a reason? Could it be that in working with me you CAN make a difference in the world by learning to fight for your survival? :)Could it be that collectively we are the LAST bastion between light and darkness, between freedom and enslavery to the Old Sorcerers? Could any of this possibly be true? If it were not true, then you only have to look around you. What do you see? What would you LIKE to believe? :)Which part of what I have shared above makes you feel frightened and insecure? Which part of what I have shared makes your heart sing? What is your BELIEF in yourselves? Are you prepared to INVEST in that belief? Or would you rather continue to INDULGE in your ignorance and your apathy?

As you all know, I set out in 2000 to start building a GROUP of people that can and will make a difference in the world, and today those of you who are still left standing with me are strong - much stronger than any who came before you! This is as much to your credit as it is to mine. But now, IF we are to make a difference in the world, I NEED you to help me! Far too few people as of yet know about me and the teachings. In this don’t be fooled by typing my name into something like Google! It is true that I am well and widely known amongst those of you who are the converted, but people in general have still not heard of Théun Mares, and if they have, they have no doubt associated me with the many frauds who today parade themselves under the banner of Toltec. I NEED you, the world you live in NEEDS you, to help me reach as MANY people as possible! The more people we are the greater is our power, for the esoteric principle of “the whole is far greater than the sum of its parts” remains as true today as it ever was!

It is not so much your savings I need, although money is needed, but what I DO need is your TIME and your INNER CONVICTION! I need you to help me bring more and more people into our midst so that I may also put them in TOUCH with THEIR hearts, and thereby strengthen our COLLECTIVE position within the world. There are today fifty of you. If each one of you aimed at bringing at least ten more people to join us on Toltec Legacy, this would make our number 500 in total! A considerable number of people, and the combined power of which will be even greater. Are you prepared to do at least this much? Are you prepared to INVEST at least this much in order to fight for your freedom and for the freedom of all upon our planet?

The world situation, my friend, is today extremely dire, but in this the OPPORTUNITY to achieve great heights has also never before been so great! And this is the Law! The universe stands for ever balanced, and thus we cannot swing to one polarity without creating the POTENTIAL for an equally great and powerful swing the other way. So what is it be? Do you wish to go down in history as men and women who COURAGEOUSLY fought with everything you’ve got to offset the immanent darkness looming and thereby help to create a FREE and glorious world? Or are you going to go down in history unnoticed other than being men and women who like the rest of humanity, succumbed to your ignorance and sense of apathy? The opportunity, my friend, is GREAT, but the decision is entirely YOURS! Stand WITH me and HELP me! Or be at peace in being nothing more than a PASSIVE member of Toltec Legacy, standing by and watching whilst the legacy, the divine birthright of humanity, becomes swallowed up in the darkness descending upon the entire planet!

And now to answer the rest of your questions:

“Is it advisable to go off-grid and become self-sufficient? How bad will the infrastructure get?”

I am not sure what you mean by “off-grid.” Are you referring to the system as a whole, or just to the electricity grid? If you are referring to the system as a whole I say GET OUT if and where you can, and become as self-sufficient as you can be. Dependency spells slavery, and although it is not yet possible to get out of the system ENTIRELY, we must ALL do what we can to either get out of the system as much as is possible, and where it is not possible to do so, to make the system work for us.

“What difference can transition towns make (in the UK towns that are transitioning to a sustainable local economy, less dependent on fossil fuels)?”

This is good PROVIDED it does not become an excuse for separativeness! The time is coming when NONE of us will any longer be able to survive in isolation of one another.

“How will different countries be affected? Are there any which will remain relatively free? Is there any one you would recommend people move to?”

The WHOLE world is becoming involved, my friend! There is today no longer a country in which people will be safe from what is transpiring. There is nowhere left to run to! LOL! There are only countries in which it is EASIER to strategise and to form groups for the purposes of survival. Such countries are mainly to be found in Central and Eastern Europe, for these countries, newly liberated from the restraints of communism are NOT blind to what is for them, AGAIN busy happening! The people, however, are something else! LOL! Having been liberated from communism they are, generally speaking, now so eager to enjoy the “fruits” of westernisation, that they are sitting ducks for the taking! Sad, but true! Their leaders, on the other hand, and the older generations who grew up under communism are mostly wide awake and taking care!

If today we have a beacon of hope as far as political powers go, it is Russia. Russia is destined to be the future, and so far it remains a steadfast beacon of light in a growing darkness.

My friend, I have endeavoured to answer your questions as honestly as I can, and I have endeavoured to address your CON-CERNS with the OPTIMISM and the HOPE that is being called for. As I said, I stand ready to play my part by throwing my knowledge, my strength, my courage and my support into this battle, if I but given the chance to do so. But for now whilst we are still such a pitiful handful, I can only watch and pray, hope and TRUST that you will, EACH and EVERY one of you, on this day make up your MINDS and find your HEARTS, and in this drop your own petty concerns, your fears, doubts and insecurities, and start LIVING the HONOURABLE and POWER-FULL lives of the true warrior as you HELP me to gather those that like you, CAN and WILL make a difference!

I am already doing everything I can. I now need YOUR help! We NEED to grow Toltec Legacy, not only so that I can empower you as a Group, but also so that I have the money with which to develop the internet game I have chosen to call “The Game of Life.” Once I can launch this game I will be able to use humanity’s love for computer games as well as the power of the internet, to reach the hearts of millions of people the world over, and most especially the younger generations who have been programmed into not thinking for themselves. If we CAN do this much, we will be a Group of millions of like-minded people the world over who are READY and PREPARED as much as time and world circumstances permit, to FIGHT an IMPECCABLE battle for our freedom and the freedom of all of life, human, animal, vegetable and mineral, for it is not ONLY man whose survival is today threatened.

I am already scripting The Game of Life, and those around me are learning as fast as is humanly possible, computer skills that are needed, and I TRUST that there will be the necessary money with which to implement this strategy for survival. In this you can ALL help by bringing to Toltec Legacy at least ten more people each, and then if each of 500 hundred people bring another ten people each we will number 5000 people in total, the number of subscribers that are needed in order to fund The Game of Life. Are you WILLING to be of service? Or do you just want to talk and fantasise about the imagined “glory” of being of service?

In the name of service and freedom,  
Your nagal and friend,  
Théun

\*This article is taken from the website [www.toltec-legacy.com](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?page_id=20) with the permission of the administrators. tag: theun mares

[**Stopping World Domination**](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?p=120)

Posted in [Relationships](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?cat=9), [World Crisis](https://web.archive.org/web/20110201000017/http:/www.unconditionalfriendship.com/?cat=10)  by admin

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**\*Mothers Awareness: used in the context of this article is the state of awareness that is leading humanity to seek power over others or to conversely to sink into a feeling of powerlessness**

**Question:**

What is REALLY behind the world oil crisis? Everyone seems to be fighting about oil, but is it REALLY about oil, or is oil just the face value? And what, if anything at all, does this teach us about the autonomy and freedom of a country?

**Théun’s Guidance:**

It IS about oil, and yet oil is but ONE aspect of the REAL challenge we are facing in the world today. What we are REALLY up against is world domination by a handful of power-hungry men that wield an ECONOMIC power like the world has never before known. So freedom, you ask? LOL! WHAT freedom, my friend? Freedom CANNOT and will not be found in addressing the FACE VALUE of what is transpiring within the world today, and neither can freedom be found within the continued SEPARATIVE approach of humanity!

So, my friend, countries can continue to fight for all they are worth to retain their so-called autonomy and freedom, but it will be to NO AVAIL! People will continue to die by their thousands whilst the force of Mother’s Awareness continues to strengthen its hold upon the world! It simply MUST and WILL get worse and worse until finally humanity comes to the realization that freedom can only be found within the ONE humanity! Only once men and women the world over are PRE-PARED and WILLING to step over the barriers of race, creed, culture and religion, in a truly UNITED effort at survival, will we be able to overthrow the tyranny of Mother’s Awareness!

The USA, England and Europe today are merely the PUPPETS of those that pull the strings, and those strings CONTROL the world’s economy. Furthermore, even IF the puppets are TEMPORARILY overthrown, the PUPPETEERS will merely change their TACTICS until such time as humanity has learned that separativeness is NOT what life is all about!

With Warm Regards,  
Théun

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[**Théun Mares Gives Guidance on Fraudulence**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=273)

Posted in [Business](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?cat=79), [Relationships](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?cat=9)  by admin

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**Question:**

Théun, I have come to see what a fraud I am because of constantly seeking approval. How do I now work with this? I have also come to see that perhaps I should go back into the corporate world which I ran away from after having been fired, because I can now clearly see that simply to make changes in my current business is not going to help me change my behaviour. I suppose the only thing that keeps me from forging ahead with this is my concern for my existing students. Yet unless I change my behaviour I fear I am only doing them harm rather than good.

**Théun’s Guidance:**

First of all, let us be clear on what is the cause of both fraudulence and approval seeking. Except for the rare case MOST frauds CHOOSE to indulge in this type of behaviour because they BELIEVE that if they are HONEST and UPFRONT it will be clear to others that they have nothing of REAL value to offer! This is where fraud starts, namely, PRETENDING to be something you are not! But, of course, this is not enough, for deep down inside you STILL believe that even WITH all of your pretense you are STILL not going to get what you want because you don’t deserve it, or you will be denied it in some way. And so starts the THEFT! If I can’t get what I WANT then I will get it by whatever means are open to me, even IF I have to STEAL it! One thing leads to another, and what starts off as a WANT soon enough becomes justified as a NEED, and thus, like all wayward behaviour, fraudulence soon enough becomes quite ADDICTIVE and therefore COMPULSIVE!

Approval seeking is in fact the other side of the SAME coin, namely, believing that you have nothing of REAL value to offer, and so you simply MUST get approval by whatever means are open to you, for it is only by getting approval that you feel okay about yourself! Needless to say, even IF you get ALL the approval you are seeking, deep down inside you always STILL feel like you have nothing of value and therefore you WANT more and more, all the time convincing yourself that you NEED more and more! Again, this is hugely ADDICTIVE and COMPULSIVE! In the case of the outright FRAUD, the addiction manifests as the OPPRESSOR, or for the sake of simplicity, the VICTOR! In the case of the Approval Seeker, the addiction manifests as the VICTIM, or for the sake of simplicity, the UNLOVED, UN-APPRECIATED and UNDERPAID UNDER-DOG!

From what I have explained so far it should now not be too difficult for you to see how in the case of BOTH the Fraud and the Approval Seeker, both get EXTREMELY angry when their EXPECTATIONS are not met, or when their EFFORTS at getting what they believe they NEED are frustrated!

So what I am pointing out to you is the hole you have dug for yourself. I am pointing out to you how VERY ADDICTIVE and COMPULSIVE your behaviour has become! I am also pointing out to you that whilst CAUGHT in this MINDSET you simply CANNOT stop the behaviour because RATIONALLY you cannot see HOW to stop it! If you simply stop you EXPOSE yourself for being the Fraud and the Approval Seeker you are! And if you KEEP persisting in this behaviour you just feel worse and worse about yourself! But I am pleased to see that you HAVE in-deed DE-CIDED to put a stop to the behaviour even IF this exposes you in ways that you FEAR most DEEPLY! However, what is unclear to me at this point in time is whether you have ever REALLY acknowledged to yourself the extremely DEEP sense of SHAME you experienced at the time of having been exposed in the corporate world before you got fired from your job. But what I can see very CLEARLY is that AFTER this exposure you went ALL OUT to NEVER again be seen in such an unfavourable light! But what you have only NOW come to realise is that you have never RESOLVED this sense of shame, but merely swung to the opposite polarity of now being the BENIGN fraud, whilst SECRETLY having hoped that THIS was going to REGAIN for you your lost esteem in the eyes of other people, in other words, that people will once again APPROVE of you!

What has finally caught up with you is your HISTORY and your SELF-IMAGE which, in spite of WHICH polarity you are at, remains UNALTERED! You have simply carted your BAGGAGE from one pole to the other! So the ONLY way you CAN resolve your history as well as finally starting to dismantle your self-image is by going back into the corporate world and FACING the song and dance you created around yourself! However, although you are HEARING the challenge in this, your MIND has already started to ROMANTICISE it! I say this because you are STILL busy with approval seeking because I am not at all convinced that you truly wish to do this for YOU! Instead I see a man who is saying, “Okay, so that didn’t work, and this doesn’t work, but hey, if I roll over and play meek and mild, and if I tell my fellow apprentices how untrustworthy I am, my students will APPROVE of my so-called honesty. And if I admit to Théun that I have been a fraud, Théun will surely approve of my honesty. And if I do as I am told, everyone will see me as being so WILLING to mend my ways. And hey, I just KNOW that with everything I have learned over these past few years, the corporate world is just going to lap me up and ADORE me!”

Wrong, my friend! You are going to find yourself HUGELY challenged should you return to the corporate world, if in no other way, than in HOW you are going to FEEL about yourself being back there! Yet, I agree that there is NO better way for you to break free from the FIXATION of your mindset than to go FACE what you ran away from! And this is WHY you yourself can FEEL that making changes in your work is NOT going to make your problems go away!

You speak of harm, but the only REAL harm you are doing is harming YOURSELF, for no matter HOW wayward we may be in our behaviour, we can never NOT serve the unwavering purpose of the Unspeakable! Even if we ONLY serve by default, we STILL serve! Kahlil Gibran expresses this so well when he asks, “Can the murdered be unaccountable for his own murder?” But the answer is clear is it not? No-one can murder you if you don’t NEED to be murdered! And no-one can con you if you don’t NEED to be conned! LOL!

Regarding your concerns with respect to your students, what CON-CERNS are you referring to? If you KNOW within your heart of hearts that you have given your BEST, your ALL, then there is no harm in saying to your students, “That’s it! I am out of here!” If, on the other hand you KNOW that you have been leading them up the garden path, then once again, there is no harm in saying to them, “That’s it! I am out of here!” The only thing which CAN stop you in either case is your DESIRE for APPROVAL from OTHERS! My friend, the ONLY approval the warrior NEEDS is his OWN approval, meaning that within his heart of hearts he KNOWS he is being utterly IMPECCABLE, regardless what others may THINK or SAY about his actions! So, quite frankly, I don’t buy your so-called CON-CERNS! Let us just be honest and call a spade a shovel by saying this is much more about YOUR worry about YOUR social image and how this makes you feel about yourself! In fact, if you TRULY want to be HONEST with yourself, then ADMIT you don’t care a STUFF about dropping your students! Now that you have gotten to this point they just make you feel shit about yourself anyway! LOL!

In the final analysis, it does not matter much at all WHAT you decide to do! How can anything matter when everything in your life up until now has been mere FOLLY? Surely the ONLY thing that CAN matter is that you begin to CONTROL your FOLLY! And the ONLY way in which to DO this is to take EVERYTHING you THINK, FEEL and DO as being a matter of life and death, whilst at the SAME time acknowledging to yourself that it is ALL still folly, albeit now CONTROLLED FOLLY! LOL! The teachings are so GLAMOUROUS, not so, my friend? But oh, also so goddamned UNCOMPROMISING when it comes to having to put them into PRACTICE!

\*This article is taken from the website [www.toltec-legacy.com](https://web.archive.org/web/20110201000056/http:/www.toltec-legacy.com/) with the permission of the administrators. tag: theun mares

[**The Folly of Big Brother**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=279)

Posted in [World Crisis](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?cat=10)  by admin

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**From Théun:**

Friends, the following letter is an actual letter sent by the Michigan Department of Environmental Quality, State of Michigan. It beautifully portrays the utter stupidity of Big Brother in its attempts at controlling all of life!

I read the letter:

SUBJECT: DEQ File No.97-59-0023;  
T11N;  
R10W, Sec. 20;  
Montcalm County

Dear Mr. DeVries:

It has come to the attention of the Department of Environmental Quality that there has been recent unauthorized activity on the above referenced parcel of property. You have been certified as the legal landowner and/or contractor who did the following unauthorized activity: Construction and maintenance of two wood debris dams across the outlet stream of Spring Pond.

A permit must be issued prior to the start of this type of activity. A review of the Department’s files shows that no permits have been issued.

Therefore, the Department has determined that this activity is in violation of Part 301, Inland Lakes and Streams, of the Natural Resource and Environmental Protection Act, Act 451 of the Public Acts of 1994, being sections 324.30101 to 324.30113 of the Michigan Compiled Laws, annotated.

The Department has been informed that one or both of the dams partially failed during a recent rain event, causing debris and flooding at downstream locations. We find that dams of this nature are inherently hazardous and cannot be permitted. The Department therefore orders you to cease and desist all activities at this location, and to restore the stream to a free-flow condition by removing all wood and brush forming the dams from the stream channel. All restoration work shall be completed no later than January 31, 2003.

Please notify this office when the restoration has been completed so that a follow-up site inspection may be scheduled by our staff. Failure to comply with this request or any further unauthorized activity on the site may result in this case being referred for elevated enforcement action.

We anticipate and would appreciate your full cooperation in this matter.

Please feel free to contact me at this office if you have any questions.

Sincerely,  
David L. Price,  
District Representative Land and Water Management Division

Here is the response sent back:

Re: DEQ File No. 97-59-0023; T11N; R10W, Sec. 20; Montcalm County.

Dear Mr. Price,

Your certified letter dated 12/17/02 has been handed to me to respond to.

I am the legal landowner but not the Contractor at 2088 Dagget, Pierson, Michigan. A couple of beavers are in the (State unauthorized) process of constructing and maintaining two wood “debris” dams across the outlet stream of my Spring Pond. While I did not pay for, authorize, nor supervise their dam project, I think they would be highly offended that you call their skillful use of nature’s building materials “debris.” I would like to challenge your department to attempt to emulate their dam project any time and/or any place you choose. I believe I can safely state there is no way you could ever match their dam skills, their dam resourcefulness, their dam ingenuity, their dam persistence, their dam determination and/or their dam work ethic.

As to your request, I do not think the beavers are aware that they must first fill out a dam permit prior to the start of this type of dam activity.

My first dam question to you is: (1) Are you trying to discriminate against my Spring Pond Beavers, or (2) do you require all beavers throughout this State to conform to said dam request? If you are not discriminating against these particular beavers, through the Freedom of Information Act, I request completed copies of all those other applicable beaver dam permits that have been issued. Perhaps we will see if there really is a dam violation of Part 301, Inland Lakes and Streams, of the Natural Resource and Environmental Protection Act, Act 451 of the Public Acts of 1994, being sections 324.30101 to 324.30113 of the Michigan Compiled Laws, annotated.

I have several concerns. My first concern is; aren’t the beavers entitled to legal representation? The Spring Pond Beavers are financially destitute and are unable to pay for said representation — so the State will have to provide them with a dam lawyer. The Department’s dam concern that either one or both of the dams failed during a recent rain event, causing flooding, is proof that this is a natural occurrence, which the Department is required to protect. In other words, we should leave the Spring Pond Beavers alone rather than harassing them and calling them dam names.

If you want the stream “restored” to a dam free-flow condition please contact the beavers — but if you are going to arrest them, they obviously did not pay any attention to your dam letter, they being unable to read English.

In my humble opinion, the Spring Pond Beavers have a right to build their unauthorized dams as long as the sky is blue, the grass is green and water flows downstream. They have more dam rights than I do to live and enjoy Spring Pond. If the Department of Natural Resources and Environmental Protection lives up to its name, it should protect the natural resources (Beavers) and the environment (Beavers’ Dams).

So, as far as the beavers and I are concerned, this dam case can be referred for more elevated enforcement action right now. Why wait until 1/31/2003? The Spring Pond Beavers may be under the dam ice then and there will be no way for you or your dam staff to contact/harass them then.

In conclusion, I would like to bring to your attention a real environmental quality (health) problem in the area. It is the bears! Bears are actually defecating in our woods. I definitely believe you should be persecuting the defecating bears and leave the beavers alone. If you are going to investigate the beaver dam, watch your step! (The bears are not careful where they dump!)

Being unable to comply with your dam request, and being unable to contact you on your dam answering machine, I am sending this response to your dam office.

THANK YOU.

RYAN DEVRIES & THE DAM BEAVERS

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[**The Prerequisite for Forgiveness**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=288)

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**Question:**

Theun, firstly, let me express my gratitude to you and the Toltec Legacy Team for all the efforts and love in creating this teaching facility! It is a great pleasure for me to meet you again! It is you and your HONESTY and WARMTH I have been looking for since I can remember. Thank you, Theun! Will I have the STRENGTH to face the TRUTH and really learn about myself? Well, I HOPE I do … for it is not something quite pleasant looking into the “mirror” at the moment.

During the last retreat I asked you for guidance about the tumor I have had in my back (between 4th and 5th vertebrae). The tumor was removed (by operation), but I wanted to know what that dis-ease meant. You were very clear then, that my dis-ease is very much related to me feeling unworthy and not deserving. I didn’t grasp the meaning of what you said back then, but time passed and I started seeing what I think now is the true expression of my unworthiness. Briefly, it is my “belief” that I “deserve” a “better life”, that is, a much easier life, and certainly not the challenges I encounter. LOL!

When I was a child, I remember that whenever I did something “wrong”, I was very afraid of the consequences (maybe because my father was a scary person to me LOL!) and prayed for forgiveness, either my parents or God, or both, if what I had done was too bad :). But since then I have this habit of “believing” that all wrong is fixed by enough “tears” and “prayers”. Needless to say, this habit has made me such a victim and person full of self-pity, that (put it gently) I am not too proud of what I have become. e.g. my wife had to hold my hand when my tumor was discovered … and I was playing the hard hero LMAO! I can go on: I am still a child emotionally and have to take care of two children :), I lack self-discipline (and I thought I was like a special soldier made of iron :)) I have become really good in manipulating people and lying to myself, I am lazy, etc. I have started work on these (where does one really start from, with all this “record”? LOL!), and it is slow, but it feels great when I do a tiny little step (well, I don’t have any giant steps so far :))

Originally I am born in Bulgaria, but the situation in my country was getting tougher and tougher after the communism was destroyed, and most of my countrymen, including myself, were thinking of escaping the country. So, in order to do that and be a successful person with a much easier life, I used an “opportunity” and came to the UK. That “opportunity” consisted of starting a fake PhD in Bulgaria, while, in reality, I was doing a PhD in the UK. The fake-ness of the PhD in Bulgaria consisted of me receiving money from the University in Bulgaria, while I was also receiving money from the University in the UK. At the moment it is impossible for the administration to discover my illegal actions, but now again, I am afraid of the consequences this has and might have on my life. Now that the crime is done, I am not asking you to hold my hand or tap me on the shoulder for what I have done (enough of this fake-ness!). I also know from your books that life will take from me what I have taken illegally, and will give it back to where it belongs. But I can’t be in peace with myself for what I have done - I was thinking of donating the amount I stole to that Bulgarian University, but that wouldn’t undo what I have done. Plus, I might decide (after donating the money) that I have become a saint of some sort … and I have already had enough of this bullshit too :)The experience tells me that I should be VERY CARE-FULL with how I progress in life, for this tells a lot about my behaviour so far, but is there anything else I should be looking for, Theun?

Also, do you think I have really grasped your guidance, or is it me re-producing my folly?

**Théun’s Guidance:**

Welcome, my friend! :)And thank you for your kind words.

First let me reassure you that you have indeed finally begun to see your folly for what it really is, and I might add that I am very happy for BOTH our sakes that you have! LOL! The last time I met you I found it truly difficult to remain impeccable with you, for you were so full of prejudice and self-importance that you nauseated me! LAMOF!

The sense of unworthiness I saw in you then does indeed stem from your belief that because you were somehow denied a “better” life you are the victim of everybody and everything! But because of your severe self-importance I could also see that in actual fact you had no REASON to believe that you deserve a better life, AND what is more, you KNOW it! LOL! Now your huge confession brings proof to bear upon what I had seen but of which I had no proof at the time. :)Interesting, no? You were determined to HIDE your sins from everyone including yourself, even to the point of attending a retreat with a seer! LOL! Now I call that BRAVADO, even if not exactly COURAGE! LOL! BUT……….to your credit - you came to the retreat nonetheless! :)

So you cannot come to peace with your past? And I am not at all surprised, for you STILL do not have the necessary HUMILITY to ACCEPT yourself for who and what you are. Secretly inside, now that your guilty conscience has caught up with you, you long to turn back the clock and to undo the wrong you committed. But did you only do wrong with the university in Bulgaria? Is it not true that if we are being unimpeccable in one area of our lives then we are also being unimpeccable in ALL areas of our lives? Hmmm? And, in any case, WHO said you committed a wrong? Is this not self-judgement at work? And if you judge yourself, then are you not also judging the world around you? And is JUDGEMENT a life-supportive act?

So what are we REALLY talking about, my friend? Are we merely talking about you having been clever enough to swindle a few bucks out of the university of Bulgaria? Or is your REAL crime against the spirit of man your supreme sense of judgement, and your desire to be better than everyone else?

My dear friend, I know I am being utterly ruthless with you, but it is YOU who asked for guidance, and above all, it is YOUR sense of guilt we are having to deal with here. So if you REALLY want to learn to come to PEACE with your past, then the ONLY way in which you can do this, is to strive with EVERY FIBRE of your being to find the necessary HUMILITY to LEARN from your folly, NOT in the sense of exonerating yourself from your past, for NONE of us can do this, but in the sense of GIVING BACK to life what was never yours for the TAKING! And I am NOT just talking about the university and money! I am talking about EACH and EVERY act of yours in which you JUDGED others because of judging yourself, and thereby ROBBING them of their innate sense of HUMAN-NESS.

There is only ONE way, my friend - only ONE way in which we CAN learn to FORGIVE ourselves for our fumbling and stumbling in learning. There is only ONE way - learn to open your HEART and to EMBRACE ALL of life without prejudice and without judgement! In other words, LEARN to make your EVERY act an act of unconditional love! And in this you MUST start with yourself, for ALL charity starts at home! :)Unless you can love yourself unconditionally, without prejudice and without judgement, you will continue to make impossible demands upon life, and you will end up hating yourself more and more, and in that hating you will project your self-hatred more and more upon the world around you. And thus the cancer will continue to manifest and will continue to grow.

One final word, my friend. I said welcome! And I MEANT it, for I NEVER say anything I do not mean! B-:) Be at peace as from this day onward, for what have you got to lose now? :)Once we are at the bottom of the pit, we are at the bottom of the pit! And from there, there is only ONE way to go - UP! So take heart and take courage! Whilst you are still alive, you still have MUCH to offer life! Today is the first day of the rest of your life. Make of it what you will, for it is not yet too late to start afresh by living like a warrior from now on, RE-MEMBER-ING always that angels do not make very good warriors. :)

With warm regards,  
Théun

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[**Théun Mares on the Last Battle**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=293)

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**Question:**

Théun, in looking at the world situation today, together with the natural disasters that are occurring, am I right in thinking that this is a result of all our ugly thoughts coalescing within the web of life? Or am I totally off the wall in thinking this?

**Théun’s Answer:**

You are not really as off the wall as you think, my friend. But it is MORE than just the effect of our ugly thoughts coming together; it is also the effect of our ugly actions coming to a climax. People smile quietly to themselves when I speak of Atlantis and the unresolved battles of that time, but whether they believe me or not, it is a FACT that cannot be wished away. At the time of Atlantis we did the only SANE thing we could do at THAT time - we RETREATED from the battle. We did not RUN AWAY from the challenge, as such, but humanity as a whole was still such a tiny helpless INFANT that the only sane thing to do was to take the CHILD and RETREAT the best we could! Yet, in doing so, the CAUSES of that time were not FACED and RESOLVED and, as always happens in such instances, our HISTORY followed us to become those EFFECTS which have become the CAUSES of today’s EFFECTS!

I have been saying for a long time now that the resultant TENSIONS building up within the web of life are truly STAGGERING, and that from a seer’s perspective, a repeat of Atlantis APPEARS to be inevitable! And should it come to this, then this time round we have nowhere to run to - this time round we are going to HAVE to stand our ground and fight it out!

The planet, a life-form with its own evolution, has had enough of humanity’s greed, plundering and whole-scale destruction and, as a result, is beginning to rebel in the form of hurricanes, volcanic activity and earth-quakes in an endeavour to CORRECT the forces of nature which have been, and continue to be, so utterly unbalanced by humanity’s actions. It is going to get worse! Adding to this planetary turmoil is the fact that the MINERAL kingdom, which is part of the ORGANIC evolution on this planet, is preparing itself for a MASSIVE CRISIS point, call it an INITIATION, if you prefer. From what I can see, the physical planet’s own turmoil is providing for the mineral kingdom the IDEAL circumstances in which to call forth its initiation, which, again from what I can make out, will come in the FORM of fire! So we can expect more and more volcanic activity from within the earth, and uncontrollable land fires for the surface!

So where to from here? Only HUMANITY can fight this battle and turn it around. People like you and me can do what we can by leading by example, and we MUST, otherwise there is NO hope, but more than that we cannot do! All now hangs in the balance, and a mighty balance it is! Will humanity WAKE-UP in time, SEIZE its fleeting moment of chance, and BECOME the RESPONSIBLE ADULT it is meant to be? Or will humanity continue to SNOOZE in its COMPLACENCY whilst continuing to hand its power over to Big Brother, Mother’s Awareness, and ultimately the Old Sorcerers? Only time will tell! If humanity wakes up we CAN and WILL manifest a bright NEW world. If humanity continues to snooze, we are in for a most TERROR-ABLE time! We will witness whole-scale destruction like NEVER before, perhaps even the end of life as we now know it upon this planet, for as the Guardians have forewarned, THIS TIME NOW will be the DEFINITIVE turning-point!

Am I a prophet of doom? LOL! No! Just a prophet that is looking OBJECTIVELY at the REALITY of the FACTS! I am not just being poetic, or romantic, or dramatic when I have been saying that my BIGGEST challenge within this lifetime in terms of the work I am doing is a DESPERATE race AGAINST time! What are my own feelings on the future? I feel optimistic, but NOT in a complacent way. I would be lying to you if I were to say I feel no fear! I am fearful because I can see that we are going to be HIT very, VERY HARD, before humanity becomes WILLING to wake up! But I feel optimistic in the sense that we are today FAR BETTER equipped for the battle on hand than we were in the days of Atlantis. For a start - humanity is no longer an INFANT that needs to be PROTECTED at all costs. Humanity has come of age, and is therefore an ADULT that CAN be MOBILISED into ACTION if pushed hard enough!

This is where I am keeping my focus - we CAN, and SOMEHOW we WILL! Man has this god-like ABILITY to perform MIRACLES when faced with an act of survival! :)So let us keep our focus on what EACH and EVERY ONE of us CAN DO on a DAILY basis in PRE-PARING ourselves AND others for the challenges that are upon us. I see it as an ENORMOUS opportunity to HASTEN our own personal evolution, and I see it also as an AWESOME responsibility to the One Life that has GRANTED us this truly STUPENDOUS PRIVILEGE of being ABLE and WILLING to each play our part in writing the FUTURE of our humanity! So, yes, I may be fearful of what lies ahead, but, by the same token, I will also not change my life for any other! I would be a fool if I did not fear! But I would be an even greater fool if I were wishing for a different life to the one I have, to the one WE have! LOL!

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[**Théun Mares on Forbearance and Unconditional Love**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=302)

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**Question:**

Théun, I would like to ask about forbearance, and how this relates to unconditional love versus conditional love?

**Théun’s Answer:**

The greatest gift in FORBEARANCE is learning to LET GO! Once we have learned to let go, INTENT becomes ACTIVE, intent being unconditional love in action! But people are normally so BUSY setting their “intent” on wanting to have life on their own terms that not only do they keep themselves STUCK, but so too does forbearance become a living nightmare! Surprising? Not really when one comes to realize that ANY action, including CONDITIONAL love, MUST be reflected back to us by the world around us!

But the MYSTERY surrounding INTENT is that INTENT is NOT based upon CONDITIONS! Humanity finds this so hard to LEARN! And thus people make statements like, “But I AM setting my intent, so bloody well MAKE it happen! But I AM being a good boy, so REWARD me! But I AM on the Warrior’s Path, so of course I should be treated differently!” etc., etc., etc. In short, “Can’t LIFE see that I AM striving to MEET the CONDITIONS in my life, so what is its problem in meeting MY set of conditions?”

However, true intent becomes active once we have learned that MIRRORS work BOTH ways! Conditional love is reflected. Unconditional love is reflected.

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[**Illusion vs Feeling**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=306)

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**Question:**

How does one discriminate between illusion and feeling?

**Théun’s Answer:**

Illusion is born from selective perception, in other words, ASSUMED UNDERSTANDING based upon what you THINK you know. The trick is to NOT-DO your perception, that is, STALK your perception by allowing the FEELING to guide you, WITHOUT trying to force a square peg into a round hole, just BECAUSE it seems to FIT your view of the world! Our hearts NEVER lie to us, but the mind’s INTERPRETATION of that feeling is something ELSE!

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[**Théun Mares Guidance on Being Vulnerable**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=309)

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**Question:**

Théun, years ago you said it gave you the creeps to look into my eyes and asked if there was anything about me which was natural. I admitted later on that I didn’t like what I saw in my own eyes.

Having shared about this with a friend recently, we agreed we would both practice looking into our eyes in the mirror every day. Here is what has come up for me.

I saw anger, a person who feels threatened by everyone and a certain disdain. I don’t know how much of this is feeling and how much is interpretation by the mind. I already knew that I have a lot of anger inside me and I’m glad that I have started to see it and accept it.

Another thing that happened though, was that I looked at my left eye and acknowledge how I feel about it being closed more than the right one. I felt at that moment ugly and hard-done-by. Why is it always ME who has to be different. This opened a can of worms. Why did I have to have such a high voice as a kid, that I sounded like a girl? Why did I have to have acne more than anyone else? Why did it have to be me who had the thickest glasses of them all. And why did I have to be a twin, being called “the twin” by others and never by my name? I now can feel how much anger at life I have inside me from feeling constantly singled out and treated unfairly. I can also see where the “I will hurt you before you can hurt me” behaviour came from and why one of my friends on Evolving Relationship once called me the eye of mordor. LOL Because the first thing people said to or about me was about the things I felt most embarrassed about, i.e. my weakest spots. Children would say it TO me (name calling) and adults would say it ABOUT me to each other (when they talk to each other about you, as if you weren’t there). It seems I learnt to do the same thing (go straight for the weaknesses in others) because I felt unconsciously that everyone else was doing the same to me. If the first thing they do to me is expose me, why shouldn’t I do the same to them?

Any sort of weakness in me is therefore an attack point and has to be avoided. Is this the reason/one reason why I was so totally cut off from my emotions until recently? Because showing emotions makes me appear more vulnerable?

Am I on the right track? Even if I’m not, I’m glad I’m finding that emotions DO exist inside me. LOL Acknowledging what I saw in my eyes also seemed to change my perception almost straight away, so that now what I see doesn’t seem as bad as before. But I have hidden my emotions so well, that I know there must be a lot more and that I have only scratched the surface.

Is there any guidance you can give me on this?

With much love  
The Eye of Mordor

**Théun’s Guidance:**

:)My friend, you have been learning so much, and therefore changing so much since we last met, and this is very, very good. But now you must learn to give yourself HONEST credit for the long way you have already covered. You are now far more open and honest than you were before. And for the first time you are looking at your behaviour OBJECTIVELY. This, my friend, is half the battle already won! :)

It is true that you have within you much suppressed anger at life, and it is equally true that you have disdain. Your anger comes from not understanding why you have called forth the challenges in your life that you have. And your disdain comes from trying to rise above your challenges by acting as if you are somehow superior to others and that nothing can TOUCH you. And in this lies the answer to why you have shut out your emotions as well as your true feelings - I am UN-TOUCH-ABLE, I am UNABLE to TOUCH or to be TOUCHED, I do not feel! And because I do not feel, I cannot be hurt.

Realise, my friend, that we all have two options within life. Either we become closed and defensive, in which case we become INVULNERABLE and live a “safe and protected” life; or we choose to be vulnerable, in which case we WILL be hurt, we WILL be vulnerable, but we nevertheless live a FULL and a RICH life! The choice is ours.

You long ago chose the first way. Now you NEED to choose the alternative - the choice to become open and vulnerable. In doing so you will be challenged, for sure, for whenever we make a decision power immediately challenges us. LOL! But when the hurt starts to come you can turn it around by helping you to find the UNDER-STANDING that you have always lacked, and as that understanding begins to come you will find your heart becoming ever more open, until finally you will find yourself beginning to act, physically, emotionally and mentally, in ways that are ever more life-supportive, not only towards yourself, but also towards all of life around you. Technically speaking, you will have started to act with unconditional love. :)

What will help you greatly from this point on is to remember at all times the rule of the hunt. “Power shows no mercy, and grants no quarter. The winner takes all!” So when people lash out at you, remember that they are merely the instruments of power, and therefore it is really POWER challenging you to FIGHT for yourself! But power shows NO mercy, and grants NO quarter! So do NOT EXPECT mercy, and do NOT EXPECT to be given even one small quarter! LOL! But if you FIGHT with every FIBRE of your being, your strength, your courage and your belief in yourself, you, the winner, will take all the GIFTS, the spoils of battle. :)

Being a warrior, my friend, and learning to BE-COME a warrior is not for the faint-hearted, but I can honestly say from my own experience, that for me there is no other way in which to live! B-:)

With all my love and my warmth,  
Your fellow warrior and friend,  
Théun

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[**Address To The Vladivostok Congress, September 2003 by Théun Mares**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=335)

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Address by Théun Mares

Delivered To The Vladivostok Congress September 2003

“Globalisation: Interaction of Economics, Cultures, Technologies and Nature”

THE POWERFUL PLANETARY EVENTS WHICH TEND TO ALTER  
FOR EVER THE COURSE OF HISTORY DO NOT ORIGINATE FROM  
MAN. THESE EVENTS ARE THE RESULTS OF MIGHTY COSMIC  
FORCES INTRODUCED INTO OUR SYSTEM BY THE PLANETARY  
BEING. IT IS THE TASK OF SEERS TO PREDICT THE PROBABLE  
OUTCOME OF SUCH EVENTS, AND TO MAKE THE NECESSARY  
ADJUSTMENTS WITHIN THE COLLECTIVE PLANETARY  
AWARENESS, SO AS TO ENABLE ALL OF LIFE TO MEET HEADLONG  
THE CHALLENGES POSED BY THESE FORCES.

On 13th June 1995, unbeknown to the vast majority of humanity, there occurred what has been to date perhaps the most significant full moon in the history of humanity. On that day all life upon this planet entered an unprecedented era. Although man in general is as yet oblivious to the momentous changes which took place on that full moon, he has nevertheless been catapulted into an experience which is already begun to materialise its effects upon the physical plane. These effects will gradually become clear for all to see, and it will be then that man will recognise for himself that his old and comfortably-familiar world is now slipping away rapidly.

This is a new age in which time can no longer be measured in years, for the radical changes that have been initiated are precipitating a vastly different world, which is coming into existence hour by hour, day by day. Mighty forces of the universe, of which humanity is wholly unaware, have been brought into alignment, to focus upon our world, and through the effect of these forces a new humanity is being moulded.

The great wheel of evolution has turned and, in turning, it has brought man back to a cross road first encountered in that far-distant time when life flourished upon the ancient continent of Atlantis. Today man must face and bring to a conclusion that which was initiated eighteen million years ago. Therefore, what esotericists have through the times termed ‘The Dawn of the New Age’, is in fact also ‘The Day of Reckoning’ predicted by the prophets of doom. This was the day that was marked by the full moon of June 1995.

It is not the end of the world as this has been commonly understood, nor is it the New Age as it has been anticipated, but this day did mark the end of the known world and the beginning of a time in which a new world is even now being established. At a time when world turmoil, economic instability, confusion and emotional hysteria seem to have become the norm, it is no longer easy for men and women to discern with any certainty what is transpiring in the world today. The current sophistication and freedom of the news media, coupled with the advent of television and the worldwide web, have not only brought world events and extraordinary thinking into the homes of millions of people the world over, but have also contributed towards an ever- increasing prejudice based upon separative views and a lack of the much needed knowledge of universal law. Exposed to snippets of information, which are often ingeniously put together in such a way as to prove a fashionable concept, men and women every where are today being bombarded by all manner of political, socio-economic and ethico-religious theories, expounded by an alarming number of misguided individuals - individuals who more often than not are the unconscious victims of a personal inner drive to promote their own self-importance and their own self-centred goals.  
In order to gain a proper understanding of what is being offered here as an explanation of what is really taking place in the world today, it will help to accept for the purposes of this presentation that the world is not what it appears to be. I ask that you accept this, not as a statement of fact, but merely as a working hypothesis.

There is much within the unseen realms of life upon this planet, and for that matter within the universe, which evades the comprehension of man’s foremost thinkers, and even of the Toltecs’ most able seers. Notwithstanding this, Toltecs nevertheless do have at their disposal enough knowledge and personal experience with which to challenge a great many of the haphazard theories currently being put forward by a lot of man’s present-day politicians, economists, prophets and spiritual teachers.

Who are the Toltecs? Toltecs are men and women of knowledge who have laboured behind the scenes throughout the ages since time immemorial, researching, collating and safe-guarding humanity’s heritage in the form of oral teachings that have been handed down from one generation to the next. Toltecs have ever known that the Toltec teachings are the property of no one man or group of people, but are the common heritage of all of mankind. It has therefore always been an unequivocal fact amongst Toltecs that once man has come of age he will have to be instructed in taking charge of his awesome inheritance. This day has dawned, and it is for this reason that Toltecs are once again stepping forward to draw man’s attention to his natural heritage, and in the process also inevitably challenging much of what is today regarded as constituting truth and the future of the world and of all life upon this planet.

The first step in this process is relatively simple, but the effects of introducing man to his divine birthright are profoundly significant. By being able to compare present world knowledge with his natural heritage, man will at last be able to discriminate wisely, and thus will the one true light emerge, sweeping all before it into the much-needed transformation within every sphere of human endeavour if humanity is to survive the dire challenges facing it today in terms of political upheaval, rapidly deteriorating social values and standards, and even more importantly, the imminent collapse of the world’s economy.

The writing is on the wall, and yet the vast majority of humanity is stubbornly refusing to acknowledge the inevitable. The United States of America has been playing Big Brother to the rest of the world for so long, and have so enforced its values, it beliefs, its prejudices, and ultimately its justifications for domination and control upon just about every nation on this planet through its brute economic strength, that world conditions have reached a critical momentum that is about to swing the pendulum the other way. The on-going war in Iraq is the beginning of this process.

The United States of America can no longer deny that the invasion of Iraq was not so as to protect the rest of the world against the use of nuclear arms, but was instead a justification for its greed to gain even more economic and political power through the resources of oil. This was clear to start with, and yet humanity as a whole, because of its sense of apathy and helplessness on the one hand, and its complacency and willful ignorance on the other hand, has been content to sit back and to allow the United States to take this action, an action, the backlash of which, is going to hit us all. Because of the manner in which the United States of America has been conducting its economy that economy is today in dire straights, and it is therefore most unlikely that the American economy is going to survive the guerilla warfare in Iraq. The pendulum must and will swing in order to restore balance to the world economy, but when it does swing the American economy will collapse, and because the rest of the world has become so dependent upon the American economy in so many ways, this collapse will hit us all.

The full moon on 13th June 1995 marked the beginning of this age, an age which Toltecs look upon as humanity having come of age, in the sense that men and women everywhere are now being faced with the challenge of having to fight for themselves, and by themselves as individuals that are now responsible enough to no longer need a Big Brother to do it for them. If humanity is going to survive the imminent and dire economic challenge facing us all, then it is going to have to have at its disposal the required tools that will enable men and women the world over to fight the correct battle.

To come of age is no simple affair, because it entails understanding one’s true purpose in life, and the acceptance of one’s responsibility to oneself, to one’s family, one’s society, one’s race, and ultimately to the world around one. This is a point of critical importance, for it is only the absolute bigot that still stubbornly holds onto the belief that it is possible to survive without the well-being of the greater whole. Every sane human being today is fully aware of the fact that all of life is thoroughly interrelated, and because it is interrelated, everyone and everything is one hundred percent interactive and interdependent. It is therefore utter madness to persist with the demented idea that we can act without effecting the world around us, and conversely, that the actions of others do not have a direct impact upon us all. This is true of the individual, and it is equally true of business and economics, science, education, religion and politics.

If we are to achieve clarity on this issue when viewing humanity as a whole it is important to realise that Toltecs have always mirrored for man his own evolutionary progress. This in effect means that the history of Toltecs is in reality the history of mankind. Therefore, the disastrous outcome of the ancient civilization of Atlantis, as well as its reflections across the subsequent millenniums, is but the profile of humanity itself, and Toltec history should accordingly be viewed as the mirror-image of the unseen influences that have dictated the course of history. To bring this into perspective, let us briefly summarise the position of Toltecs, since they reflect how humanity as a whole stands today.

Toltecs are men and women who wield a great deal of power, but Toltecs also have to abide by the laws of universal evolution. The warrior’s command is indeed the command of the Unspeakable, but this does not mean that the warrior commands and the Unspeakable obeys - it means that the warrior understands and knows the purpose of the Unspeakable, and so follows the dictums of power. It is possible to turn one’s back upon universal law and to ignore the purpose of the Unspeakable, but to do so is to repeat the mistakes of Atlantis and to stray onto the path of the black arts. Many a Toltec has erred in this way, and today millions of people the world over likewise walk the path of black magic, even though they may claim innocence. In the days of Atlantis those who practiced the black arts were known as sorcerers, and their desired goal was to achieve having as much power over the lives of others as possible. Today such people are still with us, and their desire to control and dominate the lives of others is no different to that of their Atlantean predecessors, except that today their practices are not termed sorcery, but goes under the benign sounding name of a political democracy that claims to support the economic prosperity of all concerned.

Yet the time has come for us all to clearly state where we place our allegiance. No longer can we pretend, or sit on the fence, or procrastinate. The forces which swung into full effect on 13 June 1995, and which are slowly but surely beginning to force man into making a stand for what he believes in, are no less than the forces of division demanding conscious choice and discrimination. This is so because the greatest threat facing humanity today is the same threat that first reared its ugly head in the days of Atlantis, namely, the abuse of power and the abandoning of true freedom under the guise of a so-called democracy that is a total farce. As Oscar Wilde expressed it so well, “Democracy is the bludgeoning of the people, by the people, for the people!”

As a result of the abuse of both political and economic power, there has never before in the history of man been such worldwide disunity as today. The world today is divided everywhere; churches are divided, esoteric schools of thought are divided, politicians, educationalists, medical practitioners, and even scientists, stand divided. This immense division has brought about a sense of gross separativeness, suspicion, fear and hatred, and as this takes root more and more deeply, man finds himself the victim of an ever-increasing sense of confusion and hopelessness. Abundance has given way to poverty, social well-being has been supplanted by violence, and security has been superseded by fear, as even family units are now being torn apart by the waves of segregation.

However, notwithstanding anything stated thus far, it should also be pointed out that not all of the chaos threatening the survival of humanity today is the result of the leaders of mankind. It always takes two to tango, and in this respect humanity is as guilty as any of its leaders, for humanity has been a most agreeable partner in all of what has transpired over the past couple of decades. The role which humanity itself has played, and continues to play in the current worldwide disunity is simple, but nevertheless also profound in its implications. Man has, quite simply, reached adulthood. No longer content with having to accept at face value the rules which have dictated its childhood and adolescence, humanity in general has become anti-establishment. Impatient to be heard, and anxious to flex their psychic muscles, people of all ages and from all walks of life have begun a planetary revolution against the accepted authorities of society.

This has always been the predictable and inevitable outcome of evolution, but so strong have been the effects of social conditioning that the majority of peace-loving people have, in their fear of change, always chosen to ignore the demands of the revolutionaries. However, today, as more and more people join sides with the rebels, social authority is finding it increasingly difficult to ignore the demands of these people and to keep their actions in check. Furthermore, since lack of true communication between these two factions has always been the greatest grievance, no one is any longer certain what the real issues are. Consequently, the authorities are fighting a battle to maintain a social system which even they are beginning to question, whilst the revolutionaries are fighting for a cause of which they too are no longer certain.

In this kind of situation it is hardly surprising that there has been such an upsurge of lawlessness. There have always been those people who can only be termed social dropouts, and who therefore have no particular values to offer anyone. Such people are not interested in a social order of any kind, and so will support any group which is anti-establishment, regardless of whether or not they actually believe in the ideals fostered by that group. The group in its turn, often highly emotional, and therefore lacking in clarity, and in addition feeling the heavy burden of being in the minority, will welcome without question anyone who is willing to join its cause. In this way, many a well-meaning group which has had a legitimate cause to begin with, sooner or later finds that its ranks have become infiltrated by scum, and thus the movement itself has become deflected from its original objectives. A glaring example of such well-meaning but misguided groups, are the ever more popular Trade Unions that all too often cripple the very people they are supposed to be serving.

There are also in the world today far too many individuals in all walks of life, political, economic, educational and spiritual, which have seen in this general state of confusion an opportunity to push their own ideals for selfish gain and to elevate their own self-importance. In this respect it is staggering to see the growing number of self-styled political figures, economic advisors, prophets and spiritual teachers who have emerged from out of nowhere over the past forty years or so. Admittedly some of these people have had a little knowledge to begin with but, hampered by a limited vision, and driven by an over-inflated ego, they have taken full advantage of humanity’s general sense of confusion to promote their own self-centred goals and self-worth.

In all this confusion, the deterioration of man’s belief in orthodox religion has done nothing to help the situation. No longer able to believe in the narrow-minded and thoroughly outdated teachings still being pushed by many theologians who have long since ceased to adhere to the truth within their own teachings, a great many disillusioned people are today turning elsewhere to find answers to their questions. However, not having the necessary knowledge with which to discriminate between falsehood and truth, these seekers more often than not fall prey to the highly questionable teachings of unscrupulous men and women who like to believe that they are gifted truthsayers.

Many of these self-styled truthsayers, like the overly ambitious politicians of the world, have latched onto the concept that humanity does not take kindly to the idea that the wool is being pulled over its eyes. Consequently, we find today all manner of stories which have been fabricated around the idea that somewhere there are a group of people conspiring to keep humanity in the dark. This is happening in every department of human endeavour, but most noticeably in politics, religion, and science. Since there is already in the world such a marked sense of confusion, suspicion is easily created and, consequently, whenever someone comes forward with yet another story of conspiracy, there are always those who are ready to listen, and even to believe. Although it is true that there are today many people in the world who purposely keep the true nature of their activities covert, as for example, the many officials working under the auspices of political governments, their economic powers and their armed forces, yet the only ones who are really keeping humanity in the dark is humanity itself because of always having been only to happy to hand its power over to Big Brother, instead of individuals making the necessary effort to take responsibility for their own lives and well-being.

Nevertheless, if the individual is to take responsibility for his or her own life and well-being, then it should also be acknowledged that just as it is the duty of science and religion to promote the truth, so is it also the duty of the government of any country first and foremost to ensure the safety, the well-being and the prosperity of its citizens. In this respect what really needs to happen is for government officials to acknowledge that they are the servants of the public and, as such, do not have the right to withhold information to which any member of the public should have free access. We are no longer living in an era in which every man is forced to obey his sovereign. The very essence of democracy demands that we all have an equal say with regard to our own life and future. Therefore no government, or its officials, has the right to act secretly upon confidential information that could possibly endanger public security or, for that matter, could have worldwide repercussions in the long term.

Furthermore, wherever there is a lack of communication, or a distortion of the truth for self-centred gain, an atmosphere of mistrust and suspicion is the inevitable result. Unfortunately though, politicians today all too often choose to forget this important fact, and since they can and do manipulate vast economic powers, it is unhappily also true that they normally do not find it too difficult to enforce the co-operation of even those that would normally not be willing to support such an abuse of power. The most recent example of this was the attitude and stance adopted by the government of the United States of America with respect to the invasion of Iraq.

But irrespective of who is to blame, the fact remains that the current world situation can only be reversed once people in general, irrespective of whether they are government officials, economists, or average Joe, would acknowledge that self-importance must give way to the common good of all, and that information is not the property of any one man to be used as a tool with which to manipulate and control others. Man must learn to share his information and experience and, above all, learn the art of communication, so that true democracy can come into being, and that all may participate in working towards the freedom and the well-being of all life.

With respect to the concept of sharing knowledge and therefore sharing joint responsibility for the future of life upon this planet, by far the most important point that must be stressed is that today there are far too many people in all walks of life punting and selling all manner of escapisms, so that man is encouraged to avoid taking responsibility for his own life. Such people, whether they are aware of it or not, are compounding the negative influences of social conditioning, and have no idea of what constitutes true freedom. These people, keen to feather their own nests and to line their own pockets, are for ever very busy confirming to man that he is indeed a victim of circumstance, and very much in need of outside help in order to sort out his life. However, the only help humanity needs today is guidance towards taking full responsibility for its life, its past and its future, and towards taking a firm stand on issues of true freedom. In this respect the example of the current war in Iraq is a sad testimony to man’s stubborn reluctance to accept responsibility for his life.

Looking at everything we have looked at so far from a different perspective, it is also clear to see that the world situation today is but the natural and inevitable outcome of evolution, and of the cosmic forces that have recently been introduced into our system. Therefore what we are now looking at as being a potential disaster is in fact our fleeting moment of chance. Contrary to what many prophets of doom believe, all is not lost, for there is every reason to hope - indeed there is now more reason to hope than ever before. Man has had to walk this sad and difficult path of self-destruction in order to learn the true value of the priceless gift of life, and the awesome responsibility of knowledge. Learning is by far the hardest task facing any man or woman, and true knowledge never comes cheaply, for it can only be acquired through the rigorous experiences of life. There is no highway to heaven, and no easy solution to the problems facing all of humanity.

What depresses men and women most today, and what is therefore the greatest cause of apathy and inertia, is the unconscious realisation that the many false ideals they have held so close to their hearts, through their fear and inherent laziness, must now be replaced by a sane and responsible approach if global disaster is to be avoided. People’s sense of depression arises because they feel that they do not know which way to turn, or what to think. But the one thing that will not help any of us is that humanity continues in its utterly insane persistence at attempting to buy time, for on the full moon of June 1995 time had already run out. Humanity now has its back most firmly up against the wall - it is now or never. It is precisely within this grim state of affairs that lies man’s hope for a bright new world - a world in which peace and abundance will once again be the common heritage of all life upon this planet.

However, this bright new world is not about to appear out of the mist. Such a world will have to be planned and worked for. Therefore action is the order of the day, and sound sensible thought is called for. Panic or despondency will do nothing to improve the situation, and nor will it help to continue to place our hopes in Big Brother. Man today is the product of his own doing, and so too is the destruction that has crippled the planet. No-one, no matter what their claims may be, can release humanity from its responsibility now that man has come of age, and therefore the day has dawned when he must take full responsibility for his actions in the past and face squarely the future. To take responsibility for the past is the true meaning of ‘the Day of Reckoning’, and to face the future squarely is the challenge posed by ‘the Dawn of the New Age’.

What is the Dawn of the New Age? It is an age that is already upon us, for the tide of evolution cannot be stemmed, and the forces of destiny cannot be avoided. Man must, and will be forced into having to acknowledge, firstly, that all of life is interrelated, interactive and interdependent; and secondly, because life is interconnected, none of us can survive unless people in all walks of life start to drop their sense of gross separativeness, their socio-ethical, racial and politico-religious prejudices in making a sincere and concerted effort at working together in the spirit of intelligent co-operation towards the well-being of the greater whole. It is sheer madness to assume that you alone can survive when you are busy killing the world around you.

Everyone of us, no matter whom and what we are, and no matter what our role within the world around us may be, will have to choose. The only thing that remains to be seen is how many will choose to follow the ways of the old and perish, and how many will choose to fight for the new knowing that unless they fight they will perish along with the rest. Should the majority of humanity decide to face the challenge currently confronting us, we will survive; but if humanity continues to ignore what is transpiring today in the hope that the challenge will just disappear, humanity will be forced to learn through the pain of loss.

What can we as individuals do? The only thing we can do is to lead by example in taking those actions that do foster and support intelligent co-operation with all concerned as we, each in our own way, and in whatever walk of life we find ourselves, strive towards playing our own unique roles in creating a new world order, an order in which peace and plenty will once again bring harmony to all life upon our wonderful and breathtakingly beautiful planet. To this end it is of vital importance that we take heart and courage, for never before in the history of life upon Earth have the stakes been so high, and never before has the opportunity for humanity been so awesome. But the outcome lies in the hands of each and every individual the world over. You who are gathered here for this congress are individuals, and the decisions you make, the conclusions you arrive at, your every action as well as your motive for your actions, will collectively ripple out from here to impact upon all around you, here, and wherever you come from, and because you are a unit of the One Life, the consequences of your actions will impact upon you too, for such is the nature of the interrelationship of life. If you are attending this congress to fight for a better life for yourselves, then realize that there is only One Life, only one humanity, and therefore if you wish for a better life than the one you have now, then you must fight to uplift all of life, for you are a unit of the greater whole. If the greater whole is uplifted, then so too are you; if the greater whole suffers, you too must and will suffer.

I salute you in the name of service,  
Théun Mares  
Toltec nagal

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[**Education versus Academic Schooling**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=341)

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**Question:**

Théun, I don’t quite understand why you are against academic schooling. Could you please clarify your stance for me?

**Théun’s Guidance:**

LOL! What is YOUR perception, my friend, of the DIFFERENCE between EDUCATION and ACADEMIC SCHOOLING? :)

It is NOT that I am AGAINST schools, or academic subjects! On the contrary, I am all FOR a proper ACADEMIC EDUCATION, as opposed to mere SCHOOLING!

Are you aware of the fact that today students are no longer REQUIRED, let alone EXPECTED to be able to spell? Do you know why? Because computers have spell-checkers! LOL! Likewise are students no longer being taught grammar, because computers have grammar checks! Students are no longer required to LEARN to count, other than in Grade 1 and Grade 2. After that they are taught to use a CALCULATOR to do arithmetic! What kind of education is this? It is SHOCKING to say the least! Do you KNOW the ILLITERACY rate in the world today amongst students that have ATTENDED ten years at formal schools? Check it, my friend, for you would NEVER believe me if I were to give you the statistics! But just to give you an idea I will speak for so-called education in South Africa today, but believe me, it is EQUALLY rampant in MOST of the world, especially in the USA!

In South Africa today children are NOT ALLOWED to fail major examinations! If the AVERAGE is too low for a PASS, the required pass-mark is LOWERED to ensure that the MAXIMUM of students are passed! Universities are no longer ALLOWED to turn away students because of POOR academic understanding or grasp! Instead they are FORCED to accept AND pass a certain number of students every year, simply to “correct” the so-called imbalance that has been blamed upon politics alone! Today in South Africa we have doctors, lawyers, teachers, dentists and you name it, that would NEVER have passed a normal school examination if it were not for so-called black empowerment! I am sure you can imagine the resultant chaos? I am sure you can understand the implications in a black judge that has been appointed to the court because of political correctness? I am sure you can imagine how many THOUSANDS of people are suffering under the “care” of doctors that have been appointed for political reasons? I am sure you can imagine the state of academic education when schools are forced to employ teachers that are hopelessly unqualified to teach?

THINK, my friend, and OPEN your eyes! We do NOT live in YESTER-YEAR! The world has gone mad, and formal education reflects VIVIDLY humanity’s IGNORANCE! So the question is, “WHAT are we going to DO about education?”

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[**Conquering Petty Tyrants**](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?p=346)

Posted in [Friendship](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?cat=3), [Love](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?cat=6), [Relationships](https://web.archive.org/web/20110201000056/http:/www.unconditionalfriendship.com/?cat=9)  by admin

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**Question:**

I fought a rather fierce battle against a petty tyrant at work and finally won the battle! The petty tyrant resigned from my place of work and left this week. Yet I feel that I have somehow lost something I cannot put words to. Could you please help me see what I am missing here?

**Théun’s Answer:**

And you are right! You HAVE lost something. But it is hard to verbalise. Yet I will try, even though I already KNOW that the WORDS will do NO justice to what is essentially the ineffable.

You have lost your petty tyrant. Strange as it may seem, the sense of LOSS in losing a petty tyrant is FAR greater than losing a true friend! A friend is someone one loves and cares for, and vice versa. So plus-minus, give-and-take a little here and there, the relationship with a true friend is a RECIPROCAL relationship and therefore EQUALISED, or BALANCED, if you will! :)But a petty tyrant is THE greatest ASSET we can ever have, for a petty tyrant FORCES one to achieve heights and strengths which one would otherwise NEVER have been capable of! In other words, whilst a true friend will NOT support one in one’s weaknesses, yet his love is SO very UNCONDITIONAL that the friendship is always, at best AND at worst, COMFORTING! Yet, not so with a petty tyrant. A petty tyrant hones in on one’s weaknesses, and tries to gain the upper hand by acting upon them! A petty tyrant’s approach towards one is thoroughly CONDITIONAL, that is, “Either YOU perish, or I perish, for there is NOT space for BOTH of us!” Furthermore, and MOST importantly, in order to SURVIVE the relentless onslaughts from a petty tyrant one is FORCED into moving the assemblage point to the Point of No Pity, a very SOBERING point at which to be!

But if you are strong enough, then one day it is over because YOU have won! Yet as you are warned in the teachings, there are NO victims in this world, and neither are there victors! There is a PRICE to pay for both losing AND winning! At the end of the day the ONLY thing that matters is WHAT one has learned, and the FACT that life was over all too quickly for both victim and victor alike! A most poignant truth. In the final analysis, how does one EQUALISE a relationship that was a matter of life and death between the two people concerned? How does one say thank-you to the one who tried to annihilate one? How does one PAY the price of having been FORCED by one’s oppressor into claiming one’s power until one could annihilate one’s oppressor? How does one celebrate victory? One can at best REJOICE in one’s good fortune at having found a petty tyrant to teach one what a true friend can NEVER really teach one! :(

Y, my dear friend, perhaps for the first time in your life you are now in a position to grasp, even if just a little, what Christ meant when he said that there is no law greater than the Law of Love! :)Something for which I have no words is when I hear people speak of the BAD ones, like for example, a Judas. I am always left speechless, and I have to turn my head away to hide the tears! In order for the Christ message to have been delivered unto humanity Christ HAD to be betrayed by a TRUSTED one! Why this is so is a technicality we do not need to enter into here and now. Suffice it to say that Christ HAD to be betrayed! So, yes, as we have all been taught, BAD old Judas just happened to have been the one to DO the dirty work! But ask yourself these questions, “What is love? Who on that fateful day made the greatest sacrifice - Christ, the Son of God, or Judas who betrayed the Son of God? Whose love for humanity was the greatest - Christ’s, or Judas’? Or did they BOTH pay a terrible price - a price exacted by love?”

In having won against a petty tyrant you are now also required to fill your HEART with love and gratitude for ALL that your petty tyrant did for YOU! This man was destined to TEACH you in this lifetime, and this he has done IMPECCABLY and at a very HIGH cost to himself! How can you not love him with ALL of your heart for this stupendous gift? :)Look around you, Y, and REJOICE in the priceless gift of being alive! Then within your heart of hearts say deep thanks to your petty tyrant!

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[**Working with Hurt**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=370)

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**Question:**

Théun, I am battling with the hurt I am experiencing as a result of my divorce. This hurt mostly comes from us starting to argue about how we should be splitting up our joint assets, and it is this that hurts me, mostly because I keep on wondering if our marriage meant nothing more than the acquisition of material things. How does one resolve hurt, Théun?

**Théun’s Guidance:**

My lovely Easterly friend, you are talking and thinking yourself round in circles! :)You are trying to RESOLVE the hurt instead of STAYING WITH the hurt, allowing it to guide you to a deeper understanding of yourself whereupon it will automatically DISSIPATE, having served its purpose! This is the TRUE meaning of the term “resolve,” that is, the intent to learn! But when it comes to intent, to resolving, the mind is a little less than useless! :)

The only REAL hurt there is, is when we are brought face to face with our INABILITY to MEET another unit of life with whom we have come very close in being able to truly meet! It is not the money, the houses, the furniture, the kitchens, the children, the dogs and parrots, but that indefinable some-thing else, loosely termed, love! In other words, whilst the mind occupies itself with material things such as houses, earnings, etc., it is the HEART that feels the wrench in the parting of ways, and the subsequent pain of loss - the deep sadness that comes from knowing that we were given a chance, but that somehow we screwed up! Sure it takes two to tango, and therefore it also takes two to screw up, but where there is a genuine openness of heart, or even just the BEGINNINGS of an opening of the heart, the sense of loss is always devastating in that one can always see one’s own role so clearly!

Within the heart there is no blame, no justifications, and if one knows that one has given that relationship one’s ALL, yet still failed, there are no regrets, no remorse, even though the pain of loss STILL cuts to the very core of one’s beingness! Why? Because deep down inside we all KNOW what the purpose of the spirit is, for it pulses through our beingness as surely as does our blood, the life essence! What is that purpose? At-one-ness, inclusiveness! And when we fail in doing OUR part in SUPPORTING that purpose, for whatever reason, our hearts cannot lie by pretending that all is fine, all is okay, but instead speaks the truth, and the truth is always sobering, and often hurts like all hell!

So, rather than getting yourself LOST in the petty world of an overactive and domineering mind, elevate your mind to its RIGHT-FULL place in helping you to think CLEARLY about how BEST you can play YOUR part in supporting the purpose of the spirit, for only in THIS way do you stand any chance at all in fighting your battles concerning relationships IMPECCABLY! These relationships include also your relationship with your business, with crystallized power, and above all, your relationship with THE male, namely, the spirit! Is it a battle we can ever win in the true sense of the word? Not really! The only thing that you and I CAN do is to fight an IMPECCABLE battle towards achieving at-one-ness, inclusiveness, you as a female, I as a male! And hopefully, by co-operating intelligently, we will BOTH gain a better under-standing of how to fight this battle, until one day we wake up from the madness of the dream, the madness being the ILLUSION of SEPARATIVENESS, to KNOW that we do not have to WIN the spirit’s love for us, for we ARE the spirit, irrespective of gender!

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[**Théun Mares on Madness**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=375)

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**Question:**

Théun, why do keep referring to me as being mad?

**Théun’s Answer:**

Because you can’t think straight! :)

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[**Life Appearing To Be Unfair**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=379)

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**Question:**

Life sometimes appears to be very unfair. Why is this so?

**Théun’s Answer:**

Although I agree with you that life at times does appear to be unfair, this is exactly the OPERATIVE word, namely, APPEARS to be! :)But realize that we always have a CHOICE in how we wish to view life! We can either succumb to feeling like a VICTIM, or we can look upon what is transpiring and say, “Even though I may not LIKE this challenge, yet I would never have called it forth were it not for the fact that firstly, I NEED it in order to learn, to grow and gain in strength; and secondly, I am EQUAL to this challenge!”

The first option, although sometimes tempting, is nevertheless at the end of the day SO very MISERABLE and, as a result, BORING! Why is it boring? Well because the moment we start to piss and moan about what a victim we are people have an incredible knack of either switching off and not listening, or else being able to remove their presence so that one is left alone with only one’s own rantings, ravings and sobs! How incredibly boring to have to listen to one’s own sob-story when there ain’t no goddamned audience! But the second option, whether one has an audience or not is just SO liberating and empowering! B-:)

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[**Facing the Difficulty in Embracing Ones Challenges**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=383)

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**Question:**

Théun, I am not too afraid to face my challenges, but sometimes I find my resolve to keep going on begins to wane and waver. Why is this so? Is it just a lack of courage?

**Théun’s Guidance:**

In treading the Path with a Heart our hearts often take us down dark tunnels that the little self would much rather avoid! But the darkness is only ever the RESULT of the LIMITED vision of the little self! It is invariably always at times like these when we need to remember that the only failure in life is the failure to fight! If in these moments one scrapes together one’s courage and one’s strength, and just takes the plunge in following one’s heart, it is never TOO long when from out of the darkness ahead one begins to see a glimmer of light at the other end of the tunnel. Sooner, or later the darkness of the tunnel suddenly yields to the brightness of a new journey that is ALWAYS far more breathtaking and marvelous than anything one could have IMAGINED! :)Herein for me lies the BEAUTY and the POIGNANCY in treading a Path with a Heart, and it is also herein that lies the MEANING of what it is to be a warrior!

What has often helped me in facing dark tunnels that have made me shiver and shake in my boots is to recall how very EASY, but unfulfilling it is to WALK the wide and paved boulevard that is so loved by most of humanity, but that it takes the MOOD and the SPIRIT of the warrior to DANCE the narrow razor-edged path and LIVE to tell the tale! :)Plodding along a boulevard is burdensome and boring! But to SURVIVE the narrow razor-edged path means having to be ALIVE every inch of the way! How then can I, or any warrior for that matter, exchange being ALIVE for being BORED? If we are to die in twenty years time, then why not next month, or next week, tomorrow, or in the next hour? I would rather LIVE now and die tomorrow, than to EXIST for the next twenty years! :)

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[**The Challenge Within Cerebral Palsy and Other Physical Handicaps**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=390)

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**Question:**

Théun, at birth I suffered brain damage, with the result that I now have cerebral palsy. Can this be healed by using the teachings?

**Théun’s Guidance:**

Experiencing brain damage at birth is much in the same nature as being born with any other physical handicap, for example, a hunchback or a club foot! The important point to grasp is that it is a PHYSICAL handicap, meaning that in order to fulfill your fate in this lifetime you MUST also CONQUER certain handicaps upon the physical plane! These handicaps are NOT in the nature of PUNISHMENT, as many people suffering from the VICTIM mentality want to believe, but much more in the nature of our shortcomings! In other words, physical handicaps, like our shortcomings, are there to SUPPORT us in claiming power we would NOT have been able to claim WITHOUT the handicap! Physical handicaps are therefore, not a curse, but a gift! :)

In the past people KNEW this, which is why physically DEFORMED people, such as dwarfs, hunchbacks, men with club feet etc. were always sought out to serve as advisors to kings, to become court Bards, etc. From what I can see of you, you were born with this challenge to enable you to overcome your INTENSE FEAR of life, and therefore it does not surprise me that as a child you were often ridiculed for having this challenge! :)

Because physical handicaps are like our shortcomings, we cannot REALLY get rid of them, even though today with the marvels of medical science it has become possible through surgery to remove handicaps such as clubbed feet and hunchbacks! But, generally speaking, and definitely as in your case, there are still MANY physical abnormalities that CANNOT be healed in some way and therefore remain for life! Yet in many ways this is excellent, for by NOT being able to get rid of them you have to LEARN how to RISE ABOVE them, and thereby you claim much power!

In your case, what you NEED to DO is to concentrate on overcoming your intense FEAR of life, for the more you do this the greater will become your ABILITY to COMPENSATE for the effects of the palsy! I say “compensate,” for this is PRECISELY what you NEED to LEARN! To grasp this, think for a moment about blind people! In not having physical sight, blind people develop an uncanny ABILITY to SENSE life around them, a sensing that can be REFINED into what most people call a SIXTH SENSE, but which is in fact the EARLY developments leading ultimately to the so-called NATURAL seer or seeress! Therefore in not having PHYSICAL sight, blind people LEARN to COMPENSATE for this by starting to develop the INNER sight! Can you now begin to see why Toltecs look upon physical handicaps as gifts? Only the Do-Gooders of this world look upon physically handicapped people as being VICTIMS! :)

From what I have shared with so far you should be starting to see that it is NOT the palsy you need to worry about, but your FEAR of life! You NEED to LEARN to EMBRACE life, to OPEN UP to life, and to FACE life in WHATEVER way it comes AT you, and the more you can DO this the more you will begin to RISE ABOVE the palsy by SPONTANEOUSLY finding ways and means to OVERCOME the debilitating EFFECTS of the palsy! I cannot tell you HOW you will do this, for in this respect EVERY individual is different, but you WILL find ways even without thinking about it! I say this because, technically speaking, any PHYSICAL handicap is there to TEACH us the USE of INTENT! It is therefore NOT the OVERCOMING of the palsy that is the issue, but rather being FORCED because of the palsy, to LEARN to ACTIVATE your INTENT to the point where it enables you to ACT as if you have NO palsy! Perhaps by sharing with you my OWN example it will help you to grasp what I am saying!

I was not born with cerebral palsy, but when I started to speak I had the WORST imaginable stutter that you can imagine! :)Whenever I opened my mouth to try to speak people would first look at me in total disbelief and then pack up laughing hysterically! :)Cutting a LONG story short, my stuttering brought about in me such an overwhelming fear of life that I spent most of my early life not wanting to speak, and whenever I was forced to I would break out into a cold sweat whilst shaking with fear from head to toe! :)If you had met me in those days, you and I would have had a royal time shivering and shaking together in our boots! You and I could have competed AGAINST each other as to which of us can be MORE frightened!

But eventually I got to a point in my life where I simply REFUSED to keep running away from participating FULLY in life because of my fear! I cannot tell you WHAT I did, much less HOW I did it, but almost within the space of a few short months I taught myself to FACE my fear, and to conquer my stuttering! Today I speak normally and I can even walk out onto a stage and address a HUGE audience without a single stutter! And yet the stuttering is STILL there! When I become too tired, or too stressed, it starts to creep in to such an extent that in disciplining myself NOT to stutter I end up becoming dyslexic instead! LOL!

My friend, your palsy is a gift! Learn to look upon it as such and it will SERVE you beyond what you can now imagine! In this regard the Dreaming Practice will help you GREATLY, for although I never stress this point in teaching the Dreaming technique, this is EXACTLY what it is designed to do, that is, to put you IN TOUCH with INTENT!

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[**Théun Mares Gives Guidance on Listening and Denial**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=394)

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Dear Members of the UK & NA Forums,

Looking at the most recent emails, but specifically those from the UK Forum, I feel it is important that I give some overall and general guidance.

The most vociferous one amongst you has been told by more than one member to shut up! LOL! But it is not so much a question of having to shut-up. It is instead a question of taking the time to REFLECT upon and then to ABSORB the guidance given. This is the only way in which we can really learn.

Yet this guidance is for ALL of you! Please take the time to READ properly, without defensiveness, and without always wanting to prove yourselves right, or prove whatever point it is you are wanting to make. As I have pointed out before, what difference does it make who is right and who is wrong? The ONLY important thing is to co-operate intelligently towards uncovering new knowledge, most importantly, about YOURSELVES! With respect to this, look at it like this:

If I know for a fact that I am right, meaning that I know from EXPERIENCE that my knowledge is correct, but someone decides to challenge me on my point of view, because of the fact that our two views stem from differences in knowledge, I would be a fool not to stand firm in my knowledge. But the question is, how to do this?

As a warrior I am ALWAYS willing to be open. Why? Simply because I want to LEARN; I want to gain more personal power. If I am only ever wanting to prove to everyone around me that my knowledge is superior to theirs I will learn nothing new about MYSELF!!! Therefore I LISTEN to the other person with every fibre of my being AND I look at that person in terms of being a MIRROR for me. I can afford to do this and not feel inadequate, or attacked, or defensive, or uncertain, BECAUSE I have enough BELIEF in myself and my knowledge not to be brought off-balance by what the other person is pointing out or saying to me. By doing this I not only listen to the face value of what the other person is trying to say, but I try with everything I’ve got to grasp what lies BEYOND the face value of the words. In this way I can and do hear CLEARLY.

This is not always easy to do, especially not when being criticised or receiving negative feedback. And yet if I am wanting to learn then I HAVE to remain open and defenseless. If, after having listened fully and without all that internal chatter that comes about because of wanting to be defensive, I find that there is value in what the other person has said to me, then I would be an utter fool not to take on board what has been said to me. But if, on the other hand, I find that the other person has nothing of value to offer me I have two options open to me. If that person is of no concern to me I will decide in the moment whether or not there is anything to be gained from pointing out to that person his/her folly. But in doing so there is no need for me to have to prove to that person that I AM right. I will simply state my case and leave it at that. In other words, such a battle is not worth my while to fight.

However, if I care about that person, I will attempt to guide that person towards achieving his/her OWN clarity on the issue at hand, but at the same time taking CARE to express to that person my genuine willingness to co-operate with him/her towards both of us gaining from the interaction. In this respect I will ONLY become firm, or fierce, for that matter, IF it is clear that the other person is NOT wanting to listen, and is only acting in defense of his/her view of the world. But if I am forced to become ruthless I do so only because I genuinely care enough about that person not to allow him/her to keep on indulging in folly that is clearly doing him/her no good. In other words, my ruthlessness is not because I am wanting to prove myself right. My ruthlessness is an attempt to help the other person break out of their view of the world, no matter what it takes. This is the true meaning of unconditional love.

With respect to all of the above, I am sure most of you know the old story of the nine men encountering an elephant in the dark. Each one of these men discover a different part of the elephant’s anatomy and each one describes to the others what it is he feels he has found. Needless to say, all nine of them believe they have found something completely different to what the others have found. Yet none of them realise that they are all merely describing a particular aspect of the ONE elephant. Also, BECAUSE they have felt only one part they never do realise that if all the parts are put together they have an elephant on their hands!!!

Finally, realise that there is absolutely no point in getting guidance but never doing anything with it.

Now I have to address our same friend again! Sorry, Friend, I am NOT singling you out! But you DO love to put yourself in the limelight, don’t you?! LMAO! Now about smoking dope. Yes, I am forever pointing out that the Warrior’s Path is not a path of denial, but by the same token it is a path of self-respect and self-discipline. Therefore if there is something that you enjoy and it does not interfere with your progress upon the Warrior’s Path, then you are free to enjoy it, but without indulging in it. Having a hangover in the morning is most definitely indulging!!! And X is right, inflicting the results of your indulgence upon others is not only being disrespectful to them, but also to yourself.

Nevertheless, if what you enjoy is detrimental to your progress upon the Warrior’s Path, then you must CHOOSE which is more important to you - becoming a warrior, or enjoying your whim? Dope does nothing to enhance clarity and is therefore most definitely not something the warrior uses.

With warm regards,  
Théun

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[**Facing a Personal Crisis and the Importance of Acting As If**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=402)

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**Question:**

What must I do to feel fulfilled? My life now feels so empty and meaningless. Is there any guidance you can offer me with respect to this situation? Or am I just freaking out?

**Théun’s Guidance:**

Don’t be in such a hurry to FIX your present DIS-COMFORT! Unfortunately for us the HU-MAN being is an inherently lazy creature who will only MOVE when he is FORCED to move! So, you see, my young friend, to BE-COME UN-COMFORT-ABLE means that you are now ABLE to explore WHY you are no longer at ease within the OLD DISPENSATION of the world you KNOW! Is this not what you wanted when you set out on the Warrior’s Path?” LOL! So why the sudden worry? LOL! You must admit, we human beings ARE a funny species! We long for something, and then when we get it we all too often no longer want it! LOL!

When you have STOPPED freaking out, and when you have STOPPED fretting and have come to ACCEPT that maybe being a warrior is nothing more than a MYTH, you will also come to ACCEPT that since you can no longer go back to your old life, and since you are not likely going to become a warrior at THIS rate, you may just as well peel the potatoes as impeccably as you can, for whatever that may be worth, and that you may just as well, whilst you are about it, ACT AS IF you are a warrior! LOL! Once you CAN DO this you will be well on your way to learning the true meaning of HUMILITY, and with that humility there comes a QUIETNESS of LIFE, and a QUIET ACCEPTANCE of the PROCESS of life! B-:)

You will then know too the meaning of true PEACE, and within that PEACE, within that HUMILITY, you will one day realize that your life is UNFOLDING in the most marvelous of ways and that you are beginning to perform miracles you never dreamed you would be able to accomplish! It is then when you will realize that being a warrior is NOT a myth, but that being a warrior requires BE-COMING that myth! But you will then also come to UNDER-STAND, in the true sense of the word, that the Warrior’s Path truly goes NOWHERE at all, and that all of our many EFFORTS, no matter HOW strenuous and sincere they have been, amounted to so much FOLLY - the folly of believing that we CAN become warriors within the confines of our view of the world! Then too will you UNDER-STAND that the ONLY way in which we CAN become warriors is to EMBRACE our folly for what it is, to huff and to puff, to sweat blood and tears, until finally, FINALLY we have MASTERED, note this word with CARE, for it CANNOT be taken at face value, MASTERED our folly, and in that, BE-COME the myth! This is why ACTING AS IF is far more power-full than the average man or woman is ever willing to believe! B-:)

The myth, my friend, is that the little self can become a warrior! LOL! The REALITY, X, is that the true Self IS the warrior! But to the newly recruited apprentice the true Self is a myth, a myth which in time he or she begins to look upon as being unattainable! To the little self it IS unattainable! It is only when the little self falls quiet, let’s go of its attempts at CONTROL, and settles down to ACT AS IF that the true Self can gain FULL control of Its instrument upon the physical plane, the little self, and manifest within it the miraculous power of its INTENT! B-:)

This is the Law, X, but right now it is still for you merely a tale of power, for your MIND still believes what it believes! There is an extremely ancient injunction that comes to us from out of the dim distant past. Transcribed it reads: “Be still, and know that I am God.” The unwitting apprentice always sees God, the nagal, as being “out there” outside of himself, and SOME-THING with which he has to become AT-ONE! But BE STILL, my friend, and you will find that God, the nagal, is WITHIN!

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[**Looking at Abuse and Victimhood**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=410)

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**An article by an apprentice to Théun Mares:**

Sadly, abuse is such an enormous feature in the world nowadays, and one that affects everyone. What can we do about abuse? What needs to happen if we want to see it eradicated, rather than simply being lived with and tolerated? Why does it seem so difficult to eradicate abuse, of all sorts, from our lives?

One of the major problems we are faced with is that much of the focus is simply on the abusive behaviour, rather than trying to address the bottom line of what has actually led to the abuse in the first place. All too often, people simply clamour for the authorities to increase the police force, get convictions and put the offenders behind bars, for as long as possible. It is as though the old adage of “out of sight, out of mind”, still has us in its grasp, or, in other words, “Don’t bother me, this is someone else’s problem. I pay my taxes and am entitled to live in a society that is free from crime.”

Yet abuse, or crime in general, IS our problem, and each and every one of us bears some responsibility for it.

To put this another way, we are all a part of the problem. It is simply not possible to be a part of a community that is plagued by crime and to claim that we are just innocent bystanders without any responsibility. Some people may correctly stand up and say “Look, but I don’t rob people!” Yet some ways of stealing can be more subtle than others, and if we are totally honest, we can see that they still amount to stealing. These ways can range from taking stationery from work, doing personal business in your work time, to stealing time from your family, by keeping yourself busy with other outside activities, to stealing from your staff, by underpaying them. There are, in fact, countless ways in which we can steal. But if you are confronted by crime in your life, it IS there - you need only look for it, and you will find it. If you really cannot find it, then ask yourself in what ways are you supporting crime in your life? Almost every abuser or criminal has someone who is silently supporting them - a mother, father, brothers, sisters, other relatives, friends, anyone who knows what is going on, but who just doesn’t speak up.

Nevertheless, irrespective of whether we are discussing theft, or abuse, or any type of crime, the principles remain the same, and these are that there are no accidents in life, and there are no victims. We all have our part to play in whatever happens to us, and therefore we are always just as guilty as someone who has committed a wrong against us.

In The Toltec Teachings - Volume IV, Théun Mares expresses these points in the following way:

“If you choose to believe that you are a victim, then indeed you are a victim, and I fully agree with you that you are a victim. Therefore there is nothing further to discuss. If, on the other hand, you choose to be a warrior, rather than a victim, then realize that you are responsible for whatever happens in your life. If you walk across the road, and someone runs you down with his car, then you are just as guilty as the one who ran you down. First of all, you decided to cross the road at that particular moment. You could have crossed somewhere else, or you could have crossed later, or you could have crossed faster or slower. In short, you could have been more alert. Secondly, realize that although man-made law will essentially be on your side, these petty laws will not relieve you of the fact that you are guilty of having damaged that person’s car, and of the fact that he might even be found guilty of negligent driving.

Likewise, if you are raped, it is because you needed that experience. Perhaps it was to teach you humility. Perhaps it was to teach you what it is to be humiliated. Perhaps it was to teach you something about your behaviour. In other words, what could you have done to attract rape? If you are extremely sexy, or pretty, or like to advertise your sex appeal, then take responsibility for it. If on the other hand, your attitude towards others is so snooty that someone felt the need to humiliate you with rape, then you must likewise accept responsibility for this. Furthermore, accept the fact that if the rapist is caught and jailed, or perhaps even sentenced to death, you will be guilty of that man’s sentence, even though thousands will hail the justice of the courts, and will flock to your defence.

In the examples I have given, I can already hear the angry wails of the ‘victims’ of this world. However, remember that I have not said that a rapist has any justification for raping another being, neither have I claimed that a driver has any right to drive recklessly. But, by the same token, neither does someone have the right to make another person guilty of rape by calling forth a rape, or to make a driver guilty of negligent driving by calling forth a driver that is either half asleep or just plain reckless.”

To our normal, socially-conditioned view of life, these may appear to be challenging concepts to grasp and take on board. Yet, what are the implications of NOT working with them? Because crime and lawlessness show every sign of increasing, rather than abating, the possible consequences are dire, and will lead to two polarities of existence. On the one hand, a society in which the average individual feels ever more powerless, having no impact on life, constantly at the mercy of circumstances, forever blaming others, unable to take action, and therefore increasingly despairing and apathetic, (i.e. the victims of humanity), while on the other hand, we will see the arrogant, self-righteous, bigoted bullies, forever imposing their wills on other people, usually through some “good cause” or other, but by addressing the symptoms, rather than the causes, failing to bring about any real change, (i.e. the victimizers of humanity). These polarities must come into being as an inescapable result of the projection of victim-consciousness out into the world.

One example of a “good cause” failing to bring about any real change, can be seen in the USA, in which immediate steps were taken to set up special investigation and prosecution assistance units, when child abuse was first recognized as being rampant in the 1970’s. Yet today, in spite of a successful track record of prosecutions and convictions, child abuse is still absolutely rampant and has not been stemmed.

Where do we go from here? Towards a world that is falling apart from inertia and apathy, or towards a fragmented world of suspicion and terror, in which secret police are watching our every thought and movement, just in case we should commit a crime - a world of Big Brother?

There IS another way - a hope that is held out by the Toltec teachings, of a new world in which men and women are strong enough to take responsibility for what is happening in their lives - a world in which men and women are open enough to accept that they too have a part to play in whatever happens to them, to their families, their communities, their countries, knowing that they too have impact and that they too can make a difference - a world in which men and women are courageous enough to see what they don’t like out there, and to start changing it in themselves; or to see what behaviour they don’t like in themselves, and then to take the necessary action to change it, knowing that their actions will affect all of those around them.

One of the greatest obstacles towards creating this new world is the victim mentality, and this mentality is steadily growing in the public awareness, reinforced day in and day out, by the media, the insurance companies, the legal system, and the governments.

Yet, through the Toltec teachings, it is possible for us all, individually, and together, to learn to be bold and make the leap towards ending the myth of victimhood.

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[**The Importance of Acknowledging One’s Fear**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=416)

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**Question:**

I have been working on the challenge that I have around self-discipline related to dreaming and dream recall. I believe that I am facing Fear here. Dream recall is sporadic and difficult, though I have failed to stick with your suggestions to improve it over any considerable length of time. I have also never made it past the conditioned reflex part of the Active Dreaming exercise. I believe the fear that I am holding onto, that I have traced to two particular things from my past, to be the source of my challenges here, though I’ve had many other excuses and justifications along the way.  
When I was younger, for a period between 10-12 years old, I used to have the same night terror repetitively. In case the definition varies, what I know as night terrors are repeating scary dreams that I would have that I couldn’t wake up from. I used to know when I would have this dream, because inevitably, in the evening of such a night, I would begin to feel a certain sensation in my body. This sensation was more likely to occur if I had a fever. This sensation was a strange feeling internally that was unique to this experience. The root sensation had a kind of numbing quality to it, but was also heavy with a foreign feel to it. When this sensation began, it was less intense, and then would build in intensity. This sensation would roll up through my body, starting in my feet, and reach my head. It had a pulsing wave type of feel in its repetitions. Any night that I felt this, I knew the dream would come. When the dream did come, I would end up yelling and screaming and sitting up in bed with my eyes open even, but I was not conscious. According to my Mom, it was always the same, and I would talk about “there was a skin that covered the world, and I had to remove it to save the world” and was very frustrated and scared. I would be stuck in this place talking and yelling and crying for 10-15 minutes before she could snap me out of it. I have a recollection of this image of the world as a big ball of flesh from these experiences, but that is all I’ve ever remembered, and I would snap out of it without any recollection of the time my mom had spent with me waiting for me to snap out of it. I have never been able to make any sense of what this was about. There has been the odd time in the last 6 years that I would have hints of that sensation occurring inside me, but it never lead to anything. I feel that these experiences have left a fear in me about dreaming in general. Can you offer any insight on these dreams, and is it necessary for me to work with these experiences now, or just the resistance I believe comes from my memory of them?

6 years ago, life threw circumstances at me that lead to great emotional upheaval and I reached a point where I was ready to die. Something I can’t explain happened at that moment, and I had a week of experiencing an altered state that I could alter further with my will, a weird ability to influence and affect other people, and a few supernatural experiences. I had many less than useful habits back then, which included pot use and the occasional use of psychedelics to create a false closeness with my ex wife. These and other habits, as well as fear and weakness on my part led to losing touch with this state, and I had another scary experience that felt like I had a black hole inside me sucking up everything that I was into a void. It felt at the time like a fight for my sanity, and my ability to stay alive. After getting through that, I had trouble going to sleep, because every-time I lay down and started to let my self drift off, that same feeling would return and scare the crap out of me. This lasted for a few weeks, and then went away. I still have a fear I realize, about approaching dreaming due to the way that this felt. I am determined to overcome this fear. Do you have any insight into what I experienced during this time that might assist me in processing these events so that I can rise above them?

**Théun’s Guidance:**

What you have described as your childhood nightmare is very powerful indeed. But you will be happy to hear that you are not about to die! :)and LOL! Your nightmare was guidance given to you about your fate in this lifetime. From this dream it is clear that you have a role to play in these highly troubled times the world finds itself in, and this means that you have the ABILITY and the WHERE-WITH-ALL to do what is required of you according to the script you wrote for yourself. So take heart, and take courage, my friend. The fact that your MIND interpreted it as a nightmare means that what is required of you in this lifetime will NOT be easy to accomplish, and therefore there is a very strong possibility that you will look upon the circumstances you will call forth as being nightmarish. But there is no need for such fear, for this is WHY you have been guided to the Warrior’s Path. :)

The circumstance surrounding any battle can only ever be a nightmare when our courage fails us. But if, as you say, you are determined to overcome your fear, then start by FACING your fear. The best way in which to do this is to set your INTENT on mastering the Dreaming Technique, no matter HOW much fear comes up. In this you will take courage from remembering that ALL fear is based within ILLUSION - in your case, the illusion that you are not strong enough and not well enough equipped to cope with your fate in this lifetime. The other thing you can do that will help you greatly, is to go to bed at night ACTIVELY enticing the fear so as to be able to face it! You will find that if you do this, no fear will come! LOL! Why? Simply because you would have set your INTENT to face it, but whenever we FACE fear it dissipates because it is nothing more than illusion of sorts.

The experience you had six years ago is an example of what I am referring to above. Your fate started to unfold, but because you were not living like a warrior your MIND crapped out, and you wanted to die! Yet, had you been less self-indulgent and more courageous, you WOULD have used the altered state of perception you were experiencing then to turn your life into the IMPECCABLE life of the warrior. :)What happened to you after that is your JUST reward for having been a complete arsehole to indulge in drugs. LOL! However, I have no doubt that now that you find yourself upon the Warrior’s Path your experience of six years ago will come round again, and when it does, you MUST find within yourself the HEART-FELT courage to FACE your fear and to fight an IMPECCABLE battle. If you DO, you will find me at your side, lending you my full support, my strength and my courage. B-:)

I trust this guidance will EN-COURAGE you.

With warm regards,  
Théun

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[**Healing Psychosis - Part 1**](https://web.archive.org/web/20110201000124/http:/www.unconditionalfriendship.com/?p=421)

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\*The Assemblage Point is known to those on the warriors path as the point within the energy fields of man where perception is assembled. For the purposes of this set of articles it is only necessary to understand that how one perceives the world is dependent upon the location of this point within a man/woman’s energy fields. When the assemblage point’s position changes, so does the persons perception of the world, much like a dial on a radio. The farther the shift, the greater the difference in perception.

**Question:**

Théun, I desperately need your guidance. I have been diagnosed as being psychotic, and unless I can control my behaviour I am going to get locked away in an institution. I feel frightened and lost. Can you please help me?

**Théun’s Guidance:**

I can help you, and I will, but first I will explain to you the diagnosis, and then if you still WANT my help I will explain wherein lies the cure. In doing this I am going to be totally ruthless and FRANK with you, for we do NOT have the time to play silly games here!

Z, technically speaking, what has happened is that your assemblage point has become destabilised. Fortunately for you, you CAN still manage to control the movement of the assemblage point sufficiently well to FORCE yourself back into your NORMAL awareness when you HAVE to. However, as you have discovered and been sharing with Y, your psychosis is accelerating, which is why I say we do not have the time to play silly games.

The first thing you need to know is that a DESTABILISED assemblage point is NOT the same thing as a FLUID assemblage point. A fluid assemblage point means that one can move and shift the assemblage point AT WILL and one can ASSEMBLE the new PERCEPTION also AT WILL. But this is not so when the assemblage point has become destabilised. A destabilised assemblage point means that the assemblage point, given a certain trigger, starts to move ERRATICALLY and WITHOUT the VOLITION of the person concerned. Moving erratically the assemblage point cannot be CONTROLLED and therefore FOCUSED on ASSEMBLING perception in a COHERENT manner, and it is the result of this RANDOM and unfocused perception that the psychologists and psychiatrists term psychosis. Once the psychosis reaches a CRITICAL level one of two things happens; either the person concerned develops a SPLIT personality, or even several personalities, called schizophrenia, or else the person slips into a state of PERMANENT psychosis. What I have learned in the time I have been observing you is that, in your case, unless we cure the psychosis you show every sign of slipping into permanent psychosis and, once again in YOUR case, for not all psychotics are the same, you become violent and hugely destructive when in this state. :)Not pretty, I agree, for if you WERE to INDULGE in this illness, rather than cure it, you could end up knifing someone! So, yes, my friend, it IS serious!

What is the CAUSE of your psychosis? I have already once before pointed out to you that you have become allergic to life. Why? Because you have experienced MUCH hurt in this lifetime, and what DRIVES your HUGE fear is the fear of REJECTION and ABANDONMENT. In order to COPE with this fear you have UNCONSCIOUSLY been FORCING yourself for your entire lifetime up until now to ESCAPE from life in whatever way you have been able to do so. What this has done, and no doubt the cannabis you used to smoke contributed in this respect, is to slowly but surely destabilise your assemblage point. As this started to happen you started to have “visions” and “other-worldly” experiences which, of course, became for you the much sought-after ESCAPE you were looking for and believed you needed. So without even knowing WHAT you were doing you were making yourself psychotic in an attempt to keep on escaping the hurt you couldn’t cope with, as well as your HUGE fear of rejection and abandonment.

By FAR the biggest PROBLEM in dealing with psychosis is that every now and then during psychosis the person concerned STUMBLES across a GRAIN or PEARL of genuine INSIGHT and TRUTH, just enough to placate the person into believing that he or she is okay after all, and not in fact going crazy! However, when then the “visions” during psychosis are just plain non-sensical rubbish the psychotic will DESPERATELY try to make sense out of this non-sensical alignment of perception by starting to FANTASISE about what has been perceived whilst in this state. The result of such fantasy based upon a non-reality is DELUSION, and all too often, DELUSIONS of GRANDEUR. It is exactly BECAUSE of this problem that I asked IF you still WANT me to help you!

What is the flip-switch for you? You already KNOW what this is, for in one of your emails recently you stated that the “love is becoming dangerous.” So we have a dilemma here, as you can see. On the one hand you feel SAFE here in the Group, and you also know that I ANCHOR you; but on the other hand, the OPENNESS within the Group terrifies you, especially the WARMTH and the FRIENDSHIP, for you have come to associate this with potential hurt, rejection and abandonment. Yet, in having pointed this out, should you WISH to be healed I believe the best place for you to be IS here within the Group. But, YOU, my friend, must decide for yourself! You yourself have degrees in medicine and in psychology, so you should also be quite CLEAR on the state of your mental health.

There is one more thing I should warn you about concerning psychosis. During states of psychosis it becomes relatively easy to IMAGINE in the TRUE sense of the word. By this I mean that you can start to MATERIALISE things simply by ACTING AS IF! In other words, my friend, you can USE the teachings to ENHANCE your psychosis, or to HEAL your psychosis. Also, I would STOP, if I were you, keeping IMAGINING that you are activating the kundulini fire. What you have shared with Y concerning the electricity in your hands, and the heat in your body is DANGEROUS beyond measure! You have already read enough on the effects of this to KNOW that you are in danger of spontaneous combustion! For heaven’s sake just STOP this, Z! The more you FOCUS on this heat and electricity, the more your INTENT is going to MATERIALISE it! So STOP focusing on it, for your OWN good!

Z, if you WANT me, I am here for you! I also want you to KNOW that I DO love you and that I will NOT reject or abandon you unless you FORCE me to do so! I can also HELP you to cure your illness, but YOU are going to have to DO the work! It is utterly IMPOSSIBLE for anyone to heal someone who does not want to be healed, for such a person has already set a NEGATIVE INTENT, and no healer, no matter HOW good, can work against a negative intent.

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[**Healing Psychosis - Part 2**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=424)

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**Question:**

Théun, what causes the accelerating process in psychosis? Does a low level of blood sugar have anything to do with this?

**Théun’s Answer:**

The cause of accelerating psychosis is invariably due to a lack of sleep, for someone with psychosis finds it hard to sleep well. The thing to do is to avoid alcohol, caffeine, chocolate, sugar and fizzy drinks, but eat as MUCH meat as you can stomach! By meat I mean RED meat, most especially pork and beef. You should also drink as much milk as you can, and by this I mean glasses full of milk, not just milk in your tea or with a cereal. You must also eat PLENTY of cream, cheese, butter and FRESH greens, with a LITTLE fruit here and there! Low blood sugar level is NOT due to a LACK of sugar, but rather to too MUCH sugar! Before going to bed at night, you should eat a bowl of cereal with FULL CREAM yoghurt, or with milk ENHANCED with extra cream added in order to correct the blood sugar level.

Apart from diet, the proper administration of herbs is also important. You need herbs that will curb the flow of adrenaline, that will calm the nervous system and allow you to REST because of their soothing effect on the emotions. This will ASSIST in HALTING the acceleration process. Once the acceleration process has been halted you need help in RESTABILISING your perception. What helps greatly in this regard are herbs that restore the chemical imbalances in the body and the nervous system caused by the psychosis and which are factors contributing to the acceleration process.

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[**Healing Psychosis - Part 3**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=426)

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**Question:**

Do drugs help psychosis?

**Théun’s Answer:**

No. Drugs SUPPRESS psychosis, which causes the situation to aggravate. The cure of psychosis lies in helping the person concerned gain conscious control over the movement of the [assemblage point](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=421) - not in suppression!

**Question:**

Théun, for me one of the worst aspects of psychosis is the abnormal level of fear that sometimes just surfaces spontaneously. How should I tackle this fear when it comes up?

**Théun’s Guidance:**

The best thing to do when the fear comes up is to play some music. Please play ONLY Bach or Vivaldi when the fear is there. Do not play the music loudly, but at a GENTLE volume. The music of both Bach and Vivaldi is very soothing for the emotions, and also relaxes and cleanses the nervous system. In listening to the music, focus on the music and not on the fear, and allow yourself to FEEL how the music moves through you and around you. As the music begins to build in intensity you will at first feel the tensions rising within you, but stay with the tensions, do not fight them, and then as the music begins to resolve itself you will feel the tension as well as the fear within you also being resolved. It will bring you a sense of peace and well-being.

If the fear comes up when it is not possible to listen to music, then do the [Cleansing Breath from the Dreaming Exercise](https://web.archive.org/web/20110131235826/http:/www.scribd.com/doc/13329577/-Theun-Mares-on-Active-Dreaming-Technique) until the fear subsides.

**Administrators Note:** Due to the fact that only the **guidance** that was called forth by apprentices is preserved in the Toltec Legacy teaching facility, the record of the results of following the guidance in this set of posts is not stored. However, I know personally that this woman was able to heal her psychosis and become fully functional within her life.

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[**The Laziness of Humanity**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=440)

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**Question:**

Théun, why do you state that humanity is lazy?

**Théun’s Answer:**

The laziness which I term as being inherent within the human being is something the vast majority of humanity never even pauses to consider, namely, making the EFFORT to see for oneself, through EXPERIENCE, that nothing, no human, no animal, no plant, no insect, no whatever, is more or less important than anything else! Why? Simply because ALL of life is inter-related, interactive and therefore INTERDEPENDENT! If people were to drop all of their self-pity, their self-importance, and above all, their LAZINESS in order to LEARN this one ALL-IMPORTANT FACT of life, they would change their view of the world overnight and indeed, also themselves! But people find it EASIER to piss and moan, to feel hard-done-by, to believe that they are underpaid, overworked and under-valued than to FIND within themselves their TRUE VALUE as a unit of the One Life! :)Yet, of course, within this there is a great MANY implications! Let us look at just ONE of these.

To find one’s true value within life takes a LOT of that unpleasant stuff commonly called “soul searching.” LOL! Soul searching, or searching one’s HEART, if you prefer, brings one hard-up against all those little not-so-nice aspects of one’s beingness which most people prefer NOT to acknowledge are there! The fact that our shortcomings are our passage to power is quite irrelevant to most people - they just HATE to see themselves in such an imperfect light! LOL! And the fact that our BEHAVIOUR merely reflects the gaps in our knowledge is also not too much consolation when one believes one is already a saint!

Yet all of this is but the STARTING point, for once one has come to understand oneself OBJECTIVELY, and has come to ACCEPT oneself warts and all, then one runs into the next little obstacle! Because we come into life to LEARN it stands to reason that in order to FULFILL our POTENTIAL within any one given lifetime, and therefore to MANIFEST one’s TRUE VALUE within that lifetime as a unit of the One Life, we have a GREAT deal to LEARN in order to do so! So, “Oh dear! What must I learn? How must I learn it? From whom will I learn it? Sob! Sob! I am just so helpless and overwhelmed! Oh dear me, what shall I do?”

Laziness? You bet! LOL!

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[**The Nature of Beauty**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=446)

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**Question:**

Théun, I don’t like my body! It has always been a source of embarrassment for me. How do I learn to take knowledge out of this challenge? Is it merely humility that I have to learn from this?

**Théun’s Guidance:**

Is there ANYTHING about you which you DO like? Start from here and then see where this takes you to. By this I mean SHIFT the FOCUS! Shift from focusing on what you DON’T like to focusing on what you DO like!

As for your body, I fail to see WHAT is wrong with your body! We all have the PERFECT body for our true NEEDS in terms of our challenges! And I am NOT just referring to our physical LOOKS! More importantly I am referring to HOW our bodies SUPPORT us in facing our challenges within life.

Furthermore, true BEAUTY is something indefinable that comes from within! For example, some of the UGLIEST people I have met in my life have bodies that MOST people find HUGELY attractive, but a LOT of these people were NEVER attractive to me! Likewise, some of THE most beautiful people I have ever known look like the back-end of a bus! LOL! For me the difference lies in the FACT that people that are naturally very beautiful all too often RELY upon their good looks to MANIPULATE everyone around them in order to get life on their own terms! Whereas people who KNOW that they do NOT have particularly beautiful bodies KNOW that they have to work HARD at finding OTHER ways in which to express their beauty.

You mention humility, and in this respect I have always loved the example of Socrates who, according to all accounts, was a very ugly man. LOL! Once, in laughing at his own folly, Socrates prayed to the god Pan, pleading, “Pan, please grant me inner beauty, for outer beauty I am never likely to have!”

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[**Ruthless Honesty and Working with Feelings**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=451)

Posted in [Relationships](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?cat=9), [Warriors Path](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?cat=74)  by admin

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**Question:**

I feel so upset about what has been happening in the Group of late, that I feel the time has come for ALL of us to put ALL our cards on the table!

**Théun’s Guidance:**

Yes, putting all the cards on the table with ruthless honesty is an excellent place to start in becoming REAL and in making each other REAL too! But it is exactly herein that both SPACE and TIME are needed, for how often do ANY of you truly LISTEN to each other, and above all, listen to yourselves?

All too often it is just the MIND re-enacting the same OLD emotional stuff over and over again, and all of that stuff is the accumulated garbage collected around your shortcomings! Therefore when you DO start trying to MEET each other, it will be imperative that you bear in mind at ALL times your own shortcomings, and how these shortcomings influence your speech, your ability to listen as well as your motives! For example, what do you HEAR in the phrase “space and time?” And what is your FEELING in THIS moment concerning this particular guidance? What am I REALLY saying? All of you will do so much better if ONLY you would bear in mind that true feelings are the expression of IRRATIONAL knowledge, and therefore whenever you catch yourselves being so SURE of a feeling in the moment, you can take it as FACT that you have ALREADY squashed, and I mean squashed, that feeling into your view of the world, and have thereby distorted it!

I bring this to your notice, for all too often this is what I see from all of you! But to make it clear: you have a feeling, which is good and true, but because it is irrational you immediately ASSUME understanding of every-thing surrounding that feeling BECAUSE of this, that or the other that you THINK you know! As a result you become hooked to the face value of the feeling, and then get carried away by the history that has led up to the moment in which you experience the feeling! All of this can be avoided so easily if ONLY you will bear in mind that ANY true feeling is the expression of IRRATIONAL knowledge, and as such, you will at first not know EXACTLY what the feeling SHOULD translate into in terms of PRACTICAL IMPLICATIONS!

So whilst laying the cards on the table is good, check your motives, your verbalization and INTENT! It is really quite simple to do this if you would only ask yourselves TWO questions, namely, “Do I want to LEARN? Or do I want to PROVE a point?” In other words, there is a HUGE difference between wanting PROOF of what you THINK your feelings mean, as opposed to WANTING to LEARN what your feelings are trying to tell you! All too often putting the cards on the table amounts to nothing more than two people each demanding PROOF of what they THINK their hearts are trying to TEACH them! Demanding proof implies that you ALREADY KNOW, whereas LISTENING in order to LEARN what your heart is trying to tell you implies OPENNESS and WILLINGNESS!

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[**Fighting a Battle for Freedom**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=456)

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**Excerpt from The Toltec Teachings By Théun Mares, Volume V p.79:**

UNLESS YOU ARE WILLING TO EMBRACE DEATH FULLY YOU CANNOT CHANGE. YOUR OLD SELF MUST DIE IN ORDER FOR THE WARRIOR IN YOU TO EMERGE. TO RESIST DEATH IS TO DIE A SLOW AND MISERABLE DEATH, BUT TO EMBRACE DEATH WILLINGLY IS TO FIND THE COURAGE NEEDED TO FIGHT AN IMPECCABLE BATTLE FOR YOUR FREEDOM.

Freedom! How incredibly badly people understand this concept. And yet, for the person who has reached the end of the line, so to speak, the concept of freedom is crystal clear. Nothing more needs to be explained. Nothing more needs to be understood. Nothing more needs to be considered. When faced with the sober realization that there is nothing left that is worth living for, then freedom can only mean one thing, namely, freedom from Every-Thing which constitutes one’s existing life. In that moment the person concerned does not have to think, or consider, or reflect, or even ponder on what he or she may lose should they embark upon that path of no-return termed the Warrior’s Path. Never ever wanting to return to anything within their existing lives, they also have absolutely nothing to lose. However, it is vital to grasp the implications here. …

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[**The Meaning of Responsibility**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=466)

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**An article by an apprentice to Théun Mares:**

From a Toltec point of view responsibility means the ABILITY to RESPOND intelligently to Life. For me this is closely related to having the courage to act upon my feelings and knowledge in every moment, no matter what the cost may be. I am coming to understand that this includes all spoken and unspoken communication, physical, mental and emotional actions.

Although emotional and mental actions are considered “invisible,” as opposed to the quite tangible physical actions, they have the same effect on me and the world around me. There is responsibility in every “action,” as there are consequences. But the hardest thing to live with are the consequences of being a coward. Quite besides living a life like a leaf, it means that one is learning by default, instead of actively and willingly participating in Life.

Most of my life I avoided taking responsibility and took the stance of keeping silent, even though I could feel and see what was going on in my life. But this left me with a terrible feeling of being one who just stands up and watches. I realised that I could only learn when I do act, and only then will Life present me with the next step.

The more I learn the more responsibility I have. I struggled to discriminate how and when I could openly share my knowledge. The key was given to me by Théun in some guidance:

“So I have LEARNED to give ONLY what is asked of me, NOT because I fear the hurt, but because today I KNOW that to give MORE than is asked for or is required, is to expose the other person to a knowledge for which he/she is not YET ready to take RESPONSE-ABILITY! B-:)”

This implies that I need to be aware not only of my state of being, but also to acknowledge where other people are at, so as to be able to serve the needs of everybody involved in the moment.

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[**The Nature of Business**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=471)

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**Question:**

Théun, X and I need some guidance on the business we started together. Somehow we have ended up not knowing who should be the boss, and arguing about who should be doing what. Recently we both came to the realisation that we are no longer sure whether this business holds heart for us or not.

**Théun’s Guidance:**

LOL! It is clear from what you are sharing that neither of you are being all that OBJECTIVE in your approach to this challenge because you are allowing yourselves to become ENMESHED in the DETAILS rather than DETACHING from the challenge in order to be able to define your battle ACCURATELY! So why don’t you strive for SIMPLICITY instead of going round and round in evermore COMPLEX circles?

What is the PURPOSE of the business that you started? It is to SUPPORT both of you financially! What is the MEANING inherent within that PURPOSE? It is the HEART which BOTH of you PUT INTO making this venture YOUR business! Wherein lies the HEART? In LIFE, of course! Where else COULD it lie when ALL of LIFE is but a system of RELATIONSHIPS? The HEART is ABOUT LIFE, ABOUT RELATIONSHIPS!

Therefore ANY career, no matter what it is, is first and foremost ABOUT LIFE, ABOUT RELATIONSHIPS. But being a career it is about THAT relationship with the world which provides you with your livelihood! In other words, a career is a RELATIONSHIP with the world that meets your NEED for a livelihood! But IF you are to have a relationship that meets YOUR needs, then in order for it to succeed it MUST also meet the NEEDS of your clients, for ANY relationship MUST be RECIPROCAL for it to BE a relationship! So in looking at your business what you SHOULD be addressing is the issue of relationships! Firstly, the relationship you have with your SELVES; secondly the relationship you have with each other; and thirdly HOW the relationship you have with each other is being REFLECTED in the relationship between your business and its clients!

If you approach your challenge in this way, you WILL find the HEART in what you are doing, because instead of seeing it as being MERELY your bread and butter, you will begin to see it for the WONDER-FULL PRIVILEGE it is in terms of LEARNING to build MEANING-FULL relationships! And IF we are COMMITTED to building a relationship, how can we EVER become bogged down with problems to be solved? Life, my friends, is NOT a problem to be solved, but instead it is a JOYOUS JOURNEY of DISCOVERY! So instead of seeing problems, you begin to strive TOGETHER to face and conquer CHALLENGES that yield an ever greater UNDER-STANDING of each other, of yourselves, and of the world around you, and with this comes a deepening of the bond of FRIENDSHIP!

So, to keep it simple, ask yourselves, “DO we want to make money? Or do we want to USE earning our keep as an OPPORTUNITY to build meaningful relationships?” Merely making money quickly ends up in a HEART-LESS burden! But building meaningful relationships is a joyous journey of discovery FILLED with HEART! So with all due respect I must ALSO add that a PARTNERSHIP is NOT about WHO is boss. A TRUE partnership is about TWO people with a MUTUAL LOVE for what they are DO-ING, something which is quite DIFFERENT to the normal Employer-Employee relationship! An employer carries ALL of the responsibility, but in a true partnership the responsibility is a JOINT responsibility in which BOTH partners give their ALL to the business, rather than the employee who is only required to DO his or her job impeccably!

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[**Auto-Suggestion in Speech**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=476)

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**Question:**

Does suggestion play a significant role in how we think and approach the world?

**Théun’s Answer:**

Suggestion forms the very basis of social conditioning, and quite THE most powerful form of suggestion is AUTO-SUGGESTION, for it is NOT much different to SELF-HYPNOSIS! Although people are unaware of what they are doing, they PROGRAM their rational minds, as well the minds of others through the process of suggestion. It is precisely BECAUSE of this that Toltecs have always put so MUCH focus on the power of SPEECH, both verbal as well as written. Time and time again I WARN you all that you ARE the PRODUCT of your SPEECH, but this IS because of suggestion - auto-suggestion! So when I go on and on about speech and about being fully LITERATE it is NOT because I am fanatical about the English language, but because I KNOW how every IMPORTANT it is to not only SPEAK with CLARITY, but also to UNDER-STAND the words we use, for these very WORDS have power within themselves - the power of suggestion!

For example, one of the MOST difficult challenges X had to face when she first came to the Warrior’s Path was her BELIEF that she is academically stupid! X had told herself for so long that she is stupid, that this “stupidity” was entrenched in her every action, emotion and thought, and to such an extent that she WAS stupid! LOL! Now, thank goodness, X has finally re-discovered her intelligence AND her sense of humour! But, it was no easy battle for X, and it took her a good seven years before she was even WILLING to consider that she may well be very BRIGHT instead of being stupid!

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[**The Reality of the Warriors Path**](https://web.archive.org/web/20110131235826/http:/www.unconditionalfriendship.com/?p=479)

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**Question:**

Théun, I now find myself in the Unknown and because of this, challenged on every hand! I am trying hard to stay calm and not fret about the fact that my life seems to be falling apart. The only thing that seems to help staying calm is mothering myself the best I can. How do I deal with the way I am feeling right now?

**Théun’s Guidance:**

I am fully aware of how much you are struggling right now, but believe me, it is not REALLY the Unknown! :)It is more a matter of your KNOWN world having become unsettled! Uncomfortable, yes, but in many ways a GOOD thing, for how else CAN we learn other than having our COMFORTABLE little worlds turned inside-out? I agree that in the moment whilst it is all happening it APPEARS to be a disaster, but once the dust starts to settle a little we begin to see that all the UPHEAVAL has actually created OPPORTUNITIES for learning that were not present before!

When I say that this is not REALLY the Unknown you find yourself in I wish to bring to your attention that the REAL Unknown is unmistakable once entered! It is unmistakable because whenever it is encountered you KNOW that what you always THOUGHT you knew is merely your LIMITED PERCEPTION of life as you have been experiencing it through your VIEW of the world, but that the REALITY staring you in the face NOW is that you don’t have a CLUE what you ARE dealing with! Such is the nature of the true Unknown! You just KNOW that you DON’T know, but that IF you are going to survive, you had best start ACTING quickly in order to GAIN the KNOWLEDGE you lack! But all apprentices without exception, and just like you are doing right now, always make the mistake of ASSUMING that they are in the Unknown every time their view of the world is being challenged! In a manner of speaking you CAN see it as being in the Unknown, but the REALITY is that the only thing that is unknown about having one’s view of the world challenged is that it has NEVER been challenged BEFORE! And then the apprentice sits down and cries long crocodile tears, saying, “But I thought I was doing so well, and now look, my whole goddamned world seems destined to fall apart!”

But, dear friend, is this then NOT what you WANTED? Is it not the case that you wanted to become a warrior, and that you WANTED to be FREE from your view of the world? So why then are you feeling so miserable about it all and, as you say, mothering yourself? Would it not be altogether better to take the required ACTION in order to LEARN, rather than to sit in a miserable heap INDULGING in feeling ever so sorry for yourself, and fretting about wanting to control what cannot be controlled!

But, :), whoever said the Path of Knowledge is a piece of cake, or a ride in the park, eh? Yet such is life! We all start off by coming to the Path of Knowledge with these ROMANTIC notions of how HAPPY we are going to be once we have become big and strong and power-full! But then, BANG, reality hits us squarely in the guts, and for the first time ever, we begin to realize that warriorship is NOT a metaphor, but a WAY of life that is NECESSARY if we are going to hunt for power in treading the Path of Knowledge! Believe me, to become a warrior is not easy, but it IS the only way in which any of us can SURVIVE hunting for power, and therefore learning to BECOME an impeccable hunter is the first leg of the journey in becoming a warrior!

So come, my friend, lighten up! Put a smile on your face by looking at the funny side of your folly! Taking yourself so VERY seriously only causes you to become heavy and clumsy in trying to learn! As you well know by now, trying to CONTROL or MANIPULATE the outcome of life is futile, and only brings abject misery in the end! But what we CAN control is our IMPECCABILITY in hunting for power! The following aphorism will help you greatly!

“It is very natural to feel helpless in the face of impossible odds. All of us have to learn how to act on our own, and all learning takes time. This is the same principle involved in an infant having to learn to stand up and walk, and all of us are like helpless infants when we first come to the Warrior’s Path. But an infant wants to learn to stand up and walk, and because it cannot manage it at first, it complains and protests in its frustration at not being able to act on its own. Again this is only natural and therefore not wrong. From this it follows that it is not the feeling of helplessness which is wrong, but what is wrong is indulging in helplessness and complaints whilst protesting that you are incapable, for this implies not wanting to learn.”

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[**Why People Fail to Meet Each Other**](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=484)

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**Question:**

Why do people, generally speaking, fail to meet one another?

**Théun’s Guidance:**

We FIRST need to learn the TRUE meaning of RE-SPECT, not just for others, but also for ourselves, before we can start to MEET, whether on the issue of wine, food, social manners, clothing, etiquette, or whichever FORM we may wish to focus on as a MEDIUM through which to explore and meet! The ONLY reason why people FAIL to meet each other is because of a LACK of RESPECT, and where there is a lack of respect there is FAMILIARITY, meaning ASSUMED understanding based upon prejudice or judgment. And where there is familiarity, there is CONTEMPT, no matter in what FORM this is expressed or manifested!

But contempt, my friend, no matter how cleverly it is concealed or disguised is FELT at SOME level and, as a result, TRUE communication becomes stunted, crippled and ultimately ends up in falseness dressed up to look like lamb! So, yes, we can sit and smile at each other, and we can be NICE to each other, but what about the FEELINGS that are generated because of the UNDELIVERED COMMUNICATION together with the UNSPOKEN COMMUNICATION? What of that? And remember that there IS a difference between “undelivered” versus “unspoken” - undelivered means saying one thing when in fact you MEAN something else - unspoken speaks for itself!

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[**The Role of Self-Deception in the 2008 Financial Crisis: Implications for Business Ethics**](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=489)

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**An article by an apprentice to Théun Mares:**

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May 1, 2009

ABSTRACT

Asking who is to “blame” for the 2008 financial crisis may be an irrelevant question when one considers the significant, but largely unrecognized role of self-deception. Research conducted by experimental economists strongly suggests that human psychology interacting with a bull (inflationary) market practically guarantees unwise risk-taking, even with knowledge of business cycles. The purpose of this essay is to examine the implications for business ethics and ethical theories which assume a conscious, willful decision-making process, in light of unconscious behaviors due to surprisingly ubiquitous self-deception. The well-documented self-deception processes are correlated with the judgmental polarized worldview, which is based on leaps of abstraction mistaken as facts. Judging human behavior as blameworthy exacerbates problem behavior by actually encouraging recidivism. This research serves as a foundation to recommend a “no-fault” restorative justice approach to future regulation.

THE ROLE OF SELF-DECEPTION IN THE 2008 FINANCIAL CRISIS:  
IMPLICATIONS FOR BUSINESS ETHICS

Who is to blame for the 2008 financial meltdown? “The search for scapegoats has been intense, and many contenders have emerged,” observed a Wall Street insider and Atlantic Monthly contributor (Blodget, 2008: 54). His list, like Time Magazine’s, included some obvious targets ranging from Wall Street swindler Bernard Madoff, to predatory lenders, to the SEC and Alan Greenspan, to the leaders of now-defunct financial institutions, and even extending to both former presidents (Fox, 2009). All of the prevailing explanations have some truth to them. However, Blodget adamantly maintained that the business cycles of bubbles and busts are the product of more than just bad faith, incompetence, or rank stupidity; the interaction of human psychology with a market economy practically ensures they will form. His list of targets for blame insightfully included “You and Me”: that “we got greedy, we went nuts, and we heard what we wanted to hear” (2008: 54) (emphasis added). Despite mounds of evidence regarding the periodic business cycles of boom and bust, the lure of getting something for nothing overrides our rational abilities under certain conditions (Postrel, 2008). Even experienced, highly educated investors fall for long-running inflationary markets “because it’s different this time” (Blodget, 2008: 56).

I propose that self-deception is to blame, if we must use the term ‘blame’ when referring to cause for the ongoing financial crisis. Many of the questionable or outright deceptive practices that contributed to the crisis could not have flourished on such fertile ground if self-deception were not so successful in every significant human interaction. The purpose of this essay is to lay a foundation for the role of self-deception in the financial crisis and examine some implications for morality and business ethics. Self-deception as referred to in this essay is a system of self-protective defenses against perceived psychological pain that begins to develop in childhood, becomes more sophisticated in adolescence, and unconsciously continues into adulthood in the absence of specific interventions to expose and reduce it. Self-deception produces an exaggerated or even fraudulent positive self-image, as well as blind spots regarding one’s own shortcomings and those of other people. It causes otherwise intelligent people to perceive the world through selective perception skewed by biases, rendering them highly suggestible, and under certain conditions, prone to believing sheer fantasy. Self-deception is ubiquitous, yet nearly invisible due to our tacit collusion with one another to preserve our most cherished illusions.

People generally assume that we make conscious, rational, willful decisions (Pronin, 2006; Sigmon & Snyder, 1993; Tavris & Aronson, 2007). Yet in light of the research on human cognitive functioning, one can make a convincing case that many of the “decisions” of leaders, professionals and home owners during the long-running inflationary bubble flowed from largely unconscious and surprisingly ubiquitous self-deception processes. There is growing research pointing to a connection between the psychological pain that motivates our self-deception defenses and the impact of the judgmental polarized worldview, which is a subjective layer of judgments that we humans project onto nature (Bowen, 1992; Senge, 1990; Warner, 1997). Of particular interest to business ethics is the realization that judging human behavior as blameworthy may actually exacerbate the problems by unwittingly provoking more of the same behavior and increasing the use of self-deception defenses (Burris & Navara, 2002; Johnson & Burroughs, 2000; Leak & Fish, 1989; Tavris & Aronson, 2007). Equally important, pinpointing the blame on individuals distracts from a deeper inquiry into the systemic problems driving behavior that can only be corrected at the systems level (Senge, 1990).

These ideas form the foundation for recommending a “no-fault” restorative justice view of behaviors that flow from self-deception. Rather than viewing ethics as dealing with moral problems in the sense of pinning blame for harmful behavior and applying judgments as disincentives to such behavior, ethics can be viewed as a judgment-neutral system of principles and recommendations designed to curb the harmful effects of unconscious and systems-driven human activity. A plethora of psychological knowledge can assist us in forming an intelligent and compassionate ethical framework with which to navigate our way through the financial crisis now and to construct regulation for the future to protect us from our own unconscious behaviors.

THE DYNAMICS OF SELF-DECEPTION

How is it even possible to deceive oneself? Many people dismiss self-deception altogether as impossible. When self-deception is conceived of as somehow lying to oneself or deliberately distorting one’s own perception, yet simultaneously not knowing that one has done so, an irreconcilable paradox appears that boggles the rational mind. Approaching self-deception purely from the perspective of the rational mind, however, is insufficient to refute the phenomenon. Once we examine the research stretching over the past 50 years from various psychosocial perspectives, we begin to realize that we can only ignore the very real phenomenon at our peril, because we will be deceiving ourselves. This section presents a representative sample of the literature in order to overcome our understandable reluctance to recognize how pervasive self-deception is, and more to the point, how even “You and Me” are duped by our own self-deception.

Alfred Mele (2001) exposes the weaknesses of three rational approaches to explaining self-deception. The lexical approach starts with a definition of “deceive” or “deception” using the dictionary or common usage as a guide and then employs it as a model for defining self-deception. Example-based approaches scrutinize representative examples of self-deception and attempt to identify their essential common features. The theory-guided approach searches for a definition that is guided by commonsense theory about the etiology and nature of self-deception (2001: 5). Each of these explanations ignores the findings of cognitive and neuropsychological research and looks at self-deceived behavior at face value only, isolated from the long, complex developmental processes that form the structures in the brain that participate in self-deception.

While the findings from the earliest Freudian case studies have been replicated by numerous researchers, there is disagreement over theories that explain the cause of self-deception. Lockie (2003), for example, argues that only some form of psychodynamic theory adequately explains the “why” or the motivation behind self-deception; the selective attention theme only explains the “how”. On the other hand, Patten (2003) suggests that at least some forms of self-deception do not have motive at all. False beliefs about our own reasons for acting are formed in much the same way that we acquire false beliefs about the motives of others. These non-motivated biases lead us to draw mistaken inferences about our own motives. Under certain conditions the mind basically makes up explanations with which we unquestioningly agree (2003: 231).

Shapiro (1996) defines self-deception as the disjunction between what one feels or believes about something and what one imagines one feels or believes. He resolves the apparent paradox by showing that is not necessary to first unconsciously know what we must not consciously know; it is only necessary for its presence to be signaled in some way while it is still in incipient form. The individual’s character or personality is such a regulatory monitoring system. According to one’s character and its organization of attitudes, the individual will react with some form of discomfort to the incipient presence of an idea or feeling which is inimical to him or her (1996: 786).

The literature attempting to define self-deception reveals an entire continuum, ranging from temporarily resisting “connecting the dots” that would lead to an unwanted understanding about oneself, to those deeper, unconscious defense mechanisms linked to all forms of psychopathology (Mele, 2001; Shapiro, 1996). Thus, the real argument among serious researchers is no longer “does self-deception exist?” but rather “what causes self-deception?” For purposes of discussion, I assume that the phenomenon exists and that there is a continuum of causes. Self-deceptive behaviors caused by physiological abnormalities or the extremes of psychopathology are not discussed; the focus is on the middle range consisting of the everyday, pervasive self-deception that is relevant to the recent financial crisis.

The perspectives from four psycho-social disciplines are presented in the following sections with enough detail to lay a convincing foundation for self-deception as ubiquitous at both the individual and societal levels. The disciplines selected are not exhaustive, but for purposes of this essay include: philosophy, cognitive psychology, neuropsychology, and systems theory. Examples from the financial crisis are used to illustrate the role of self-deception and how it works almost invisibly in our everyday affairs. Only an integrated, multi-disciplined view of a phenomenon as complex and subtle as self-deception can assist us to understand how to regard it from a moral standpoint and how to reduce it toward making ethical decisions.

The Philosophical View

Self-deception mechanisms, by definition, are successful and are therefore hidden from consciousness. Thus the first task is how to make self-deception visible. Arbinger Institute is an organization formed around the ideas of C. Terry Warner, who holds a Ph.D. from Yale University and a professorship in philosophy at Brigham Young University. They publish best-selling books such as Leadership and Self-Deception written in compelling, story form. Arbinger Institute has found that as readers work through the issues with the protagonist of the story, they are craftily led to perceive their own self-deception and acknowledge it without provoking defensive denial, the chief mechanism by which we hide evidence of self-deception from ourselves.

In the article Intellectual Foundations, Warner (1997) proposes a theory that self-betrayal is what leads to the self-deception process. Self-betrayal is defined as an act in which one does what one feels to be wrong or fails to do what one feels to be right; in short, one goes against one’s own fundamental moral commitments. One betrays oneself by insisting upon making the wrong to appear “right,” or at least not “wrong.” This self-justifying lie takes the form of accusation in order to shift responsibility for the wrong away from oneself. From this warped perception, others’ blameworthiness somehow excuses one’s own less than exemplary acts. A self-betrayer enters a “virtual reality” comprised of self-justifying images that effectively objectifies others and accuses them as a defense against one’s own transgressions (1997: 8).

Warner (1997) contends that the chief feature of self-deception is the willful adopting of offense-taking emotions and attitudes for the purpose of self-presentation, covering up one’s wrongdoings by insisting one was the passive and therefore non-responsible victim, while simultaneously presenting the other as the active, responsible perpetrator and therefore blameworthy. Such a presentation is necessarily false precisely because it denies that it is an active presentation of “passivity.” Even though the judgments inherent in an offense-taking attitude are false, it is impossible to adopt that attitude without believing that the judgments are true. One comes to believe the judgments are true because of the paradoxical fact that cognition is filtered by judgments, evoking emotions which seem to confirm the judgments: I have just been angered by another because I indisputably feel anger. This external focus obscures the true source of one’s anger: one’s own offense-taking attitude and judgments.

Offense-taking attitudes of righteous outrage abound as the financial crisis continues to unfold on the national arena. Time Magazine reported that “the mob has been chanting for months” since Treasury Secretary Henry Paulson warned of impending disaster in September of 2008. Because the financial instruments at the focus of the ongoing investigations represent a new frontier with no maps and few rules or laws governing them, people don’t know whom precisely to scorn, “especially since many of us in the mob now wish to punish those who gave us exactly what we asked for” (Gibbs, 2009). Offense-taking can be clearly seen for what it is: a manipulative attempt to shift blame and responsibility away from ourselves by claiming to be “innocent victims”.

The Psychological View

Reality Negotiation. People do exhibit individuality, consciousness and will; however, we self-deceptively ascribe much greater powers and levels of development to ourselves than is borne out by research. Sigmon and Snyder (1993) propose from their review of the research on the self-concept that people hold two primary beliefs in their theories of self: “I am a good person” and “I am in control most of the time”. Rather than reconstruct our theories of self in the face of disconcerting or contradictory information, they suggest that we engage in what they call a “reality negotiation process” by providing excuses or justifications for the behavior (1993: 150). By clinging to our theories of self, we inevitably develop blind spots about ourselves and our true capabilities, as well as the activities and capabilities of others.

In July 2008 President George W. Bush continually minimized the financial crisis, characterizing it as “Wall Street’s intoxication with fancy financial instruments.” By making the emerging problems appear as though they were merely a temporary phenomenon akin to a “hangover”, he justified his administration’s laxness in monitoring and regulating the industry. Admission of the vastness of the economic downturn may have been far too disconcerting and dissonant with his self-concepts of being a “good person” and “in control” (Lantier, 2008). Only in hindsight was it recognized that the longer the problems went unaddressed, the more serious were the consequences.

Naïve Realism. Emily Pronin’s (2006) research into “naïve realism” showed that when people perceive their opponent in a negotiation as biased, they take a more competitive stance towards that opponent, even when that stance backfires. Disagreement and conflict induce people to perceive their adversaries as biased, which, in turn, induce them to take actions that escalate conflict as the spiral continues. This is due to people’s unwarranted reliance on their own introspections for assessing personal bias, and because of their unwarranted assumption that their own perceptions directly reflect “objective reality”. The consequences of this state of affairs are clearly serious. On Wall Street and Main Street we see blame, accusations and offense-taking heating up, provoking evermore defensiveness in response. There is little opportunity or incentive for contemplative reflection and intelligent assessment of the complex causes and conditions that brought about the financial crisis.

Confirmation Bias. Roy Baumeister of Case Western Reserve University concluded from his research that the self-deceiver’s goal is to protect his or her favorable view of self at all costs, and that people employ a number of strategies to accomplish this (Baumeister, 1993: 168) (emphasis added). One well-researched strategy is the confirmation bias, which states that people testing a hypothesis tend to search in memory and in the world more often for confirming than for disconfirming evidence. Confirmation bias has been observed even in relatively neutral situations, not just emotionally charged as one might expect. The implications of the confirmation bias for the retention and formation of beliefs are obvious (Mele, 2001: 29). So powerful is the need for consonance that when people are forced to look at disconfirming evidence, they will find a way to criticize, distort, or dismiss it in order to maintain or even to strengthen their existing beliefs (Tavris & Aronson, 2007: 19) (emphasis added).

Felix Salmon (2009), a popular financial blogger, connected the overconfidence of bankers and financial managers in the marketplace with overconfidence in David X. Li’s (2000) formula known as a Gaussian copula function, an economic formula used to calculate risk based upon correlates rather than history. The inherent weakness of the formula, of which Li himself and others warned about as early as 2006, is that this approach made no allowance for unpredictability. It assumes that correlation is a constant rather than something volatile. In hindsight, bankers who ignored the warnings look at best foolhardy; at worst, criminal. Bankers dismissed the warnings, Salmon believes, partly because neither they nor their managers understood the formula. At the time, though, this was all too easy to ignore while they were making so much money. After all, it made no sense to seek out disconfirming evidence when things were “obviously” going so well.

Cognitive Dissonance Theory

Leon Festinger’s (1957) cognitive dissonance theory shows how people strive to make sense out of contradictory ideas in order to lead lives that are, at least in their own minds, consistent and meaningful. The theory inspired more than 3,000 experiments that, taken together, have transformed psychologists’ understanding of how the human mind works (as cited in Tavris & Aronson, 2007. Although the term has escaped academia and moved into mainstream, few people fully understand its meaning or appreciate its enormous motivational power. Cognitive dissonance is the engine that drives self-justification, the energy that produces the need to justify our actions and decisions, especially the wrong ones. Cognitive dissonance is an unpleasant feeling ranging from minor pangs to deep anguish, a state of tension that occurs whenever a person holds two cognitions (ideas, attitudes, beliefs, or opinions) that are psychologically inconsistent. People do not rest easy until they find a way to reduce dissonance. If it does not seem possible to reduce dissonance directly, then one is forced instead to manipulate the way one perceives the situation through ingenious, self-deluding justifications (2007: 13).

Experiments in cognitive dissonance theory successfully challenged many notions about human nature that were gospel in psychology yet persist today in the public domain. Notions relevant to the topic of the financial crisis include:

The economists view that human beings generally make rational decisions based on the facts. Consider the testimony of former Federal Reserve Chairman Alan Greenspan, who reluctantly acknowledged under questioning that he had made a mistake in believing that banks, operating in their own self-interest in lieu of regulation, would do what was necessary to protect their shareholders and institutions. Only in retrospect Greenspan called that a flaw in the model he used to define how the world works (Associated Press, 2008).

The self-flattering idea that we humans process information logically. On the contrary: if the new information is consonant with our beliefs, we think it is well founded and useful; but if the new information is dissonant, then we consider it biased or foolish (Tavris & Aronson, 2007: 18). Consider Blodget’s experience when the bull (inflationary) market was raging. Intense pressures were exerted upon the brokers who, sensing that the bubble was due to burst, were recommending bearish (cautious or conservative) actions. Pressures included being regarded as “wrong” rather than “prudent” all the way to being fired for “losing business”. No one wanted to hear the bear message, and it was perceived as a threat to be extinguished (Blodget, 2009: 58) (emphasis added).

The assumption that “a con man will experience discomfort when he cheats an old man out of his life’s savings”. This assumption, painfully relevant to the fraud exposed in the financial crisis, does not hold up in research. For people who have a (sometimes well-hidden) low self-image, such behaviors are consonant with that image, deepening their convictions and actually serving to reduce their experience of dissonance and discomfort (Tavris & Aronson, 2007: 31). Consider the practical implications for the justice system and society, as well as the ethical implications, of reinforcing the negative self-image of perpetrators by morally judging their behavior as “criminal”, “blameworthy” and deserving of “punishment”, thereby potentially encouraging recidivism through reinforcing their negative self-image.

Self-Justification. Justifications are the chief mechanism for relieving cognitive dissonance. Once we begin down the road of self-justification, a process begins, gathers momentum, and takes on a life of its own that becomes increasingly difficult to intercept. The further we go down that road, the harder we cling to our beliefs and justify our opinions, often ending up by justifying a polar-opposite position from where we began (Tavris & Aronson, 2007: 33) (emphasis added). Consider the case of Bernard Madoff, whose illegal Ponzi scheme deprived many people of their life’s savings. From Sigmon and Snyder’s (1993) research, we can see that Madoff, like most people, likely regarded himself as being a “good person”. Quite likely he found himself on the road to becoming a swindler one justification at a time, inch by inch. He may never have intended to break the law. In his prepared statement to the courtroom, he explained that his behavior was driven by a desire to meet clients’ expectations of above-market returns “at any cost”. Madoff told his clients he was using a “split-strike conversion strategy” that other financial institutions privately admitted made no sense; but as long as the returns seemed to keep coming they suspended disbelief, thereby unwittingly colluding with the scheme. Madoff told the court: “When I began the Ponzi scheme, I believed it would end shortly and I would be able to extricate myself and my clients from the scheme. However, this proved difficult, and ultimately impossible, and as the years went by I realized that my arrest and this day would inevitably come” (Richburg & Tse, 2009: A12) (emphasis added).

One can rightfully argue that persons such as Madoff who are relied upon as experts in their fields should be held to a greater level of accountability for their actions. Madoff understood that what he was doing with clients’ funds would fall under the definition of an illegal Ponzi scheme. As we have seen, though, such behavior is consonant with a low self-image. If Madoff suffered from a low self-image, and if at the time he rationalized that “it would end shortly,” then this could be another case of self-deception at work, though undoubtedly with grave consequences, rather than premeditated malicious behavior. The point is not to prove or disprove motivation and intent in Madoff’s case, but instead to explore cases like his through another lens.

The Neuropsychological View

Immersed in our daily lives, we seldom reflect on the nature and quality of our worldview. The value of neuropsychology research is to support at the physiological level what psychologists discover at the behavioral level. There is growing evidence in brain research using MRI imaging that supports the hypothesis that biases and blind spots are built into the way the brain processes information (Westen, Blagov, Harenski, Kilts & Hamann, 2006). One of the brain’s most ingenious tricks is to produce the comforting delusion that we, personally, do not have any biases or blind spots (Tavris & Aronson, 2007). We are predisposed to unquestioningly believe that we perceive reality (as opposed to fantasy), that we perceive without bias, and that we make our decisions rationally.

The Ramachandran (1998) study showed that the left and right hemispheres contain what appear to be counterbalancing tendencies. The left tends to forge a synthesis of new information with current mental models, while the right serves as a “devil’s advocate,” looking for anomalous sensory information. Self-deception may arise from a deficit in the brain’s ability to adjust prevailing schemata in the face of anomalous information.

Our relatively recent understanding of how impressions are processed at the pre-conscious level provides a significant piece of the self-deception puzzle by demonstrating how behavior can be unconscious, yet appear to others as if willful and motivated. Freud and other early researchers conceived of the brain’s sensory processing as linear: from stimulus, to sensory store and filter, to consciousness and simultaneously to storage in long-term memory, and finally response. Experiments by Donald Norman (1968) contradicted this linear model, showing that some form of intelligent scanning takes place before impressions reach the filter, which both take place in a pre-conscious phase. Since meanings are stored in long-term memory, Norman concluded that in addition to the more obvious loop between consciousness and long-term memory there must be an interactive loop between long-term memory and the earlier stages of information processing.

The implications of these findings are enormous. They explain how people come to deceive themselves through an iterative process of rationalization and selective attention. Each iteration builds up biased meanings or mental models, which in turn serve to pre-screen incoming impressions before they reach consciousness, which seem to “prove” the existing mental models, thereby reinforcing the underlying beliefs (Goleman, 1985: 65). Once beliefs become unquestioned assumptions in long term memory, they disappear into the “forest” of the subconscious mind.

Systems Theory View

General Systems Theory. Systems theory, based on physical and biological science, puts human behavior into a much larger context, showing us how forces much greater and more fundamental than those operating in any one individual drive a great deal of human behavior. The significance of the contributions of systems theory to understanding ourselves and the world are considerable (Senge, 1990). The complexity and interactivity of systems shows us there is no one “cause” of current events upon which to pinpoint the “blame”. In order to master systems thinking we must give up the assumption that there is an individual agent responsible; everyone shares responsibility for problems generated by a human system. This implies that the search for scapegoats is a blind alley, a pastime which Senge characterizes as particularly alluring in our culture. Most important, pinpointing the blame on individuals distracts from a deeper inquiry into the systemic problem which can only be corrected at that level (1990: 78).

Family Systems Theory. There are two basic counterbalancing “life forces”, which are more basic or fundamental than genetic determinants, called the “togetherness” (or attachment, connectedness) force and the “individuality” (or self-defining, autonomous) force. Together they define a continuum or scale ranging from emotional symbiotic fusion with the family of origin on the “togetherness” end, to total emotional autonomy on the “individuality” end. Our lifetime human developmental task is to differentiate from symbiotic fusion into authentic selfhood (Kerr & Bowen, 1988: 103).

The togetherness force exerts a pressure to behave, feel, and think like others as well as the striving to influence others to behave, feel, and think like oneself. The intensity of the togetherness force increases when values and beliefs are polarized into rigid mental models of right and wrong, good and bad, making it vastly more difficult for children to progress along the developmental task of individuation. The behaviors that would lead a child toward individuation become conditioned by parents’ reactions to arouse anxiety. The pseudo-self and its self-deceptive mechanisms gradually form in order to manage this anxiety.

The pseudo-self is a false self-image, similar to what Warner (1997) described as a “virtual reality”, that over time one self-deceptively believes is one’s identity. The result is that most people cannot distinguish between their pseudo-self (false self-image), to which they are emotionally fused, and their solid self (authentic, developed self). The chief characteristic of such identification is the polarized, all-or-nothing, judgmental nature of the thinking and emotional processes marked by increased emotional intensity, reactivity and accusing/blaming.

In the aftermath of the stock market crash, journalists reported the polarization of people into vigilante-like groups spouting blaming rage. No doubt this was in direct proportion to their own involvement and personal responsibility in bringing about their losses. Blaming and judging others are predictable, inherent characteristics of human systems as anxiety is shifted along the path of least resistance within the system.

THE PARADOX OF MAKING MORAL JUDGMENTS OF HUMAN BEHAVIOR

Deception in general is considered a vice by many; yet deception in daily social interactions is invisibly held in place through tacit collusion with others, and serves the function of producing smooth, predictable social relations. Contrary to conventional thought, Robert Solomon (1993) of the University of Texas’s Philosophy Department considers deception to be a social virtue when used in the adaptive sense. Truth-telling can actually be a vice when used to hurt and the harm is not easily redeemed; when telling the truth unnecessarily complicates social arrangements, undermines our collective myths, destroys relationships, or incites violence and vengeance. Systematic deception is an essential, adaptive part of the order of the social world (Solomon, 1993: 34).

Making a moral judgment of self-deception is also not as simple as it may at first appear. To judge its psychological consequences one must examine both costs and benefits, because research shows evidence for both. Conventional thought condemned self-deception as an unhealthy lack of contact with reality. The view that depression was caused by a distorted view of reality was challenged by research on depression which showed that depressed people see reality more accurately than non-depressed people. Depressed participants judged other people’s attitudes toward them far more accurately than non-depressed participants; and this ability lessened as the symptoms of depression lifted in response to treatment (Lewinsohn, 1982). On the other hand, as noted earlier, self-deception is also positively correlated with all forms of psychopathology (Shapiro, 1996). Because self-deception is adaptive, seeing the world in a favorably distorted fashion is an integral part of healthy adjustment (Baumeister, 1993: 176). The trick appears to be maintaining a healthy resilience while managing the tension between the two poles. Once again, assigning blame and guilt to an unconscious, biologically-rooted process that is essential for maintaining mental health places people in an untenable moral “squeeze”.

Shane and Peterson (2004) propose that so-called antisocial behavior, where individuals seem to be “unrepentant” and unable to learn from punishment, may not be motivated by maliciousness at all, as assumed. Instead, their research with individuals labeled “antisocial” in an intentionally rigged, computer-based learning environment showed that such behavior is a learned, thoroughly ingrained attention style defensively aimed to reduce their experience of negative emotions. The unintended consequence is an inability to reflect upon their experiences, learn from them, and adapt their behavior (Shane & Peterson, 2004: 959) (emphasis added). Their research highlights the problems when attempting to justify the assignment of moral culpability: these people have been rendered unable to learn from experience due to conditions which are beyond their present ability to control.

The Paradox of Assigning Blame in the 2008 Financial Crisis

Observations in clinical and experimental settings reveal that human behavior is largely driven by basic life forces interacting with genetic determinants, the environment, and social influences. However, from one’s subjective experience of oneself, one ascribes various “reasons” and “motives” to behavior. Under certain conditions, the human mind will even make up explanations with which we unquestioningly agree (Patten, 2003: 231) (emphasis added).

Attribution Theory. Social psychology itself was blind to the tendency of the mind to attribute causes of behavior to individual character rather than social situations, even when the social situation is more than sufficient to explain the behavior, until a series of experiments produced unexpected results (Jones & Davis, 1965). Luckily the researchers were curious enough to keep investigating, and others slowly became interested as well over the course of two decades (as cited in Gilbert & Malone, 1995). The intellectual roots of this tendency are so deep in Western thought that, like scientists between the ages of Aristotle and Galileo, “common knowledge” was preferred even in the face of strong, contradictory evidence. It wasn’t until social psychology had itself recognized the significance of situational forces that it would investigate and develop what is now known variously as correspondence bias or attribution theory.

Turning again to the financial crisis, Blodget’s (2008) thoughtful reflections on his experience of its causes identified human psychology as a primary factor. Aside from outright law-breakers, he argued that everyone from the presidents, to Greenspan, to brokers, bankers and realtors, and on down to “You and Me” contributed to the financial crisis, yet we each acted just the way one would expect us to act under the circumstances that existed at the time the decisions were made. Blodget traced a hypothetical chain of transactions through people on the “blame” list with the character judgments attributed to them:

“The “predatory” mortgage broker who sold loans that are now “a ticking time bomb”: the broker didn’t make people choose that loan; people selected it because it offered the lowest payment.

“The “sleazy” real estate agent who kept saying that houses are usually a good investment: Often they are good investments, and people knew in advance that realtors are salespeople with an obvious bias.

“The Wall Street “fat cats” whom our tax dollars are now bailing out: People didn’t complain when their lenders asked for such a small down payment without bothering to validate income; in fact, many experienced it as downright flattering.

“If Alan “The Maestro” Greenspan hadn’t assured us that everything was fine, people might have been more inclined to believe the economists who said otherwise: No one knew absolutely that the market would crash, not even the analysts who predicted that it would.

The fact is, the buck stops with each one of us. While we must therefore all bear some responsibility and accountability for the consequences, it would be difficult to prove that most of the people on the blame list acted criminally, irrationally, or even irresponsibly given the climate of intense pressure to believe that “it’s different this time” (Blodget, 2008: 55).

Experimental Economics. The fascinating discoveries of experimental economists support Blodget’s view. Over a span of 20 years, laboratory-controlled experiments were conducted to study how different groups of people behave under varying investment scenarios. Economists at first thought that given a predictable and secure value of future dividends, displayed prominently on the computer screens of the participants, that there would be no crazy ups and downs, no bubbles and panics. The trading price should stick close to the expected value. But that’s not what happened in the experience of Vernon Smith, who won the 2002 Nobel Prize for developing experimental economics in the mid 1980s. Again and again, with varying populations and conditions, the trading price ran up above the fundamental value (Postrel, 2008: 42).

Charles Noussair (2007), who published the results of similar studies in the American Economic Review, suggested that traders don’t reason the way one logically expects. Traders base their expectations and behavior on their historical experience, not on the logical inferences that could be drawn after several rounds of trading (Postrel, 2008: 43). Vernon Smith and his collaborators ran similar experiments, but this time changing the conditions after traders had learned from experience to avoid getting caught in a bubble. Under the changed conditions, the experienced traders once again generated a bubble just as big as if they had never been in the lab. Smith concluded that “bubbles are the funny and unpredictable phenomena that happen on the way to the “rational” predicted equilibrium if the environment is held constant long enough” (2007: 43). Virginia Postrel concluded from her interviews with the experimental economists that their findings should give pause not only to people who believe in efficient markets, but also to those who believe we can eradicate bubbles simply by curbing corruption and imposing more regulation. It becomes increasingly difficult to justify the assignment of blame or to adopt a stance of moral outrage for behavior which appears to be inherent in the human condition.

The Impact of the Judgmental Polarized Worldview

Leaps of Abstraction. Peter Senge (1990) along with other researchers at MIT mapped a key cognitive habit that significantly contributes to shaping the judgmental polarized worldview which they term making “leaps of abstraction”. A leap of abstraction is the movement from direct observation to generalization (Senge, 1990: 178). This habit has its roots in the nature of the conscious mind, which is ill-equipped to deal with large numbers of concrete details. The rational mind is extraordinarily facile at abstracting from concrete particulars, substituting simple concepts for many details and then reasoning in terms of these concepts. This capacity is extremely useful for making sense out of the vast number of impressions with which we are continuously inundated. However, because of our learned tendency to judge and evaluate everything in terms of polar-opposites, our minds make “leaps” of abstraction. We select out one or two observations while ignoring others, interpret them through a judgmental, polarized lens, and then make a generalization which we subsequently take as “fact”.

The second characteristic of a leap of abstraction is that the movement from direct observation to generalization occurs without testing for validity. Most of us are not skilled at discerning the difference between concrete fact and generalizations; therefore over time nearly all generalizations seem “plausible” to us. We are satisfied by “plausibility” and do not notice, much less question or seek to verify, the underlying assumptions. The sobering fact is that once our mental models are formed based on these untested “facts”, they serve as filters for all other incoming information, selecting out evidence that does not fit the model, which has the insidious effect of appearing to “prove” the biases. In short, they become self-fulfilling prophecies of sorts (Senge, 1990: 179).

I suggest that the glue which holds the self-deception process in place is our shared, largely unquestioned and mistaken belief that the interpretations we make under the influence of the judgmental polarized worldview are “factual”. Concepts such as “good” and “evil” are applied to people and behavior and are perceived by us as concrete, absolute facts, rather than as relative leaps of abstraction. This layer of judgments basically states that people �should� or �ought� to behave in one way and not in another way, despite the mounting evidence that many problematic behaviors are unconscious or outside the scope of an individual�s present ability to control, or driven by systems rather than individual will.

Polarity is a laws-based phenomenon present in all aspects of the natural world. Murray Bowen based his life�s research on the commonsense (but unflattering) idea that humans have more in common with the natural and animal world than differences (Kerr & Bowen, 1988). Family Systems Theory begins with the observation that nature and systems are neutral; there is no right and wrong, good and bad. Human subjectivity �takes sides� in nature and attempts to impose upon it what �should� be, essentially arguing with reality. The judgmental nature of our human worldview distorts our perceptions causing acute stress and anxiety, leading to the use of self-deception to manage the anxiety. Once recognized, however, it is possible to �de-polarize� our thinking, thereby reducing anxiety and reducing distortions to our perceptions. At first the difficulty is simply imagining how such a worldview would look.

The Judgmental Polarized Worldview in Society. Disputes about the important human values have a long and varied history, yet two values are always represented: agency, defined as the positive value placed on individuality, personal striving, growth and achievement; and communion, the positive value placed on relationships, intimacy, and benefiting others or society as a whole (as cited in Paulhus & John, 1998: 1039). This has obvious similarities to the family systems theory terms of �individuation force� and the �togetherness force�. These two fundamental values, agency and communion, give rise to two motives: the need for power and the need for approval. These pairs of dimensions are implicated whether we look at response styles, personality, motives or self-evaluation (1998: 1041).

In examining the implications, Paulhus and John (1998) found that while proponents of one polarity tend to view the proponents of the other polarity as the opposition implying that one polarity is �superior� to the other, both forces are now known to be necessary and adaptive. The tension between the two forces allows for an optimal balance of an individual�s versus society�s goal-oriented activities (Paulhus & John,1998: 1047). This research also suggests that polarization in human relationships is natural; what goes beyond nature is to judge one polarity as somehow superior or preferred over the other rather than seeking to find that optimum tension between the poles.

The Judgmental Polarized Worldview in Religion. Strong religious beliefs have been positively correlated with self-deception (Burris & Jackson, 2000; Burris & Navara, 2002; Leak & Fish, 1989). The paradox has not gone unnoticed, fueling debate among academic psychology as well as popular culture. The 2000 study by Burris and Jackson demonstrated that implicit religious group membership is a core component of the social identity of those individuals, such that not measuring up to the religious group�s standards may be experienced as particularly personally threatening. The 2002 Burris and Navara study built on that foundation to show that religiosity is positively correlated with self-deception and impression management (other-deception) (Burris & Navara, 2002: 69). The highly judgmental and polarized worldview of certain religious groups apparently arouses deep anxiety due to the threat of being �measured� and judged by the religious group�s standards, triggering self-deception and impression management (other-deception) as defenses.

Psychotherapists Johnson and Burroughs (2000) explored from a Christian viewpoint how to take such research findings into account in order to resolve the moral dilemma of self-deception. Their insight into how religion can paradoxically become a troublesome defense mechanism is especially valuable, in light of the Christian underpinnings of modern American culture: �It is sadly true that many unbelievers are more honest about their irreligious motives and sin than many Christians. Perhaps one of our greatest needs as believers is to become increasingly aware of the tendency to turn Christianity and our relation with God into a massive defense system paradoxically keeping us from going deeper with God by protecting us from stress through ordering life superficially� and by making us feel superior to others� (Johnson and Burroughs, 2000: 187).

A Restorative Justice View

Some people may protest: does pursuing a depolarized worldview mean there is no right and wrong behavior? Does it mean that people can do anything they please and bring all of society down into the chaos of greed and colliding self-interests? Does this mean people won�t be held accountable for such behavior? The short answer is: No. Striving to depolarize one�s worldview entails a shift of perception from automatic assigning of blame, to careful consideration of the dynamics of the situation from a much broader context; a shift away from judging according to rigid, unrealistic standards toward compassionate inquiry into human psychology.

As increasing numbers of professionals across disciplines realize the need for a compassionate � or at least a neutral rather than judgmental � approach to human dysfunction, attempts to mitigate the effects of the judgmental polarized worldview are becoming more common. Some well-known examples include: �no-fault� divorce and auto insurance to reduce the animosity generated and excess dollars spent through having to prove �cause�; legalizing abortion to reduce the injury and deaths to women; reclassifying alcoholism and drug addiction as disease processes rather than as vices to reduce the stigma and assist in recovery; and recent renewed dialog about legalizing, taxing and regulating recreational use of marijuana rather than imprisoning ordinary, nonviolent people.

With greater awareness and acceptance of the dynamics of self-deception, perhaps in time our society can move from a retributive to a restorative justice system. Accountability for the consequences of one�s behavior must, of course, be addressed. Among other measures, this can be done through restitution, which attempts to restore those harmed as much as possible to their previous condition, but without attaching the stigma of blame and without the harsh punishments of our retributive judicial system, all of which inadvertently encourage recidivism through reducing dissonance for individuals with a low self-image. There is still a need for ongoing ethical inquiry: to try to ascertain the relative benefit (rightness) or harm (wrongness) likely to flow from our decisions to all stakeholders. We will always need ethical guidelines to inform our personal reflections and public regulations to protect us from unconscious human behavior when self-deception would otherwise prevail and lead to negative consequences. To depolarize one�s worldview simply means to learn to cease objectifying and demonizing others and to cease taking offense over adaptive, biologically-rooted human behavior, because the underlying motive of such strategies is to covertly shift the blame away from oneself.

IMPLICATIONS FOR BUSINESS ETHICS

The phenomenon of self-deception has several ethical implications for behavior. To the degree that ethical theories rely upon the assumption that behavior is willful and conscious, we must rethink the assignment of responsibility and blame in light of unconscious and systems-driven behavior. To make moral judgments of behavior that flows from self-deceptive processes can be seen as a disservice at best and potentially unethical when considering the research showing how moral judgments tend to provoke the opposite of the expected behavior (Burris & Jackson, 2000; Burris & Navara, 2002; Leak & Fish, 1989).

Barry Castro (1994), a business ethics professor, argued in the Business Ethics Quarterly that a continuing effort to avoid self-deception is the prerequisite to any ethical analysis. However, this effort cannot be altogether successful due to the �messiness� of the human condition. Castro acknowledged, like Plato, that human affairs are �messy� in the sense that we embrace diametrically contradictory goals or needs: the need to delude ourselves and also to purge ourselves of delusion; and the need to live the examined life while permitting ourselves to live by not examining life. Together these can be seen as central to the human condition, co-existing in uneasy tension. Castro viewed the study of business ethics as the study of that tension. Such contradictions lie at the heart of the ethicist�s work and suggest that business ethics, like any other branch of ethics, �must enjoin us to go on trying to know ourselves, in the face of the certain knowledge that, in so doing, we must also be deceiving ourselves-to affirm that we cannot, at least for more than a passing moment, see truth directly, but that we have to go on trying anyway� (1994: 188) (emphasis added).

Family systems theory shows us how our society�s ongoing argument with reality results in intense stress and anxiety, overwhelming our thinking and reasoning processes. Our harsh judgments of one another provoke the need for developing the self-protective defense of the pseudo-self, which has the unfortunate effect of stalling our growth and individuation, and relevant to the topic at hand, renders us less capable of acting reasonably and ethically in the face of pressures from our fellow humans. Declaring certain behaviors as �morally offensive� is not only insufficient to stop the behaviors and their unfortunate consequences, but as discussed, actually backfires and exacerbates the problems.

CULTIVATING CONDITIONS CONDUCIVE TO ETHICAL DECISION-MAKING

What is needed in our workplaces is a practical, informed strategy for reducing the need for self-deception defenses, thereby reducing the chances for unethical behavior. Following is a discussion of how to move from a judgmental, polarized attitude that backfires to a compassionate, restorative attitude that reduces the need for self-deception defenses.

Suggestions from the Psychosocial Disciplines

Psychotherapy View. Christian psychotherapists Johnson and Burroughs (2000), take a more compassionate view of defensive activity than many theologically-based people. Since they have thoroughly researched and confirmed that defensive activity begins in childhood as a reflexive protective response, they concluded that young adults cannot be expected � by God or any human � to suddenly drop this biologically-rooted behavior, which at times is essential to manage excess guilt and anxiety. Instead, adults must be encouraged to seek self-awareness and learn how defensive activity operates in order to become more able to be responsible and morally accountable for their behavior. Defensive activity can only be approached indirectly when a person has become open to self-examination and questioning (2000: 187). In other words, people will look within to make visible what is hidden only when it feels safe to do so.

Arbinger Institute. Warner (1997) proposed that the way to end self-deception is to learn to cease taking offense. Understanding deeply how the self-betrayal mechanism works shows the way to cease taking offense: one realizes that the social world colludes to preserve one another�s lies and justifications as we each seek to hide from our own self-betrayal and shift the blame to others. It becomes clear that another�s accusations have nothing to do with me, and everything to do with the other�s own inner struggle. To stop betraying oneself, to stop deceiving oneself, and to drop the habitual offense-taking attitude towards others is to enter an entirely new way of being. This is a moment-to-moment growth endeavor, not accomplished �once and for all� (1997: 8).

Family Systems Theory. The pseudo-self serves as an automatic frame of reference and a guide to behavior in lieu of thoughtful, self-directed choices. Kerr and Bowen (1988) found that a person fused with a pseudo-self is immersed in the world of self-deception and cannot be judged culpable for �decisions� which flow from that process. On the other hand, a person who has accomplished greater emotional differentiation derives their identity and self-worth from their own values-based principles cultivated and tested over time. Since they do not depend upon the approval and agreement of others to sustain their sense of self, they can drop any belief found to be false in the face of new evidence. They can be held to higher standards of responsibility and culpability. However, given that differentiated individuals are currently by far the exception rather than the rule, we must adjust our expectations for ourselves and our fellow humans accordingly.

As we develop a solid-self, the need for protection through self-deception diminishes and we begin to admit into consciousness knowledge of our weaknesses in order to develop them. We begin to cultivate what might also be called �moral courage�: the ability to hold one�s own opinions and values in the face of strong togetherness pressures. We learn how to be non-reactive to the emotionality that accompanies attempts at coercion. Being non-reactive does not mean being unfeeling, uncaring or withdrawn; on the contrary, one remains actively engaged with people, yet inwardly detached. This non-reactivity must be directed both outward toward the emotionality of other people and inward towards the automatic thoughts and emotions continuously and automatically triggered inside oneself. However, they concede that this skill is difficult for many people to learn, especially without assistance from a trained therapist (Kerr & Bowen, 1988: 127).

Even the average human intellect is capable of observing events with relative objectivity, but the intellect is vulnerable to being acutely and chronically overwhelmed by emotional intensity. Emotional intensity present within family and workplace systems drives us to justify our opinions and actions. In low intensity situations, on the other hand, the intellect can better perceive objective facts, assisting us to make ethical decisions based on principles and one�s higher-level feelings and values (Kerr & Bowen, 1988: 32). Therefore it behooves us to learn how to manage anxiety and emotional intensity in the workplace.

Cognitive Dissonance Theory. Carol Tavris and Elliot Aronson, social psychologists and authors of the best-selling book Mistakes Were Made (But Not by Me), declare that although most Americans know they are supposed to say �we learn from our mistakes�, deep down they don�t believe it for a minute; they think that mistakes mean you are stupid. Translated into behavior, mistakes are treated like �hot potatoes� to be gotten rid of as quickly as possible, even if it means tossing them into someone else�s lap (Tavris & Aronson, 2007: 230). In order to inch back from the precipice of self-deceptive justifications driven by cognitive dissonance, people need to feel respected and supported. Persons concerned about the behavior of another can therefore inquire into the values that led up to the decision and listen without judgment. Acknowledging the positive values behind the �miss-take� offsets feelings of insecurity and incompetence by in effect saying that when a decent, smart person makes a mistake, he or she remains a decent smart person and the mistake remains a mistake; the focus becomes how to remedy the situation.

Unfortunately, our typical reactions to people whom we see as victims of self-deception backfire and make matters worse: we heckle, lecture, bully, plead or threaten. These reactions invariably trigger a person into being even more defensive. When lectured by a family member, a victim of fraud unfortunately reduces dissonance by playing right into the hands of con artists. �That nice, thoughtful person who made me the investment offer would never cheat me, and besides, they advertise on Christian radio� (Tavris & Aronson, 2007: 232).

The Key Role of Business Leaders

While mainstream culture will be slow to change, more enlightened business leaders can play a critical role in creating a non-blaming, supportive climate in the organizations in which they work. Faced with being ridiculed and with the threat of being fired, it was only human that Blodget and other brokers with a bear (conservative) message eventually talked themselves into believing that it was different this time, losing hundreds of thousands of dollars of their own and their clients� money in risky investments. We are left wondering: had the leaders of those brokerages instead cultivated an atmosphere of support and respect for the brokers working under them, could disaster have been averted by heeding their warnings?

Because Family Systems Theory concepts are based on general systems theory and biological science, they also apply to organizations and to society as a whole. An important correlation between family systems and workplace systems is the tendency of leaders to blame subordinates for systemic problems (and vice versa). Blame is prevalent in the dynamics between poorly differentiated people because it effectively alleviates anxieties by shifting them to someone else. Blaming and searching for scapegoats were the chief reactions in the public arena following the downward spiral of the investment and housing markets, reflecting the lack of understanding of systems in mainstream America. Leaders need to understand how behavior is triggered by the system itself, invalidating the idea of blameworthiness. Instead of focusing on individual character, leaders need to learn how to focus on behavior. More enlightened leaders learn to search within their own relationships for a potential source of problems they see reflected in subordinates (Bowen, 1992: 504).

Creating a Supportive Climate. By reducing the human need to defend one�s self-esteem from perceived attack, it becomes more possible to acknowledge disconfirming evidence, question long-held assumptions, and consider diverse opinions. In their book, Tavris and Aronson ask you to imagine an employer who started a meeting by saying: �I want to hear every possible objection to this proposal before we go ahead with it � every mistake we might be making� (Tavris & Aronson, 2007: 217). Ultimately these behaviors become not just tolerated or accepted, but respected and encouraged; because research has established that this same climate also increases the creativity and innovation needed to compete in today�s volatile marketplace (Senge, 1990; Yukl, 2006). Besides making good business sense, reducing the need for self-deception and group collusion obviously reduces the chances of making unethical decisions.

Most important, when mistakes are made in a supportive climate, we are more willing to acknowledge them and correct them or restore the injured party to wholeness. Tavris and Aronson believe that the courageous individuals who admit to their mistakes take us straight into the heart of dissonance and its innermost irony: The mind wants to protect itself from the pain through self-justification; but the soul wants to confess (Tavris & Aronson, 2007: 217). It requires an enormous amount of mental and physical energy to maintain our system of defenses; yet this energy could be much better spent.

For example, those who are able to remain non-defensive and learn from their mistakes make the best leaders. The book, Leadership Passages, takes this paradox as its core idea: If you�ve never failed as a leader, you�ll never be very successful. The CEOs who fail spectacularly are often leaders who have never failed before (Dotlich, Noel & Walker, 2004: 81). They successfully protected themselves from the anticipated psychological pain of being judged by others or by themselves for their mistakes when the failures were smaller and more easily contained, thereby missing out on the invaluable feedback and learning. The irony is that in their attempts to protect themselves from psychological pain, they unwittingly set themselves up for far greater, more public failure � and ultimately far more painful for all concerned.

Research shows that �honest� and �ethical� are the two paired characteristics most sought for in leaders (Kouzes & Posner, 2003). Summarized, the attitude of top executives in 20 countries revealed that they �expected their chief executive to be above reproach� (2003: 86) (emphasis added). Kouzes and Posner used this finding to make a case for the need for leaders to be credible. While credibility is undoubtedly essential, I believe that the expectation that leaders should be above reproach is an unrealistic cultural myth that actually backfires by driving leaders to use an upbeat, overly positive persona as a shield against the dissonant reality. When leaders invest in an overly positive self-image, they develop a false sense of self-confidence which they vigorously defend through self-justification. Self-justification, the chief mechanism whereby we engage in self-deception, is unconsciously used to create the appearance of being beyond reproach rather than investing the same amount of effort into engaging in an ethical decision-making process.

When a leader is surrounded by followers bound to the togetherness force, they may have insufficient moral courage to question a well-defended, self-deceived leader�s potentially unethical actions. The followers� cognitive dissonance may trigger their own self-deception processes, and together they collude to reinforce one another�s selective perception. Research supports collusion between leaders who perceive themselves with an exaggerated positive self-identity and their suggestible followers. Leaders provide rewards and recognition in an attempt to �woo� their followers in a delicate interplay between self-deception and impression management (other-deception), all with calculated ends in view as leaders attempt to convince themselves and others of their abilities to lead (Gray & Dentsen, 2007) (emphasis added). The need for pretense of technical expertise and the affect of superficial optimism required to play the managerial game are also substantial barriers to the contemplative life; yet openness to the contemplative life is essential in order to uncover the self-deception that would hide unethical behaviors (Castro, 1994).

Foundations for Corrective Action. Specialists in the discipline of business ethics may wish to reconsider their own ethical framework and the application of ethical theories using the following principles derived from the wide spectrum of relevant research presented on self-deception:

1. Self-deception affects all of us to varying degrees.

2. Self-deception unconsciously skews our worldview and self-image in predictable ways:  
a. We�ll tend to minimize our weaknesses to avoid blame, criticism and responsibility in order to protect our self-presentation.  
b. When we recognize potential mistakes, we�ll tend to shift blame to others or to external circumstances. c. We�ll tend to exaggerate our strengths and claim successes that are not truly our own to bolster our self-presentation.  
d. The discomfort of cognitive dissonance will not let us rest easy until we reduce it; if not directly, than by manipulating our perception through rationalizations and justifications. e. We�ll ignore disconfirming evidence, thereby increasing the chances of unethical behavior.

3. Behavior flowing from self-deceptive processes is unconscious and outside the present ability of an individual to control.  
a. There will be times when we are unconscious of behaviors flowing from self-deceptive processes. b. There will be times when our groups are unconscious of collusion to protect one another�s self-deceptive processes and cherished illusions.  
c. These are the times of the greatest potential for unethical behavior.

From this foundation, we begin to realize that while unconscious, uncontrollable behavior is not blameworthy in the sense of deserving of judgment, stigmatizing, or ostracizing, nevertheless people can be held accountable for the consequences of the behaviors. To encourage greater self-awareness and therefore more ethical behavior, we must begin with ourselves by cultivating a supportive, nonjudgmental climate in our own inner world, moving on into the home, into our religious organizations and the workplace. We must encourage the conditions necessary for contemplation, reflection, and questioning, a time-tested foundation for developing the self-awareness necessary to make ethical decisions and our best hedge against becoming the victim of our own self-deception.

As individuals, we need to learn how to separate our thinking process from our emotional process. Currently our thinking is unconsciously in service to our emotional reactivity (not to be confused with higher-level human feelings and values). We need to practice being non-reactive to the emotional coercion of our fellow humans in small, everyday matters to build the muscle to act ethically and in accordance with our principles when it really counts. We need to learn to see events as the interaction of systems and recognize that in many cases, systems and situations are responsible for behavior rather than individual character. And lastly, we need to learn to recognize the self-justifying tendency to �demonize� anyone holding views different than our own. We need to cultivate the ability to welcome diverse views to seek out possible disconfirming evidence.

Suggestions for Corrective Action on the National/Organizational Level.

1. Return to higher standards of journalism and depolarize our collective thinking by utilizing factual, neutral language to describe events. The current use of polarized, judgmental language incites sensationalism and drama, promoting a climate in which it is extremely difficult to admit to mistakes, to learn from them, or to improve our business and legal processes.

2. Shift the focus away from identifying a scapegoat and placing it instead upon correcting systems, which are the primary drivers of behavior.

3. Acknowledge that everyone has blind spots and no one is exempt from self-deception. Quit pretending that our heroes can or �should� be �beyond reproach� and accept their humanity � while still holding them accountable.

4. Encourage interdisciplinary research into the intersection of human social systems and psychology, economics, and government with the aim of protecting humanity from its unconscious behaviors through sensible, ethical regulation.

5. Leaders need to hold and support the vision of transitioning from a culture of retributive justice to one based on restorative justice.

CONCLUSION

I believe that people passionate about ethics are sensitive to the soul�s yearning for truth, and strive to cultivate the audacity and the courage to be authentically human. Unfortunately, having the desires to be authentic and ethical are insufficient to defeat self-deception: we are each subconsciously convinced that we, personally, do not deceive ourselves or others. Self-deception can only be exposed and reduced under the specific conditions discussed. This essay presented an integrated view of the phenomenon of self-deception as it pertains to the ongoing financial crisis to demonstrate its dynamics at work in virtually all human affairs, affecting each one of us.

In support of a restorative justice view toward human transgressions, it is interesting to note that of the Biblical Ten Commandments, none forbid lying or deception, perhaps just because such an injunction would be impossible to follow. Deception is so pervasive in the social world that assigning blame and guilt for lying in children is tantamount to placing them in a �damned-if you-do and damned-if-you-don�t� situation: lie and you are punished; tell the truth and you are also punished. Little wonder that we face so much anxiety growing up that we must form a self-protective system of defense mechanisms to keep our sanity!

In the Aramaic language, in which the ancient Syriac version of the Bible known as the Peshitta is written, the words commonly translated as “good” and “evil” are literally “ripe” and “unripe” (Douglas-Klotz, 1999: 1). Take as an example the verse: �Every good tree bringeth forth good fruit, but a corrupt tree bringeth forth evil fruit� (Matthew 7:17 KJV). When heard with �Aramaic ears�, those words might sound like this: �A mature tree brings forth ripe fruit, and an immature tree brings forth unripe fruit.� The emotional connotations and implications of these starkly different translations is immediately apparent: the word �evil� implies that a person is condemned as being inherently corrupt and deserving only of punishment; whereas �unripe� or �immature� implies a person who is simply in need of guidance or correction in order to grow into their fullest potential. This is the nature of the fundamental shift in perception that I am proposing by taking a restorative justice approach to human behavior.

There was a time when everyone believed the world was flat when there was little evidence to contradict that “fact”. In a similar fashion, there was a time when we could easily sustain the illusion that all human behavior could be neatly divided into two distinct camps: right or wrong; good or bad. Now that scientific research is revealing to us the sheer intricacy of human psychology interacting within complex interdependent biological and human systems and how they drive a great deal of human behavior, we are called to question our long-held belief in this overly simplistic worldview.

Since to err is human, and to learn from our errors is the forerunner of excellence, we need to reflect these truths in our values, our ethics, our organizational leadership and our legal system, thereby mitigating the conditions that give rise to the need for self-protective defenses. It begins by removing the “beam” of self-deception from our own eyes lest we judge and blame others for the very same behaviors we unconsciously engage in. As long as we demonize others as a covert strategy to shift the blame, we cannot see our own contribution to the problem to correct it. As a society, we need to stop deceiving ourselves that our leaders can or “should” be “beyond reproach”, especially in view of the evidence that this attitude backfires, creating the very conditions that encourage self- and other-deception and lead to potentially unethical behavior. Our future financial stability and prosperous way of life may depend upon this fundamental attitudinal shift.

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[**Looking at Complacency and Self-Destruction**](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=502)

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**Question:**

Théun, I am beginning to see why I always end up being so aggressive. It is really my fear that I am going to fail because I do not deserve to win. Feeling that I don’t deserve to win just makes me grumpy and ill-tempered.

**Théun’s Answer:**

This is PRECISELY why you at times drive me crazy! :)You buckle down and work HARD to uplift yourself, and then just at the VERY POINT where you CAN begin to move forward in a REAL way, you suddenly decide that because all is beginning to go well you can now INDULGE in becoming COMPLACENT, and so up comes ALL the old behaviour and you promptly sabotage yourself and your opportunities! It is nothing but self-destruction, and in the process you become destructive to all around you!

Perhaps if you were to START from the angle of whatever you do to yourself you also do to all around you, you MAY begin to glimpse what true humility actually entails! So, yes, you CAN starve yourself! But in the process you also starve those around you! Yes, you CAN beat up on yourself! But so too will you then beat up those around you! And, yes, you CAN sabotage yourself and your opportunities, but so too do you sabotage others and their opportunities! Where is the humility in such behaviour?

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[**Giving Love and Warmth**](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=508)

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**Question:**

My greatest fear is that I am incapable of giving love and warmth to another person. In fact I don’t even see myself as being sensitive to other people! All I seem to have in my life is my dogs and my artwork.

**Théun’s Answer:**

Bullshit! You love your dogs and your artwork, don’t you? So just DROP this insane belief about yourself! We are ALL capable of giving love and warmth, but the question is, do we have ANYONE who really APPRECIATES true love and warmth, or have we surrounded ourselves only by those that DEMAND CONDITIONAL love? My friend, BEFORE we can GIVE true love and warmth we must FIRST be WILLING to lose everything we THINK we hold dear to us! Why? Because MOST people do NOT want, much less appreciate, unconditional love in action, for they find it harsh, unforgiving, ruthless and most of all, UN-COMFORT-ABLE!

My guess is this is WHERE your relationship with your husband is at! Your husband wants a warm, cosy marriage in which there is no friction, no disharmony, no conflict, just sweet dreams, pretty words and a great SHOW and PRETENSE at marital bliss! LOL! Anything else spells for him an UNHAPPY marriage! And your husband is NOT alone in this! If the truth be told, MOST people only ever want the GOOD things in life, and therefore they try their damnedest to ESCAPE from everything that rocks the boat! People, generally speaking, do NOT want to LEARN and GROW! Instead they want EVERY day to be a HOLIDAY! LMAO!

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[**The Christ, Reiki and Castaneda**](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=514)

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**Question:**

I would like to ask why you don’t support the teachings of the Christ, and also why you never mention other paths like Reiki and Castaneda?

**Théun’s Answer:**

If you have read and understood my books you would know that Toltecs FULLY support the teachings of Christ, but NOT of the Christian Church. There is a HUGE big difference between what Christ taught and what the Church teaches!

Reiki is good in principle, but the force of Reiki has become contaminated, which is why many of the Reiki Masters have either abandoned Reiki, or else have started to become mentally unstable.

What PATH are you trying to follow in terms of what you read in the Castaneda books? Have you been trying to follow the TEACHINGS of Juan Matus, or all that CRAP written by Castaneda? Juan was a masterful nagal dedicated to FREEDOM. Castaneda got HOOKED to SORCERY and SHAMANISM!

What do you want, freedom or sorcery? Decide!

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[**Théun Mares on Alice Bailey and Madame Blavatsky**](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=518)

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**Question:**

Is the Tibetan for real? I ask this because there are many today who condemn the Tibetan for being a fraud and saying that Alice Bailey was nothing more than a blind follower of his. These people claim much the same thing about the Theosophical movement and Blavatsky, saying that the truth speaks for itself and in this they can find no truth in the words of either Blavatsky or Alice Bailey.

**Théun’s Answer:**

It is sad but true that both the Theosophical Society as well as the Arcane School on the whole are today both filled with people who are far too lazy to DO the required work, and hence their only claim to fame is their ASSUMED understanding of the works of Blavatsky and Bailey, and their most favourite pastime is to find reason to break down and discredit what they perceive as being the opposition! However, in the time that I personally spent with these two organizations I was also fortunate enough to meet a few of the genuine students of both Blavatsky as well as of Bailey, and in the likes of these there was only a very deep and profound respect for the TRUTH as elucidated by ALL whose fate it has been to bring to humanity aspects of its divine heritage!

I find it utterly laughable that the very people who claim that the truth speaks for itself should fail to see the truth unless it is presented to them in the FORM they believe to be the “real” one! Anyone who is a SERIOUS student of life cannot possibly fail to see the truth in whatever FORM it is presented, and in any case, who cares about the form except those that worship the Golden Calf!

Furthermore, in answer to your question I can assure you that the Tibetan is for real, and a Scholar to boot, just like you! Personally I do not LIKE the way in which the Tibetan presents the teachings, but this is purely a PERSONAL and a SUBJECTIVE opinion that does NOT in any way INVALIDATE the TRUTH of what the Tibetan teaches! Likewise, I find it hard to tolerate Bailey’s incessant pissing and moaning about how hard-done-by she was, but the fact that she suffered grossly from having had such an over-developed sense of being the ultimate victim and martyr also has NO BEARING on the TRUTH as expounded by the Tibetan! Bailey was, to put it bluntly, not exactly a SUPERB instrument as was Blavatsky, but she was the BEST the Tibetan could find at the time, she had a karmic link with Him, and at the end of the day she proved ADEQUATE for the job of playing “secretary!” Foster Bailey, Alice’s husband, was a right royal pain in the arse and her sister, Mary, who took over the running of the Arcane School after Alice died, was one of the most incorrigible, belligerent and short-sighted old women I have ever had the misfortune of meeting, but NONE of this has done ANY-thing to invalidate the Tibetan’s teachings!

Blavatsky, on the other hand, was not only a SUPERB instrument, and one of the FINEST seeresses that has ever walked this earth, but she, actually HE, as the Guardians refer to her, :), was also an Initiate of a very high order, unlike little old Ms. Misery, Alice Bailey! But so what? Neither Blavatsky nor Bailey ever tried to claim the knowledge revealed within the books that were channeled through them as being knowledge which they personally possessed, or even necessarily understood, so why should anyone in their right minds wish to discredit the one or the other? Surely it is the TRUTH which is important, and not the messenger? And this is precisely WHY the Tibetan instructed Bailey to place a disclaimer in the front of ALL the books which He channeled through her! You will note that this disclaimer does NOT appear in any of the books written by Bailey, but ONLY in the ones channeled by the Tibetan! In other words, the Tibetan did NOT want the readers of His books to make the same mistake as so MANY of the readers of the Secret Doctrine made, namely, to worship the DEAD LETTER simply because it is “the work of one of the Guardians!” LOL!

It is much the same as with the book written by the Master Rakoczi, entitled The Most Holy Trinosophia! The students of this fiendishly difficult book um and ah in utter reverence, and drool all over this book because it was written by the Master R., even though NONE of them have even the VAGUEST clue as to what He is writing about! The entire goddamned book is written in the LEFT-SIDE, but to listen to these intellectuals going on and on about their RIGHT-SIDE assumptions on the contents of this book is truly hilarious! LOL!

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**[The Nature of Life](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=524" \o "Permanent Link to The Nature of Life)**

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**Question:**

I acknowledge that life is a serious matter. And I take it that this is why we have to act like responsible adults. Am I right?

**Théun’s Answer:**

NO! You have got it wrong AGAIN, you silly Scholar!

Life is NOT a serious matter! Life is FUN! Laughter is FUN! Tears are FUN! Battles are FUN! Winning and losing is FUN! You see, my Scholarly friend, life is meant to be EN-GAGED and EN-JOYED just for WHAT it is - Life!

Life only ever becomes a serious matter when you set about trying to FIX it with GRIM DETERMINATION! LOL! Learn instead to EN-JOY life, like a butterfly that loves to fly from flower to flower, for no other reason than that it CAN fly!

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**[Using Superstition as a Justification for Victimhood](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=528" \o "Permanent Link to Using Superstition as a Justification for Victimhood)**

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**Question:**

Théun, my mother and I very much need your help and your guidance. Therefore if I may please ask?

My mother has become enormously tired and does not have the energy to do anything. I recently took her to see two independent healers, and they both confirmed that my mother is under a spell of black magic. The one healer confirmed that she could see the witch who is already dead, but hovering near my mother, draining her of her energy. This healer has started to heal my mother, and my mother is feeling stronger and healthier.

I too am feeling strange. I have this pressure squeezing my head all the time. In addition I recently met a young woman to whom I immediately felt attracted. The moment I am with her all I want to do is to kiss her. Yet she also frightens me, for I feel that she too could be a witch, and if not, at least possessed by some strange creatures making her behave like a seductress. She sometimes behaves in very strange ways! Also, I almost always feel seduced by her when I am in her company, although afterwards I always feel like I have again regained my sobriety.

Can you help us, please?

**Théun’s Guidance:**

I cannot help but feel that you are being rather superstitious and jumping to conclusions.

I have worked with many people who have sworn blind that they have been bewitched, or are under some kind of a curse or spell. But in all of these cases it turned out that the so-called curses existed only in their MINDS! By this I am not saying that sorcery and black magic do not exist, but from my own experience I know that sorcerers have better things to do than to attack an old woman for no rhyme or reason. Why on earth would some witch wish to kill your mother? Has your mother even met this witch? And what was the interaction between them? My feeling is that your mother is in victim mode BIG TIME, and is using black magic as an EXCUSE for not WANTING to face up to the real challenges in her life! It is always so much easier to blame someone else for the mess in our lives, and if it can be a witch, well that is even BETTER! Who can hold someone who is under a curse accountable for her own behaviour? What a lovely excuse! :)

What you feel around your head is a typical symptom of too much physical stress. You are probably not getting enough sleep and/or drinking too much alcohol. I can assure you that the symptom you describe is not black magic. But your SUPERSTITION will still GET you, if you do not stop indulging in such fantasies! I can assure you that the mind is far more powerful than any witch!

As for the girl that you mention. Are you sure she is not taking drugs? And it sounds to me that she could be EMOTIONALLY unstable. Although emotionally unstable people are OBSESSED, they are not POSSESSED by alien entities! If this woman is really possessed you would NOT want to kiss her, no matter how masculine you may be feeling! LOL! And if you were to meet a REAL sorceress you would most certainly not be entertaining any romantic notions about her! Instead you would be shaking in your boots, if not defecating in your pants!

You really are far too superstitious for your own good! And I would stop seeing this young woman, if I were you, for it sounds to me as if she is up to no good, even if she isn’t a witch, or possessed!

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I would like to ask for feedback on the layout and material of this blog from any who read this. What are your first impressions? How do you feel about the material presented in this blog? What is your experience of its layout in terms of: searching for articles, access to websites, available information, ease of reading/visual impact etc? Is there anything more you would like to see on this blog? Please leave your feedback in the comments section. I will publish your comments if you request it.

With Warm Regards,  
The Administrator

**[Mental Obsession and Fear](https://web.archive.org/web/20110131235900/http:/www.unconditionalfriendship.com/?p=536" \o "Permanent Link to Mental Obsession and Fear)**

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**Question:**

I have had bad eyesight for a number of years, and I also get terrible migraine headaches. I know that I also have a tendency to become obsessed with finding clarity. Are these three related in some way?

**Théun’s Guidance:**

Your bad eyesight, as well as your tendency to get migraine headaches is the result of your mental obsession which comes from fear. What are you so afraid of? What is it that you do NOT want to look at? And why is it therefore so important for you to become mentally obsessed about anything and everything?

Also, your lack of clarity likewise comes from your mental obsession. When one is obsessed one MUST become selective in one’s perception, for it is not possible to be OBJECTIVE and obsessed simultaneously!

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**[A Warriors Approach to Being Alone](https://web.archive.org/web/20110131235810/http:/www.unconditionalfriendship.com/?p=132" \o "Permanent Link to A Warriors Approach to Being Alone)**

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**Question:**

I feel I can never truly share me with my friends. This makes me very unhappy and frustrated to the point of wanting to lash out at my friends rather than to share with them. How does one work with this?

**Théun’s Guidance:**

LOL! I know this feeling only too well! I have lived with it, in one way or another, for my ENTIRE life! There is SO little of who and what I am, there is SO little of the knowledge I DO have that I can TRULY share with others OPENLY! Instead I find myself SERVING the NEEDS of others, and this is where it stops! LOL! So if I am required to mop the floor, then I mop the floor! When I am required to bring clarity, then I bring clarity! When I am required to answer a question, then I answer the question! But hardly EVER do I EXPRESS more than what I have been ASKED to do! Why? Because people rarely if ever understand that which they cannot call forth. So I have LEARNED to give ONLY what is asked of me because today I KNOW that to give MORE than is asked for or is required, is to expose the other person to a knowledge for which he or she is not YET ready to take RESPONSE-ABILITY!

But all of this has NEVER killed or SILENCED within me my deep and INSATIABLE love for and of Life! True, sometimes the LONGING to have someone with whom to truly SHARE my passion for Life can become overwhelming if I ALLOW it to, but then I CHOOSE to RE-MEMBER that ALL-ONE are we born and ALL-ONE we die, so why the big hullabaloo about THAT which cannot be for now? So I go put on one of my most favourite pieces of music, I turn it up loud and I REVEL in being QUIET with my SELF within me! :)Alternatively I read one of my most loved pieces of prose or poems, and give thanks inwardly for the BEAUTY the author or the poet enables me to see within ALL of life around me!

You see, my lovely friend, it is INFINITELY more pleasurable to travel ALL-ONE than to feel lonely and hard-done-by! LOL!

\*This article is taken from the website [www.toltec-legacy.com](https://web.archive.org/web/20110131235810/http:/www.toltec-legacy.com/) with the permission of the administrators. tag: theun mares

**[Facing the Global Economic Crisis](https://web.archive.org/web/20110131235810/http:/www.unconditionalfriendship.com/?p=548" \o "Permanent Link to Facing the Global Economic Crisis)**

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**\*Old Sorcerers = New World Order, Globalists, International Elitists, Illuminati**

**Question:**

Théun, I want to ask about the global economic crisis.

The media has started to talk consistently about the fact that we have reached the bottom of the recession and figures / stats are now showing the beginning of a recovery.

It has been reported that “officially” France and Germany is out of recession and has shown steady growth over the last two quarters, China’s GDP growth is also back up to circa 10%. I also attended the UK Housing and Development annual conference last week, and most of the CEO’s, Chairman, Economists were all saying the same thing (presenting statistical data, graphs etc) - we will now enter a period of slow growth for the next 5 years or so. In the UK (and US) house sales are increasing, Banks are beginning to lend again a little more freely. The economists talked about the fact that unemployment figures would continue to get worse for the next two years - but unemployment figures were indicative of what HAS happened, rather than reflecting what WILL happen. They also demonstrated that in all recessions unemployment continues to rise at the beginning of coming out of recession. The stats (which I am sure are not accurate) are showing circa 10% unemployment at worst in the US and UK.

My clients are also all telling me the same thing - they are selling houses again at steady rates that seem to be getting a little better, but all speak of proceeding with caution with building up their businesses again. Other clients in UK engineering and construction are reporting huge forward order books in the billions pounds. I have won a number of significant pieces of work recently and my colleagues, and thus it seems on the face of it that things are actually improving. The FTSE 100 share index as well as others also seem to be rising to highs not seen in years.

There is negative talk about mass inflation kicking in at some stage de-valuing our respective fiat currencies (due to all the quantitative easing - loans to governments and commercial banks), I have also noticed the gold price holding strong just under $1000 per ounce. I also heard the other day that the mass injections of cash via the quantitative easing ($800 Billion in the US, £150bn in the UK alone!) have not had the desired positive affects!?

Are things really getting better? I am aware that all recessions are scientifically engineered by the Old Sorcerers through the central banks across the world so they can gain more power over via debt. Is this one we are in one that has been engineered and is now being geared back up again, or is this one out of their grasp and soon to plummet again into the chaos that made the world tremble one year ago when all the banks were on the verge collapse?

**Théun’s Guidance:**

We were due for a recession towards the end of 2006, and at that time everything was set for the USA to invade Iran. What went “wrong” is hard to say. All I can say is that from a seer’s perspective the invasion of Iran was immanent, and so was the recession, but then suddenly everything went quiet. The fact that the recession took so long to materialise was due to massive manipulation from the Old Sorcerers. And I suspect that the Old Sorcerers backed away from Iran when they realised that if they were to proceed they would be facing two serious threats, firstly, the possibility of anarchy in the USA, and secondly, a retaliation from Russia. Russia was already then making it clear that it was not going to allow the USA and Israel to continue pushing towards global domination.

I know what is being reported about the recession, but as far as I can see this is propaganda. It would be very comforting to know that the recession is indeed over, but I fear it is FAR from over. It is impossible to print so much money as that has been printed, and then expect everything to be okay. It is equally impossible to have kept the US dollar artificially alive without dire economic consequences. To contemplate the idea that the recession is over when so much money has been printed, and when half the world’s economy has for far too long been based upon the American dollar which today has ZERO real value, is insanity! The recession we have experienced so far is possibly but the tip of the iceberg. And hence my great sense of urgency for us to make money now whilst we still can, for I believe we have a small window of opportunity before everything will go really pear shaped.

It is my sense that this recession is beyond the control of even the Old Sorcerers. But it is not just the recession. It is also the ridiculous amount of unlawful power the Old Sorcerers have gained throughout most of the world in just about EVERY area of human endeavour, that is today equally much threatening our continued survival. Humanity was given a chance again and again to do something about this, but it has done nothing except to bury its head in the sand like an ostrich. Therefore I am afraid that the world situation is today so dire that nothing but a complete collapse of the world economic situation is going to rally humanity into action. The British, the North Americans and the Western Europeans will continue to do nothing until finally they are forced into survival mode. But by then it will be too late. We are in for terrible times ahead, and we do not have much time.

So my advice is to do everything within your power to become as self-sufficient as possible, and also, as I have repeatedly mentioned in the past, to make sure that your source of income is something which people will always need, recession or not.

With all my warmth and support,  
Théun

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**[The Cause of Misery](https://web.archive.org/web/20110131235810/http:/www.unconditionalfriendship.com/?p=555" \o "Permanent Link to The Cause of Misery)**

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**Question:**

Théun, I am feeling incredibly miserable as of late. Can you help me see why?

**Théun’s Answer:**

LOL! You are feeling so miserable because you can’t think STRAIGHT! Your DISTORTED perception is enough to make ANYONE miserable! I see the lights burning, but……………?

My friend, the ONLY cause of misery is the INABILITY to grasp the INTERRELATIONSHIP of Life! By the time the MIND has stuffed everything into nice NEAT little boxes and LABELED the boxes, you have so MANY boxes, EACH with their OWN label, that you can no longer see the wood for the trees!

So no bloody wonder you are feeling so goddamned miserable, you old fool!

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**[The Fear of Being Vulnerable](https://web.archive.org/web/20110131235810/http:/www.unconditionalfriendship.com/?p=560" \o "Permanent Link to The Fear of Being Vulnerable)**

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**Question:**

Théun, can you please help me with fear? I have a reached a point where I feel fear in most of my interactions with the world around me. I don’t know what is wrong with me, for when I am not fearful I am angry. But then I become fearful again because of having expressed my anger. All of this seems to have become worse ever since X and I came to consult with you in South Africa. My feeling is that this has got to do with fear of power and authority. Am I on the right track, Théun?

**Théun’s Answer:**

:)You have a HUGE heart filled with a great deal of warmth - a warmth you long to SHARE, but you are too frightened to be VULNERABLE, and so you choose instead to live a LONELY existence, even though it brings you no joy. So, yes, you find yourself swinging between the polarities of FEAR and ANGER. The fear comes up when you WANT to OPEN UP - it comes up because you fear REJECTION, fear being HURT, fear making a fool of yourself.

But then the anger kicks in, an anger at YOURSELF, but which you then PROJECT onto the other person. But remember that anger is ALWAYS the desire to fight for CLARITY, to find the KNOWLEDGE which is lacking, to find the way forward. But when that anger is directed AT, whether this is at yourself or at someone else, it goes nowhere other than to CONFIRM to you that you have been wronged, misunderstood or whatever. This is why I have so often teased you about surrounding yourself with fierce women, for you so NEEDED these fierce mirrors to help you gain an insight into your shortcoming, Bigotry. :)What I am saying, Y, is that if you look deeply enough you will find that it is easier for you to hold onto the bigot’s view of the world than to allow yourself to be fully open and vulnerable so that you CAN express your love and your warmth.

So what happened for you in South Africa? You and X came to me because you both so WANTED to support me in the work I am doing. I shared with you both that I do NOT have the time to DO what you both proposed, but that if you REALLY want to help me, and support me, then you must STRIVE with EVERY fibre of your being to be the BEST Y and X you can possibly be. I even went on to say that I love you both and BELIEVE in you to BE the BEST, but you must please DO it FOR yourselves and BY yourselves, meaning, please do NOT do it for ME, but for YOU, because it is YOU that the world NEEDS!

I tried so hard to get the message through to you that although I would truly LOVE all the support you were offering me it is not PRACTICAL, quite besides which, the only REAL support you CAN give me is to JOIN me on the battle field of life and to fight for all you are worth to HELP create the world we wish to live in. But you can only DO this if you do it FOR yourselves and BY yourselves out there, using your OWN personal power and your OWN belief in SELF! I even got Z to assist me in this by asking her to give you the female, or more precisely, the NEGATIVE input! B-:) But you and X were furiously hanging onto the Bigot and the Romantic respectively, and so you felt attacked, annihilated, belittled, unappreciated, disillusioned and whatever else you felt at the time. LOL! I point this out, NOT as an accusation, but in an effort to bring you the clarity you are seeking.

Later, upon your return to the UK, you wrote to me again, making offers with respect to possibly organising for Z to run workshops in the UK, but you came at me from the angle of money! LOL! It was then that I whacked you senseless for offering me MONEY instead of your HEART, your WARMTH, your LOVE! But still you chose to retreat in fear, and then later in anger! You may have suppressed the anger, I am not sure, but I could see the anger in you, much as I can see it in L now. Right now I am not on L’s Christmas Card list! LOL!

Y, if you are hungry, you can always find a way to eat; if you need money you can always find a way in which to make money. But what of the millions of lost souls out there that live in a COLD and HOSTILE world? As I said to M at this past retreat, “Where will these people find the love, the understanding, the support, they so long for?” Food may be scarce, and money too may be scarce, but not anywhere NEAR as scarce as TRUE under-standing and TRUE support! The world out there, my friend, needs your HEART, your WARMTH, and not your money as such, or what you can do FOR them! :)

So is it REALLY power you fear? Is it really authority you fear? :)No, my friend. What you fear the most is OPENING your HEART to the world around you, because what happens if you get it wrong, if you screw-up, if you get rejected and hurt? So is it really ME you fear, my friend? No! What you fear IN me is my UNBENDING intent to go out there and to give it my ALL! This is the MIRROR you fear! :)

Take the retreats as an example. What is it about them that REALLY disturbs you? Have you noticed that it is not REALLY the clarity people get at the retreats that makes a DIFFERENCE in their lives? Have you noticed that it is not REALLY having the teachings made CLEAR and PRACTICAL for them that makes the difference? Have you noticed that what truly TOUCHES and therefore makes the REAL difference is being LISTENED to with love, with warmth, with under-standing and with support! Within this last sentence, Y, lies ALL of the ESSENCE of the TRUE teachings that can NEVER be verbalised, for they can only be WITNESSED.

I trust this will guide you in the right direction.

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**[Believing Without Believing](https://web.archive.org/web/20110131235810/http:/www.unconditionalfriendship.com/?p=564" \o "Permanent Link to Believing Without Believing)**

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**Question:**

I am observing the situation I find myself in as well as all my thoughts and emotions surrounding it, but without buying into my thoughts and emotions. Am I on the right track?

**Théun’s Answer:**

Yes! You are on the right track.

You have a great opportunity right now to learn one of the most difficult Not-Doings the apprentice to the Warrior’s Path ever has to learn, namely, believing without believing! It appears to be so simple and so easy to accomplish, and yet in practice it is fiendishly difficult to do. Why? Because until you gain proficiency in ACTING AS IF you believe, when your mind is screaming at you that you are CRAZY, you will find yourself swinging violently between the polarities - sometimes very clear that you DO believe, whilst at other times doubting even your sanity, telling yourself that you are deluded, and wanting nothing more than to run away from the challenge!

But once mastered you will find a freedom within this Not-Doing that will enable you to tackle challenges that most people find incomprehensible and too frightening! Put quite simply, you will then have the freedom to ACT upon what your FEELINGS are telling you WITHOUT succumbing to FEAR! You will have learned to TRUST your heart and therefore to act even though you have NO proof and NO guarantees! THAT, my friend, is a freedom most people can only ever achieve TEMPORARILY in MOMENTS of DIRE crisis and REACTION!

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**[Théun Mares on the Swine Flu Vaccine](https://web.archive.org/web/20110131235810/http:/www.unconditionalfriendship.com/?p=567" \o "Permanent Link to Théun Mares on the Swine Flu Vaccine)**

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\*Old Sorcerers = New World Order, Globalists, International Elitists, Illuminati

**Question:**

Théun, I have been following the recent swine flu hysteria and wanted to ask you whether what I think (and feel) is just some use-less stuff coming from my mind. With regards to the video with [Jane Bergermeister’s interview](https://web.archive.org/web/20110131235810/http:/www.youtube.com/watch?v=PelTWCUmTsU" \t "_blank), am I correct in thinking that it is a manipulation by the Old Sorcerers? I think (and feel) that Jane speaks the truth in this interview, but looking at the people around me (in the UK), watching and reading the mass media (mainstream and other), despite the fact that we all need a BIG kick to wake up, I think the claims of the video exaggerate what is going to happen. I feel the whole thing has been created to make people afraid and panic first, and then, when they see that nothing happens, most of them will become even more sceptical to the so-called “conspiracy theories” and more trusting in Big Brother. The fact that nothing happens will serve as a good reason to put people’s minds at sleep from the big shock created by Jane’s interview and the increasing presence of Big Brother everywhere. Also, the way the news about the enforced vaccinations spread should give the Old Sorcerers an idea about whom and how many are alert about this kind of news and HOW the news spread. Or may be I am completely missing the picture and the Old Sorcerers were stopped (or delayed) by the enthusiasm of Jane and the people like her?

But I also have the feeling that this situation creates an equally big opportunity for us? My impression (which may be completely wrong) is that the Old Sorcerers are not ready yet for the enforced vaccination and if they were to make this step, it would still be too early for them. They want to put people completely to sleep, but very gradually. Anyway, with or without them making this step, I have the feeling that all this tension creates an opportunity for us, which we shouldn’t miss. I don’t know what it is exactly, but may be I am completely off-course?

My second question is about Essiac. Awhile ago, while researching for herbs which support the immune system, I found the following recipe for Essiac (recipe is at the end of this request). Briefly, the history of Essiac is that it was given to Rene Cassie by an herbalist from the Ojibwa tribe. It is claimed that Rene Cassie has successfully healed patients with terminal cancer using Essiac. Then the recipe has been handed to Dr Glum, who has been threatened and searched by the well-known IRS. Dr Glum has been told not to reveal the real recipe to anyone. On the other hand, any conventional website related to cancer research claims that Essiac does not heal cancer (and they obviously recommend chemotherapy instead). However, my question is whether Essiac really supports the immune system? If so, does it really HELP in healing cancer? From personal experience I can say that Essiac does very little to my immune system. I mean that if I am about to catch a cold or flu, Essiac can not stop this from happening. But then if I lead a disciplined life, then I don’t catch flu or cold. :)If the recipe is correct and if Essiac does indeed support the immune system, this may be means that I am not setting my intent correctly.

Recipe for Essiac:

1 lb 5oz Burdock Root c/s [6 1/2 cups] 1 lb Sheep Sorrel Lvs., Powder 4 oz Slippery Elm Bark, Powder 1 oz Turkish Rhubarb Root, Powder

(The quantities above are enough for ten two gallon batches.)

Also available: 12 x 16 Amber Glass bottles with caps. They hold first 2 gall batch.

DIRECTIONS TO PREPARE ESSIAC

SUPPLIES NEEDED 2-3 gallon stainless steel pots with lids 1 - strainer 1 - stainless or wooden spatula 1 - funnel 1 - timer (optional) New amber glass bottles with caps.

You will also need:

8 oz Measuring cup of Essiac from mixed materials 2 gallons distilled water

Bring to a hard boil (Takes about 30 minutes). The lid is on all the time, except while stirring. Put in Essiac herbs stir and boil. Boil hard for 10 minutes (adjust flame as needed). Turn off stove and let sit for 6 hours. After 6 hours stir thoroughly and let sit for 6 more hours. After the last 6 hours, turn heat on and bring to boil. At boiling point turn off the heat, strain into pot #2. Clean pot #1 and strain back into pot #1. Immediately pour into bottles and put the caps on (12 x 16 oz bottles). Must be bottled hot. Store in a dark cabinet.

DIRECTIONS FOR USE OF ESSIAC

Take 4 Tablespoons of distilled water. Heat the water. To the heated water add 4 Tablespoons (2 oz) ESSIAC. Mix and drink. To be taken at bedtime on an empty stomach (at least 2 hours after eating). Alternatively, it can be taken in the morning on an empty stomach. If taken in the morning do not eat for at least 2 hours after taking.

ONCE OPENED KEEP REFRIGERATED

Many thanks for your constant support!

**Théun’s Answer:**

Jane Bergermesiter is telling the truth. We cannot deny the facts, and the facts are not exaggerated. How can you be so sure that nothing is going to happen? Even if this vaccine is not contaminated with bird flu, which is a strong possibility, even just the preservative they use in the vaccine has been proved beyond doubt to cause neuorological disorders. Many of the people who have in the past received this vaccination have become paraplegics.

However, I do agree with you that this is for all of humanity a wonderful opportunity to stand up and fight. But the question is, will humanity fight, or will it only be a few individuals here and there, whilst the masses meekly go to their deaths?

It is hard to know exactly what the Old Sorcerers are up to, but within the web of life it is clear to see that this so-called swine flu is yet another ploy of theirs to gain as much control as possible. This much I can confirm. I can also confirm that this vaccination, from what I have been able to see of it in the web of life, will not necessarily kill people, but it will make them either severely ill or else it will somehow interfere in their ability to think straight. From what I can see the people who will become ill are those that do not want this vaccine, whereas those that will loose their ability to think straight will be those that WANT to hand their power over to Big Brother, because they are too lazy and too apathetic to want to do anything for themselves and by themselves.

I know about Essiac, but I have no personal experience in using it. However, from the ingredients I can tell you straight that it will not cure cancer. There are herbs that cure cancer, but not the ones in Essiac. Also, whoever developed this method of preparing Essiac should have been shot dead a few times over. You cannot extract the healing properties of herbs by boiling the hell out of them. This shows GROSS ignorance and disrespect towards herbs and the art of healing. With such an attitude of RAPE I am not surprised that Essiac has been rendered ineffectual. What I am saying here is confirmed by the dosage given. I have never heard of anything so stupid in all my life! A herb, when it has been properly prepared, is taken in doses of between 10 and 15 DROPS. In severe cases of trauma or shock up to 1 teaspoon of the medication, But NEVER as much as 4 tablespoons! How ridiculous! But the point is, the fact that you CAN take so much Essiac without ill side effects only proves that it is completely ineffective and useless! The herbs that are used for making it are VERY good, but by being treated in this way they have been murdered.

With warm regards,

Théun

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**[The Spanish Fandango](https://web.archive.org/web/20110131235748/http:/www.unconditionalfriendship.com/?p=572" \o "Permanent Link to The Spanish Fandango)**

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**Question:**

Théun, is it true that the Fandango dance is about courting, and that it is the most common dance of the Spaniards? And what exactly does all the stamping mean?

**Théun’s Answer:**

:)What you know about the Fandango is the face value. The Fandango, like ALL flamenco dances, originates from the Spanish Gypsies. The Spaniards as such, do NOT dance flamenco - they dance what are known as the Regional dances, of which there are a great many. Only the gypsies do what you have termed “stamping.” LOL! Stamping is actually called zapadeado, pronounced thapadeado, and meaning FOOT-WORK. The rhythmic clapping of hands and snapping of fingers is called palmas, and the exquisite wrist, hand and arm movements are termed brazos, pronounced brathos.

Why I point all this out is because to the Spanish Gypsies dancing is a SACRED EXPRESSION of their inner search for the Divine Rhythm of the One Life, and they spend their LIFETIMES perfecting their zapadeado, palmas and brazos as an INDIVIDUAL EXPRESSION of the inner Self, and therefore to simply refer to this as so much stamping and clapping is the height of IGNORANCE demonstrating a CONTEMPT for that which is not grasped! Likewise is the Fandango an expression of the eternal STRUGGLE at achieving the ULTIMATE intelligent co-operation between MALE and FEMALE as a REFLECTION of the prime DUALITY of the One Life termed the nagal-tonal. Therefore it is far from accurate to say that the Fandango is merely a courting dance! :)

Furthermore, such is the nature of the Spanish Gypsies that they NEVER have SET dances. The steps are SET, but only in terms of the RHYTHM being utilised. Therefore EVERY time a dance is being performed it is PURE IMPROVISATION, and the dancers BASE their improvisation upon WHAT they are experiencing in the moment, not only between themselves, but even more importantly, what they experience OF themselves in RELATION to the inner Self and how this is reflected within their outer relationships. So, if a couple engage in, let us say the Fandango, they give EXPRESSION to what is going on for THEM at THAT moment in time by making the dance REFLECT this. So if they are experiencing a closeness between them, they will show this in their dance. If they feel DISTANT from one another their dance will show this. If one of them feels close and the other feels like pushing away, again their dance will reflect this. If the relationship between them is being REAL the dance will show this. If the relationship is light and frivolous and superficial, the dance will show this too!

Every wrist movement, every brazos, are to the Gypsies like the Dream symbols are to us. And every rhythm performed with their feet is an expression of their INTENT! Sometimes their zapadeado is soft, almost inaudible, reflecting a deep soul searching, fragile, vulnerable, uncertain; at other times it simply explodes with the exuberant fire of an all-consuming passion and the sheer joy in being alive; at other times it is haunting, repetitive, trying to break free from a recurring pattern, frustrated, filled with a poignant sadness bordering onto despair; but NEVER is the SAME dance repeated ever again; the power lies IN the MOMENT! You will never see the SAME Fandango twice!

Quite something, no? :)This is why I mentioned the transcendental nature of dance to Z. A gypsy couple can express FAR MORE in dancing together in just ONE dance, than we can ever express in a THOUSAND words!

\*This article is taken from the website [www.toltec-legacy.com](https://web.archive.org/web/20110131235748/http:/www.toltec-legacy.com/) with the permission of the administrators. tag: theun mares

**[Théun Mares on Marketing, Dieting and Working with Abused Children](https://web.archive.org/web/20110131235748/http:/www.unconditionalfriendship.com/?p=576" \o "Permanent Link to Théun Mares on Marketing, Dieting and Working with Abused Children)**

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**Question:**

Greetings :)

Your last guidance was very helpful thank you :)

I had a heart to heart with my wife, and she did not contest, although did not agree either. She milled over it for a while and we discussed it later and two issues seem to have come up. Firstly, I believe we have become a bit too familiar with each other, so I am taking measures to rectify this, (I haven’t completed my strategy yet, but I’m working with it as it goes along). The second thing is her experience with past partners have been very different; her ex’s were either very much sexually driven, or just treated her like shit, so she is not used to a man who is not really into sex, or makes any effort to include her in anything else and thus she struggles to not take it personally, or see what else there is in the relationship. She agrees that she may be getting bored with me, but as she thought about all the other facets of our relationship over the next few days, this eased her up a bit.

After discussing this with her, and working on my strategy I can definitely feel a change in our relationship. It seems that by working to become a little less familiar, we have actually gotten closer, and she is worrying less about the lack of sex.

With regards to living in SA I appreciate your honesty on the matter. I had suspected as much, and the more I look into the way the ANC is manoeuvring themselves the more it confirms this. I am currently making arrangements, so that my wife and I may leave if we have to.

My next questions:

Firstly, I would like to know about marketing, I believe this can be a form of seduction? Can you give me some advice on Impeccable marketing and the Toltec stance on this?

Secondly, I have read a few of the answers you have written with regards to health problems and diet, and your answers are quite different from the norm. Could you explain to me how high content of meat and natural animal fats effect the body? I am by no means saying you are wrong, I tried it because I was struggling with stamina in my training sessions and it definitely helped, but I did find my digestion and my skin had a few problems and I felt “heavier.”� Is there a way of getting around this?

Thirdly I do some work with some abused children at lifeline, and every time I go near the place, I get so tired I feel like I could slump over and sleep. I don’t feel like I have pity for them. I realise they have their own challenges they must face. I do enjoy working with them though, but I always end up feeling really shit after I work with them. Is there a way I can prevent this? I know that if I am operating from the heart they shouldn’t be able to drain me. Is this correct?  
Your guidance is greatly appreciated :)  
With much love and warmth from sunny South Africa

**Théun’s Answer:**

I am pleased to hear that you find my guidance re your marriage working for you. I would, however, if I were you, NOT be too complacent that you now have it all dusted and sorted! LOL! I still believe your wife is bored with you, and that your marriage has become for her not much more than a comfort zone. But…….that is your business.

The Toltec stance on marketing is the same as for ALL forms of service rendered. Marketing is not wrong provided you OFFER a product or service which is a win-win for both parties concerned. The most successful marketing is always based on first ascertaining the NEEDS of the client, and then seeing HOW you as the supplier can MEET those needs. The kind of marketing which is seductive and therefore not life-supportive, is the type of marketing in which the client is COERCED into believing that he or she MUST have the product or service that is being offered, whether the client really needs this or not. Examples of this can be seen in insurance and credit cards.

You ask about diet, and why I recommend a balanced diet. Note I say BALANCED! I do NOT actually advise people to gorge themselves on meat and animal fat! Instead I advise people to eat a well balanced diet consisting of meat and fish, plenty of fresh vegetables (not frozen), fresh fruit and dairy, meaning milk, cream, butter and cheese. I only ever advise people to eat more meat and fish when they have mental disorders, such as, for example, psychosis or schizophrenia. The reason for this is that the amino acids contained in meat and fish are very soothing and restorative to the nervous system, including the brain.

If your body is not used to big portions of protein, or if your body does not need as much protein as you are eating, then this will cause you to feel heavy and lethargic. But then once again, if you end up feeling heavy it means you are NOT eating what is for YOU a balanced diet. Meat or fish in itself is NOT what causes you to feel heavy, instead it is the LACK of BALANCE that brings about the feeling of heaviness. Your digestive and skin problems are related to your relationship with life around you. So ask yourself what it is about your life that you cannot stomach (digestion) and therefore cannot relate to (skin)? Your change in diet, because it increased the sensitivity of your nervous system, merely brought this issue into focus. So stop staring yourself blind at the face value. LOL! Does this have anything to do with your marriage by any chance? LOL!

Working with people in ANY way can be exceedingly draining unless you know how to protect yourself from their negative energy. By protect I mean knowing HOW to DETACH from people’s problems so as not to IDENTIFY with where they are at. This is easy enough to explain, but not so easy to put into practice unless you know how. People tend to THINK that detachment means indifference, but this is not true. Detachment means the ABILITY to not identify. Operating from the heart is indeed the key to becoming truly detached, but you STILL need to LEARN HOW to detach, and this not something I can teach you in one email. But I can at least point you in the right direction by saying that the reason why you cannot detach from the children you are working with is because you get caught up in the face value of their challenges, rather than seeing WHY they call forth the challenges they have called forth. So to ask about how you can prevent being drained, is an INVALID question! The question you SHOULD ask yourself is WHY have you chosen to do this kind of work? Is it because you wish to be of service? And if so, ARE you truly being of service, for if you are you won’t feel drained? Is it because you are a Do-Gooder? Is it because it makes you feel good about yourself? Being of service, my friend, can at times be hugely exhausting, but never draining. If you are being drained then power is trying to show you something. In this respect look at the familiarity issue that has arisen in your marriage. Where else are you being familiar?

You don’t REALLY like working beyond the face value, do you? :)And I am beginning to suspect that you have your HEAD just a wee bit too high in the AIR! LMAO and

With warm regards,  
Théun

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