

Psycho-Politics

THE THREE PRINCIPLES



THE KEYS TO HEALING
OUR POLITICAL AND
SOCIAL DIVIDES

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PSYCHO POLITICS



WHAT WE ALL CAN DO TO URGENTLY HEAL OUR POLITICAL AND SOCIETAL DIVIDES (Before It's Too Late)

A pervasive lack of psychological and emotional awareness in our political discourse and social beliefs is the elephant in the room standing in the way of solving the crises that currently imperil our democracy and undermine humanity's efforts to stem global deterioration. The stakes are monumental and are worsening with each day as evidenced by personal and political alienation, global warming, economic inequality and corruption on corporate and governmental levels. What is becoming painfully obvious is a missing conversation that we have to address.

While most can intellectually see and feel anxious about these outcomes, many of us are not yet motivated to make meaningful changes, and many feel shackled by not knowing what to do. Our government is not inspired or currently equipped to respond quickly. We are mired and paralyzed in reactive, divisive attitudes and actions that are dedicated to maintaining a dangerous status quo (or an ineffectual resistance against it). We also fail to value the power of seeing and responding to our own unconscious drives and reactions that can all too often mushroom into highly toxic outcomes.

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Gaining a basic understanding of how psychology plays out in politics and economics (which I call Psycho-Politics) is the ground stage for a making a greater positive shift. However, it is important to have patience and realize that reforming long-held patterns requires a gradual process. We must keep in mind that the foundation of every major transformational movement in our culture was built very slowly at first, brick by brick.

Throughout human history and up to the present day, those in political power and leadership have largely lacked a highly attuned psychological understanding necessary to guide us toward peace, unity and equitable justice. Instead we have pursued the divisiveness of placing excessive importance each on our own self-interests. This is true on an individual level by prioritizing taking care of ourselves and our loved ones with only minor interest in using our resources to do the same for our country and our planet. It is also on display in the behaviors of leaders and policymakers on international and national levels, each who almost invariably exaggerate their own value and integrity while minimizing others.



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**It becomes
clearer and clearer
that we're all
in the same boat
and failure
to realize and
respond to this
will inevitably result
in us being
doomed to sink**

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Partially responsible for these self-centered attitudes is the almost automatic human tendency to avoid awareness of our mortality. And, collectively, it is easy to see this same mechanism in action as we approach the issues of potential death of democracy in our country or the world itself. This denial allows us to maintain a complacency when it comes to challenging our values and beliefs about who we do and don't protect.

Today more than ever, we need clear steps to foster safety, peace and cooperation simultaneously at home and abroad. Psycho-Politics can help us psychologically understand the cause of present danger and make practical changes towards healing our society from the inside out.

So
how does
this
work?

The first principle of Psycho~ Politics

centers on becoming aware of our overwhelming tendency to make distrust, fear, anger and other challenging feelings the responsibility of others. When we favor ourselves and those we love much more than our country and planet, we unwittingly contribute one-by-one to leadership that reflects this same self-centeredness. We can no longer responsibly separate ourselves from what is happening in our country and world if we look at our own tendencies. When we have an emotion that is disturbing us, our first inclination is to blame others (“I’m afraid/angry/distrustful because of you!”). We need to tune more effectively in to our own disturbing emotions and feelings and how we project them on other parties, races, religions and countries. We are repeatedly creating wars outside of ourselves by not facing and resolving the war within ourselves. We need to develop the capacity to be a wise and caring responder to these challenging emotions. In doing so, we can pause and contemplate what the qualities actions and thoughts are that promote greater wisdom and healing. We don’t have to change our feelings but find a way to not let them rule our responses.

Once we begin to see this, we can develop our capacity to care for the greater world. This is a quantum leap, but it is not impossible. Being witness to the evolving collapse of systems all around us should inspire ongoing awakening to a sense of self that is more insightful, generous and inclusive. Monitoring the human condition over almost half a century as a therapist, I have extensively explored the proven tools and methods available to help us to be aware and respond to our unique set of emotional challenges. It has been a frequent topic of my writings, online videos and public talks.

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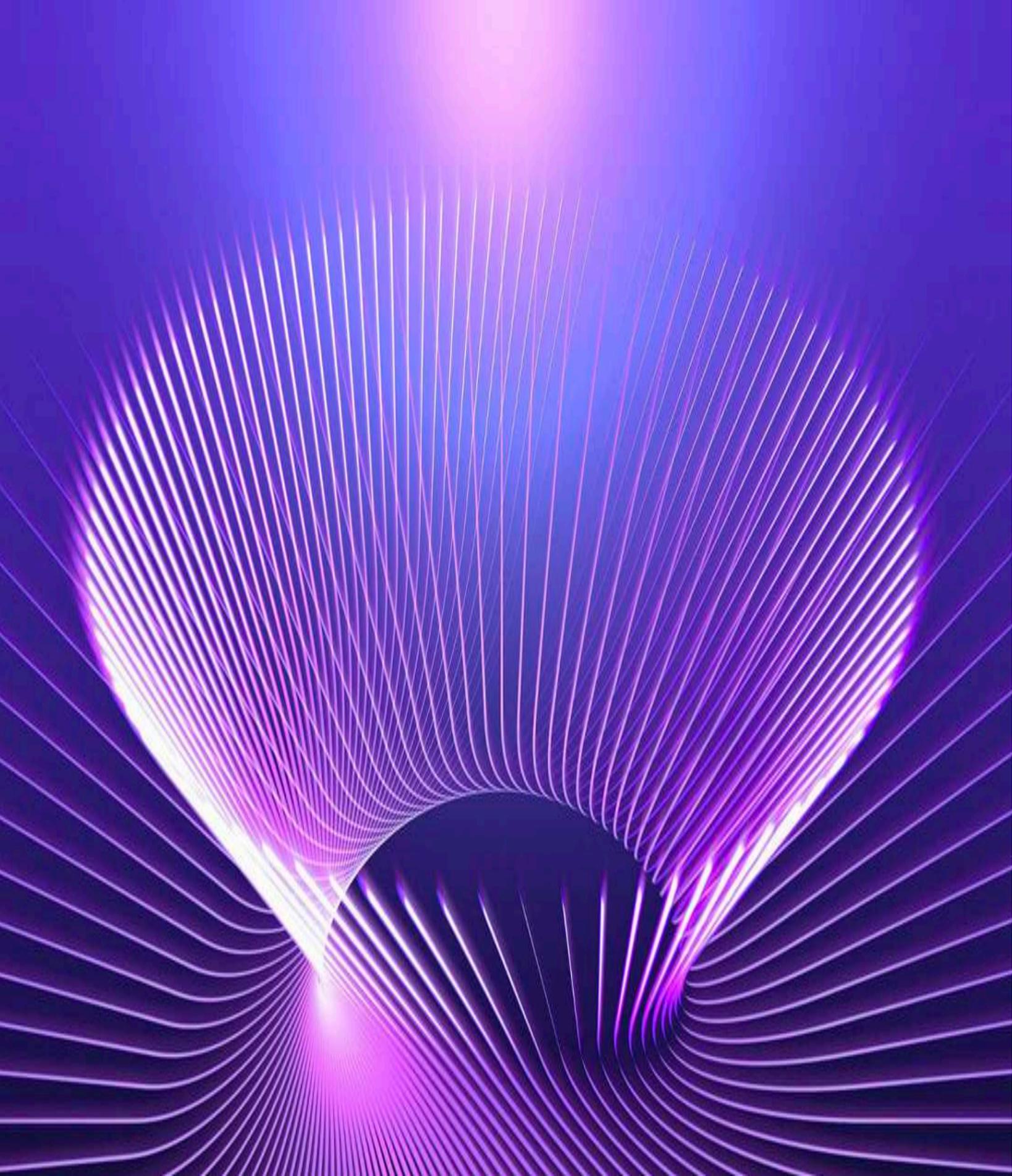
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The second principle has us look at our personal core identity from a place of depth, examining how our lives are primarily focused on protecting self and family with minimal caring toward the disempowered, including the growing homeless population and the poverty stricken. We project this most notably in our common and fundamental attitudes about how we use (and feel entitled by) money, success and power.

Questioning this relationship applies not only to the top 1% of wealth but to each of us regardless of our level of material well-being. Unfortunately, money as a tool for security, safety and common-sense protection has been perverted into insidious runaway self centeredness and greed (protection of self no matter the costs and apathy toward the rest of the globe).

Taking action to heal our relationship to our material wealth has to be a major priority if we are to give ourselves the best chance to survive and heal as a country and planet. The big question we need to ask ourselves is, “How we can revamp our relationship to money and success as we consider how to care more for others.

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The three principles are all ways to support us to begin leaving behind our egoic tendencies to get lost in relationship to our emotions, money and fixed ideas about who we are. None of us can afford to be complacent or confident that we have arrived at a place where we don't need to be open to explore continuous new ground in these ways.

Reaping the rewards of this work require us to be expanding our honesty, humility and generosity. Once we learn to take better care of the more difficult and challenging parts of life, we begin to see a better quality of life and a shift in the central dynamics of our outer world. We will see a change in how we interact with family, coworkers, the cashier at the supermarket and also complete strangers.

We can value with fresh perspective our next step, our next thought. We take a greater interest in the world by being more inclusive in our actions, contemplating and acting on financial outreach, and supporting clean energy. We see more clearly that all of our participation matters. We can become more powerful advocates and can more easily find common ground with previous and future adversaries. We can more readily adopt strategies on how we are going to live our lives that's going to increase the likelihood for the life on the planet to survive. Every little step matters, and I believe applying these principles can create evolutionary, life-changing growth.

Think how quickly things would change if they collaborated, compromised and communicated with this urgency and shared mission for the highest good.

Think about how different our world would be if a growing percentage of us imagined every action we took was multiplied by 8 and a half billion. Think if our politicians and leaders could all imagine that there was only one year left to save the planet. Think how quickly things would change if they collaborated, compromised and communicated with this urgency and shared mission for the highest good.

My efforts over the coming months will be to support the ongoing process of developing greater peace and cooperation for all of us who love our country and the world. We will be highlighting the often ignored and unseen psychological insights missing in the normal conversations on global warming, homelessness, the Covid Virus, nationalism, immigration, economic inequality, healthcare, and education—these and other topics will be the subject of future articles.

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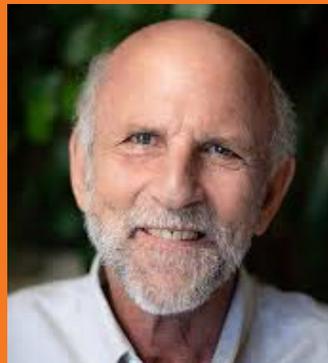
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About Robert

During a five-decade practice as a teacher, psychotherapist and humanitarian, Robert Strock has developed a unique approach to communication, contemplation and inquiry.

His book, *Awareness that Heals*, provides a pragmatic road map to find greater peace inside ourselves that organically leads to support for the greater world and what threatens it: global warming, economic inequality and more.

He is also the founder of Humanistic Spirituality and The Global Bridge Foundation, supporting a healthier inner psychology and global philanthropy.



To request an interview with Robert Strock, or a review copy of Robert's book, *Awareness That Heals*, or to schedule Robert as a speaker, please contact:

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