

# *Solutions to Insanity*

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In a previous essay entitled INSANITY, I outlined a number of social problems that are today destroying our civilized world. Now, let me offer some solutions for insanity.

Never underestimate the great struggle between good and evil. It is never as easy or clear as you think.

One of the great lessons of Torah is that absolutely everything has within it a spark of good, even evil itself. If we examine even the most despicable of philosophies or deeds, we can find somehow, in some way, something that we can define as good. Good is defined in many strange ways, even as evil is equally defined in many strange ways. Ultimately, that which apparently is good might very well be evil, depending on how deep we explore it, and that which is apparently evil may however bizarrely manifest some good.

At the moment, we can always see what is before us. We will view a thing and define it as good or evil depending on the moment. Yet, the moment itself is fleeting. What we see in an instant does not always reflect the whole truth and nothing but the truth.

Our world is full of problems, this we know. Our world societies are heading towards disaster because evil has so deeply infiltrated us that we can no longer identify it. We all think two things, one, we believe that we are the ones who are right, and two; we believe that the others are the ones who are wrong.

The crux of our problem is that we have succumbed to a philosophy that long ago the Torah prohibited and warned us about its dangers. We have become extremist and dualists; we believe that everything in the world is a struggle between two equal but opposing forces of good and evil. Instead of recognizing the ultimate unity of all things under G-d, indivisible, we believe that there is a duality in the universe. This forces us to take a side and fight for a winner. In Torah, the concept of duality is called idolatry. Idolatry is more a psychological condition than it is a religious one. Modern idolatry permeates almost every aspect of every culture worldwide. Due to the nature of its inherent psychological instability, idolatry is destroying the world.

Evil does exist. Evil is that which seeks to malevolently destroy. Evil is that which is bad and harmful. Yet, let it be clear, what is evil to one, is good to another and what is good to one is evil to the other. This is the duality. One side raises itself over the other and seeks to utterly destroy it rather than seek a balance with it. Granted, neither side wishes to find a balance, both sides wish to destroy one another. It is this tearing asunder of polarities that is destroying our world and our individual psyches.

Many of you are probably thinking that the duality I am addressing here is a cultural one, between either the Eastern and Western world, or the religious verses secular/atheist and/or the conservative verses the liberal. What I am saying does indeed apply to all three of these major world conflicts; essentially, they are the same. Yet, what I am addressing goes deeper than this. I have no patience to discuss what I consider the insanity and stupidity of modern society and its conflicts. I believe our societies will have to fend for themselves.

I am not concerned for the world. That is G-d's job, not mine. I am only one person and I can only do so much. What I can do is express my concern for my fellow human beings. What I can do is address the human issue. What I can do is to communicate with you, my readers, and share with you how to individually make yourselves better and by doing so helping those others around you. No, I cannot save the world and I will not lift a finger to try. But as for the people, individuals like you and me, here is where we all must make a difference.

As I said above, the world is not in a perpetual state of duality with good and evil at opposite polarities fighting for control of all. If I accepted this premise, then I would have to dismiss entire populations as being evil and worthy of destruction. I would have to condemn them to nothing other than death and use all my power to make sure it is imposed. Throughout human history, this idolatrous attitude has been used by world powers to justify their waging wars to destroy large segments of populations, murdering countless numbers of Jews, Cathars, Muslims, Native Americans and now Christians (Darfur). Yes, insanity runs rampant amongst us today as it has for thousands of years.

Unfortunately, idolatry is not limited to being a problem exclusive to the religious arena. Secular atheism is the worst form of modern idolatry and is responsible for more death and destruction in the 20<sup>th</sup> century alone, than in all twenty centuries preceding it. Those who wish to embrace secularism and atheism as the solution to religious conflict should remember that this path has already been followed by the likes of Adolph Hitler, Joseph Stalin and Mao Zedong. Under these three twentieth century secular atheist leaders, over one hundred million were murdered, more people than have suffered and died under any other regime in history. Secular atheism is therefore not the solution to an age-old problem it is only the most recent and modern form of that problem and its worst strain ever.

The great struggle, however it is defined, is the crux of the duality that separates "us" and "them" and therefore leads to prejudice, hatred, war and destruction. This itself is the ultimate idolatry. This itself is the ultimate evil.

Evil exists amongst us. It is a tangible threat. Yet, we cannot define it so easily by pushing it off on to "others" and denouncing them as evil. No, evil resides within us, within each and every one of our individual psyches. We are the enemy. The evil is within us. We are the duality and we are the unity. The great secret in overcoming evil and idolatry is recognizing it as an inherent problem within ourselves.

Now herein lies the center of the problem. Evil exists mainly because of one single personality flaw. Yes, that is right; all the problems in the world can be summed up as being caused by a single thing. This thing is a psychological thing. As long as it resides within the human psyche and can influence and direct human behavior, then we will continue to have wars of hatred of differences, wars of domination and death and destruction everywhere. All these evils rise up from a single human characteristic. Figured out yet what I am talking about? You should have. I have talking about the human attribute of selfishness.

To phrase it in terms that a secular atheist would say, "I am the lord, my own god; I shall have no interests before my own." This secular commandment of selfishness is the heart of the problem. Self-centeredness at the expense of all others is the root of the problem; it is the ultimate definition of evil. Now, self-centeredness as a means of self-preservation is normal and is not what I am discussing here. I am discussing selfishness. Do not allow yourselves to confuse the two, as I am sure there will be many who cannot differentiate between them.

There is a chasm of difference between looking after one's own interests and being so self centered that one believes that the whole world should be in his/her image. Using political and social agendas to mold people and their attitudes into what one believes is the proper and sane society is social engineering. This is the evil of empire building that throughout the centuries, has led to the suffering of millions.

We have this here today amongst us as the "new world empire" is being built all around us. The new world empire is today a philosophy and an outlook on life, but tomorrow, the social engineers will be elected into office and then, for the sake of the greater good, impose their image upon the masses, just like Hitler, Stalin and Zedong did before them. Of course, they will proclaim how liberal and enlightened they are and how everything they are doing is for the greater good of everyone. Hitler, Stalin and Zedong said the exact same words, mind you, so did almost every other conqueror and dictator throughout history.

The new evil empire is definitely upon us. One cannot recognize their minions by a flag, religion or a name or title, but one can recognize them by their attitudes, by their own "ten commandments" that they follow. Let me enumerate for you the mentality of the coming new world order embodied in what I can call the "10 Commandments" of Selfishness.

1. I am the lord my own god.
2. I shall serve nothing other than me.
3. Everything in life is but a graven image (reflection) of my needs and self-interests, all things revolve around me.

4. I shall lie as it benefits me and deny it when it benefits me; I shall not be caught lying.
5. I will remember that everyday is supposed to be a Sabbath day; I work only when I have to and even then, I will try to observe my own personal rest at every opportunity.
6. I am both mother and father; all shall honor me and uphold my self-esteem.
7. Murder is OK, if done for the proper reasons that I agree with.
8. Adultery is OK as long as it is not my spouse doing it in ways I find objectionable.
9. Stealing is OK as long as I am not its victim.
10. I shall covet whatever I want and use whatever means I can get away with without penalty to accomplish my every desire.

Maybe you will laugh at this and consider them funny, but there is nothing funny here. Although many might verbally disagree and say that these certainly do not apply to them, you know very well that they do. How many of us, although we may deny it, actually feel or believe the above bogus commandments. How many would actually like to see them become "the law."

Yes, evil dwells amongst us because it first dwells within us. The ten commandments of selfishness have been embraced by religious and secular alike, in almost every society throughout recorded human history. These "ten commandments" have led to the destruction of civilizations and the deaths of millions. Whereas the "other" Ten Commandments, they have only taught morality and boundaries of self respect.

The Ten Commandments of Torah teach us that we are not the final authorities in life, that there is more to life and to ourselves than mere appearance. We have an obligation to recognize our inherent connection with our world and the other people on it. We have to respect one another; we have to respect our humanity. Only by doing so can we ever hope to fully express our humanity and to become that which we potentially already are, beings created in the Divine Image.

Want to root out evil from the world, then start by rooting selfishness out of yourself. When we do the right things, then the right things get done. Does this require wisdom to understand? Also the opposite is true, do the wrong things and the wrong things get done. Again, why is this hard to understand?

Yes, our world is "going to hell in a hand basket" and there is not much any of us can do about it. Yet, even if the world is going to hell, this does not mean you have to go along for the ride. You can choose to be different. You can choose to embrace Heaven instead of going to hell.

Just remember this, heaven and hell are states of mind and states of being. We are not talking about the after-life here. We have enough problems with life in this world for us to consider matters about the after-life. We are discussing attitudes. Evil prevails in society because it prevails in the human heart. Evil prevails in the human heart when the individual demands that all others follow his/her lead, to believe like him, feel like him and act like him/her. This contradicts the highest aspirations of humanity.

When the individual wants to always be on top and everyone else subservient on the bottom. This is selfishness and this is evil. It exists everywhere. It is an attitude and it can exist within us. Our world is truly insane, but it is not the world's fault. It is the people's fault who allow themselves to act insanely and who follow in the footsteps of the social engineers who are building an insane society.

The world is insane and we all know it. It will eventually collapse under its own weight, bringing with it economic ruin, civil war and political upheavals. There is nothing we can do to stop it. Yet, we do not have to be part of it. That much we can change. We can choose. We can choose what we watch of television, which movies we allow ourselves (and family members) to see. We can choose which brand of items to buy, or more specifically not to buy. We can choose to be different and to make a difference.

Making a difference only requires one necessary ingredient, it requires that you care enough to exert the energy to do it. Selfish people only do what they want, they follow the crowd and always choose the easy path. Self-less people choose the higher road, look for the higher good and seek to give more than receive. Yes, our secular self-centered selfish society is doomed, it will eventually destroy itself. We already see it coming.

Take my advice, jump out of the fast-moving out-of-control vehicle before it crashed into that brick wall ahead and bursts into flames destroying everything and everyone around it. Be afraid to jump out and you will burn. Have courage and you take a chance to live. As with all things, the choice is always squarely in your own hands.

שויתי ה" לנגדי תמיד