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Trump ‘and’ Pain

Pain rules the world. Through intense meditation – or at least through particular forms of Buddhist meditation, like Vipassana, insight meditation – one might get to know and understand this phenomenon that, generally speaking, we don’t want to know, since it confronts everything we want to believe in. But when you allow Consciousness to take you over – ‘you’ as a bunch of opinions, beliefs, longings, drives, preferences, resistances, and attachments – the karmic world opens to your Eye. Most of the human pain stays under water, however, out of sight to our daily eyes – if only because the deeper Eye is not very present here on earth, just as intense meditation isn’t either.

To get a shot of the fact that – and a bit of how – pain rules the world, rules humans, rules our life, we are nowadays offered the opportunity to look at the president of the United States. He is the embodiment of un-transcended human pain, karma that has become the human body. Trump is the prisoner of Pain. The fact that this corpse still moves makes things a bit confusing. But it shows that mere energy can just live – in the sense of physically survive – without being ‘bothered’ by its counterpart consciousness. It is tempting to state that Trump, in that sense, is more like an animal. But then again, it is not easy to find such very cramped and stressed animals like Trump in the non-human world. In the normal animal world, living with so much stress, pain and cramp, would seriously reduce the chance of survival. In the human animal world one can become president.

If your deeper Eye is developed and present on an earthly level, and if you manage to look at Trump for a few seconds, you can see a bunch of pain sitting, walking, talking, fighting, attacking, defending. I could be judgmental of Trump – and it’s not easy not to do this, simply because his body is the most disgusting human body I have ever seen in my life: my face immediately turns into a cramp when I’m suddenly confronted with his image – but the neutral fact is that he is virtually perfectly ruled by pain. It is so extreme that he is in principle very suitable to function as a mirror confronting us. We can see what happens, what becomes of a human being when he is radically incapable and unwilling to be responsible for the pain that he is living in his heart, in his body, in his head. He is forced to act it out. He is extremely restless from his inner un-transcended pain that rages on and on, not stopped by anything or anyone. We can say he has revolting opinions, he is narcissistic as hell, he is dangerous, he is aggressive, loveless, a sexual disaster, he lacks intelligence, social norms etc etc – and I agree to all of it – but basically he is ruled by pain. I would say: he *is* pain. If you choose pain as your president, you must not be surprised if he shoots all this barely hidden pain into the world.

Talking about choosing him, his election – even though the elections have not really been fair, if that existed at all (in fact it doesn’t) – says a lot about how people are blind to ‘pain’. And, indeed, if you’re full of hidden pain yourself, you cannot recognize it in another. You will take it seriously, what comes out from the bundle of pain. You, in turn, need to act it out too, including in a simple form as a vote. The latter seems just a small-scale acting out of one’s pain, but if it leads, on collective level, to someone like Trump as a world leader, then

individual pain shows itself to be not so innocent. Every individual pain has consequences when, as is usually the case in the human world, it is not responsibly dealt with, not wholly felt through just until it returns in its source, the Heart. In the end, when we ascend and descend deeper into truth, it appears that individual pain doesn’t exist as such, as something purely individual. It cannot be separated from humanity’s karma in general. The walls around our hearts are never solid enough to prevent pain from touching us, and to prevent the pain that seems to be our own from touching other people, and other animals.

The sad thing is that what could be a great opportunity for humanity, to seriously look into the dirty mirror that Trump is, will, very probably, not be used as such. That Trump is extreme, indeed, doesn’t mean we cannot learn about ourselves. Much – I think most – of what I learned in my life was what was presented before me in such an extreme way that I, confronted with myself, was forced to look. Still, even then, one must be willing to *look* and consciously feel and See. Anyhow, in the middle, away from the extremes, it is very difficult to really See.

The missed chance of looking in the dirty mirror makes ‘a’ Trump cause senseless damage and senseless suffering, whereas suffering in itself, if accompanied by the willingness to become conscious of its deeper content, its hidden wisdom, can be very fruitful for human development. Rather, we – the world itself, one could almost say – holds its breath, until the four years of his presidency will be over. One can sometimes see how other leaders literally cannot or hardly breathe in Trump’s presence when they meet, since the pain takes over the whole room and of course this cannot but affect their bodies as well. Let’s hope that the damage the embodied pain of the earth will do, won’t go too far and will still be partly repairable afterwards, even though for some people and other animals it will be too late.

Looking at human history – which doesn’t make one really happy, I must admit – a terrible war was regularly ‘needed’ to try to release the growing tension that the unfelt inner pain causes. In the best case, after such an outpouring of violence, people’s eyes open for a while, realizing at least that this, making war, is not the way. Only, as long as a deeper understanding doesn’t dawn upon us – that we are (still) ruled by pain, that the ‘enemy’ is not (in the first place) ‘there’, outside of us, but ‘here’, within – the chance of the next terrible outbursts is realistic.

In the meantime, for the willing eye, it’s good to, thanks to Trump, see how pain that is unconsciously living a human body, makes one so aggressive, so restless, so insensitive to other people’s pain and to nature as a whole, and so extremely egocentric. As I have written in my autobiography, when during an intense meditation, I was not really or fully conscious of a pain that had appeared, I projected this on a neighbor meditator and I felt increasingly hostile and aggressive to him. Luckily Consciousness made me see this, and this took the poison, the danger, out of the initial projection. Imagine such projections ruling a relationship, an organization, a country, or (part of) the world, even to the extent that the projectors have access to the button for starting a nuclear war.

Indeed, when one is full of pain oneself, there is no (or not much) space left to feel other people’s pain on top of that, and this will certainly influence how one acts and influence the decisions one makes. In principle, the more pain – *unconscious* pain – one is associated

with, the more self-centered one will be and act. In general, the less responsible people are in regard to their inner pain, the less responsible they will act in the world, in relation to others. Pain is obsessed with itself: it wants to get rid of itself and it protects itself, dual and paradoxical as this is. Only, it makes itself known via forms that seem very different from the pure pain that it actually is. That makes the whole thing confusing, and very deluding.

If one is attuned to the *karmic* pain in a human being – I would rather, to make it clearer, call it: un-transcended, or not-consciously, not thoroughly felt pain – one doesn’t listen to the arguments of ‘a’ Trump any more. It seems disrespectful, but when the Eye, as it is located in the Heart, is Present, one looks and hears differently: one sees pain coming out, when one or other argument is blurted out. In Trump’s case it is, relieving as it can be, much easier to see what the true function of using arguments is, if they still deserve that word: to serve one’s own interests. Politicians’ – and, in general, people’s – direction they want to move in, is usually fixed in advance, and they only still look for the arguments to convince people that this way is right, to delude people, in fact. Trump’s appearance shows so clearly the meaninglessness of words as such – when they’re cut off from the Heart but arise out of unrecognized pain. They’re reduced to being tools.

In principle, if you are capable, it is better to actually *feel* the pain behind arguments, instead of – very tempting, indeed – reacting to them. Certainly in a live conversation this is not easy, to say the least. Still, it is good to allow space after ‘arguments’ or in general words, after any (anyhow unavoidable) energetic transmission in meetings, conversations – space to feel, to be and stay (more) aware. Pain, even if just subtle forms of it, is unavoidable anyway as long as we are in contact with others, and ourselves.

A serious difficulty that unavoidably arises when you ‘study’ Trump’s pain and its consequences for the world, is, or at least seems to be, the law of resonance. If you look at Trump you can’t avoid but getting something of his energy inside, which, then, has to be processed in and by your own heart and body, also when you, as so many, are simply naturally repulsed by what has remained of him. Since he is an extreme case, this is not something for beginners, I’m afraid. In itself I can’t therefore advice looking at him for too long. But then again, there are people who are (more) responsible and who, when they take ‘Trump’s’ (which is in the end part of the world’s) pain in their heart and body, feel a natural impulse to want to get rid of it, if only for the simple reason that pain hurts. The body wants to move, turn and twist, since it got stuck from associating with the frozen pain of a Trump that he, to survive physically, must spread over the world like a farmer spreads his cow- and pig-shit through a machine in a shower of shit over his land.

It has happened that, after looking at Trump’s image, his energy entered so aggressively and deeply – with an open heart there is in principle no resistance to this – that I recognized Trump in my own face. In itself this is, if not simply shocking, at least quite uncomfortable. But, truly, it only makes it easier to acknowledge the fact that the pain, contagious as it is by nature, has successfully spread itself and that there is work to do, serious work. For not only do I not want to stay stuck with ‘Trump’s’ pain in me, but also I can contribute a little to the transcendence of the world’s karma. Regarding taking over Trump’s

pain, don't be surprised to be drawn into a fight in your relationship when you bumped again into an image of Trump by accident. Looking at an image of his current wife Melanie can also be of assistance in getting you into this fight. The Separating Force is highly contagious. It's true, for this you don't need to look specifically at the Trumps, but, all right, we talk about the potential of the extremity to show reality.

If you observe Melanie Trump, it's not difficult to see that she hates her man. I can't blame her and I'm looking forward to an honest autobiography from her, although the chance of this honesty is almost zero. For, honestly, the spreading of pain is not only a one-way process from Trump to the world. When I went more into 'Trump' and at a certain point I reached his women, ex or current, I got deep blows of pain to process. I was literally blown away from my computer when, for the first time, I saw pictures of Trumps (ex-)women respectively. And some spontaneous sounds or even screams came out of my throat. From my experience and consciousness in the field of Man and Woman I can say without the slightest doubt that if Trump and his wife – and former women – had had a (much) better, much more open, more dedicated, more loving, relationship with one another, then the world had currently not been confronted with such a dangerous, aggressive, destructive, unreliable, lying, unconscious, egocentric, irresponsible, arrogant, insensitive, rude, ugly leader. Personally, by the way, I prefer Frankenstein to Trump – at least the way he looks – but that's a matter of taste, of course.

What to say? If a man is impotent like Trump – I mean impotent in the sense of being unable to in the slightest way Transcend anything of Woman's Pain, when the *Man* in him is therefore thoroughly absent, while at the same time he often makes 'love' to women who have a strong connection to the Earthly Forces – then he gets totally stuck with the pain. If then he stays active in the world, he can only unconsciously spread this pain, and create more pain on top of that. Trump is, so far, the most impotent man I have ever seen. It says something about the karma of humanity that (at least a significant part of) Woman still doesn't radically reject this (type of) 'man', that She still, even literally, wants to make love to it, to his seeming power, his money, his loveless dick, make love to the impotency of (a) man. 'A' Melanie may hate her man, indeed, but alternatively she doesn't love Man. Rather she loves Herself, her quest for power, status, money. And this is the difficulty of the world that cannot be addressed only by Herself without Man's Eye and Heart.

Pain rules the world. Pain rules the relationship between Man and Woman. The Pain is the Separation between Man and Woman, the unconscious split between the Formless and the Form, between Heart(-Bliss) and Pain. Yet, simultaneously, 'man and woman' is the, in principle promising, arena in which something can be done about the pain. If you don't withdraw from the nature-given fight, but stay conscious in it – or, rather: let yourself be made increasingly conscious through it – it is of important value for the world. Since the chance that Trump will see the light and abdicates and starts meditating his own and wife's stuck pain, is zero, it is up to the more responsible people in the world to bring some light in the dark, in the pain that is secretly – but noticeably – ruling the world. The pain that *is* Unconsciousness: humanity's pain cannot be undone without (Allowing the Force of) Consciousness.

When we look deeper into reality anyway, this same Force of Consciousness shows that, in the end, it’s impossible to detect *persons* who are doing something. There is no Trump. There is Pain. Pain that seems to have taken shape as a person, is still Pain. Pain rules. The ‘person’ – as unconscious pain – cannot avoid projecting pain outside of itself, to continuously see threats to its own attachment to not being touched, for a touch would make the pain perceptible. As the ego whispers, to attack is the best defense.

If you look into it, and feel a compassionate relation to the earth and its inhabitants, it is scary to see by what kind of leaders the world is ruled, it is scary to see which leaders people elect. Yet, better keep our Eye open or as open as possible as you can bear as a human with an inherently limited pain-transcending capacity, than close it altogether because certain things would be too threatening to handle and to be aware of.

Why do ‘we’ choose a Trump? I mean beyond reasons... Reasons are never the real reason.