

Daily Meditation 4/18/2023

The Have-No-Shame Virus Spreading in America Today

Good morning.

We continue our meditations on the virus of having no shame, otherwise known as the virus of having no conscience. And if we look at the story of Adam and Eve -- and it is a story -- but part of it does bring up the subject of shame, doesn't it, that when they had done their disobedience (you might translate that today to creating a rupture in the circle of humanity), they felt shame for the first time; they had to put on clothes.

And so the whole idea of shame and shamelessness, not having any shame, but also having too much shame -- all these balls are in the air when you're talking about shame, because one thing I found, when I wrote my book on the sacred masculine, is that shame and aggression play a tremendous role in men, especially in our time in history.

And so obviously, shame is not a virtue in itself. But having no shame -- it's very, very scary, because that's the basis for a lot of aggression, and a lot of violence. And, of course, working without a conscience, working without respect for others.

So sociopaths have no shame, they just do their thing, their violent thing. One wonders, if, apparently, Putin has no shame as he reaches a war against a sovereign state, for no reason other than finding to give birth, I guess, to a Russian Empire, a model of Peter the Great, or something like that.

And so shame becomes a very important topic in history and in our current history. You don't want too much, you don't want nothing. And we seem to be lurching between the two things.

So I think I will be talking about this tomorrow: about what I learned from the role of shame in looking at men's lives today. I do think there's a relationship between too much shame, with young men especially, and the carrying of assault weapons into schools and churches and shopping centers and the rest: that the essence of shame seems to be feelings of not belonging... feelings of not belonging. And this can turn men into killers, quite literally.

And we're all going through a reevaluation, a transformation, about belonging today: belonging to community, belonging to a tribe -- there's a lot of tribal belonging going on in the world today. And belonging again to the universe, to the cosmos, that has been ruptured with the modern era, and so there is a lot of upset in human beings and especially men over the deep feelings of not belonging, which in turn, introduce shame, which can often be unconscious, which makes all the more dangerous than is present to our awareness.

Thank you. We'll see you tomorrow.