

# UKRAINE - HOW TO UNDERSTAND - FOUR CONSIDERATIONS

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given what is happening around ukraine nowadays, how do we keep trust in each other, trust in the future, these are the questions that lead me to the four considerations that follow - a dutch version you will find at [www.yoga-intervision.com/pdf/oekraine.pdf](http://www.yoga-intervision.com/pdf/oekraine.pdf)

## UKRAINE (1) - WAR AS CAUSED BY / CHAINED TO BIG-SCALE KARMA

what is happening around ukraine now is caused by / chained to big-scale karma, large-scale karma (1) - whatever the international community does, or does not, it adds harm - surely - immediately as well as in time - large-scale karma continues in endless chains, that's what history is telling us - except, perhaps, in case of interventions, motivated unselfishly

unfortunately however, these interventions are excluded - because of the interdependence of the economic, social and environmental interests involved, selfless interventions are not possible - any intervention to end war, injustice and crimes, at the same time harms the interests of those who intervene - precisely the hallmark of large-scale karma

even if selfless interventions were possible, we would still continue the chain of large-scale karma - that's because we lack the wisdom to choose which interventions are most effective as well as most harmless, when and where - if possible, it will not prevent the new sufferings we cause - this is what makes us guilty, makes us victims as well - that weighs us down

large-scale karma, crimes against humanity from hundreds years, even thousands of years ago, are still working today - their consequences will follow - also regarding crimes from the past not yet known - someday we will pay the price - as we do now as a result of our dealing with nature and environment - our abuse of the earth - see for that reflection 4

finally, from a cosmic perspective, from the starry sky, large-scale karma offers a framework that leads to understanding - to some comfort - at least for me - if not for others, in that case, or rather: in any case, we look at dramatic large-scale karma-events from our fellow-human scope - which is, by praying, helping, campaigning, of concrete importance

what happens because of large-scale karma, large-scale karma in itself as well, determines our individual karma in a way like culture does - we have to deal with it - all of us - finally, about how to take a cosmic perspective see [www.yoga-intervision.com/pdf/awareness-sadhana.pdf](http://www.yoga-intervision.com/pdf/awareness-sadhana.pdf) - may awareness sadhana, the practice of awareness, provide guidance

(1) for large-scale karma see: [www.yoga-intervision.com/e-essay-4.htm](http://www.yoga-intervision.com/e-essay-4.htm)

## UKRAINE (2) - WAR AS AN AFFRONT OF MEN AGAINST WOMEN

recently I once again delved into jung's psychology (1) - a psychology in which the male-female relationship is one of the central themes - this renewed interest ran parallel with what is currently happening around ukraine - this synchronicity, by the way also a jung-concept, deserves attention - from both sexes it is the male that wages war - again!

history shows that this has always been so - women do not wage war - men do - so there must be something fundamental going on - something that has to do with the relationship between male and female - what is wrong with the male side? - what is wrong with us men? - thus we come to jung - to his distinction between logos and eros, animus and anima

a distinction to be resolved by union instead of battle - battle between reason and feeling, between man and woman - embedded in what jung calls our collective unconscious - man will and must prove supremacy of reason over feeling - prove his supremacy over women - so much is clear, but why? - for an answer we have to go to evolutionary psychology

as hunter-gatherers we lived in an egalitarian society - hundreds of thousands of years - man and woman worked together on an equal level - reason and feeling did not fight each other - the agricultural revolution, which started 10.000 years ago, changed everything - society became sedentary - the phenomenon 'property' occurred - culture came to dominate nature

the egalitarian society of the past gave way to a patriarchy enforced by men - within our genetic blueprint, however, the egalitarian relationship between men and women continued to exist - the emancipation movement of women can be understood from this point of view - the same goes for the resistance of men against it, their urge to maintain their supremacy

something that obviously doesn't work - it is impossible to put aside our genetic blueprint - it cannot be beaten - once aware of the equality of man and woman, the equality of reason and feeling, their connectedness, there is a chance that men will end violently controlling women - unfortunately, that awareness is not yet taking place sufficiently

displacement, like it is called in psychoanalysis, is what happens: moving the battle to where success seems more probably guaranteed - divided into peoples, nations, power blocs, they fight each other - more basically however, may be war is part of our mating game - with men's war business as a grotesque form of terribly gruesome male courtship behavior

these two interrelated reasons as causes of war are, may be, far-fetched for many - too shortly said - too much psychoanalysis - moreover, as far as the male-female relationship, as far as male courtship behavior, are causes, they are causes out of many - all of them part of a complex large-scale karma-chain, based on a long history, as I did argue before

nevertheless it's true, from both sexes only men wage war - it's a shame to say: only men destroy life - while women generate life, cherish life, honour existence - counting on men to support her in doing so - in vain - war as conscious destruction of life is thus an affront to existence - an affront of men to women, a desecration from her by him - I'm ashamed to be a man

(1) reading again esther harding's 'the way of all women'; written in 1931 still very relevant

### **UKRAINE (3) - WAR AS CAUSED BY HYPERACTIVE DANGER DETECTION**

how to maintain confidence in our fellow human beings, in the future as well, while watching helpless what is happening on the world stage now, that was the question that motivated us to write these reflections - making contact with our own fear, that's the answer - facing our own fear courageously - even if not hyper-active - including also our fear of each other

ukraine is not the only war of the last decades - ukraine is one in a row - think of afghanistan - iraq soon after - as a revenge because of nine eleven - by roughly west on east - and that at random - think of syria - militarily supported by putin - something that turned out to be a preliminary exercise for poetin - think of the annexation of crimea - think of grozny

then trump came along - shameless narcissist - poetin's burden is much worse - as a paranoid he feels permanently threatened by everything and everyone - delusions of grandeur repress his fear - they make him think he himself is russia - russia, that he wants to protect by imperialism - as a result he invades ukraine with excessive violence - raging as a psychopath

to survive we were hyper alert, constantly on the lookout for danger - fear entered our genes (1) - it is better to think a branch is a snake than mistake a branch for a snake - the first was deadly, the latter a relief - seeing danger everywhere, violent people, violent nations, we see as mismatch now - it is precisely this attitude that evokes animosity

let us consider ukraine as a grotesque exaggeration of unfounded, hypervigilant, hyperalert fear - so that we don't think and act increasingly from opposing interests and mutual enmity - if we don't do that personally, groups within society will renounce also - let we don't follow nations, world leaders, political scientists, in their thinking in power blocs

how to maintain trust in each other, trust in the future, these questions brought us to reflection - facing our own fear, including the fear for each other (2), that was our answer - without that there is no solution - neither personally neither on a global scale - emphasizing love makes sense indeed, but is only possible if we let go of unjustified fear (3)

(1) known in evolutionary psychology as 'hyperactive agency detection device' (hadd)  
(2) explained in § 3 t/m 5 [www.yoga-intervision.com/pdf/brief-aan-bikkel.pdf](http://www.yoga-intervision.com/pdf/brief-aan-bikkel.pdf) (in dutch)  
(3) as said by gerald g. jampolsky in his famous bestseller 'love is letting go of fear' (1979)

## **UKRAINE (4) - WAR BY HOMO SAPIENS AS MOST INVASIVE SPECIES**

reflections make sense - compared to man's war against nature, biodiversity, environment, the earth, I see them as rumbling in the margins - even poetin's invasion cannot stand that - without justifying it, I conclude : of all species, homo sapiens is the most invasive (1) - there are too many of us (2) - man is a 'swamping all over exotic' that does not belong here (3)

taking an ecological point of view, which we just did, albeit very briefly, we look at ourselves and the world from the starry sky - from the same cosmic perspective as we did in reflection one - comforting? - no, confronting, sad reality, worth crying, don't worry, do it - crying is the courage to see what's needed (4) - so we don't be ashamed of being human any longer (5)

(1) jelle reumer in 'de ontplofte aap' (2005) as well in 'teveel' (2020) (both in dutch) - also yuval noah harari in his bestseller 'unstoppable us: how human took over the world' (2022)  
(2) thus rotgans' complaint to indra; in [www.yoga-intervision.com/rotgans.html](http://www.yoga-intervision.com/rotgans.html) (in dutch)  
(3) also haiku's 63 and 64 in [www.yoga-intervision.com/pdf/haiku-try-outs.pdf](http://www.yoga-intervision.com/pdf/haiku-try-outs.pdf) (in dutch)  
(4) for what's needed: [www.yoga-intervision.com/pdf/universaldeclarationofexistence.pdf](http://www.yoga-intervision.com/pdf/universaldeclarationofexistence.pdf)  
(5) about shame in this respect see [www.yoga-intervision.com/pdf/schaamte.pdf](http://www.yoga-intervision.com/pdf/schaamte.pdf) (in dutch)