

## **Vocabulary of deception: Self-confidence, self-ishness, self-respect, responsibility, and other oxymorons, explained.**

Words used in “popular”-psychological language often have hidden meanings. We assume we know what we are talking about when we use words like “responsibility” and “self-confidence” but do we truly know at a gut level what that actually feels like?

Let’s look at a few of these:-

### *Self-confidence and Self-ishness:*

The idea often associated with those who feel victimized to some extent is that they “lack self-confidence”. This is often a key topic of pop-psychological debating but essentially what they are feeling here is misunderstood. The feeling of being victimized or separated off from others or from the world causes constant angst that continues through life. We have a mental image of our-“self” being smaller or weaker accentuated by previously experienced threatening situations. The key point here is that this IS the “self”, there is in fact a very confident “self” created here, one which is convinced he or she is broken and undermined, and is unable to life fully in the world without support. Importantly, this is a self-image which is *supremely confident*.

Conversely, the so-called highly “self-confident” abuser who aggressively rules his/her world with anger, is viewed as self-ishness but in fact this is yet another image identically based in fear but this time with anger as a protective shell. The abuser and the abused may well have had similar experiences in life but react differently depending on their constitutional make-up. However extreme self-confidence forms the basis of either the victim or the aggressor, the abuser or the abused. In many ways both are self-ish, both are self-confident.

This will only be resolved when that which is universal to all of this, the “self”, and the image or perception of confidence start to waver and wane. When “self”, be it the victim or the abuser, is then acknowledged as merely a game or an illusion, the “personal” quality of things starts to fade, resulting in what could be called no-self-confidence or no-self-ishness, a truly uncompromising quality similar to that which we see in nature. There is no longer a game-playing of being the victim or the abuser but a freedom from the past association with present phenomena. When there is a shift into a “confident “ state there is lucidity that the image we have hitherto been attached-to is merely an illusion. This is depicted profoundly in the film “The Matrix” when potentially threatening are seen to be a mere play of light and sound, their ability to harm a “central-self” is rendered impotent and calmness and clarity preside. Thereby a Oneness with the so-called “enemy” is realised and the illusion is exploded from the inside.

### *Self-respect:*

This is a total illusion. There is no such thing as respect of any kind because hierarchy in the natural world doesn’t exist, only anthropomorphization of the behaviour of animals. There is an assumption that nature is very “respectful” but it is nothing of the sort, it just *is*, there is no pre-condition or calculated idea about how to behave in accordance with

rules, it is utterly free, inherently expressing itself. When animals fight and adrenalin is burning or one of them is *seemingly* ostracized from the group or activity this is in essence a game of magnetism. There is simply attraction and repulsion occurring in these interactions, with no notion of respect stemming from any human idealization based on a variety of social models.

What wildlife does has no motive or cause. This is the same in humans, yet hidden behind a façade of “doing the right thing” wherein the notion of respect enters. If others are to be respected then self-respect should supposedly override everything. However if we look into this, “self”-respect, “self”-love, “self”-acceptance, “self”-acknowledgement, “self”-development or “self”-knowledge all involve an idea of a “self” and an investigation by this “self” of itself, it is like a snake eating its tail. Eventually after much seeking the realization dawns that there is no-self to respect, to develop, to listen to or acknowledge, only an expression emanating and no-one “doing” any of it.

True “respect” might really mean realization that self is non-existent. This would allow understanding of the innate unity of all things and as such outwardly this would manifest as a sensitivity and sense of awe, enabling a clarity that there is no separation from the object and “me” as the “me” is no longer a reality that blocks the direct perception of the senses.

#### *Responsibility:*

This word is perhaps the most commonly flaunted. It could be re-interpreted as “belief and reaction to guilt” and, more fundamentally, “belief in social or hierarchical governance” and “feeling victimized by a power believed to be larger or more dominant than you are”. People who supposedly “shirk responsibility” are seen to be wayward idealists or abusers who just “do what they want”, although the abusers are usually the ones forcing rules upon others. As Bob Dylan suggests “you’ve got to serve somebody” or in other words is “there is always a bigger fish!” The wayward idealists are often instinctively wary of the idea of responsibility and therefore try to avoid its seeming jaws, but that may often entangle them deeper.

If we use the word’s true meaning: “the ability to respond”, we realize that instead of a reaction which is an immediate contractive expression based in fear, response is something different, it is a reaction which is an immediate contractive expression based in fear. Response is about a natural flow or energetic wave that simply responds appropriately to a situation, with no pre-conceived idea of what is to occur and a plan of action, which is actually just reaction. Response is a recorded way of behaving from within a dream-like unawareness of the present. Hence when there is an “ability” to respond, things flow naturally, without contention. This is true responsibility, it is a totally innate function which cannot be taught, preached, legalized or militarized. It can’t be transacted, shirked or claimed. This is one of the biggest illusions, as there can be no such thing as claimed responsibility because there is no-self to claim it.

All of these words are highly confusing, uttered in a constant mantra that obscures the reality of a situation because they are passed on down through generations in a “tradition”

of behaviour that prevents us from seeing the wood for the trees. The process of reverting to the roots will always reveal that language of this kind can imprison for a while, although when the illusion is realised, it is as clear as day. Or as they say in the Nei Jing, the Chinese classic of medicine, when healing occurs spontaneously: “it’s like a cloudy sky that breaks through to sunlight”, the sun of course having been behind the clouds always and forever.

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