

Neutralizing the effect of bullying: how natural principle points a way to peace.

Most people have come across the phenomenon of “bullying” in some form or other, whether at school or later in life. In this article we are looking at the issue of bullying not from a position of judgment, but from the perspective that it really is a bubble of energy of a particular quality and it is the very nature of this energy that we are considering here.

There are two forms of bullying quality: the extroverted expression that is the yang-bully and that of the more introverted yin-bully. The yang-bully quality is a dis-eased state of the charisma of leadership. In this case there is the standard dis-ease condition where the human hallucinates that him-“self” or her-“self” is a separate individual needing to maintain a powerful egoic stance for fear of losing something, everything has to be tightly under his or her control. It is very stressful to have this kind of persona, even forming a degree of paranoia as a result of attempting to keep those around them under wraps in order to avoid any “loose ends” which may unravel and reveal their vulnerability. Their primary aim is to instill fear, often through dictatorship, inducing the mind-set in the other person that without continued contact they will always be inferior and worthless.

This expression is an hallucination of the leader, into which arena he will constantly seek to entice others, all the while belittling them, even suggesting it doesn't matter if they stay or go, yet there is the insidious threat that if they do drift away they will lose contact with the “source of power”, i.e. the bullying energy itself. All this is a form of self-deification, guru-status and similar ideologies and is the yang within yang type of bully.

The second kind of bullying is less overt and more secretive and this we can call the yin type of bully although in true terms all bullies are yang by nature, so this second from we might call yin within the yang. This kind of expression is again based on fear but its nature is more about attempting to corrupt or to break things down, gradually gnawing away or picking bits off a little at a time. This type of person will attempt to dominate through verbal or intellectual forms of control or manipulation by degrees, whereas the yang type can be more overtly aggressive, even physically so. This type of person is not a leader by nature, they often feel deeply inadequate and to compensate for this they try to make themselves seem more important or more powerful, often by attempting to make a person feel worse rather than better in order to gain a kind of one-upmanship, gradually wearing them down. This type of behaviour occurs more often in women than men, whereas the previous yang bully tends to pertain more to men than women, although of course there is cross-over with both.

However, when one feels under attack from either of these characters it is very difficult to know what to do. The bullying mentality is one set of dis-ease patterns, the victim mentality is another set yet they go hand-in-hand. Neither is better or worse than the other, but in both cases the victim will appear more vulnerable or passive (yin) than the active bullying energetic (yang) which is desperate to dominate others in order to alleviate their own fears of loss of control or powerful self-image. Both cases are utterly delusory.

In order to neutralize the effect of the energy of bullying one has to see that fundamentally that is all it is - energy. Neither the intent nor the cause is important, it's simply a form of heat which has become malignant so to speak, the situation is neither right nor wrong, it's simply a form of suffering which is passed on like any disease vibration-state, simply the sense of separation or "individuality" and the fear that comes from this.

If we look firstly at the yang bully quality, this energy is very much based in being the central focus of attention, the central power on the throne and the worst situation for such a person is to be ignored or seen as irrelevant as this completely uproots the nature of their world. When the dis-ease of yang (or the yang-bully) is met with stillness or empty silence, it is like an angry person being met with a totally yielding quality that cannot be grasped, which is the key principle of Tai chi Chuan. The bully's belief that their energy is a reality extends and inflates their idea of him or her "self", actualizing and making this energy relevant. They may have told their victims they are insignificant, but if the victim no longer accedes to their will and simply walks away or with-draws attention, the yang-bully has lost their "power" as evidenced by that response from their victim. Unless completely obscured by the bullying dis-ease state, when the bullying is recognised to be a delusion by the person who has hitherto been its victim, then they will be only responding simply to the underlying nature of the charismatic leadership of this person. They will no longer be engaging with the bullying energy that is drained of energy and so will collapse. In this case the typical "ignoring of the bully" "works" because the situation has been defused and its energy source nullified. Hence seeming powerful yang is neutralized by fathomless yin.

The other kind of bully seems less of an initial threat, it is less acute, but is a far more chronic issue and in the long term can be more damaging. This energy is based on a dis-ease of yang that is a kind of front, it doesn't have charismatic power and relates to a person who by nature is a "following" or dependent being, while conversely pretending to be an independent leader. Whereas the yang within yang bully is epitomized by dictator images such as Alexander the "Great", Scarface, The Godfather, or Gengis Khan, the yin bully is actually the dictator hiding behind their henchmen who are bigger and tougher, such as the Bin-Ladens, Mussolinis or Gadafis. They will be characterized by their use of a lot of talk, front or show but actual personal involvement is minimal. There is a hidden quality to their movements which are seldom seen and their manipulation is carried out under-cover. Many films are made about this kind of situation where eventually the victim stands up to the bully, having recognised that they possess no actual power, only a threatening mask, and a brilliant example of this in modern film is of course The Matrix.

While quite a powerful being, the yang type bully's nature is caught within fear and so implodes, whereas the yin-bully doesn't have this kind of charisma, so although still predatory is more like a scavenger than a killer. (An example of this difference is in the two characters from Tolkein's "Lord of the Rings": the yang-bully is Sauron and his minion Saruman the wizard is the yin-bully.)

Interestingly these two bullying qualities often come together, the yang types are the leaders, looked up to by the yin types who aspire to become leaders in their wake, to undermine them and seize the throne. The yang-bully is disdainful of the yin-bully, regarding them as a “coward” but in reality their expression is just more yin-internalized.

So in a situation involving the yin-bully he/she presents as hard and yang but actually is soft and yin. If this is seen through, then it is naturally realized that assertiveness will change this situation as the true nature of the bully is revealed to be yin, and so is directed by yang. This neutralizes the bully’s attempt at dominance and calls for a reflection of their true nature. The yin bullying state requires a charismatic leader. The yang bullying state needs a mothering quality that cannot be grasped. In both cases they are dependent on the victim quality seeing through to the actual nature of the bully behind the front or egotism. It is unusual for the bully to collapse from within itself although this does happen, it is usually initiated from the change of the expression of energy around it.

The above is not a method or “how to”, it’s simply “how-it-works”, it isn’t someone’s attempt to “be” a certain way with the bullying energy. But it may allow those who are caught up in these circumstances to understand the nature of the situation and the possibility of how things can change. That said, the victim by nature may not suddenly be able to become the directing force that engages the yin-bully or find it easy to walk away without saying anything from a yang-bully, however it doesn't have to be “you” who changes/engages the bully, circumstance and situation can provide these qualities of the balancing energy, it is never a forced process. This article simply describes the phenomenon for what it is, a hallucination, and illustrates the possibility of its eventual end. The nature of the bully is not only about people “out there” but it occurs within, it is often the dualism of the internal colonial beating-up or undermining the natural indigenous expression... in reality inside and outside are simply reflections of each other.

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14/ 10/ 2011