

## Why can't we see what we are doing?

The question I can't put out of my mind about the earth's limited resources or oil crisis is this... Why can't we see what we are doing? In her article 'Maintaining mental health in the age of Madness', Carolyn Baker makes the argument that, "if in recent years or months you have dared to explore the realities of peak oil, climate change... you may feel mega-schizophrenic as you live with this information and at the same time attempt to navigate a society in which every form of functioning is dictated by denial... Humans are colluding in mad behaviour, based on the sharing of an illusion... co-illusion" (Baker 2013). I think Baker touches on this issue. Collective psychosis or Jung's definition co-illusion leading to collective madness and denial is part of the debate (Levy 2010). But I also think it is about the human brain. We are designed to dissociate using avoidance, numbing and denial when faced with something we experience as overwhelming, traumatic or during prolonged stress, (Resick 2001, Martz 2010, Scaer 2014). Isn't having our resources threatened (no more oil), or 'planetary suicide' (Baker 2013) in this category? That this can happen even when faced with evidence is nothing new. Nazi Germany and Slavery are two pointed out by Baker, but the list is endless: the global economic crisis (Chossudovsky and Marshall 2010) and dredge dumping in the Great Barrier Reef (Readfearn 2014) for example. So what can be done? One thing I am aware of, it often takes personal suffering to melt the resistance of our dissociative and avoidant brains. In the mean time I like Bakers advise, become resilient enough to not get sucked into the collective denial and madness around you and from Chomsky (Chomsky and Herman 2008) become conscious of the manipulation of the media and don't allow yourself to be isolated.

### References:

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