

## **Violence and Abuse in Social Relationships in the Time of Changing World**

What can we do to evidence that violence and abuse are systems, which happen always, when we are not aware of our own responsibility in interaction?

Thousands of years it is not even possible, that two kinds of gender species, I talk about man and woman, can live together without using power over each other and comparing their abilities by concurrence and oppression.

So. How we can talk about a possibility of understanding something important, staying with consciousness, when there is not even between man and woman a truthful cooperation?

Another important issue: How it is possible still to live in control systems, for example under the predominant belief systems of churches and religious politics, to talk about peace and real partnership and friendship?

Control systems separate everything and everybody; create concurrence and lack of self-esteem by comparison. The splitting, between good and bad and the idea that light and dark don't exist together, shows the evidence of a dualistic way of thinking, a belief system, where real pain must not exist and where abuse and violence is created by an idealistic understanding of the world and not by accepting the real human conditions.

One of the most evident splitting system, still in our century, is the idea, that body, mind and spirit, are separated from each other. In this kind of belief system, psychological abuse is mostly not seen as violence, sometimes not even understood when it happens, because our rational mind is convinced only by that what we see and not also by that what we feel. Not understanding the hidden connections, the real aggressor is very often the one, who in society becomes famous.

This kind of abuse is only possibly, if we are not embodied, when our awareness is not total and when we are still hanging on in belief systems that put the responsibility about our lives outside of ourselves, to false authorities and mental control mechanisms.

But how to understand the different kinds of relating to each other and beginning to feel when violence is created?

First of all: If we are not able to use our strength in an adequate way, as an instrument of self-esteem and not in a reactive way of affirmation, for being loved and estimated by those who do not accept our normal human weaknesses and our natural dependences on each other, it will not be possible to live without violence and abuse in societies. When our natural strength is not connected to our inner feelings of authority and integrity – it will be impossible to feel empathy for others, we will not know our limits and so we will overpass them in testing strength with the others, in order to overcome the own feelings of impotence.

The most important issue: How can we use our power without harming others and so live in a peaceful and constructive way with each other?

To learn this, should be a normal issue during childhood, especially in puberty and can only be integrated by a positive separation from the parents or from the adults who lived with us during childhood. This separation and individuation process is beginning in our early existence and should find a significant change after puberty. The time when young people have to test their strength is puberty. In this moment they have to be accepted polarizing with their parents and they have to feel the

natural authority of their parents, but not as an issue of control, but as a reference of reliable and trustful security.

A peaceful integrated person and authority, because of accepting to be the author of his own actions/movements and also understanding the limitations and responsibility of a human being, would use strength for cooperation and not only in a competitive way, would try to construct and not to oppress.

This kind of living together should be integrated during education, it is a social learning process and requires people, who themselves have understood the issue of how to relate with their power and their authority.

Conclusion:

The very beginning of a change in relationships we have to evidence and to live in the smallest cell of society and this is between man and woman.

Sintra 2008, Dania Neumann