

**An Australian Response:  
Deep Psychological Adaptation for 2022-2025  
Navigating Societal collapse from an integrally informed psychological perspective.**

**Presentation for The Australian Psychological Society (APS-TPIG) 28/09/21  
First Edition Published on 22/10/21 for peer review only (Melbourne freedom day)**

**Nic Morrey  
Melbourne Child and Family Psychologist  
[www.integralpsychology.org](http://www.integralpsychology.org)**

## **Abstract**

*The purpose of this paper is to provide readers with an opportunity to evaluate and reassess moral integrity at a time of crisis. I have begun to unpack a conversation which has brought politics, science and psychology together under an integral psychological lens; Quadrants, Levels of Development and Lines of Intelligence. I overlap two specific lines of intelligence, 1. defence intelligence and 2. moral intelligence. They are usually buried out of awareness and it is crucial that we as an Australian conventional voice, shift into gear to navigate real research, create debate and immediately liberate to covid normal. The paper uses 2 models of ego development and combines these 2 lines of intelligence to answer 3 questions...*

1. *What is deep psychological adaptation?*
2. *What protective factors are required for deep resilience in times of societal crisis?*
3. *What does an effective treatment plan look like when formulating emerging collective complex PTSD?*

*It is hoped the reader will adopt what Developmentalist Erik Erikson saw as moving from shame to autonomy and building a sense of will which holds the heart of a safeguarded Australian democracy.*

*The paper rests in the acknowledgement that Australia has been built upon by deep shame. We as a culture have been avoiding feeling it. We took this land and it wasn't ours to take, then Australia was populated by settlers sent for shameful reasons. Australia is again processing shame and blame by projecting it outward onto the nearest target with a divide and implement strategy reminiscent of colonialism. My hypothesis stands... If we can understand our defences around shame and the scapegoat mechanism (Rene Girard), then our culture can grow. As the myths tell... a plague arrives from afar and ravages the land... with the antidote to shame and violence; deep humility and contrition, exposing the true heart of Christianity and religion in general whom see a greater moral infection coming from bioethics and coercion of State over Gods will.*

*My hypothesis will be tested over the coming months with possible violence coming to the streets of Melbourne, Israel or France due to deep instinctive reactivity associated with shame. Our instincts to protect the culture over and above an individual or small group (possibly diseased) are associated with safety found within the group. In our ancient history sacrifice was made, the goat would either be killed or carry away the 'badness' from the group. In this case, the perceived badness is disease. Although evidence has purportedly been found that Vaccination rates are not linked to lower COVID rates after analysing 168 countries, it may be too late to stop the possibility of violence. In history, the genesis of language and ritual emerged slowly. Language and ritual are now pitted against time. Democracy vs. Instinctive ritualisation and instinctive prohibition. Melbournes heart is at stake.*

## Introduction

Since being asked to present for the Australian Psychological Society (APS) and Imago Australia, I have for the past month formulated a first draft. I began writing this paper thinking about the cause of an emerging mental health pandemic being associated with Climate Change and COVID pressures. A pressure coming from both sides, causing deep grief, anxiety, depression, shame and anger. But having opened the can of worms, I have now too many questions to fit into a 1.5 hour presentation. (*The extended paper will be available soon*).

If you have the time follow all the hyperlinks which support the paper, to be fully informed of our plight ahead.

This paper has been presented to the Australian Psychological Society as an opportunity to share and discuss how we as psychologists are managing this crisis both personally (caring for the carer) and publicly in practice. It is hoped that an [APS COVID 19 interest group](#) can emerge to hold all perspectives and to build platforms for connection and debate associated with the deep ethical questions posed.

This paper was originally written for health professionals, advocating for an Australian Psychological Society ([APS](#)) discussion group to raise moral and ethical issues for best practice over 2022-2025. We will face a number of further crises within and beyond COVID 19 which are also discussed. This will be a live document with relevant and frequent updates.

It has become my aim to understand the multi-layers of best practice. This includes fact checking, researching, collaborating and formulating a treatment plan for a child, adult, family, professional body and country alike. In a crisis, it's what we psychologists are trained to do and policy makers need us as partners in consultation.

As Psychologists, we have a pivotal role in helping individuals and families navigate a terrain toward health. Psychology is the field bridging science and mental health. This paper will look at the science, mental health consequences, protective factors and an action plan which include an analytic perspective related to a loss of autonomy and what is required to maintain it, both individually and collectively. The government mandates on vaccine uptake has caused extreme anxiety for many individuals and solutions are required now.

The paper is written to understand anxieties multiple layers and open a conversation to advocate that pre-vaccine exemptions be granted for mental health reasons by psychologists.

As psychologists our role has been extended to following law and supporting vaccination compliance until targets are met. ([APS](#)). [We are all in this together](#). Yet we as a psychological body need to be aware of the deep driving instincts and defences which are at play within our present cultural paradigm. The defence just about to play out is the [scapegoat mechanism](#). [Dan Andrews lets Victorians know it will be well into 2022 before the unvaccinated get their privileges back](#).

In the meantime, psychologists personal opinions about the politics of Covid 19 should not infect the therapeutic container. It is suggested that those psychologists who are in support of a clients concerns associated with mandates, lockdowns, vaccinations or other issues associated with COVID safety, must at least remain neutral for now. At present, laws and statutes of the Commonwealth of Australia rub against moral rights held within [The United Nations Universal Declaration of Human Rights](#) which aligns to Victoria's [Charter of Human Rights and Responsibilities Act](#). Even [Jordan Perterson agrees](#). The courts may soon be flooded with litigation against the government or their employers on the grounds of losing their charter rights which might include...

- the right to life
- the right to freedom of thought, conscience, religion and belief
- the right not to be subjected to medical or scientific treatment without full, free and informed consent
- the right not to have privacy unlawfully or arbitrarily interfered with
- the right to equality and to be protected from discrimination.

## At a quick glance here are some initial questions raised by a community of therapists

*When engaged in direct clinical work, what are the ethical impacts of supporting governmental safety protocol that rub against psychological ethical code of conduct; promoting equity and the protection of people's human rights, legal rights, moral rights, privacy rights, confidentiality rights, their right to be treated fairly without discrimination or favouritism, assist unfair discrimination or prejudice whilst having high regard for diversity and uniqueness of people?*

*Our role as a therapist is to support a clients autonomy. But what happens when a non-compliant client clashes with state of emergency protocol? This can become an ethical and moral dilemma for both analyst and analysand. Where protocols are pushed by a therapist onto an anti-vaxer or anti-masker, it is likely the analyst will lose the client and find another therapist and do damage to the therapeutic alliance and quality of psychological care. Suicidality now vs. possible Covid-19 spread becomes one of the many ethical dilemmas associated with processing shame. Is zoom the answer and for how long will this item number run?*

*Do we need to be worried about medicare if democracy is not safeguarded?*

*How do psychologists distinguish between pre/post Covid psychological issues and the myriad of mental health issues directly exacerbated or newly associated with COVID 19?*

*COVID 19 issues include domestic violence, suicide, economic collapse and job loss, loneliness, anxiety, depression, front-line burnout, complex PTSD, elder abuse, loss of education, addiction and more. How do psychologists tread when sessions are also used to express a clients need for political reform and from which level of moral guidance should we be meeting the client?*

### • And more broadly with regards to Australia's vaccination rollout, questions are now emerging.

*Are fully vaccinated psychologists able to see the unvaccinated? And if not, what will that do to an Australian minority group and create within the Australian psyche (Splitting)?*

*Will Telehealth still be available in 2022, or will it just be 20 face to face sessions only? And might that exclude the healthy unvaccinated population?*

*Considering Covid is not spread by the 'unvaccinated' alone, should the term to be dropped immediately?*

*Vaccine hesitancy is a real thing, with 9 psychological barriers. But are client concerns about experimental vaccines with new technology a normal and acceptable psychological hesitancy due to its lack of longitudinal reliability testing? And would it make a difference if a traditional protein based vaccination such as China's Sinovac or Australia's Covax-19/Spikogen (now approved in Iran) or off the shelf antiviral drugs were made available?*

*To prevent victimising, the scapegoat mechanism and future tension on the streets of Melbourne, when having reached the required % of full vaccination in the population, should further mandates be made against the unvaccinated when the government has done all it can to prevent the spread? Or will negative testing results be adequate with rapid antigen testing available in November? Is it then not up to the individual to play dice with ones own mortality?*

*Who is there to psychologically help the unvaccinated population over this period of confusion? How many psychologists are willing to help the scapegoated unvaccinated population, but mandated not to?*

*How do we manage true science vs. mis/disinformation? Can I accept that 168 countries found vaccination rates are not linked to lower COVID rates?*

*To manage civil unrest in the 10-20% unvaccinated population, (which I am positing as reasons related to anxiety) how long will mandates go on for? Is there a better strategy to manage this minority group, for example with negative testing compliance certificates or GP exemptions for physical features as well as acute mental feature such as Acute Anxiety?*

*Can AHPRA allow psychologists to give exemptions under the Victorian Equal opportunity Act under the disability category for the minority of individuals experiencing Acute Anxiety?*

## Chapter 1 The Evolving Immediate Vax Crisis

In Victoria we have just over 1000 covid related deaths compared to a very high suicide and self harm rate with ambulance attendances averaging around 6000 per month. Our kids are suiciding at the cost of extended lockdown. Which is the bigger question.

To what extent will Australia take up the experimental vaccination? 70%, 80%, 90% or 100%?

Or

How long can Melbourne last in lockdown before individuals crack. 262 days or will there be more days ahead with new strains coming?

The first draft is released on Melbournes lockdown opening. A joyous occasion for most. But I am deeply concerned, and perhaps more so than Delta, about what will happen when those who are unable to enjoy their freedoms are pitted against those who have them. It's reminiscent of the first social experiment we as psychologists learnt about in psychology101. Blue eyes are better than Brown eyes. Brown eyed people don't get to go to recess. (Please watch it). A simple narrative believed to be true. (Jane Elliot). The children learn this over 3 days. We are told vaccination rates are linked to lowering covid rates, a narrative believed to be true. Recent research is now saying this is not true and will possibly eradicate the need to polarise the groups. (Find it here). I hope we can decipher this research to be true and act appropriately before any more lives are lost.

The Victorian Corona financial cost with 13% unemployment far exceeds other states. Melbourne is in a state of mental health emergency. Mental health commissioner CEO Christine Morgan agrees, but what are we all to do about it?

### **If you or anyone you know needs help:**

Lifeline on 13 11 14

Kids Helpline on 1800 551 800

MensLine Australia on 1300 789 978

Suicide Call Back Service on 1300 659 467

Beyond Blue on 1300 224 636 or its COVID-19 support service 1800 513 348

Headspace on 1800 650 890

ReachOut at [au.reachout.com](http://au.reachout.com)

Care Leavers Australasia Network (CLAN) on 1800 008 774

Brother to Brother on 1800 435 799

Watch Jordan Peterson - [The Secret To Becoming Mentally Strong.](#)

## The Revolving Crises

Let's highlight a stages of ego development model to unpack a conversation with many views. As a psychologist in general private practice, I attempt to hold every developmental view, whilst nudging a client toward more awareness of the multi-level defensive stance, with the ultimate goal of finding safety, passion, loving kindness, humility and deep adaptation within this context of impending catastrophe.

Here are our present risk factors in combination.

- decline of natural resources, particularly water
- collapse of ecosystems and loss of biodiversity
- human population growth beyond Earth's carrying capacity
- global warming and human-induced climate change
- chemical pollution of the Earth system, including the atmosphere and oceans
- rising food insecurity and failing nutritional quality
- nuclear weapons and other weapons of mass destruction
- pandemics of new and untreatable disease
- the advent of powerful, uncontrolled new technology
- national and global failure to understand and act preventatively on these risks.

### Surviving and thriving in the 21st Century

This last point is of particular interest. If there is a silver lining in these crises, (let's just call it *the crisis*) we have an opportunity to face a deep inner shame associated with a loss of connection with our self, the ones whom we are meant to be close to and our loss of connection with the environment. It's an opportunity to turn inward and feel a loss, which as a culture, we generally defend against feeling; Grief. For the purpose of this paper I have used Erik Erikson's ego development stages, to unpack our unconscious defences from 0-6 years old and then jump to old age and existential identity.

Age	Conflict	Resolution	Cumulation in old age
<b>Infancy (0-1)</b>	Mistrust vs. Trust	Hope	Appreciation of interdependence and relatedness
<b>Early childhood (1-3)</b>	Shame vs. Autonomy	Will	Acceptance of the cycle of life, from integration to disintegration.
<b>Play age (3-6)</b>	Guilt vs. Initiative	Purpose	Humour, empathy, resilience
<b>School age (6-12)</b>	Inferiority vs. Industry	Competence	Humility; acceptance of the course of ones life and unfulfilled hopes
<b>Adolescence (12-19)</b>	Confusion vs. Identity	Fidelity	Sense of complexity of life, merging of sensory, logical and aesthetic perception.
<b>Early Adulthood (20-25)</b>	Isolation vs. Intimacy	Love	Sense of complexity of relationships: values of tenderness and loving freely
<b>Adulthood (26-64)</b>	Stagnation vs. Generativity	Care	Charity, caring for others, agape, empathy and concern.
<b>Old age (65-death)</b>	Despair vs. Integrity	Wisdom	Existential identity; a sense of integrity strong enough to withstand physical disintegration

Most spiritual contemplative traditions and indigenous approaches speak of a unity of inner and outer life, and the need to match a holographic image to return to unity with nature to resolve modern anxiety. This resolution requires today's psychologists to fine tune this skill set by taking a multi-perspective birds eye view of health, whilst at the same time knowing ones own defences toward anxiety so as not to infect the room with this greater and unspoken dis-ease or infection. The same is true for anyone in power and leadership.

## The Wisdom of Defence Mechanisms

“A fever is a coping response, not a sign of illness” - George Vaillant

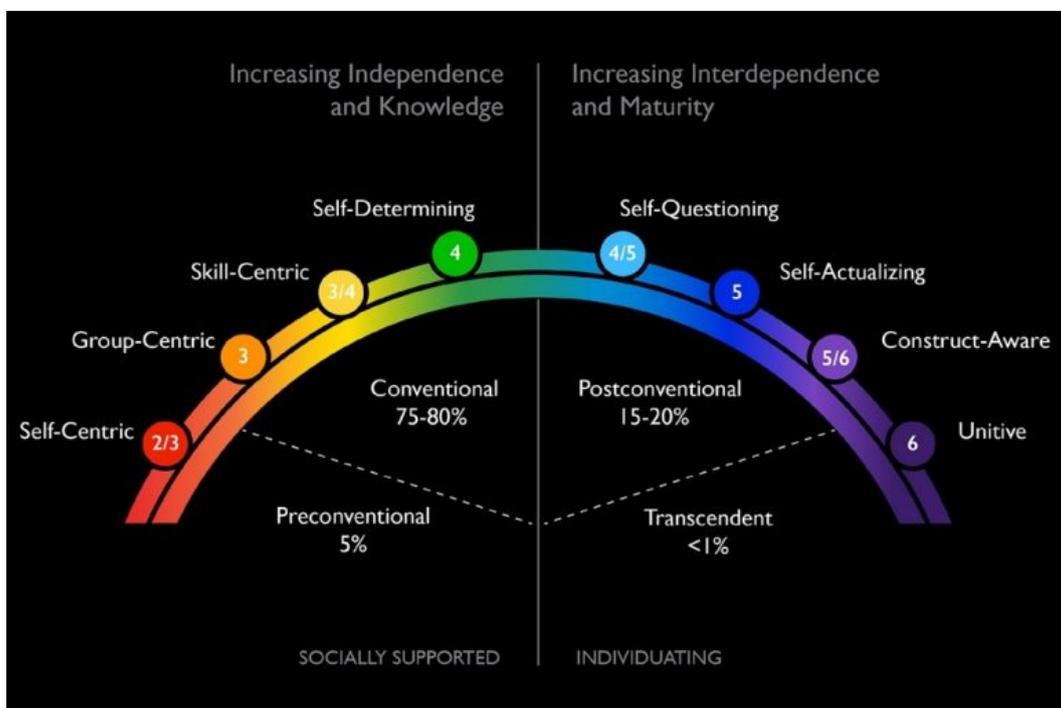
When possible death is a threat at a time of crisis, defences emerge, to defend against a threat to our survival (Flight, Fight, Freeze and Appear). The question becomes,

- How aware are we of our defence mechanisms, as a line of intelligence?

Learning about our defences is the ticket for ego development. Each level of self development has different types of defences.

The above is a complex question, answered via a multiple perspective lens. Let's begin.

I will also use Susanne Cook-Greuter's model as another version of vertical ego development ([Youtube](#)). Let's now overlap ego development with George Vaillant's Defence Mechanism Categorisation. His model was developed in the late 70's so we now have more to add to the 4 categories.



Susanne Cook-Greuter's Stages of Ego Development

Consider Pre-conventional 5% stuck in more severe pathological defences (red-2/3). These defences allow one to not have to deal with anxiety or the reality which produces the anxiety. Now consider where we as conventional society generally sit. 75-80% of our *ego defence development* resides at the conventional levels with either immature defences (3-orange), neurotic defences (3/4-yellow) or mature defences (4-green).

**Red-2/3** pathological defences include Conversion, Delusional projection, Denial, Distortion, Extreme projection, Splitting and Scapegoating.

**Orange-3** immature defences include Acting Out, Fantasy, Idealisation, Introjection, Passive Aggression, Projective identification, Projection, Somatisation and Wishful thinking.

**Yellow-3/4** neurotic defences are less harmful and problematic but can still fracture relationships. The simple definition of neurosis is feeling anxious but not really knowing why? These include Displacement, Dissociation, Hypochondriasis, Intellectualisation, Isolation, Rationalisation, Reaction formation,

Regression, Repression, Undoing (apologising), Upward and downward Social comparisons, Fusion/ Psychoneurosis and Withdrawal.

**Green-4** mature defences are more positive and achieve social acceptability. They also relieve tension, but are still defending against anxiety; Acceptance, Altruism, Anticipation, Humour, Identification, Sublimation, Thought Suppression and Introjection.

Note for example in Erikson’s stages, humour begins between age 3-6 years old. The beginnings of mature defences start early and are not associated with age, but rather reflects regulation capacity in the context we find ourselves in.

When thinking about where our own centre of gravity resides as individuals, we can ask the questions, what is my primary mode of defence when at my worst, when under stress? And how long do I stay at my worst and *do nothing* to shift it? Most of us do all of the above defences in differing contexts, but character is often measured when at our worst. Character is also measured by ones awareness of defences. Humour is the first sign of this awareness. Some developmentalists say this is the stage we start becoming human (stage 4), or conscious, or co-creating with the unconscious drivers namely fear, anger and desire.

The current group polarization of vax vs. anti-vax brings up many questions about morality and ethics. Political philosopher Hugh Mackay points in *The Kindness Revolution, Australians have developed a healthy mistrust toward authority*. Benjamin Franklin asserts ‘*the first responsibility of every citizen is to question authority*’. Those silent introverts (*The personality TYPE with more focus on the inner life - Im an INFJ - we make up 2% of the population*), construction workers, freedom fighters, nurses, educators and truckies whose autonomy (*freedom from social pressure*) far exceeds the value of conformity, are growing in number, and many of which are at the cutting edge of reform whilst to varying degrees have achieved refuge, sanctuary and immunity from the need to be liked or to ‘belong’ (Stage 5/6 below) to a conventional level 2 morality.

Here are Kohlberg’s stages of moral development. Stage 5 touches on autonomy and true democratic reform, but also notice what happens when rights are taken away. Are individuals having the vaccination to avoid more lockdowns (Stage 1), or simply getting the jab to go back to work (Stage 2), forced by shame to get the jab (stage 3), or totally trust and uphold all associated law (Stage 4). Christian Elliot in deconstructing conventional gives 18 reasons why he won’t be getting a Covid Vaccine.

<b>Level 3</b>	Post-conventional	Stage 6: Self-selection of universal principals Stage 5: Sense of democracy and relativity of rules
<b>Level 2</b>	Conventional	Stage 4: Fulfilling duties and upholding laws Stage 3: Meeting expectations of others
<b>Level 1</b>	Pre-conventional	Stage 2: getting what you want by trade off Stage 1: Punishment avoidance

And what of those whose anxiety associated with death is minimal, or those who see society as unhealthy and cannot measure an untailored union with it as a mature goal, or those who trust in their own immunity to fight the threat all the way from ALPHA to DELTA, or those who simply wan’t a traditional vaccine as opposed to a modern tech vaccine (Stage 5/6). Some might say it’s a dangerous combination of traits. Or is neurotic Hypochondriasis (Stage 3) duelling with an immature hidden Inflation (Stage 2 - *closeted narcissism*) which has a spiritual power to cheat even death. In other words, how do we differentiate between pre-personal defences such as narcissism, personal defences such as intellectualisation and transpersonal defences such as psychic inflation or archetypal fragmentation, whatever those are? Can we unravel the Gordian knot of the pre/post fallacy?, when pre-conventional and post-personal morals can look the same on the outside, but feel very different on the inside.

Ken Wilber posits the general 25%-50%-25% guideline. The majority of our development is in the middle at the 50% conventional level with 25% pre and 25% post moral development level. When we line up moral development with cognitive development, we know that smart people can often be very immoral and even evil. When we line up moral development and cognitive development with the defence line of intelligence (ie doing therapy) it is hypothesised here that we evolutionally move right, by revolutionarily shifting the

percentages from 20%-40%-40%. With this distribution we begin to crack the code to unblock the pre-personal stagnations within Erikson's deep hope, will and purpose, and a new conventional morality is formed.

From the analytic angle, naming and uncovering our immorality or unacceptable parts is the most crucial goal for integration and wholeness. Speaking of these unacceptable parts in the therapeutic room is essential to growth and individuation which mends the original split between unconsciousness and consciousness or post-modern conventional culture and nature.

Stage 5 moral reasoning asks *what is the appropriate level of being good vs. doing what is right?*

- *Individual rights determine behaviour.*
- *Laws are still flexible tools for improving human condition and alternatives should be considered.*
- *The balance between freedom and restraint are sought in a society now full of restraint and losses of freedom.*

We go into the array of defences when we are threatened, confused and anxious, or all of the above. Society is in the '*all of the above*' category. We are in the midst of a pre and post conventional clash.

In the stages of development model, in crisis we either go in (regressing from 25% to 30%) toward the more selfish aspects of that stage of development, or push out and find higher reasoning and morality. The challenge of higher reasoning requires an understanding of more perspectives and awareness of all of our defences. In this context of climate crisis and the pandemic, the conventional ego/ethnocentric 80% majority of society are a leading voice in conventional morality. It makes sense that 80% is the target for vaccinations. But stage 4 conventional questions are still requiring answers

- *Is conventional morality acting too slowly to climate change or to pandemic crises?*
- *Did conventional morality respond to an emergency in the best possible way?*
- *Is conventional morality regressing into immature defences of denial, distortion, intellectualisation, displacement and regression when it comes to climate change and/or pandemic debates?*
- *Is it natural to have a mistrust in authority? Do we throw the baby out with the bathwater when considering protest movements such as XR (extinction revolution), QAnon and others who attempt to reset a cultural narrative?*
- *Is it possible to cater for the inevitable societal split between 2 camps, the deniers of truth and the truth holders and unpack the scapegoat mechanism before it happens?*
- *Can the Drama Triangle be applied to the societal level, or is it too late?*
- *What happens when mature defences such as sublimating in the arts, humour and altruism go into standby (30%-60%-10%), when all resources and energy goes toward fear and survival?*

In response to this crisis psychologists can therapeutically facilitate deep conversations to process difficult emotions. Deep loss/grief and shame, feelings of extreme anxiety and disconnection, feeling neurotically disassociated, angry and cognitively dissonant. This enquiry leads to our capacity to notice our projections onto other. It's a primitive defence and one worth containing. Only then can we stop blaming and shaming the other. When the energy in motion (e-motion) is released, as it is in any trauma work, we move toward the mature defences and become more whole and embodied, and anxiety's grip around the heart loosen. Defences are caught in the body, they are hidden there internally in the unconscious, and await your remembering. This is especially important at leadership levels. It takes hundreds of years to develop democracy, to be lost in the blink of an eye?

Internal Family Systems Therapy might ask, *what is being protected and defended against? And can we invoke societies exiled part gently, so as not to evoke the fire fighters, whose aim is to annihilate any attempt of exposing its underbelly (loss of control)?* Any other approach will end in war. Ask shame or history, it will tell you this is true.

## Immunology

Australia has a depth of expertise to mobilise therapeutic monoclonal antibodies against COVID-19 that is second to none. Resting on the shoulders of research giants such as Nobel laureate Frank Macfarlane Burnet, Frank Fenner and Gustav Nossal, Australia has and is leading the research. In studying our DNA, we can know which immune response molecules are critical for controlling the virus. It also shows why some humans have a better immunity to disease and others don't. For example if you have a specific harmful gene (SH2D1A) you are prone to a pathological immune response or 'cytokine storm' also being observed during this pandemic. Studying why a bat is resistant to the virus leads to human resistance. So what is good for the bat will be good for us too. Bats symbolically represent our shadow. They also hold the key to our present health which requires a probe into the autonomic nervous systems genomic map.

Health requires the restoration of energy, but not toward strengthening the defences which leads to greater ill health. To stop the hormonal cascade leading to autoimmune disease we must firstly build a trusting relationship with the autonomic nervous system, secondly build emotional maturity, thirdly psychologically access our deep intelligence and lastly to partner up with libidinal desire via sublimation and creation. This ordered approach gently allows the body to restore and gives us the capacity to turn the energy toward lowering the defences and trusting our body, our self, culture and nature. The body is the vehicle for developing our relationship to the unconscious and to all of our defences. Stretch it out and see what opens for re-lease. Self regulation is about homeostasis, attaining the capacity to adapt to a new environment with equilibrium. Below lists 5 levels of immunity we can exercise.

### The accompanying treatment plan to support Immunology

*"Angels and archetypes live within the autonomic nervous system and are as subjectively real as any objective truth. Be interested in what they do or say"*

#### **Physical immunity as a front-line of intelligence. (Managing defence category 1)**

Driven to master the self and what is good (Plato/Kant). How aware am I of my 5 senses, body, kinaesthesia (Gardner), lifestyle and wellness (Cohen), my instincts (James/Darwin/Hebb), natural rhythms (Shainberg), naturalistic, environmental (Gardner), cultural, historical, developmental, corporeal needs (Vygotsky/Mead/Gebser/Wilber/Elgin/Kegan/Maslow), and the structures of loving equality (Hellinger)?

Anxiety can be expressed as a physical symptom (Conversion defence), from selective hearing to deafness, from tunnel vision to blindness, from numbness to paralysis. Anxiety can create a general adaptation syndrome and hormonal cascade, pumping adrenaline and cortisol directing energy to Fight/Flight/Freeze/Appease. Because the current climate is long term, individuals are experiencing Complex PTSD and emotional dysregulation where immunity will begin to turn in on itself. Some Dr's report 95% of deaths are caused by stress, anxiety and not sleeping well. So as an anti-vaxer you've got a better chance of surviving the virus by worrying less, relaxing and sleeping more. As a pro-vaxer there might be a better chance at survival, but not if you're stressed and anxious. It's called culture bound stress reaction or epidemic hysteria, a study of how certain groups, cultures and in this case, countries physically and politically react to anxiety. But either way, get an antiviral drug just in case. (Greg Hunt)

#### **Emotional immunity at the front-line of intelligence (Managing defence category 2)**

Driven to know thyself and what is unifying (Plato/Socrates/Aristotle). How aware am I of my full range of my energy in motion e-motions (Goleman) as a state and/or trait, namely my origins of Fear (Watson/Plutchik/Ekman), Anger (Freud/Kohut), Shame (Goffman/Brown) and Grief associated with early attachment/differentiation capacities (Bowlby/Anisworth/Kubler-Ross), affect regulation (Winnicott/Kohut/Bion/Fonagy), vulnerability, intimacy, compassion, empathy (Brown/Gottman) and state training (Wilber) to turn positive states into lasting traits?

A lack of emotional regulation/resilience will cause general reactivity and a continual search for harmony outside of ones-self. This is the cause of all 30 defences mentioned in this paper. The big 4 primary emotions Fear, Anger, Grief and Shame are all triggered at times of crises.

### **Psychological immunity at the front-line of intelligence (Managing defence category 3)**

Driven to know the other and what is true (Plato/Kant). How aware am I of concepts, ideas, constructs, objectivity (Kegan), maths, logic, reason (Pythagoras/Kant/Plato/Piaget), spatial (Gardner), rationality, verbal, memory (Wechsler) financial, language (Vygotsky/Chomsky) and ability to think about the world and orally define what it is?

Epigenetics is the study of our Gene code. The genes are the library books. It's worth our while reading new books all the time and not just read the same style of book. Extending out of the comfort zones and into the zones of creating new hooks and schemata from which to create deeper meaning, with the eventual aim of converting knowledge into wisdom. Cells that fire together, wire together (Hebbian Theory). But as Erikson points out, this is determined by the epigenetic principal where our environment and surrounding culture influence how we progress through the stages. It's a biological unfolding in relation to our socio-cultural settings where progress through each stage is in part determined by our success, or lack of success, in all the previous stages. So let's step inward and study these unconscious drivers.

### **Libidinal Immunity at the front-line of intelligence (Managing defence category 4)**

Driven to creatively play with others in what is beautiful (Plato/Kant). With social, sexual, & libidinal impulse, how aware am I of what fuels desire (Freud/Kant/Lacan/Girard), attractions (Fisher/Housen), drive to socially connect (Perry/Selman), drive for sex (Perel/Freud), eroticism (Fortune), romance (Fisher) creative potential (Sternberg/Wallas/Kaufman), our collective group mind intelligence (Levy/Kerckhove) and discovery of healthy power?

Partnering up with desire via sublimation is Lacan's only antidote to transmuting the void (to create out of nothing. S.I.R). Sublimation is the junction between the Symbolic (the good), Imagination (the beautiful) and the Real (the true). It is the key to deep adaptation and will resolve the existential crisis we face. Development of the Symbolic and the Real (category 1,2 and 3 above) are necessary but not sufficient. Libidinal intelligence (the imagination) is the sinthome to the knot threatening to undo itself. A shroud-laid knot with 4 strands is stronger than 3. Libidinal intelligence (partnering with desire), is the middle aspect of the Borromean ring, a hypertrophy at the centre of the trinity. Our job is to open the caves gate and let joy/the bat fly in and out from the earths womb. There is no need to cut the Gordian knot of SARS-CoV-2 Genome to finds the bats best protection against its carried virus. We just need to decode it. Lacan meets virology. The same rings are again under the microscope (Latency). Phenomenology meets Ontology.

### **Spiritual immunity at the centre of intelligence**

Driven by harmony. How aware am I of my true identity (Loevinger/Cook-Greuter/Gilligan), gender (Wilber), intrapersonal inner life (Aurobindo/Underhill/Avila/Buddha/Wilber), energy source (Siegel/Shainberg) faith (James/Fowler) morals (Kohlberg), values (Graves/Beck) and unveiling paradox/existentialism (Frankl/Gardner)? What is my view of something greater and more inclusive from my unique temperament & intelligence psychograph (Wilber)? What is of ultimate concern for our future trajectory together? how should I/we act/not act? How are we all connected (Wigglesworth)? And what's holding me back from my true potential (Dweck/Witt/Wilber/Masters)? Of all the arts, I have added musical intelligence (Inayat Khan/Steiner) as a spiritual intelligence due to its vibratory nature (music of the spheres); the tone, timbre, rhythm, melody, pitch, sensitivity, creation, recognition, reflection, mathematical and emotional expression which, like SQ, requires the combination of all lines of intelligence.

Herein lies my hypothesis that moral (Kohlberg) and the defence line of intelligence (Wilber) are the fabric of the spiritual line of intelligence. Deep adaptation requires the converging of 4 lines of intelligence (Physical/Emotional/Cognitive/Libidinal) which in turn strengthens morality and builds capacity to enjoy having cups of tea with our exiled parts and defenders. Cognitive development is necessary but not sufficient. Cognition (rationalism) needs to develop in conjunction with partnering up with the autonomic nervous system (collective unconscious) and the big 4 emotions and their associated archetypes.

Here in lies the method to break psychoneurosis (intellectualising), and the failings of integrating emotion (repression). A lot hangs on toilet training (shame vs. autonomy). Australia needs to break the fusion with labile emotion, still caught in shame. From the outset, the first settlers brought smallpox through Sydneys shores and wiped out 70% of resisting Aborigines. In 1977 Frank Fenner the Australian Chairman of WHO found a way to eradicate smallpox, the greatest public health achievement in the history of the world. We had a debt to pay. Saying sorry is the way to process shame and find humility. Will we be waiting 200 years for the next collective contrition?

A spiritual level of intelligence might include regularly going to the church to pray, but it certainly doesn't include this quote I found representing Group-Centric stage 3...

*"Corona virus is spreading through synagogues and is a punishment from God because Jews don't follow Jesus".*

Victorian Church leaders are anxious about the mandate, fearing the creation of modern day lepers. 295 Victorian pastors want to reopen before freedom day. Has Dan Andrews defied his Roman Catholic obligations, turning a deaf ear to the wider Christian population? Has science replaced religion or is it about to resurge? 55% of religious people believe god will protect them from infection. Will religion be a refuge or problem in the current context.

The following exercise I give clients is an example of practicing spiritual immunity.

*Think of a bird flying, it has 2 wings. The left wing is called forgiveness and the right is called gratitude. The body of the bird is called acceptance (non-avoidance). To fly straight, we say 3 things we forgive (in self or other), 3 things we are grateful for (in self or other) and 3 things you accept (in self or other). Do this 3X3X3 for 7 days and let's talk about it next session.*

The blurb that goes alongside it is 'we need to manage shame, anger, fear and grief via forgiveness and also manage the positive stream of Joy associated with our breakthroughs via gratitude. If we get caught not flapping on either side, we spiral down and lose our flight or equilibrium'.

*Forgiveness, Acceptance and Gratitude* are the footholds into deep adaptation, to be used at every developmental stage of maturation. Spirituality isn't about transcending or descending. It's about becoming more integrated and whole and aware of defences and unintegrated hidden parts. That journey does not have a start or end point. No-one is higher or lower, more expanded or contracted. But there are those who are more aware of particular stages than others, and can help others. There are also higher values, morals and ethics; the sacred touching the profane.

## What Therapy When for Deep Psychological Adaptation

To use the ladder metaphor, there is the ladder (stages of development), the climber (Ego), the view from the rung, the energy required to get from one rung to the next, and lastly, the help one requires to get to the next rung. Our job is to firstly help clients free up the energy via working with their defences to strengthen this particular line of intelligence and secondly to gently redirect the energy so the energy doesn't go toward maintaining the defences with stronger firefighters. If we are to measure spirituality it could be done via the greater number of perspectives. To add to this measurement would include the level of action, capacity and responsibility one takes to support ones-self and others to do '*the therapeutic work*'. As Steiner alludes, self-development is mainly a question of will, injecting life force into that which is stagnating. Will is strengthened when we align with the 3 admonitions. *The beautiful* "Imbue thyself with the power of imagination", *The true* "Have courage for the truth" and *The good* "Sharpen thy feeling for responsibility of soul". So the question becomes, 'How do we support WILL development'?

Anais Nin put it well, aligning with Anna Freuds view. "*We do not grow absolutely, chronologically. We grow sometimes in one direction, and not in another, unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present and future mingle and pull us backward, forward or fix us in the present. We are made up of layers, cells, constellations.*". As Carl Jung said "No tree it is said, can grow to heaven unless its roots reach down to hell". As Ken Wilber said "Some developmental lines have omega points, and thus pull; some are more causal. And thus are pushed; some are spiral, and run in circles; some are mandalic, and unfold from within. But the self - the poor lonely self - has to juggle them all, to the degree he can" (pp.228). Walt Whitman adds, "Do I contradict myself? Very well, then I contradict myself, I am large, I contain multitudes", and George Vaillant agrees "It is all too common for caterpillars to become butterflies and then to maintain that in their youth they had been little butterflies. Maturation makes liars of us all."

So to push the metaphor, imagine when climbing the ladder, this is your ladder, it's not Jacobs or any functional goal oriented thing to climb. Our 4 limbs are on 4 different rungs, but continually moving up and down, always requiring attention to safety. If the viewer is on one rung only, the ladder will fall. An even distribution of weight is required. The more times you go up and down, the more courage and flow can be explored. As the helper, we hold the ladder to provide safety for the climber, whilst letting the climber know if there is an *overcompensation*, climbing with too much energy (fight), or *avoiding* getting on the ladder (flight), or when giving up and *surrendering* whilst on the ladder and unable to take that next step up or down (freeze). The 18 schemas in Schema Therapy hang from these 3 maladaptive coping styles. Or when managing the social defences, to identify the appeasing of the therapist, mum, dad, friends and/or society.

In summary, to therapeutically support embodiment, will development, empathy and sensitivity, we can use

- *The Good* (Responsibility) to transmute the flight response (*to manage anxiety*)
- *The True* (Courage) to transmute fight response (*to manage anger*)
- *The Beautiful* (Imagination) to transmute the freeze and appease response (*to manage grief and shame*)

For strong immunity, building defences are a part of an alchemical process of coagulating a positive force (Proton) and a negative force (Electron) with a neutral force (Neutron).

Firstly...

Step 1. Stir in a portion of Fear (Flight), Anger (Fight), Grief (Freeze) and Shame (Appease),(negative force; *4 Beautiful Electrons*)

Step 2. Stir in 1 tablespoon of Forgiveness (to transmute the negative force)

Step 3. Add 1 cup of Acceptance (to neutralise the defence force; *1 Good Neutron*)

Step 4. Stir in a portion of Confidence, Calmness, Creativity, Clarity, Curiosity, Courage, Compassion and/or Connectedness (positive force; *IFS's 8 True Protons*)

Step 5. Stir in a tablespoon of Gratitude (to transmute the positive force)

Step 6. Simmer for 1 session and allow sub-atomic sediment to settle for 1 lifetime.

- A healthy flight response (fear-anxious attachment) transmutes to safety
- A healthy fight response (anger-ambivalent attachment) transmutes to passion
- A healthy freeze response (grief-disorganised attachment) transmutes to loving kindness
- A healthy appease response (shame-avoidant attachment) transmutes to humility

Fear is the bottom bead on the string in the above order of defences. But as nature is squiggly, development is not linear. That is, development is sloppy in real-time.

In search of a better metaphor, whether it's 5, 7, groups of 7, 9 or 10 developmental rungs, or one rung for every week, month or year of life, consider climbing up and down the ladder multiple times every day. The height of the climb or descent will be determined by the context. I like the metaphor of eventually finding a stable ladder in a library, especially as one gets older when warned against climbing ladders, one which goes up and down as well as sideways on wheels. You can reach so much more in-form-ation this way.

There is a different therapeutic support system at each stage of development, (see module The Psychology of Spirituality. What therapy When? P9) but for the purpose of this paper my attempt is to...

1. Bringing awareness to the 4 defence categories which play a significant role in ego development
2. Free up energy to get to the next stage of individual or societal development
3. Identify some major footholds to support this lift.

Also see Rowan and Wilber for the different therapies to treat different levels of defences.

### **The internal and external Climate change**

At the time of writing this paper, Australia has an earthquake with a 5.9 magnitude. The largest recorded in the modern instrumental era. I had a dream when beginning to write this paper '*my partner pulls out a mother bat from my mouth, then suddenly a cauldron of bats exit my mouth in a cloud, free to fly into the daylight*'

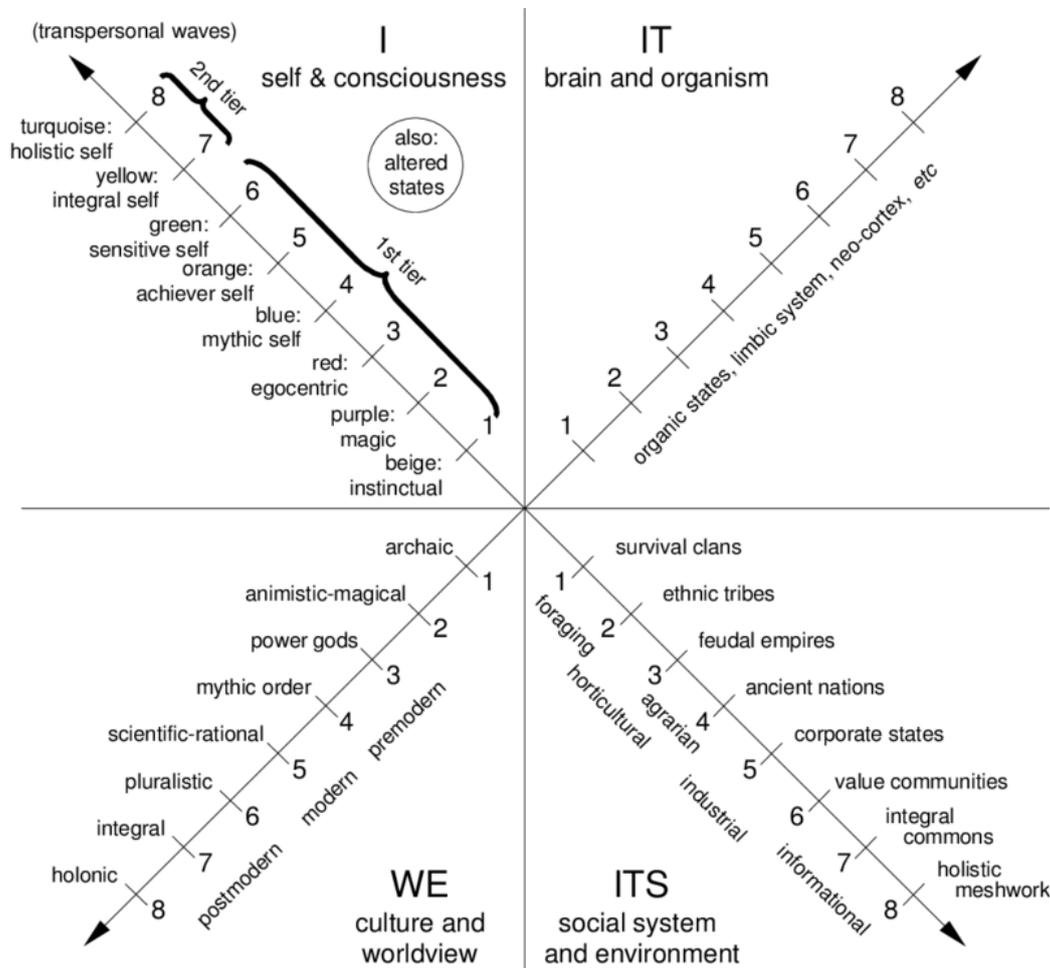
Corporate initiatives more often lean toward resilience rather than sustainability. The Stockholm resilience centre (2015) explain "resilience is the capacity of a system, be it an individual (upper left), a forest, a city or an economy (lower right), to deal with change and continue to develop... where humans and nature are coupled to the point that they should be conceived as one social-ecological system". "Psychological resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioural flexibility and adjustment to external and internal demands". (APA dictionary). Whether we call it development, progress, outcome driven, adjustment, flexibility or adaptation, we are always internally very different on the other side of having become resilient. It's a mature defence applied in times of external crises and does resolve deep inner anxiety. Fear drives evolution.

Integral theory uses quadrants, levels, lines, states and types to explore the whole human being. This paper focus's on Quadrants below, levels of development and lines of intelligence. States and Types are not discussed.

Now that analysts are concluding that industrial societal collapse is now likely, inevitable, or already occurring raises what Jem Bendell (2020) has referred to as the 4 R's, a conceptual map of deep adaptation for managing the inner life. *Resilience, Relinquishment, Reconciliation and Restoration*. Let's include these 4 into the mature defences category as a way to manage anxiety for the benefit of our inner and outer community. Recent research suggests that within a 10 year period, human societies will experience disruptions to their basic functioning due to climate stress. Such disruptions include increased levels of malnutrition, starvation, disease, civil conflict and war. Whether society completely or partially collapses within this decade, the 4 R's will certainly if nothing else, help those going through existential crises.

It is also worth considering that those experiencing a Catastrophobic outlook (*crippled by collective fear*) is an indicator of an existential crisis in need of a specific style of therapy. Erikson's Isolation vs. Intimacy and Despair vs. Integrity stages require an opening to the real, to being, to the finite, facing the limited mortal self with support which encourages higher interiorization of consciousness. Therapy continues to ground autonomy and authenticity that provides existential meaning to combat dread, angst, inauthenticity, a flight from finitude and death, existential depression and assists clients to not forget their centre which is about connection and intimacy, not isolation.

Our job is to encourage the finding of meaning with a weight toward deep radical inner subjectivity as opposed to objective flatland. To know that interiority is where ones centre resides. To re-member our history, both personal and primitive. Therapies include Humanistic and Nature based approaches which challenge narcissism by behavioural corrections as well as challenging specific defences to encourage the movement toward embodiment and the movement from knowledge to wisdom.



Wilber's Holon capturing A Theory of Everything

Positive psychology suggests we need at least 7 positives to reverse a single negative thought. This is due to our genetic knowing that catastrophes do occur. Civilisations do collapse, earth cycles do occur. [The 2018 Pew Research global survey](#) revealed that only 9% of the population disagree with the idea that climate change presents a catastrophic risk. All the graphs from 11,258 scientists from 153 countries 'tell it like it is', warning humanity of this threat ([Ripple, et al. 2020](#)). But end of days thinking/sensing is about the change which occurs when confronted with a dark point before dawn, death followed by a renewal of life.

That dark point is meaninglessness, aloneness, loss of connection and intimacy with ones inner life and ones outer life, resolved via *hope, will, purpose* and *wisdom* (Erikson). This stage of development whether individual or collective, on the inside or the outside, requires existential therapy. This therapy is for the ego extending stage to cross the bridge from stage 4 to 5; to individuate into 2nd tier.

## Discovering Mature Defences for Existential Therapy

*Resilience*: Asks how do we keep what we really want to keep?

*Relinquishment*: Asks what do we need to let go of in order to not make matters worse?

*Restoration*: Asks what can we bring back to help us with the coming difficulties and tragedies?

*Reconciliation*: Asks with what and whom can we make peace with as we face our mutual mortality?

With lockdowns comes financial pressure and a 4.3% rising divorce rate. When under stress and anxiety, those closest to us are the ones projected upon. The psycho-analysts are concluding that like societal collapse, couple collapse is now likely, inevitable or already occurred. Gottman's 4 horsemen of the apocalypse; criticism, contempt, defensiveness and stonewalling sometimes feel synonymous to the piper riding the first horse, the second is war over limited resources of water and land etc, the third is famine and loss of wealth/equality and the fourth rider is climate changes hot/cold temperatures, riding to kill off 1 quarter of earth's inhabitants. Rene Girard has another version. The latest statistic is 5 million deaths attributed to climate change per year. That's 10% of all deaths. Another 10% is attributed to COVID since January 2020, so the decreasing of the population has begun. All systems, including the earth have a tipping point on the scale of giving and taking.

Moral Panic leads to Existential shutdown. The Scapegoat mechanism is at play. Shutdown occurs when outside forces become too combative and connections are broken. Yet to re-evaluate our current climate context, it is not too late for individuals and couples to detect disaster or face their own existential conflicts. Financially, the good news is the Reserve Bank of Australia reports stable economic bounce back by the December quarter, and back to pre-delta growth by mid 2022, with low interest rates remaining till mid 2024. We can wonder for how long will this third steed called mass hysteria remain in the stable. Or is it called *the failure of capitalism*? The scales held by the rider equate the imbalance of wealth distribution, where the exponentially rising 2755 billionaires just got 62% wealthier during the pandemic (Institute for policy studies) whilst over half the global population (4 billion people) are now living in poverty (GHRP COVID-19 Progress report), and the pandemic is still running its course (The inequality Virus)(Oxfam report) and will likely take a decade or more to make an economic recovery.

The failing of democratic stability or democratic capitalism would cause deep anxiety for most Australians. For the first time in history since world war II, the tipping point on the democracy index arrived in 2020. Of the 167 countries, 48% are democratic (full or flawed) and 52% range within either hybrid or authoritarian regimes. Australia is currently in a nation wide crisis of trust vs. mistrust.

Erikson's infantile stage (0-1 years old) brings up a very primary defence system as does the toddler stage (1-3 years old) autonomy versus shame and doubt. At the toddler stage the child is trying to master toilet training, hence the rush for toilet paper at times of pandemic anxiety. It's also a time when failures are welcome, not punished. The question becomes, *can Australia reach the age of 3 years old, the Initiative vs. guilt stage?*

Vax questioners (the majority of Australia) could then ask questions about the current climate without critical and condescending pseudo parenting responses which lead to followship demands and feelings of guilt after being sent to ones room for wrong cognitive processes (Piaget's pre-operational suppression) leading to a loss of purpose. I suggest having a public debate on ABC's qanda, to see if QAnon has any wings. Christiaan Van Vuuren's Big Deal (ABC iview) makes for great debate. Any government protocol triggering shame or guilt will lead to violence, so good advice from a psychologist is '*stop mandates and offer alternatives before Melbourne or The World erupts*'.

We need 1.8 Earths to sustain the growing human population. The Australian population needs 4.8 Earths, the second largest ecologically heavy footprint behind Kuwait at 5.1 Earths. With the crude death rate presently at 60 million per year, climbing 1 million every year, pandemic excess mortality show higher death rates (p-score), but not enough to correct a civilisation and it's unsustainable discontents. Freezing the birth rate (140 million births per year) over the next decade might do it. Has or is this being considered?

## Work for the couple:

Imago therapy's 5 R's help re-integrate toward intimacy, healthy dependence and a mature relationship with anxiety. So yes, dis-connect, but it might be time to re-connect again. My advice is, stay together but use contraceptive; Or get the jab. (*that's not humour yet*).

*Re-imagining* your partner as a wounded child

*Re-romantisizing* your relationship, through things like appreciation, caring, fun and pleasurable surprises.

*Restructuring* your frustrations through converting complaints to requests

*Resolving* your big 4 emotions (fear, anger, grief, shame)

*Re-visioning* your relationship as a source of safety, fulfilment, passion and joy.

Another version of the 5 R's for healing relationship trauma r, Revelation, Remorse, Remediation, Restitution and Re-bonding. Or as Hugh Mackay might add, just listen attentively, apologise sincerely and forgive generously and that should help with the difficult conversations we all need to be having right now, as a way to access our revolutionary capacity for kindness.

In Kabbalah's study of the Aleph-Beth, 'R' is the letter which means 'from the centre, irradiating light as Will'. Stack 4 or 5 R's together and they shine as a treatment plan. Jacques Lacan understood the unconscious is similar to the way we decipher language. If all letters and words carry secret teachings, we might say that within this existential c-ris-is-the-o-port-unity-to-syn-chronistically-co-inside-to-gather-rising-to-an-other die-men-shun-with-spiral-led-ear-to-h-ear-in-f-ear-with-a-g-old-h-ear-t-in-to-second-t-ear.

Language, Dreams, Metonyms and Metaphor are used to gently unravel our defence against the existential void. I agree with Lacan. The only successful defence mechanism to resolve the anxiety, the terror and the feeling of disconnection within this existential emptiness is via *sublimation*. That's why we write/create. To make order from chaos, partnering with the one and only original creative evolutionary libidinal impulse and intelligence; desire. Prose, Poetics and Metonym are handicapped in conventional academia, unless used to make a precise and relevant point to the subject matter. And the point is?, we psychologists are here to support higher interiorization of consciousness at times like this to support inner r-evolution.

## Work for the individual:

In existential crises hangs *the Ch-ris-t or Savior complex*, or *delusions of grandeur*, to *split off* from fear itself. But successful transformation of this stage requires passing through fear and rising again, with courage and integrity, into second tear/tier (Cook-Greuter's stage 4 to 5) with a *Will* more closely aligning to bestowal. Splitting off from the big 4 emotions (fear, anger, grief and shame) is the defence (*psychoneurosis with the volume turned to 10 - capital R or D pressed*), which basically means splitting off from everything that makes us human. This is why this paper becomes important within the context of a societal crisis. We need to *try on* disconnection as a coping strategy, but hopefully this stage of defence doesn't last long. When disconnection becomes the only defence available, suicidality becomes a risk. A complacently justified act detectable by an absence of fear/anger/grief/shame, to be taken much more seriously than defences expressed from developmental stage 2.

Between 2020-2021 over 989 Victorians have taken their own lives compared to Victoria's 1021 COVID related deaths. Nearly 1 in 10 Victorians are seriously considering suicide during lockdown. The AIHW believe the rise of suicides are unrelated to the shadow side of COVID. Since the mid 1800's, suicide rates steadily rise with population growth. From these statistics together we could make a point that isolation vs. connectedness is a continually growing concern in our culture.

It cannot be argued against, that extended COVID lock downs risk exaggerating an already exacerbated cultural or personal isolation and further disruption to rapprochement, especially when considering inadequate on-line learning platforms which conceals the greater issue of the younger generations need for social re-connectivity and the exploration of identity outside of the confines of home life. Modern aloneness is the child of capitalism (Alberti). The antidote is unity via safety.

The poetic analyst might conclude COVID as the father disrupting the suckling on capitalisms overflowing breast, exposing its weakness of perfected functional mothering. Is it concerning when the word 'connectivity' has more association to (*IT*) internet than it does to another person (*WE*)?

## **The Formulation and Treatment of Anxiety (Complex Collective Post Traumatic Stress Disorder)**

### **What are my defences protecting?**

To gently go into each defence and category one at a time

Level 1- I am protecting myself from annihilation

Level 2- I am protecting myself from feeling unsafe and unstable

Level 3- I am protecting my loss of autonomy

Level 4- I am protecting my loss community harmony

These levels are entry points into our protective mechanisms. For the benefit of character and moral refinement, on the other side of trauma, we are stronger.

When we bring awareness to our defences or autonomic nervous system, this becomes a spinal line of intelligence. We begin to understand what we are defending.

This identification process allows a re-evaluation of our identity and is an opportunity to

1. Find **hope** by returning to trust versus mistrust 0-2 years old (Level 1/2 defences).
2. Strengthen our **will**/desire toward the good, the true and the beautiful by returning to shame versus autonomy 2-4 years old (Level 1/2/3 defences).
3. Re-member ones **purpose** by returning to guilt vs. initiative 4-6 years old (Level 1/2/3/4 defences).

My diagnosis for Melbourne's issues are Complex Collective Post Traumatic Stress Disorder. Like Norway, Singapore and many other countries, we have reached complete fatigue, vaxed or unvaxed. It's now time to unpack the effect of having had the longest and harshest lockdown on the planet. We are all beginning to ask many questions about this trauma, conditions set upon a culture similar to those in war conditions.

A recent survey shows now 27% of Victorians are in high levels of psychological distress when being asked to take the vaccination. Attempted suicides in young Victorians teenagers has now soared 184% in the last 6 months. We can't ignore the national emergency intervention having risen by 99% which includes children as young as 5 years old reaching out for help. The pressure on the psychologist to carry this fallout is too much. There are not enough of us.

### **Action plan**

Breathe deeply...

*Resilience*: Keep what you really want to keep

*Relinquishment*: Let go of things in order to not make matters worse

*Restoration*: Bring back something to help us with the coming difficulties and tragedies

*Reconciliation*: Make peace with others as we face our mutual mortality

Be strong and courageous Australia. We'll get through this and our great nation will become so much better than we had ever thought possible. Imagine into a great future. A land full of free and happy people. Religions will positively unite through this crisis, as will the world. This is big stuff. November might be a tough month for Victoria and I encourage everyone to stay calm and centred. Feel free to access the manuals on the webpage to facilitate finding your centre. Dream into loving this land and loving your community by showing local forgiveness, acceptance and gratitude. There is a lot of rage, grief, shame and fear within the community. Study the defences and make concessions for yourself and others, then return to Joy.