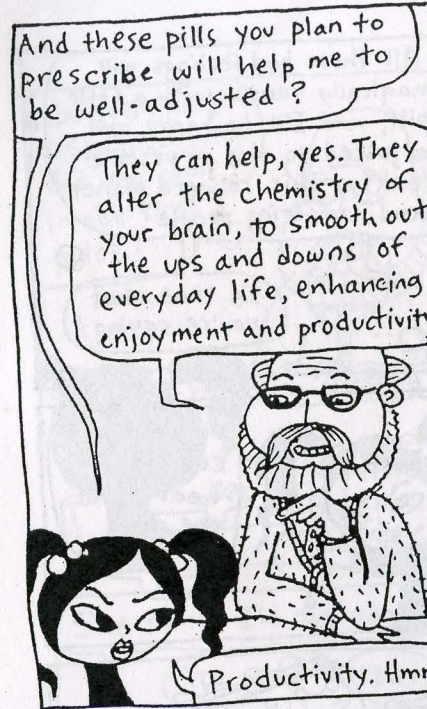
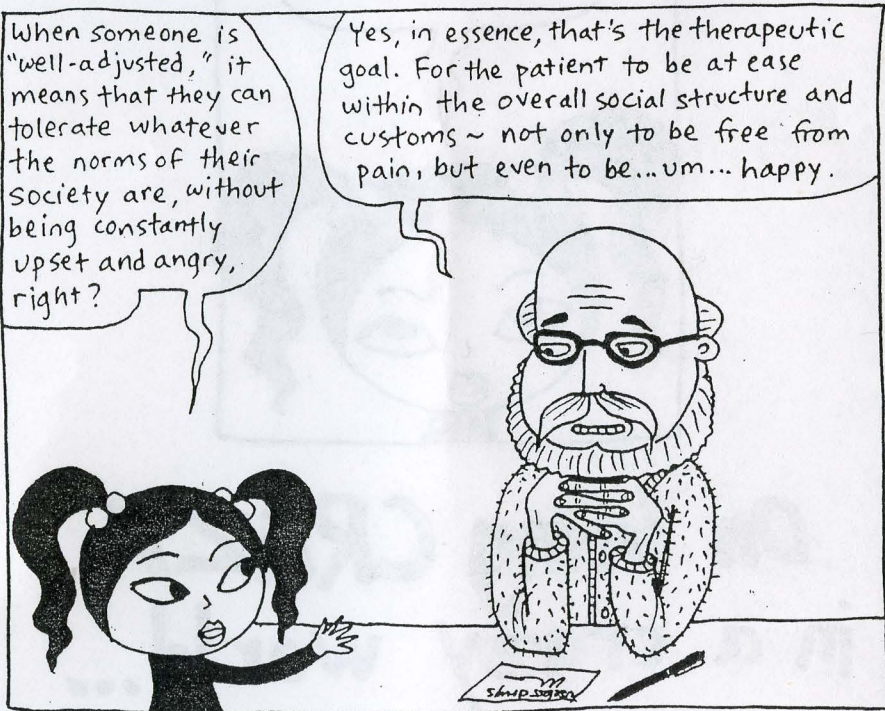
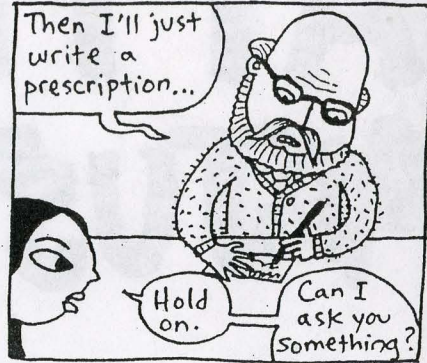


ATTITUDE ADJUSTMENT



On being **CRAZY**
in a crazy world...



The rage I feel about people being worked to death and still being unable to feed their families or afford health care, this anger will subside?



All these bad feelings will magically vanish with a little pill, and I'll be happy and adjusted to this gruesome reality, this ravaged planet and suffering people?

Is that what you're saying?

My sorrow, my empathy, my caring, my sensitivity ~ you want to kill all that so I'll be PRODUCTIVE, so I'll be more useful to the big capitalist machine, do I have it right?



Why not just cut out my heart and be done with it?

One moment.



Symptoms:
depression, paranoia, victimization/helplessness, anger issues, delusions of grandeur.
Diagnosis:
Totally fucked up.

I'm going to give you a bit of a higher dosage than I planned initially.



And if I don't want pills?

We, uh, we can work on your issues.



You seem very suspicious. Why did you come in the first place?



My friend Bananabelle asked me to.



I see.



She thinks I'm too angry.

Are you? No.

I can't help you unless you admit there's a problem.

There is a problem. It's just not with me. I have to find a way to stop the horrors.

What horrors? I don't see any horrors. I see a nice young woman sitting on a nice chair in a nice room. What could be nicer?

A world without vivisection.





I don't see any vivisection.

If it's not in the room, it doesn't exist?

I'm trying to get you to be in the here and now.

And the here and now includes our social circumstances, which in this case includes the fact that this culture is killing the planet.

You try so very hard to be unhappy. That must be exhausting. I'll bet you're tired and you just want to rest. I'm here for you to help you relax, to help you enjoy this moment.

Did you know that there are more than 200 dead zones in the oceans caused by the actions of the industrial economy?

Let's stay in this room. Do you see any dead zones in this room?

Seabird populations are plummeting across the planet.

I don't see any albatrosses here. I'm wondering what it is about you that causes you to not want to remain in this room. Are you uncomfortable in your body?

My body is fine. My body doesn't make me angry. Vivisection makes me angry. Factory farms make me angry. This culture makes me angry.

No one can make you angry without your permission.

If I punch you, that won't make you angry?

Do you want to punch me?

You need to breathe out those bad emotions, and breathe in only good emotions.

Anger against injustice is a bad emotion?

You're insane. Bonkers. Stark raving mad. You're crazy, and you're trying to drive me crazy.

I can't drive you crazy. No one but you can do that. Why would I want to drive you crazy?

If I'm a sane human being, I'll remind you that once you were a sane human being too, that you were an animal who felt emotions and who felt outrage at a system that is killing everything you hold dear.

It's not killing everything I hold dear. I'm quite happy. You're the one who seems upset.

You're too afraid and too small to even feel outrage at the system turning you into a drone.

Interesting. I don't see any "system." I only see you and me sitting in this room, talking about your anger. I see and hear you acting out a lot of hostility. Are you always like this?

Are you sure your anger really is at vivisectors? Are you sure it's at this thing you call "the system"?

How is your relationship with your father?

My father's got nothing to do with it.

Why don't you want to talk about your father?

Whether my father was wonderful or flawed or horrible is entirely independent of the fact that right now vivisectors are torturing monkeys, rats, dogs, cats, mice, birds, insects, that right now sea turtles are being driven extinct, that right now amphibian populations are collapsing...

How does your anger affect your social life?

I don't want to talk about my social life.

Are you uncomfortable talking about your social life because your anger drives away your friends?

I'm not angry at my friends. I'm angry at the things that make me angry.

I'm sure a smart girl like you knows what denial is, right?

Denial can run very deep.

Yes, it can.

How do you know that "the system" is not just an easy place for you to put the anger you really feel toward other people, and toward your difficulties with other people? How do you really feel about your father?

If my father were perfect the system would still be killing the planet.

Ah, so you acknowledge your father isn't perfect.

And it can cause a lot of pain for those unfortunate enough to come in contact with people in denial.

I am perfectly aware of what you are saying.

Well, do you want to stop causing the pain?

I want to stop the culture from killing the planet.

You seem to be obsessed with destructive fantasies, with what you call "dead zones" with what you call "torture." That's a lot of negativity to carry around with you. That would be awfully heavy. I would want to lighten that load by setting it aside.

Yes, you would.

And I'm concerned about all this affection you have for sea turtles and such. Sea turtles aren't your family. What do sea turtles represent to you in your own life, in your real life?

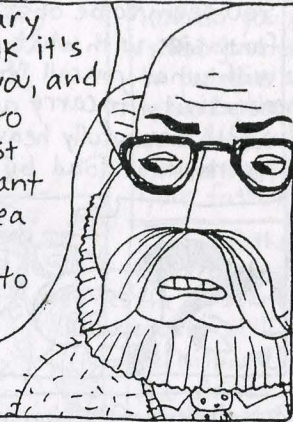
Sea turtles are real life. They aren't just projections of my issues.

It can be scary to care about another human who can reject you. Sometimes people are too scared to even acknowledge this fear, so they project this fear of personal rejection by other humans onto things like "sea turtles" and their supposed destruction by some "all powerful system."

At some point you have to give up those fantasies and live in the real world.

Sea turtles aren't the real world?

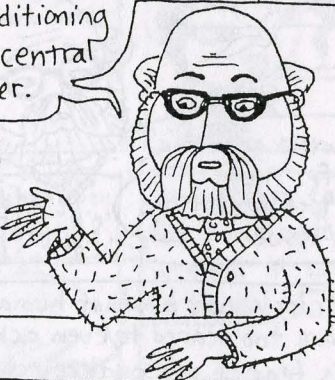
You see this big scary world, and you think it's going to destroy you, and you want someone to take care of you just like you say you want to take care of "sea turtles." But you'll never find someone to take care of you as long as you are this angry.



I don't want someone to take care of me.



I think you do. I think we all want someone to take care of us. And that's why we created this whole system. It gives us food and shelter and air conditioning in the summer and central heating in the winter.



No.



Just let go of your anger. Don't you see how pointless all of your anger at this "big bad system" is?

Why?

Because ultimately you can't do anything about it. So just lie back and enjoy what you can.



You'll be ever so much happier.



I get it now. I understand what you are doing.



I'm just trying to help you.

You're trying to get me to believe I'm helpless, that people really can't change things, that people really can't stop this culture from killing sea turtles and everything else.

Because if you can convince me not to act, then maybe your own inaction won't seem as horrid as it really is. And if you can convince me not to act, then I might not bring down this system that brings you tomatoes in January and air conditioning in July.



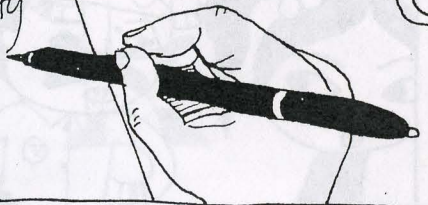
But more important than that, if you can convince me I'm helpless, maybe you can convince me I need your help.

How convenient for you!

Your fifty minutes are up. You can pay the receptionist on the way out.

Would you like to schedule another appointment?

Clearly paranoid, and a danger to self and others. She needs to be apprehended, for her own good and for the good of society



We have a report of an angry young woman. Refuses to listen to reason. Refuses to be sedated. Has been known to speak out against the social and economic system. Says it's killing the world. She is to be considered dangerous, and a potential terrorist. Be on the lookout. She has dark hair, dark eyes, and....



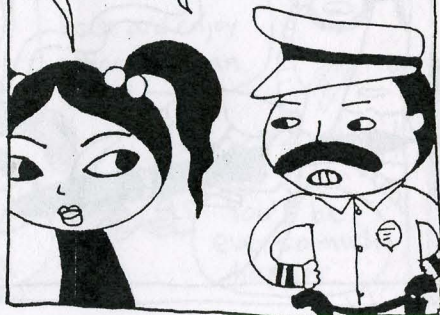
Excuse me, miss.

Yes?

We have reports that you've been expressing hostility toward "the system."

You don't?

I, uh, well, what?



You have more in common with me than you do with CEOs and politicians.

What's that got to do with anything? My job is to keep the streets safe.

Then why are you coming after me?

I, uh, well, the dispatcher told me to. It's my job.



Your job is to keep the streets safe for CEOs and politicians?

The dispatcher said you were dangerous.

Do I look dangerous?

You might be a terrorist.

Nazis called the Jews terrorists. If your boss told you to arrest me because I was Jewish, or Black, or left-handed, would you?

My boss wouldn't ask me to do that.

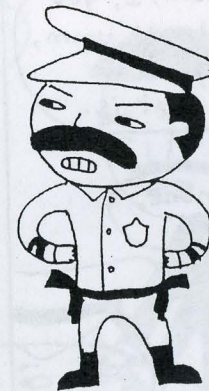
But if he did...

I, uh, well...

If your job depended on it.

I've got a family to support.

In other words...



I, um, only arrest people who are a threat to society.

How many polluters have you arrested?

What?
Why?

Has anyone you love been killed by cancer?

My grandfather and my cousin and my older sister. But what does that have to do with arresting polluters?

Cancer is mainly caused by the toxification of the total environment.

So how many polluters have you arrested?

Me, personally? Umm, since when?

Since forever.

well, I, um, I, you see, I don't, umm, not very many. lately, that is.

As in?

well, none. Ever.

And you were going to arrest me because I express hostility toward the system...

I guess this time I don't have to arrest you. This time I can let you go with a warning.

Just don't do it again.

Here's one more thing you must understand.

You, like everyone else, are an instrument, a tool, a tiny cog in a big machine. We all need to do our parts to keep this machine running.

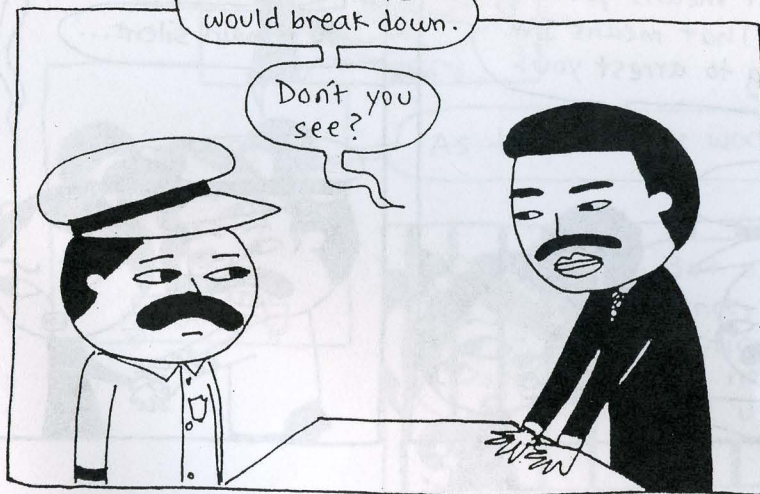
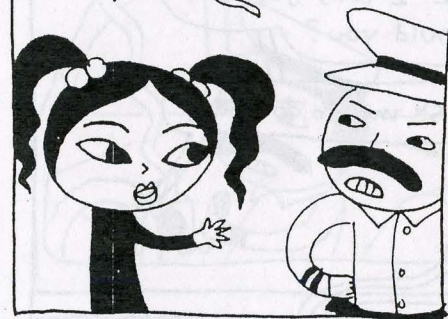
If too many gears get out of alignment or stop working altogether, the machine falls apart.

What would happen if the crankshaft in your car started thinking for itself, started thinking it didn't want to be part of a car, didn't want to drive you someplace?

What would happen if the sparkplugs started thinking for themselves, decided they didn't want to fire if you were going someplace they didn't approve of?

The machine would break down.

Don't you see?



I knew you'd be back.

How?

Because you're a tool.

I am NOT a tool.

I choose to do this.

Then you're a brainwashed tool.



You can say what you want, but it doesn't matter in the slightest.

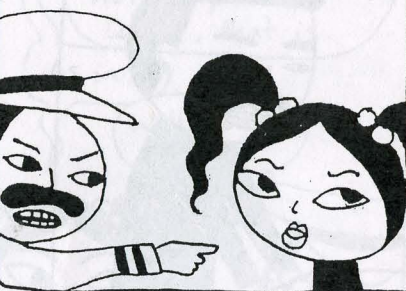
Because you have a gun.

Because I've got the power. Now, do you associate with [redacted]?

Does it matter?



You didn't answer my question. You're not being helpful. That means you're being unhelpful. That means you're against us. That means I'm going to arrest you.

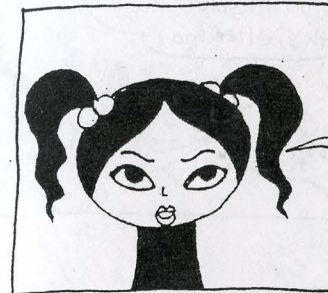


To keep the streets safe...

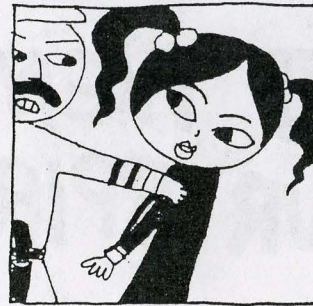
You have the right...

... for your corporate masters.

... to remain silent...



That's about it, isn't it? That's what our rights really mean.



We have the right to remain silent.



As they destroy everything we love...



We have the right to do nothing...



As they kill the world.



But our silence, our inaction, will not save us.

What we're experiencing is a result of what's going on within ourselves.

We're the solution, as well as the problem, as well as the creators of the problem.

Meditation is key. The infinite source of all reality will solve the Earth's dilemma.



DON'T LET THEM CRUSH YOUR SPIRIT



CPE