

JUSTIS

Shame, Honour or Death

Japan – Land of the Rising Sun. Interesting title don't you think? A land in a state of perpetual dawning. Trouble is, perpetual dawning leaves no room for the fullness of the daylight or night for that matter. Everything is consistently in a state of waiting for something...daylight...forgiveness...clean air? What is it about the spirit of the Japanese that fascinates the west so much? Not only is there a fascination with emulating their spirit, but also a fascination with trying to destroy them.

A dragonfly flitted in front of me and stopped on a fence. I stood up, took my cap in my hands, and was about to catch the dragonfly when



I was in Hiroshima recently, a truly eye-opening experience. It's amazing that with something as horrific as actually dropping an atomic bomb on people, we can still be considering war. This proves to me once again, that the destroyer is contained within, and until we get it completely, we will have more horror to face in the future. Until that realisation "dawns" on us, then the unconscious destruction will continue.

Outwardly, the Japanese people are very humble, with lots of bowing and honouring language. There are a million different ways of showing respect, and for a first timer in Japan it is quite daunting if you don't know their ways. The thing that fascinated me the most whilst being there and looking into the concept of the internal destroyer, and the advent of it coming into our everyday consciousness, is that when mastering the dark part of you, there absolutely MUST be that taste of shame associated with it. Clean shame. Not the kind that is toxic and pathetic and pitiful.

Shame is such a noble thing. The Japanese have made an art form of shame, although the true shame that I am referring to, which I am sure was represented by the spirit of the samurai, has been lost completely. It has now become a duty, resented

within the hearts of many of the Japanese people. In Japan, teenagers have the highest suicide rate of all age groups. Of late, they have taken to locking themselves in their rooms for the fear of failure and the consequent shame it will bring upon the family. It's called Hikikomori (literally translated as 'locking oneself up in a box') and it's considered an honourable act.

Hiroshima was a horrible event, but what it did was resurrect the concept of true shame in the world. The Japanese unconscious is very dark, hidden away behind huge masks and even greater egos. Technologically, Japan and Germany are the world leaders in manufacturing and innovation. Interestingly enough, both these countries are also the so-called "enemy" from our world wars. Being the 'bad guys' obviously has its dividends. You get technological brilliance for one thing, along with mind expansion and a greater understanding of pain and suffering. This leads to a greater understanding of how to alleviate it. So if you have any kind of labour saving device in your home, it's probably from Japan or Germany. (If you have suffered, then you know how to make a great vacuum cleaner, espresso maker or iPod.)

I think that what Japan is showing the rest of the World is that experiencing pain and suffering in our lives gives us a greater understanding of true compassion and grace. These qualities embody true shame. Let's call that shame conscience - Divine Conscience. You know what you have done and how you could be living, but you choose the opposite, and are chronically aware of it.

We have all forgotten about our conscience. It's been numbed and almost snuffed out. Our internal destroyer has taken over - unconsciously - and run rampant in the world, destroying, taking, raping and pillaging without feeling any remorse. Unless

the concept of our own internal destroyer is acknowledged, and fast, then we will have to endure many more Hiroshima-like events until we understand that indiscriminate, unconscious megalomaniacal-like behaviour can only externalise itself for us to see the error of our internal denial of the dark - i.e. More atomic weaponry. More invasions and killing of innocent people, more suicide, more "negative" happenings, more lies, more weapons of mass distraction.

Imagine instead, if we were all conscious destroyers, destroying everything internally that stands in the way of goodness? Idealistic, you might say. But I say to you—why not? I think we all need a few more ideals, a return to the true nature of our heart, with our swords at peace—the ultimate Mastery. Destroy to Deliver. It is time we stop destroying ourselves internally and consequently becoming aware of each other as human beings, all living and breathing the same air.

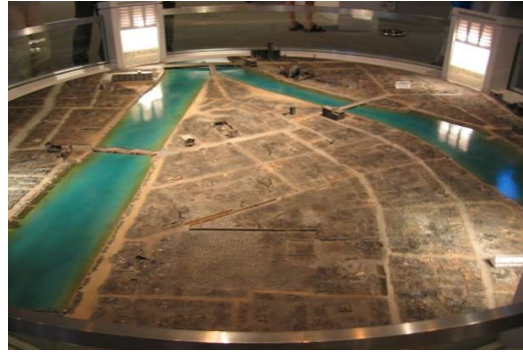
Surely, if we don't quickly acknowledge our true conscience and begin to live our lives as an expression of that innate goodness, then we will be doomed to destruction in this world. I know that may sound dramatic to some of you, but this is truly how serious the problem is. Wake up and start listening to your heart, speaking the truth and using that incredible inbuilt emotional power to destroy your internal demons.

As Stuart has said on many occasions - "Cake or Death?" Maybe now the opportunity for cake is closer than ever. Grab your internal sword and begin to fight the good fight. Destroy all of your shit. Listen to your heart - carefully. You have the chance to help yourself and consequently, the World. I think it's worth it. Don't you?

Justis



Cake



Death