

POWER TO THE GRASSROOTS

By RICK HOPTON



ON MANIPULATION, PSYCHOLOGY AND PSYCHOTHERAPY

When we talk about manipulation we are talking about one person in the process of trying to dehumanize another person through devious or underhanded means. Another word for this manipulation could simply be, "Self-Alienation". Anytime a person projects a false image of himself to other people the I-Thou-True-Self-Relationship is completely lost.

In the world today it would be better to forget the concept of trying to manipulate people and things. The sooner we stop trying to change the world into something that it isn't, the sooner we can start changing ourselves toward growth and development, instead of confusion and self-alienation.

People have manipulated other people for so long, that they are losing their own true identity along the way. To Manipulate is no accomplishment, anybody can manipulate people in one way or another, but how many of us can understand or begin to understand ourselves.

Say to yourself sometime, do I really want this, how will it benefit me and my way of thinking, or am I just doing it because thats the going thing. Whatever your answer may be, make sure its an honest one, because if you lie to yourself you'll lie to everybody, and at the same time defeat your only true purpose for being.

The 1984 idea of using machines as a form of psychotherapy is ridiculous. How can a machine help me or anyone? A machine can't feel pain, a machine can't love, a machine can't hate, a machine can't relate human experience, all you can expect a machine to do is draw a false, imaginary line that says, well, if you react this way or that way you have a normal personality.

This impersonal method of Psychotherapy will only increase self-alienation and nothing more. Can't you just see it now, you see your friend, you say, "Hi Jim, where are you going?" he says, "Oh, I'm going to talk to my machine they call a psychiatrist."

The only way to solve a problem is to confront it and deal with it as is, because the longer you run, the worse it becomes, and eventually you break down and cease to exist.

We must stop trying to look for the easy way out, because there isn't any.

The sooner we as people can look at ourselves as a moving force or part involved in the total mechanism, and not as something set aside from everyone else, then and only then will our world and its people be ready to accept life as it really is.