



**Hypermasculine Culture,  
The Ego and Fixing Strategies:**

Jim Trofatter – March 14, 2021– TA Dharma-related Talk

# Point Of View – Trillium Awakening

Humanity



Whole Being  
Realization



Awakened Life



<https://www.dw.com/en/southeast-asia-struggles-to-tackle-chaotic-traffic/a-36186784>



<https://www.worldphoto.org/blogs/17-04-20/friday-feeling-uplifting-images-humanity>

## Why look at Hypermasculine Culture?

Hypermasculine culture or dissociation is the underlying foundation, unspoken rules and conditions of society which defines the belief systems by which we live.

It is the water around the fish who when asked “Do you sense the water around you”, he replies “What is water?”

It is the all-pervasive culture milieu in which we are immersed and never question because it has always and is always there. To question it is to question your sanity.

Because it arises from an unidentified and unacknowledged split of the mind from the body, it has caused a form of “insanity” to arise in mankind that is not questioned.

Why look at it at all? Because as you go through the unraveling of your life’s traumas and conditionings, you will be dismantling it one idea at a time.



<https://www.theguardian.com/film/2017/jan/26/the-best-battle-scenes-ever-shot-from-apocalypse-now-to-hacksaw-ridge>



<https://www.expatica.com/living/love/public-displays-of-affection-108636/>

## Aphorisms We Live By

**No pain...**

**No gain.**

**A penny saved...**

**Is penny earned.**

**Children are to be seen...**

**And not heard.**

**Pride goeth...**

**Before a fall.**

**Early to bed, early to rise...**

**Makes a man health, wealthy and wise.**

**All for one...**

**And one for all.**

**He who hesitates...**

**Is lost.**

**You made your bed...**

**Now lie in it.**

**Absence makes...**

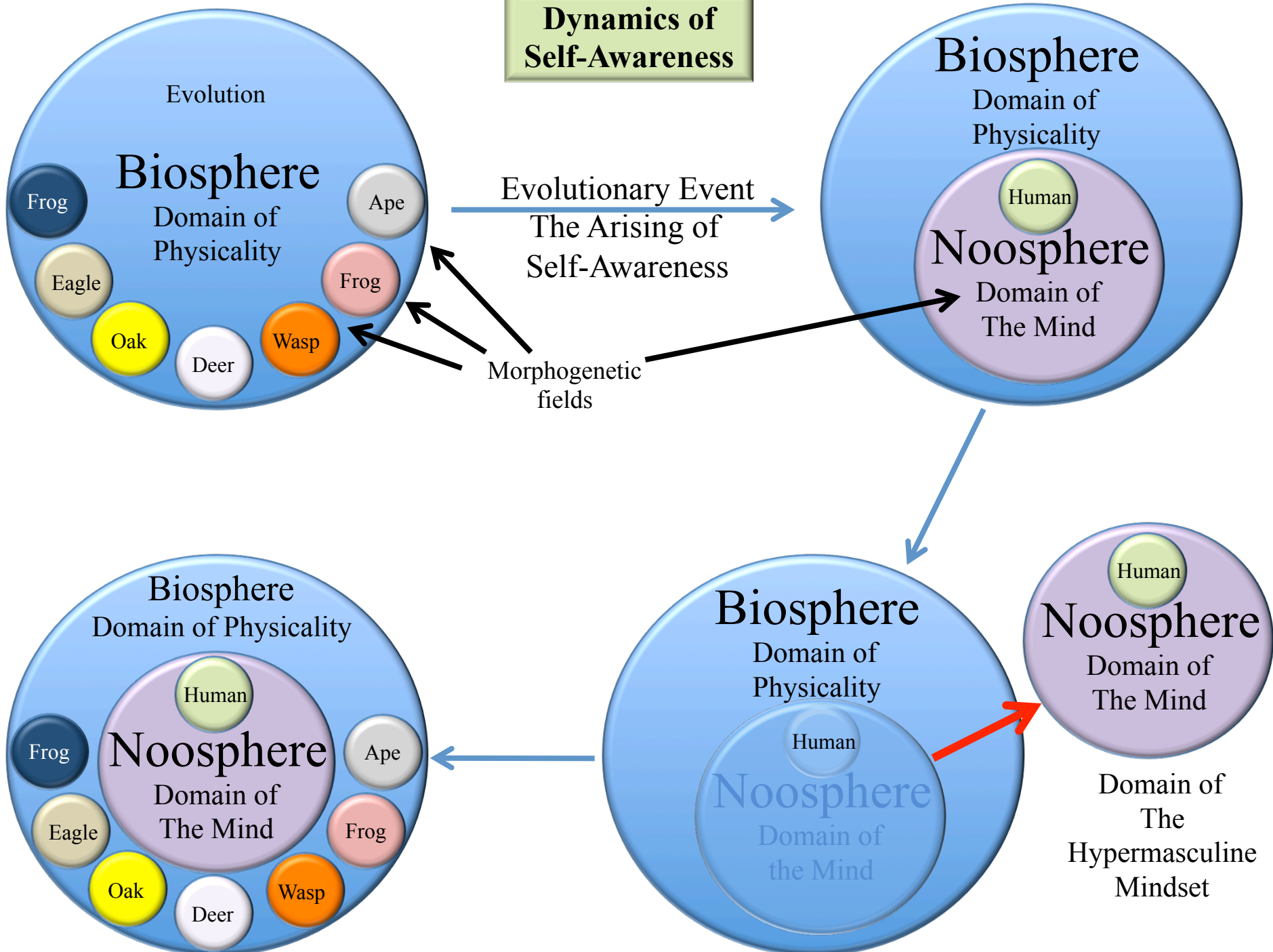
**The heart grow fonder.**

## What is the driving force that motivates our society/culture?

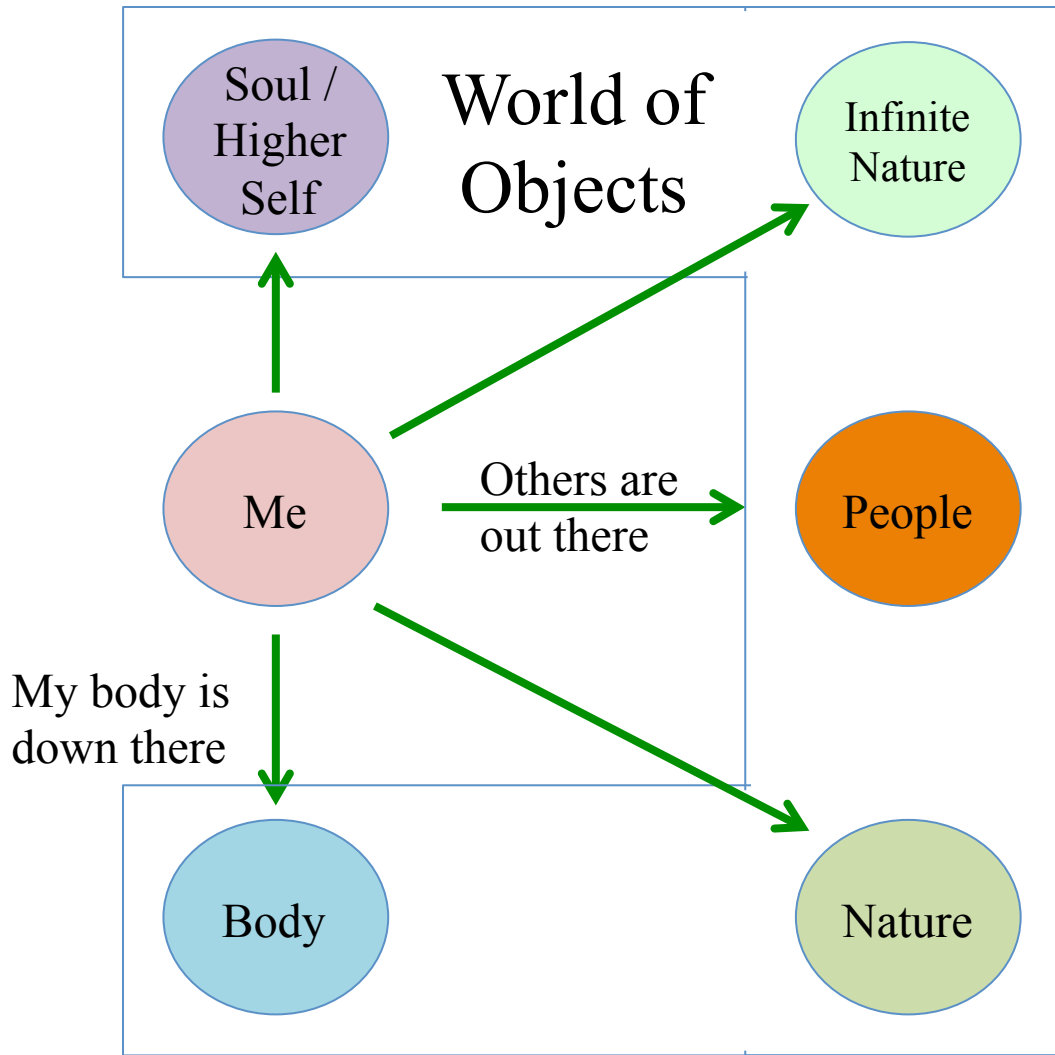
### Core Paradox / Wound / Mystery

- The Core Paradox is a fundamental split at the core of your sense of self that is subtly experienced as existential angst or feelings of confusion, separateness, or insufficiency.
- It happens because you are both a finite, limited human being AND infinite Consciousness, non-separate from the entire cosmos, occurring in a paradox of simultaneity.
- This juxtaposition of very different aspects creates a “rub” or tension at the core that you mistakenly interpret as your being “wrong,” “bad”, or “unworthy”, but it’s only the paradoxical condition of your divine and human nature—as yet unrecognized.
- This paradox is the prime mover of all experience and human behavior, because it drives a search for an “answer to the problem” of your existence.
- It could be considered the primary trauma occurring in our life and all other traumas are a re-enactment of that. So we’re going to re-enact those traumas with:
  - Our Family – Significant others, siblings, parents and children
  - Our Friends – Individuals we are close to and share similar interests
  - Our Associates – Work and workplace, colleagues and bosses
  - Our Community – Neighborhoods, religious / spiritual institutions
  - Our World – Nature and the Planet

**Dynamics of Self-Awareness**

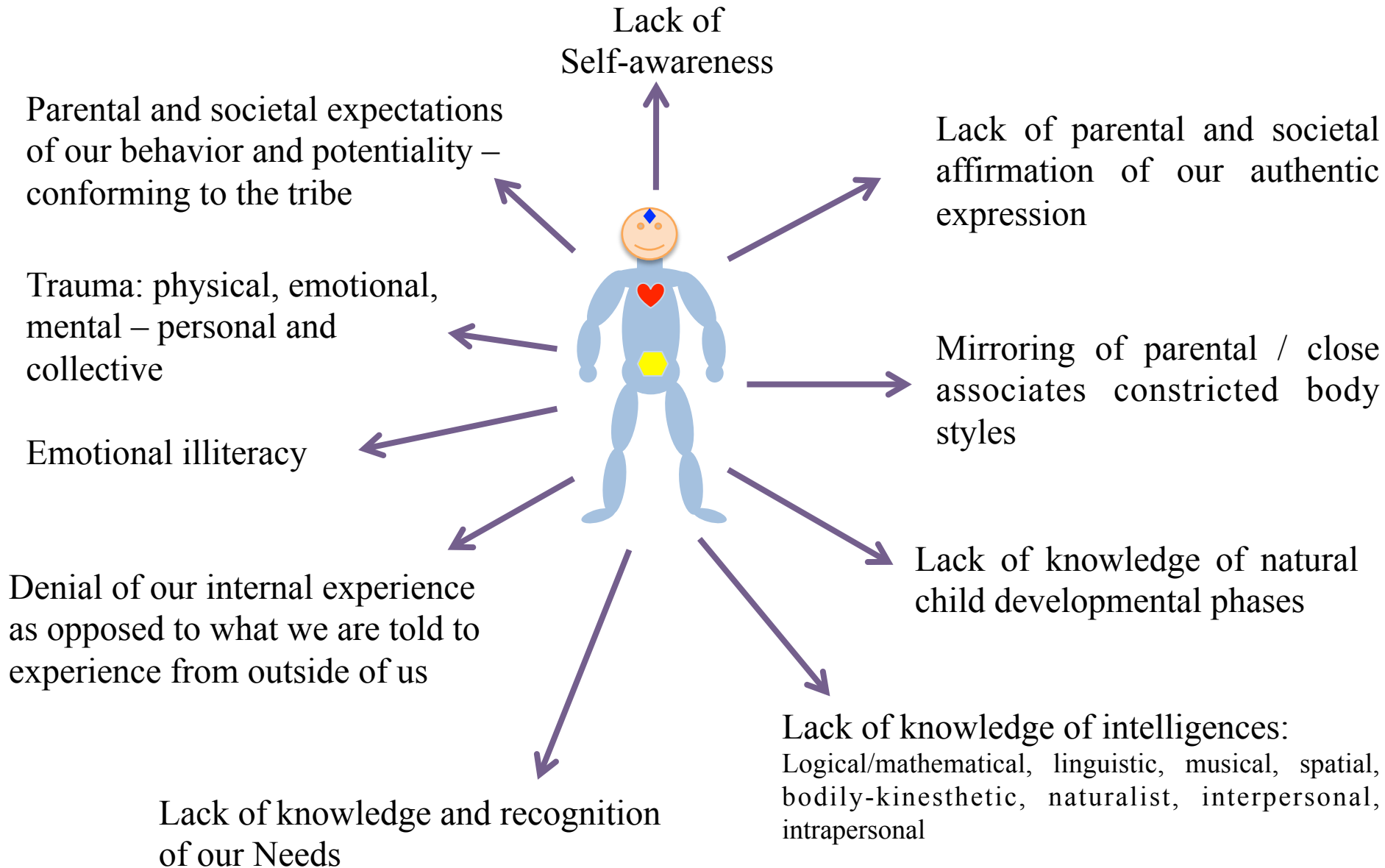


## Consequences of Body / Mind



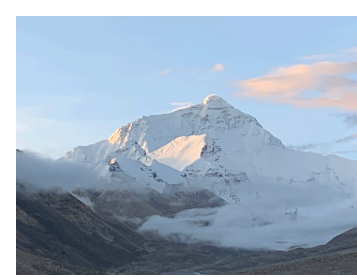
- 1 I feel separate from everybody and everything including my own body and higher self. They are all outside of me.
- 2 Since everything appears to be outside of me, I really can't control it, but I'm going to try to control it as much as I can.
- 3 Whatever I can't control is unpredictable and therefore not safe/dangerous.
- 4 I will do whatever I can to keep myself safe from that which I can't control.
- 5 Since they're just objects, they can be desecrated, destroyed or killed as I deem fit for my safety.
- 6 This leads to violence against others, nature and one's own body. Our society is based on Warfare and Violence.

## How does our sense of disconnect get accentuated?





## The Ego



- **Noun:** A person's sense of self-esteem or importance
- **Psychoanalysis:** The part of the mind that mediates between the conscious and unconscious and is responsible for reality testing and a sense of personal identity
- **Philosophy:** A conscious thinking subject

### **Jim Trofatter thoughts about Ego:**

- Our uniqueness which differentiates us from others, and is expressed as our quirks and represents our identity on our most basic level. I would characterize it as the essential quality called Identity.
- That part of us which protects us and keeps us “safe” from future harm.
- From the sense of separateness that is defined by the Core Wound, the ego is that part which creates the “Reality” in which we live. This entails filters associated with the “appropriateness” of incoming information, beliefs about the world, others and Self, as well as local sense of Self defined by its history – namely hypermasculine culture.

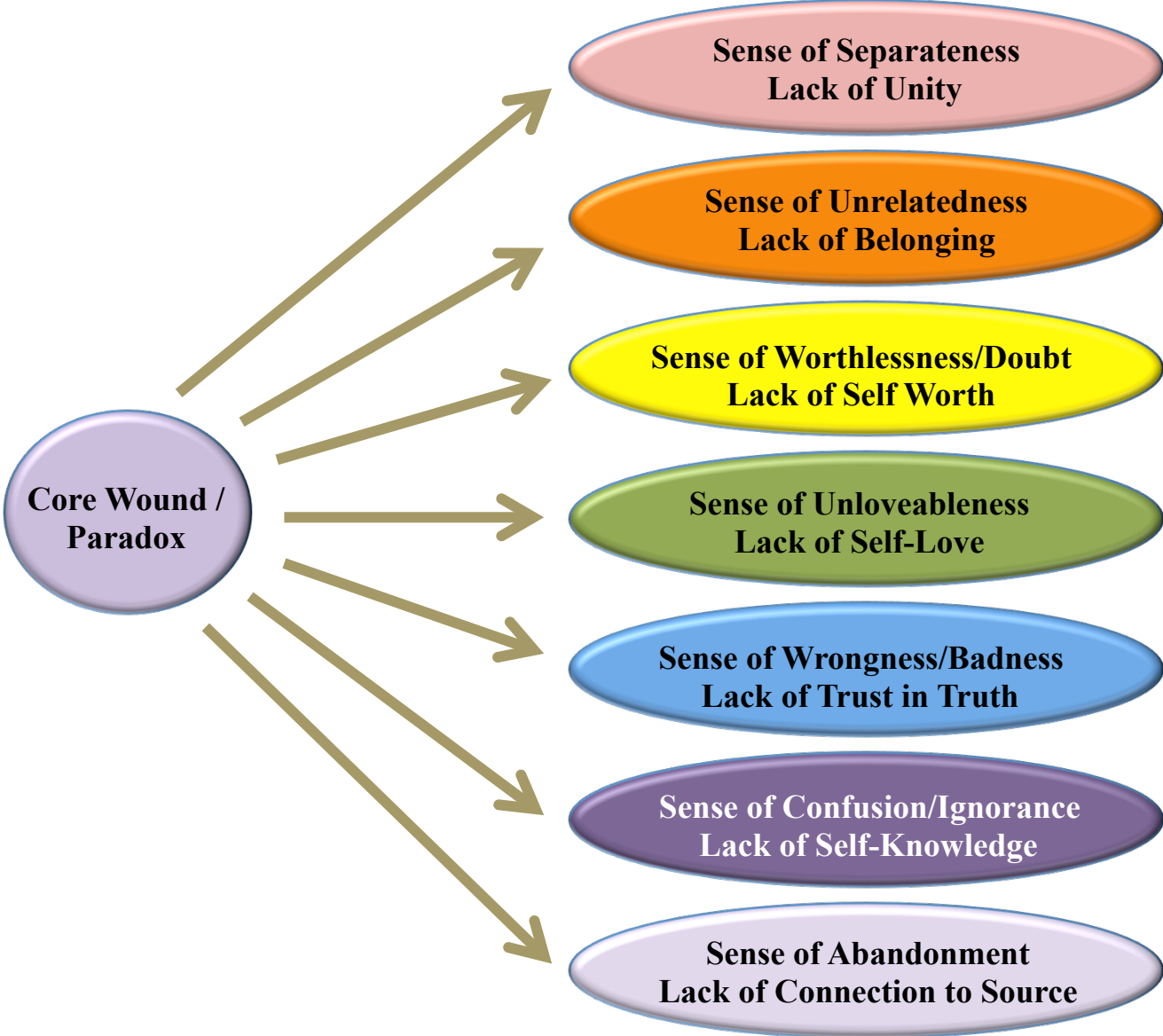
## Fixing Strategies

**Fixing Strategies** – those formulaic strategies which are designed to suppress our negative aspects by replacing them with something we deem more appropriate, or strategies which are designed to solve what is wrong with us.

### Examples:

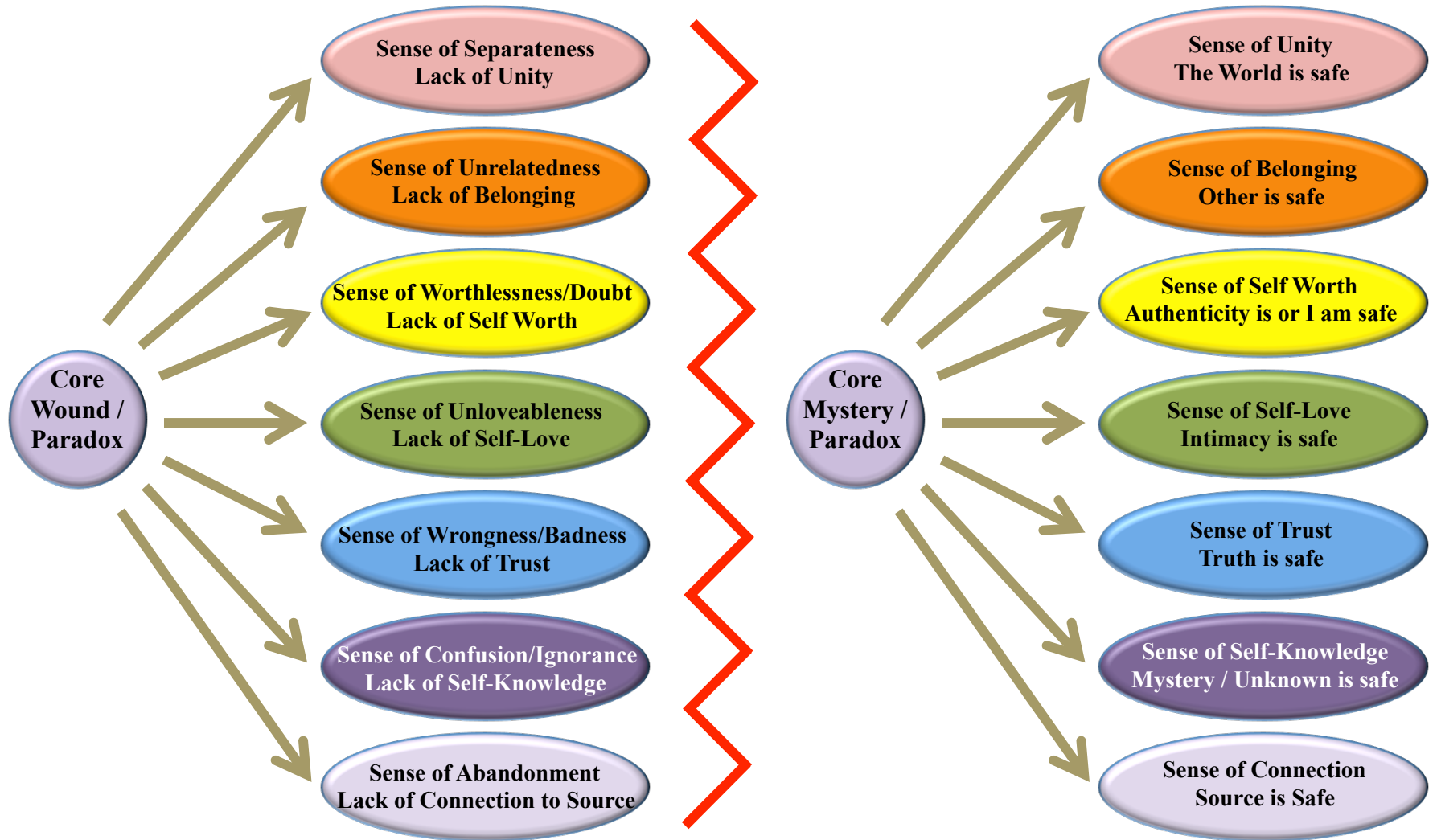
- Forty-Two Ways to Start Working on Self-Improvement
- Eighty+ Self-Improvement Tips That Will Change Your Life
- Eight Simple Self-Improvement Principles
- The Importance of Self-Improvement and Personal Growth
- Unlimited Power
- Seven Habits of Successful People
- How to Win Friends and Influence People
- When You Share Your Insecurities, They Lose Power
  
- Change Jobs – Unhappy at work, must be the job.
- Change Relationships – Unhappy with partner, must be because they no longer fulfill my needs
- Change Residences or the Part of the Country You Live In – I live in a rural setting, maybe I need to move to the City to be better
- Change The Way You Look – I'm not liked, must be the way I look - Cosmetic Surgery, Physical Fitness, Clothes Makeover

**Qualities of the Hypermasculine via  
the Core Wound**

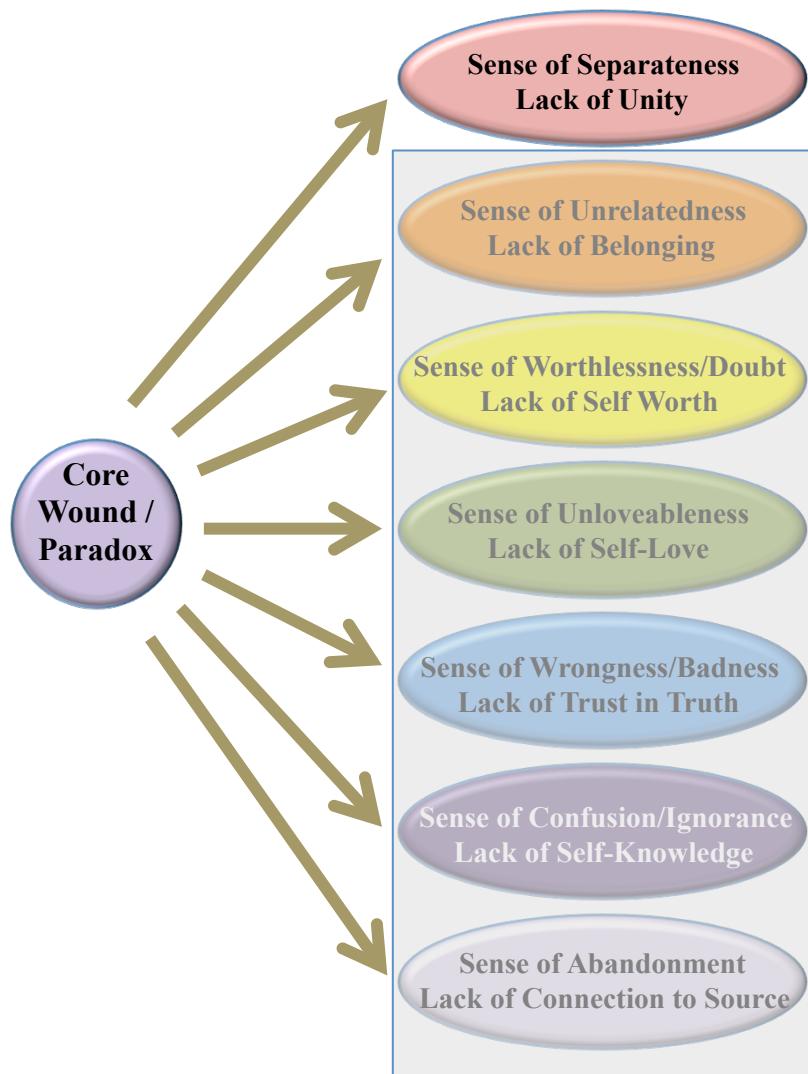


**Why is it important to know our perceived sense of lacks?**

**Humanity** → **Whole Being Realization** → **Awakened Life**



## Sense of Separateness From Nature - Lack of Unity



**Societal: Fear of World  
Ego: Lack of Safety**

**Domination over Nature  
Versus  
Dominion over Nature**

**Nature is dangerous, chaotic and  
needs to be controlled and ordered  
to make it safe to live on this planet**

**Ultimately: Violence Against the Planet**

### **Global / Underlying Hypermasculine Beliefs:**

- We are entitled do whatever we want to the Earth
- The Earth has unlimited resources (gas, oil, water, air, plants, animals) which we can be indefinitely exploited.
- Our local environments need to be micromanaged and our wild spaces limited in scope, highly regulated and highly controlled to reduce human inconvenience

# Sense of Separateness From Nature - Lack of Unity

## At the Individual Level:

- What are my beliefs around deforestation, recycling, industrial waste, garbage, and their impact on the planet?
- What are my beliefs around hunting to extinction and industry farming?
- Do I recognize the impact of fertilizers, pesticides and herbicides on the Earth, water supplies, animals, humans?
- Are certain animals / insects not okay to be in or outside my house and what do I do if they show up?
- Are dandelions okay? Does my grass have to be green, thick, lush? Do I take care of my lawn to please neighbors?
- I have the right to plant any tree I want even if it is considered invasive to my location.
- Am I allergic to cats, dogs, flowers, trees, dust, smoke, leather, glutes, etc.

## Larger Questions of Impact That Most Humans Don't Usually Think About:

- How much clean water is there on the planet?
- How much oil and gas can come out of the Earth?
- How much viable soil is left on the planet for growing crops for humanity?
- Are humans contributing to global climate change? Is it even changing?
- How much garbage do I generate each week?
- After clear-cutting a forest and building housing communities on the once-forested lands, why do we get so upset when the animals that once inhabited those forests walk through our neighborhoods?



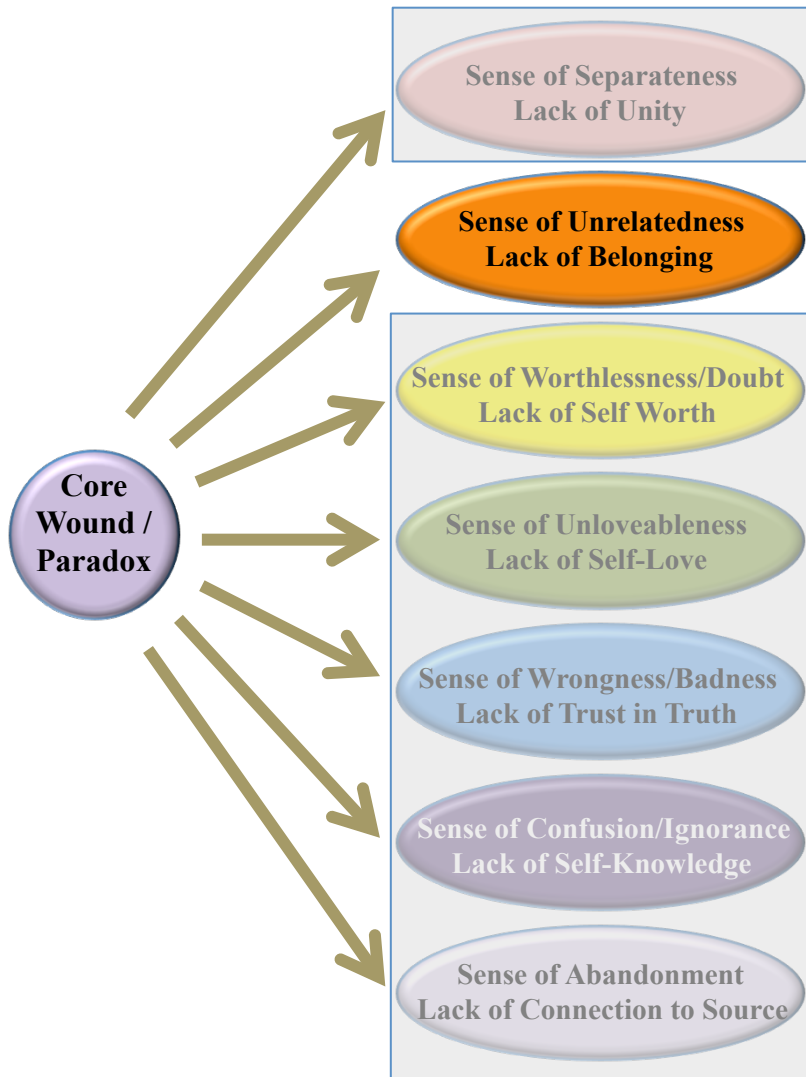
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<https://www.peninsuladailynews.com/life/a-growing-concern-an-homage-to-the-humble-dandelion/>

## Sense of Unrelatedness - Lack of Belonging

**Societal: Fear of Other  
Ego: Lack of Belonging**



**Us over you  
Versus  
It's just Us**

**People are unpredictable,  
dangerous and must controlled to  
make it safe to live on the planet**

**Ultimately: Violence Against Others**

### **Global / Underlying Hypermasculine Beliefs:**

- Safety comes from conforming to the collective mindset
- The tribe defines truth / social narrative / laws
- Groups / Tribes have defined territories
  - Territory needs to be defended and expanded
  - Military forces are necessary for that defense and expansion
  - Conquered cultures must be annihilated / eradicated
- Competition defines who is superior / better
- Us versus them mentality; Either / Or
- Our tribe must reproduce faster than other tribes

## Sense of Unrelatedness - Lack of Belonging

### At the Individual Level:

- I need to belong to the following tribe(s):
  - Religious organization or Spiritual group,
  - Political Party,
  - Fans of a particular sports team,
  - Citizens of a particular country or members of a particular country club.
  - And if you're not part of those, you are on the other side of the line, the enemy that needs to be feared
- Everything is a competition, I need to win. Coming in second place is not acceptable. Do I need to be perfect?
- Do I need a fence around my house for protection? Do I need keep my doors locked all the times? Do guns reduce violence?
- Who is inferior to me: women, people with a different skill color, a different religion, a smaller house, who don't have a pool or big screen TV, who don't own a luxury car, who are not educated.
- Sexuality is dirty and disgusting. People should not openly display acts of intimacy.

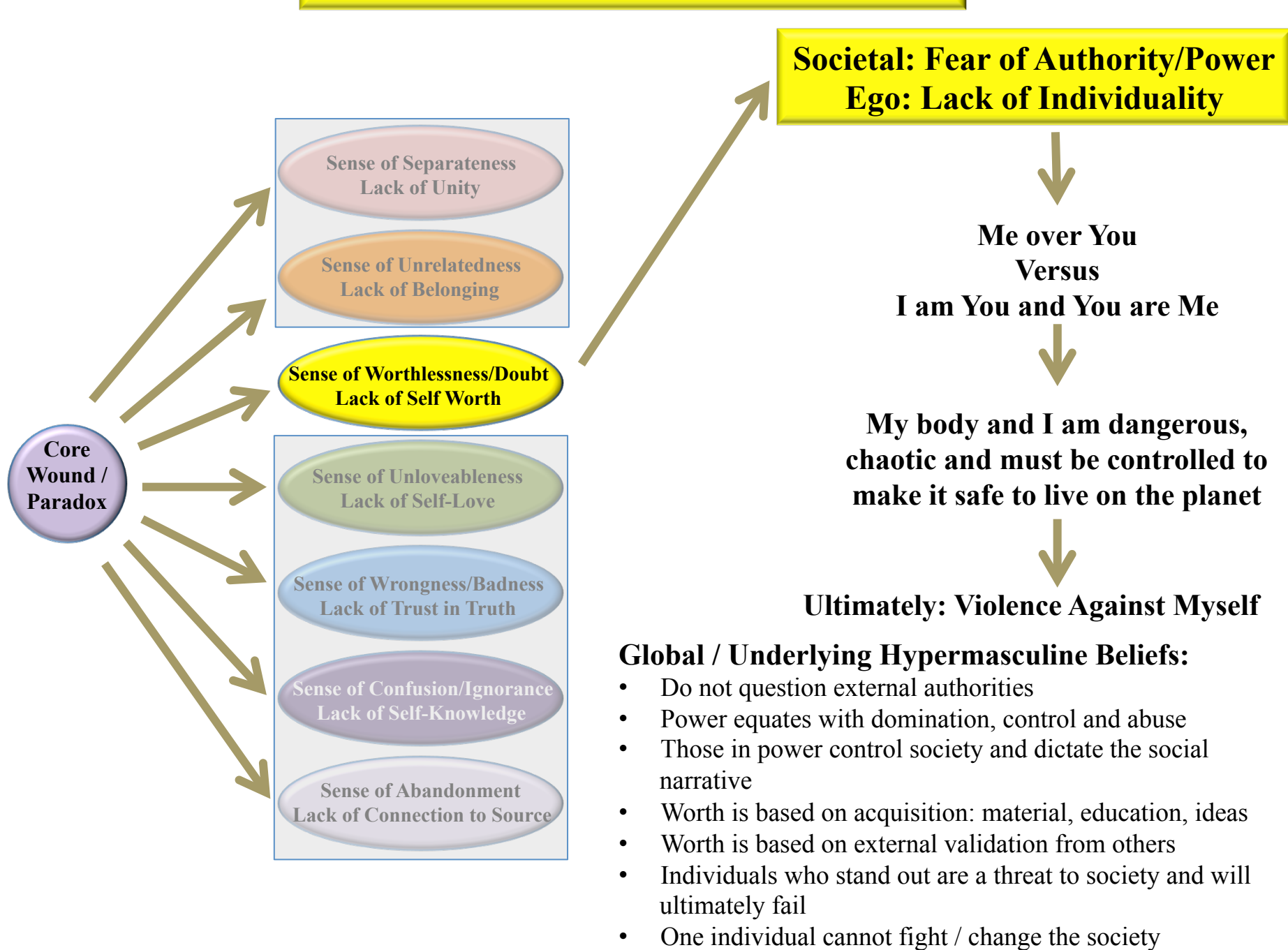
### Larger Questions of Impact That Most Humans Don't Usually Think About:

- Does divisiveness / nationalism serve the tribe of Human Beings?
- How would a global community where there are no national boundaries look and would it be acceptable?
- Is violence to defend a particular point of view or political / social stance acceptable behavior?
- Is violence against others who do violence an appropriate response? Is nonviolence an option?
- Do we need huge military-industrial complexes to maintain safety on this planet?





# Sense of Worthlessness - Lack of Self-Worth



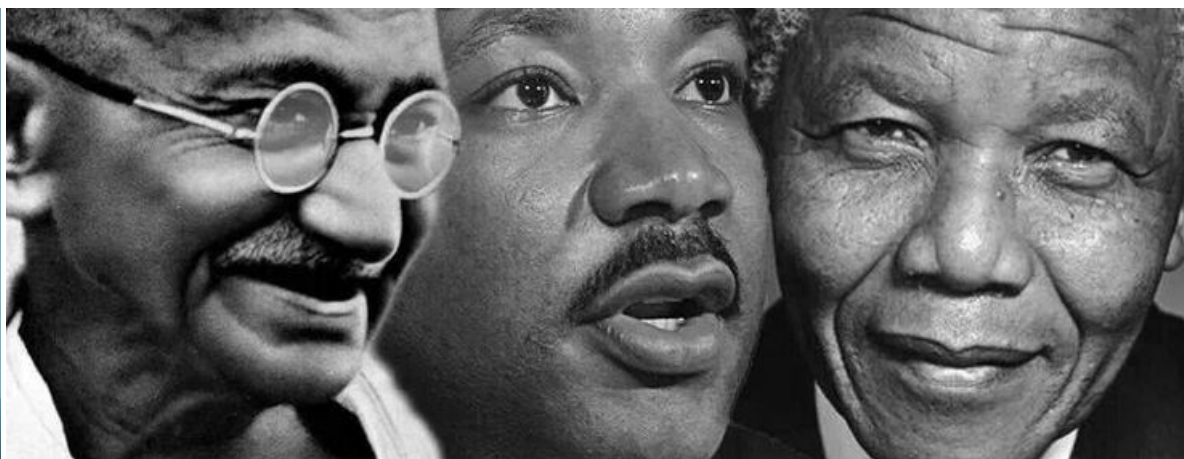
# Sense of Worthlessness - Lack of Self-Worth

## At the Individual Level:

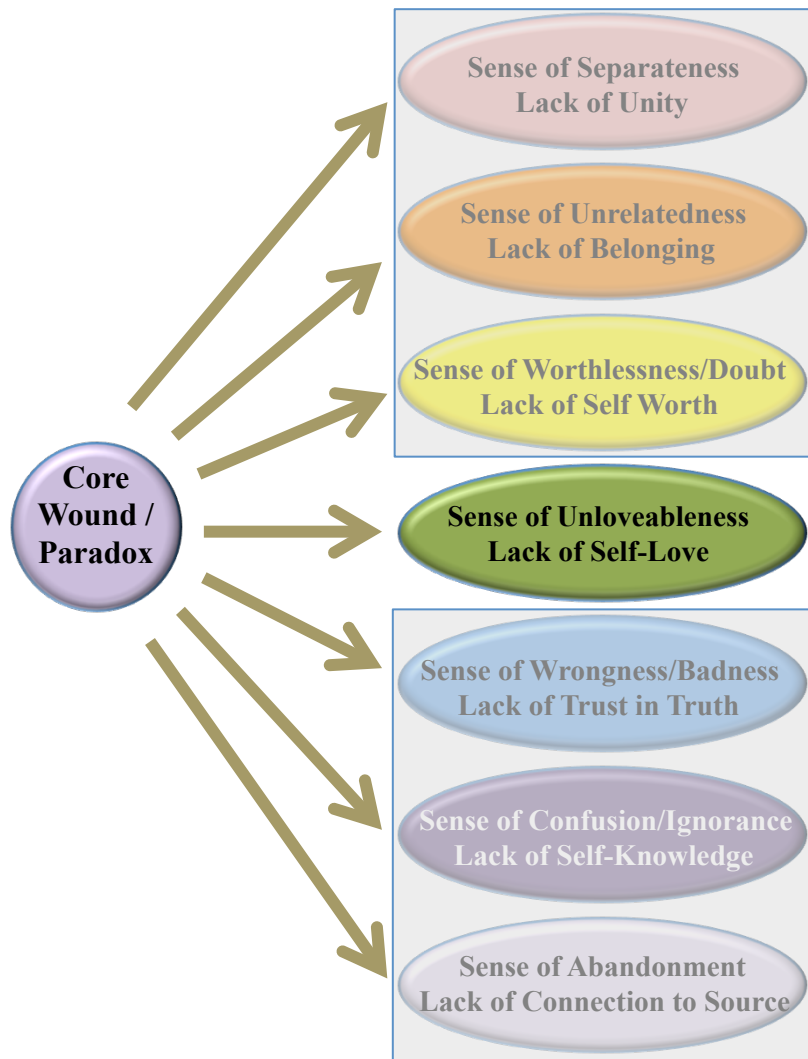
- I define myself by:
  - How many or the make of the cars I own, the size of my house, pool, by having sauna or hot tub
  - The greenness of my grass, the neighborhood I live in
  - The amount of money I possess, my job, my education, the sports I play or watch, the social clubs I belong to
  - My beauty, my personality, my skin color, my hair or eye color, my gender
- My beliefs are defined
  - My church, my spiritual group/guru's, my political party, my friends or workmate, the most recent book I read
- When I stand in my power, I hurt others.
- Do I recognize is my impact on others?
- Focusing energies on myself is selfish. I should always take care of others needs before my own rather.
- Do I feel worthless, less than, ugly, incompetent, not in control? Do I compare myself to others?

## Larger Questions of Impact That Most Humans Don't Usually Think About:

- What is being lost to humanity by not expressing our authentic selves?
- What are the consequences of a society of individuals standing in their authenticity?
- What would it be like is we could felt safe / comfortable around everyone else?
- What if the concept isn't "Power over" but "Empowerment of"?
- Are most political leaders actually good examples of decent human behavior? If not, why do we keep re-electing them?



## Sense of Unloveableness – Lack of Self-Love



**Societal: Fear of Love  
Ego: Lack of Intimacy**

**Mind over Heart  
Versus  
Mind working with Heart**

**Emotions are dangerous, chaotic  
and must be controlled to make it  
safe to live on the planet**

**Ultimately: Violence Against Love**

### **Global / Underlying Hypermasculine Beliefs:**

- Emotions are associated with being “feminine”
- Emotions are a sign of mental instability and weakness
  - ergo “feminine” = mental instability and weakness
- Love is weak and impotent to change the world
- Love equates with sex
  - ergo sex is weak and impotent
- People are here to serve others before themselves
- Altruistic behavior is self-serving, narcissistic and goes against “normal” behavior

## Sense of Unloveableness – Lack of Self-Love

### At the Individual Level:

- I can't cry or grieve in public, in front of friends and family, alone with myself.
- Emotions like sadness, anger, grief, happiness, joy or emotions are not safe to express.
- Emotional reactivity is weak, acting overly feminine, or a sign that I have mental instability.
- "Negative" emotions are bad.
- I have to serve others. Others are supposed to serve me.
- I have to protect my heart because it is so vulnerable and tender.
- I can't trust anyone with my "heart". Whenever I open up to people, they hurt me. It's not safe to truly love.
- Love is the same thing as sex.
- Love is conditional, obsessive and possessive.

### Larger Questions of Impact That Most Humans Don't Usually Think About:

- How can we be so altruistic in times of catastrophe, but then turn a blind eye to the everyday suffering of mankind?
- What would happen if we were to cleanly separate sexuality from love?
- Is it okay to serve / love others without the need for immediate compensation?
- Does Love make the world go round?



<https://howtoacademy.com/events/orwells-prophecy-and-the-new-global-world-order/>

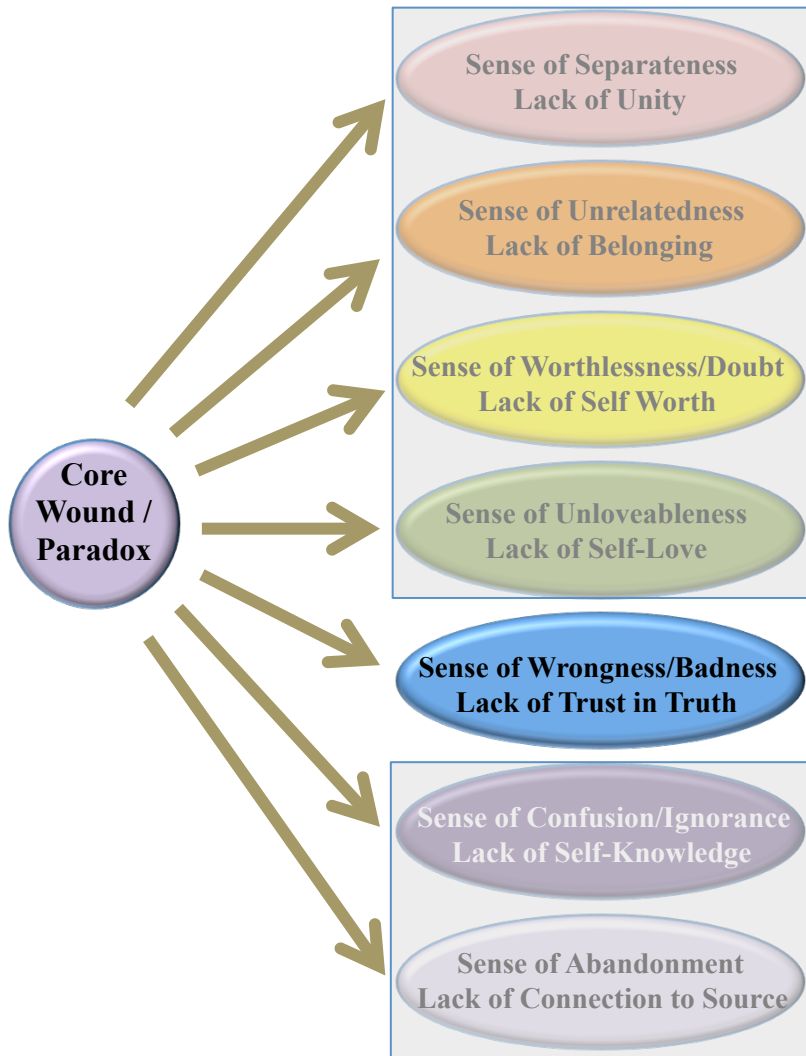


**Love yourself first** and  
everything else falls into line.  
You really have to love yourself to  
get anything done in this world.

-Lucille Ball

<https://www.goalcast.com/2020/01/06/self-love-quotes/>

# Sense of Wrongness – Lack of Trust



**Societal: Fear of Trust  
Ego: Doubt in One's Voice**

**Relative truth versus Ultimate Truth  
Versus  
Both our truths are valid**

**Truth is dangerous, chaotic and  
must be controlled to make it safe  
to live on the planet**

**Ultimately: Violence Against Voice**

## Global / Underlying Hypermasculine Beliefs:

- Individual opinions or beliefs hold little value.
  - Consensus truth is correct
  - My relative truth overrides your relative truth
- Ultimate Truth cannot be known so my relative truth represents Reality
- My truth supercedes any facts

## Sense of Wrongness – Lack of Trust

### At the Individual Level:

- I hedge / edit / control my words because I don't want to be excluded from my tribe.
- Expressing my truth as a child lead to a lot of pain and trauma.
- People who claim they know truth are arrogant and self-serving. My truth is insignificant. No one want to hear it.
- I never give my opinion because it always comes back to me distorted and I get in trouble.
- Is it okay for me to speak with authority?
- Anything I have to say is stupid and not worth listening to.
- Television commentators and authority figures provide me with all the truth I need.

### Larger Questions of Impact That Most Humans Don't Usually Think About:

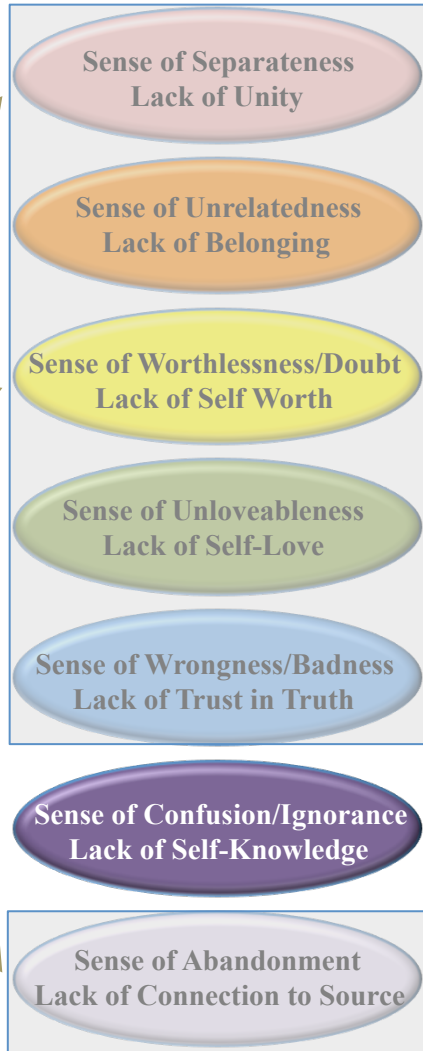
- How important is my truth for the world?
- How is living my truth better than talking about my truth?
- What would happen if everyone lived from their direct experience – their direct truth?
- Is it okay that the Ultimate Truth can never be fully known?



# Sense of Confusion / Ignorance – Lack of Knowledge

**Societal: Fear of Ignorance  
Ego: Lack of Self-Knowledge**

**Core  
Wound /  
Paradox**



**Intelligence over Intuition  
Versus  
Intelligence and Intuition**

**Intuition is dangerous, chaotic and  
must be controlled to make it safe  
to live on the planet**

**Ultimately: Violence Against Knowing**

**Global / Underlying Hypermasculine Beliefs:**

- No one left behind
  - Everyone must be educated
  - Education is based on formulaic teaching methods and left brain dynamics
  - You cannot advance without education
- Lack of education is the reason the world is in the state that it is
- Ignorance is a sign of a weak mind
- Reality can be explained if we just define all the parts of it
- Intuition cannot be scientifically validated, a feminine quality

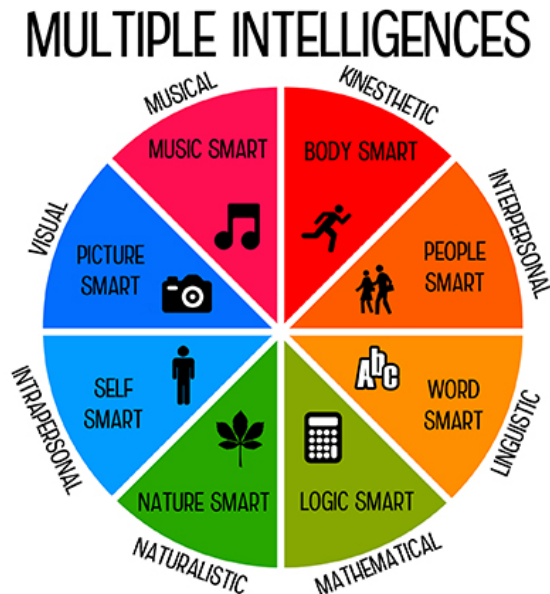
# Sense of Confusion / Ignorance – Lack of Knowledge

## At the Individual Level:

- I have to get as much education as I can to get a decent job, career, etc.
- People with educations are snobby.
- I was never any good at school.
- I'm not intelligent enough to get an education. I'm stupid.
- Intuition is for people who believe in woo-woo philosophies or paradigms or are not in touch with "Reality".
- Anything that can't be scientifically proven or backed up is not worth listening to or false.
- My grandma used to hear voices in her head, and everyone thought she was a mental case.
- Is it okay if I don't know everything or do I feel the need to get that knowledge?

## Larger Questions of Impact That Most Humans Don't Usually Think About:

- Does the body have intelligences different from those associated with the brain?
- What are my intelligences?
- Is knowing something without evidence acceptable?
- What well-documented psychic phenomena do I ignore?



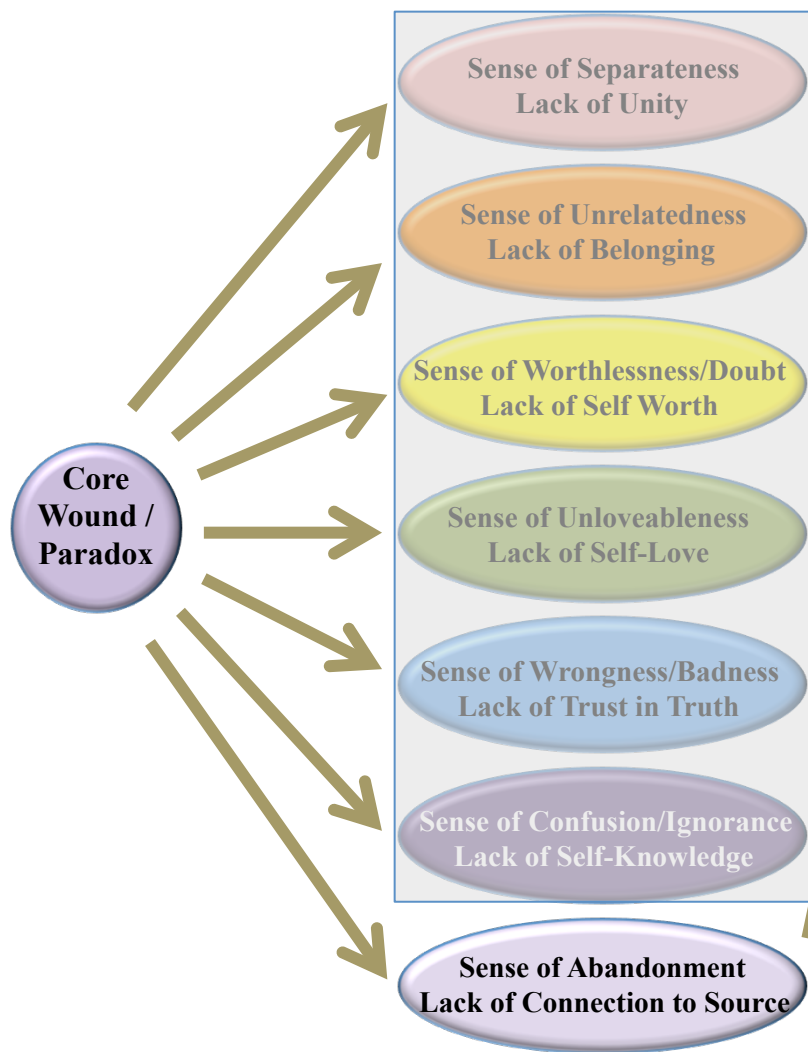
[http://etec.citl.ubc.ca/510wiki/Multiple\\_Intelligences](http://etec.citl.ubc.ca/510wiki/Multiple_Intelligences)



<https://www.sfweekly.com/sponsored/are-psychics-real-the-real-world-proof-of-psychic-mediums-abilities-and-powers/>



## Sense of Abandonment – Lack of Connection to Source



**Societal: Fear of Reality  
Ego: Lack of Contact with the Infinite**

**Finite Over Infinite  
Versus  
Finite and Infinite**

**Reality is dangerous, chaotic and  
must be controlled to make it safe  
to live on the planet**

**Ultimately: Violence Against Soul**

### **Global / Underlying Hypermasculine Beliefs:**

- Religious experience must be highly regulated
  - Priest are necessary intermediates to the define
  - Only formal religions can connect with god
  - You cannot get to heaven without salvation
  - God is masculine. Believers in feminine-based religions are weak and work with the forces of evil
- Or belief in the Divine is a sign of a primitive mindset
  - Only the finite is real
  - That which cannot be measured is not real

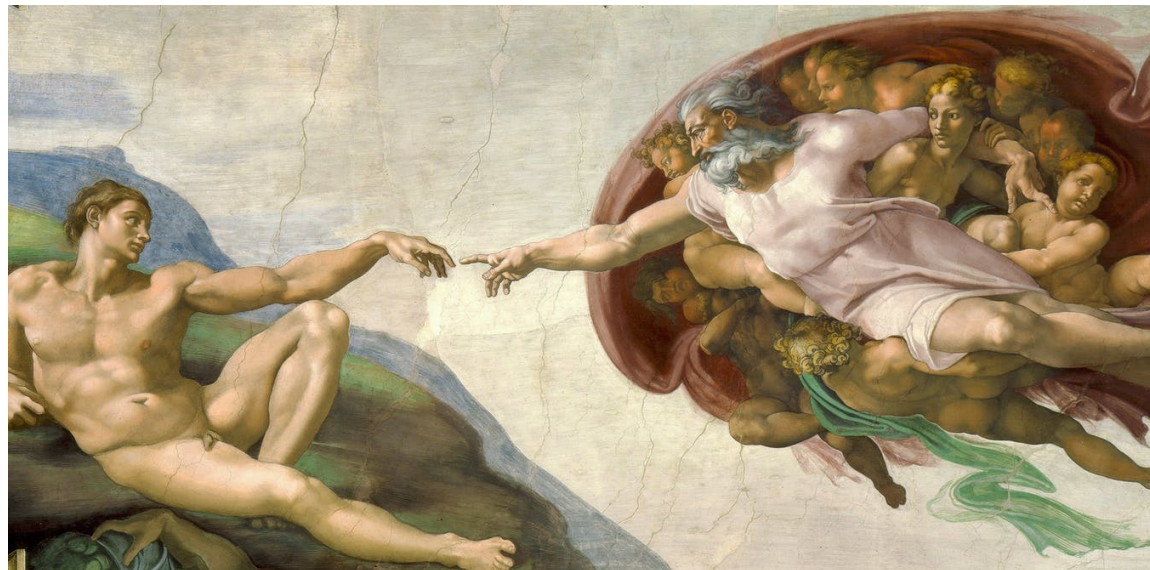
## Sense of Abandonment – Lack of Connection to Source

### At the Individual Level:

- If religious, have to go to church every week or at least at the special times during the year.
- Prayer and devotion are essential for me to talk at God. God never talks to me.
- Why did God forsake me? How can he let me and the world suffer like this?
- Only idiots or those with a primitive mindset believe in God and I am not an idiot.
- I have to do good “works” so that I can get to heaven.
- Conscious exploration is for those who have lots of time and money to take the time to do it.
- Nature is my religion. Science is my religion.
- What is the basis for my fundamental understanding of the nature of the Universe? Religious, Scientific, Spiritual.
- Is it possible to become enlightened, full awakened?
- What are my existential questions?

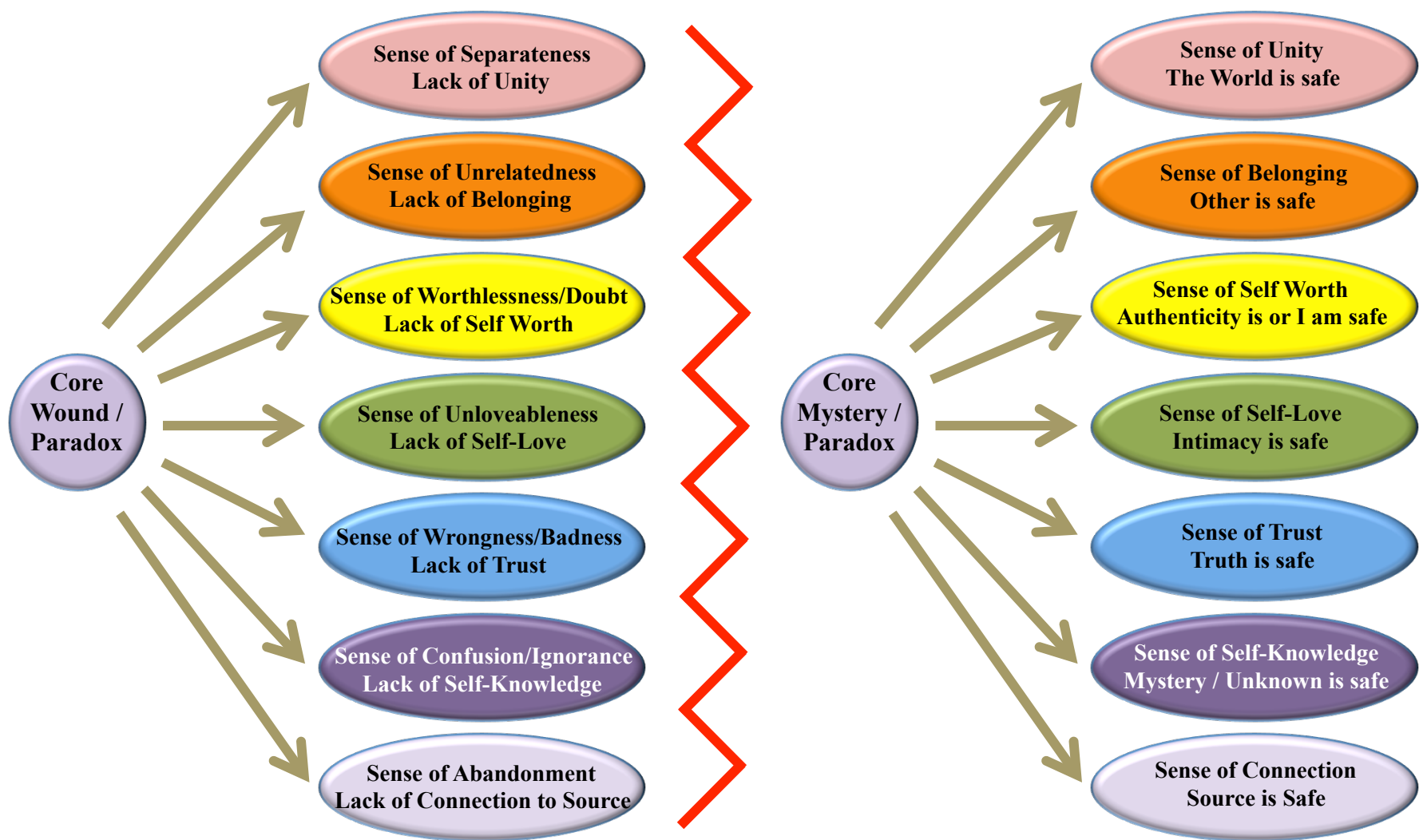
### Larger Questions of Impact That Most Humans Don't Usually Think About:

- What is my concept of the Divine and does that concept actually limit the Divine's potentiality?
- Does consciousness actually embody?
- If consciousness is all there is, why can't it untangle the mess that is me? Am I really that much of a mess?
- If I realize that everything I've every been told is questionable, why doesn't it just go away?



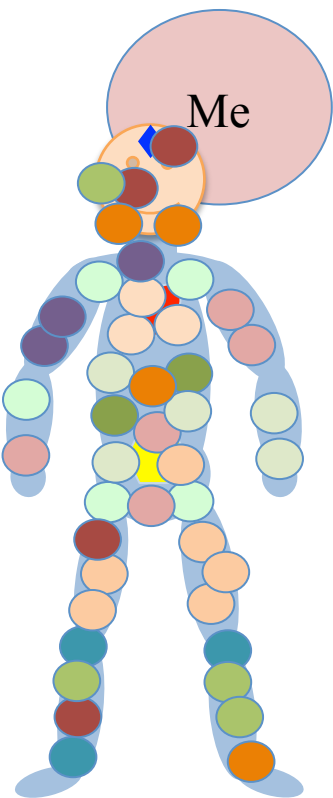
# Remember What's Always There

Humanity  Whole Being Realization  Awakened Life



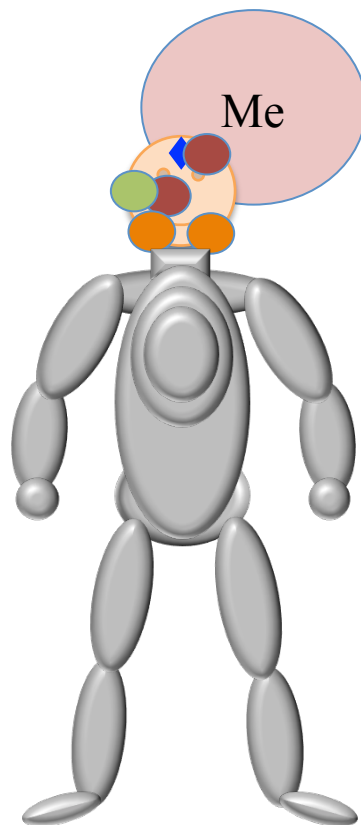
# Living From Our Center

Adult

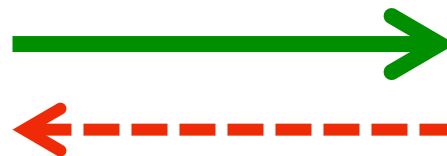


Out of our  
Center

Adult

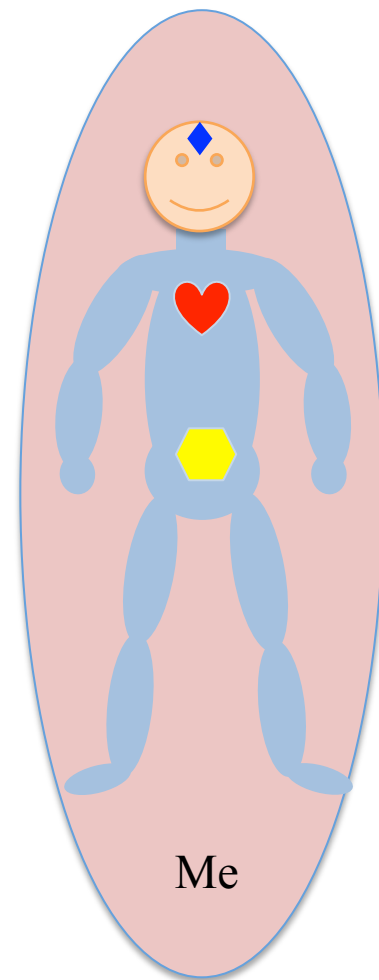


Out of our  
Center



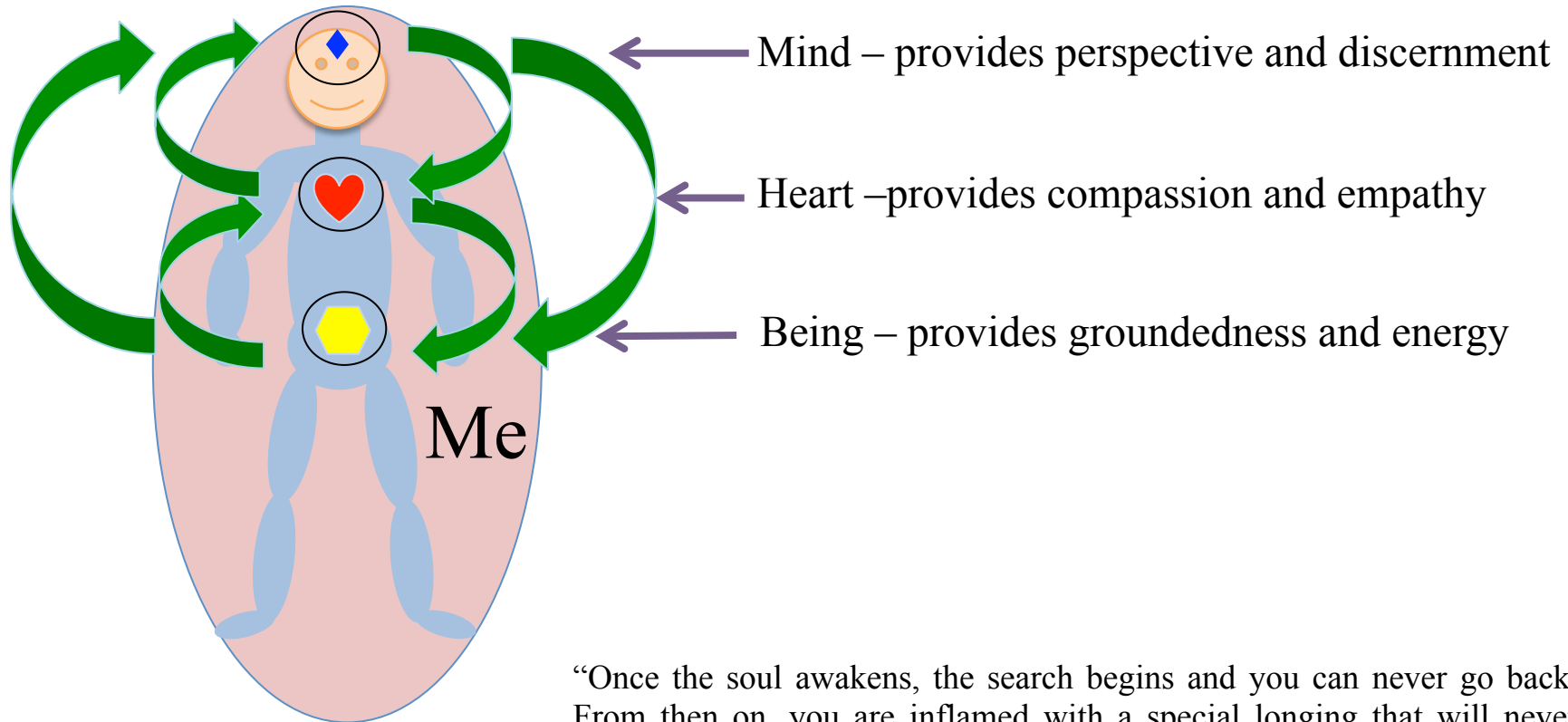
**Life**

Adult



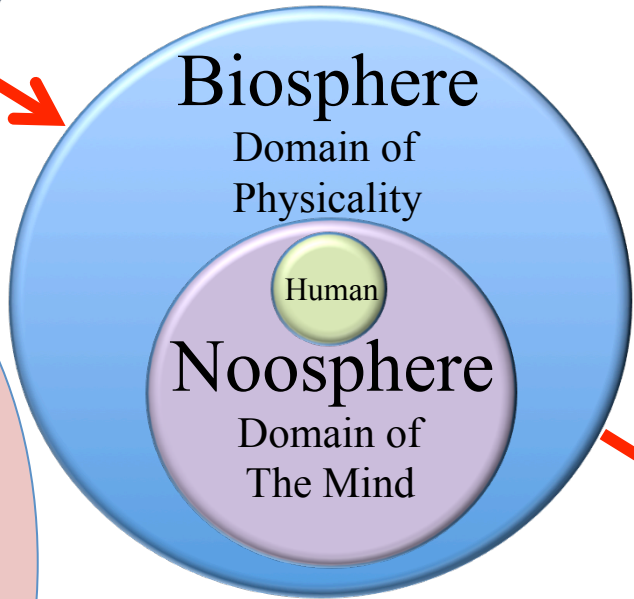
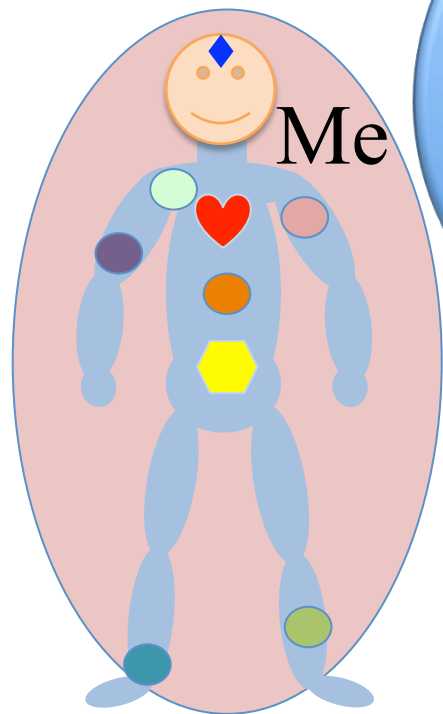
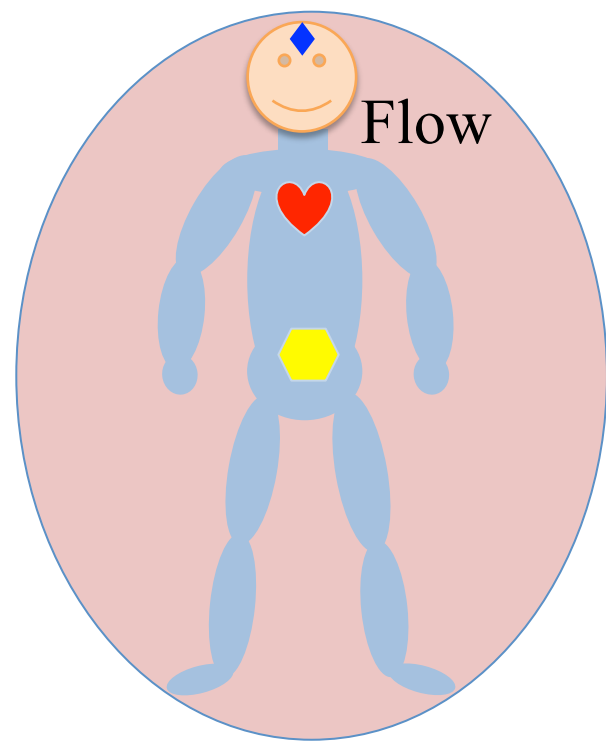
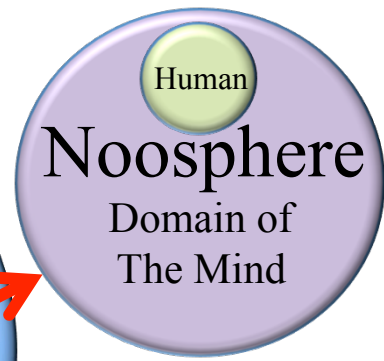
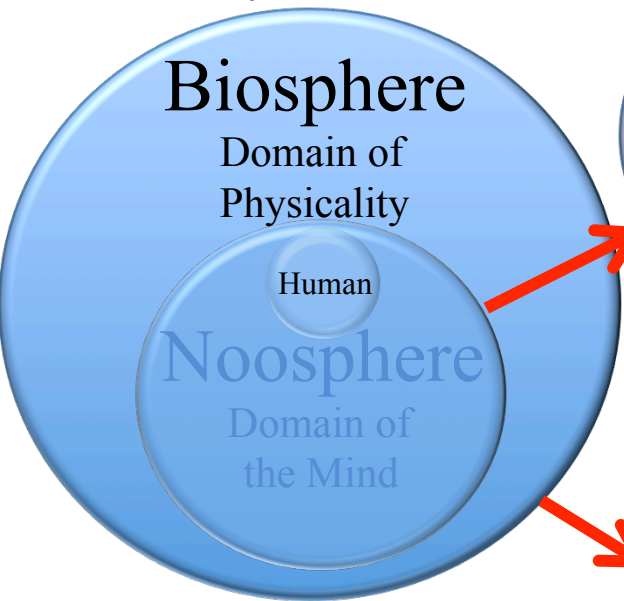
In our  
Center

# Balanced Development

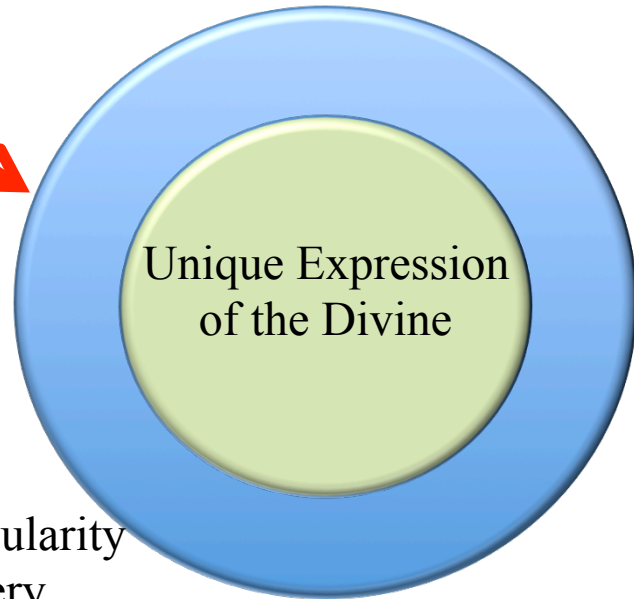


“Once the soul awakens, the search begins and you can never go back. From then on, you are inflamed with a special longing that will never again let you linger in the lowlands of complacency and partial fulfillment. The eternal makes you urgent. You are loath to let compromise or the threat of danger hold you back from striving toward the summit of fulfillment.” **John O'Donohue, Anam Cara: A Book of Celtic Wisdom**

# Duality – Core Wound



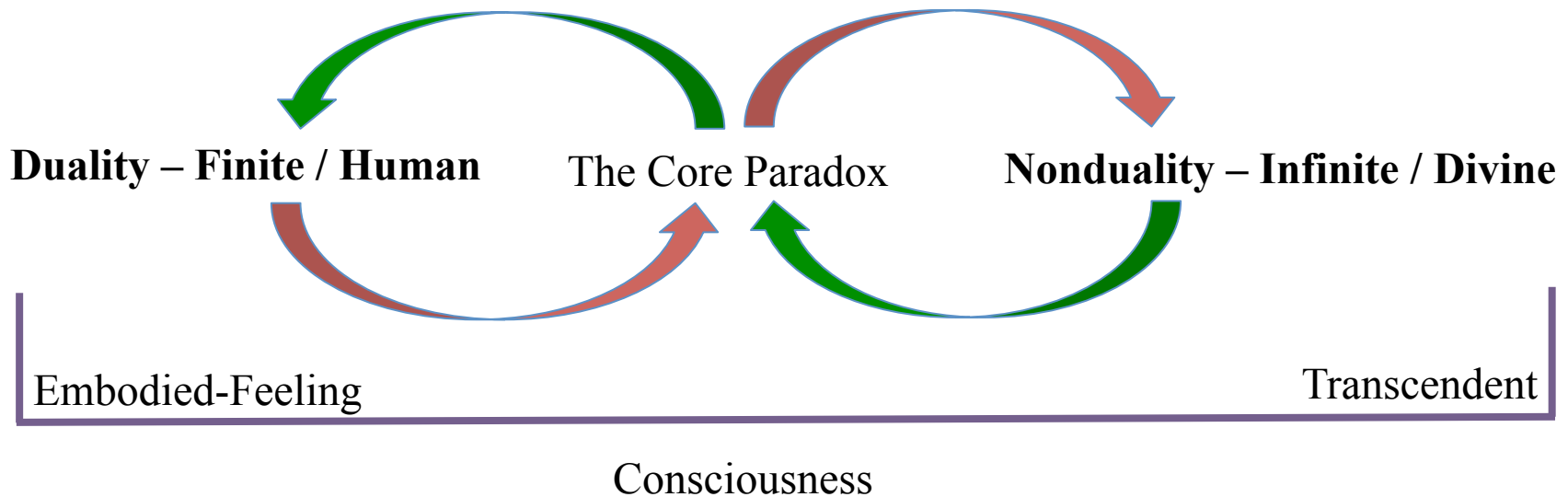
Unitive  
Core Wound/Mystery



Embodied Singularity  
Core Mystery

## Core Mystery

- The term “core mystery” evokes the sense of mystery and wonder that is equally true about your fundamental nature as it is felt when you are relaxed and open. Both are paradoxically true and life will continually give you dynamic fluctuations between these felt states as you spontaneously contract and open.
- Landing is a falling into, relaxing, and then living in and as the core paradox/core mystery, which is the paradox of simultaneity: both freedom and limits.
- Because we are infinite, we can never know all of what and who we are.



The infinite transcendent ground which is always registering everything while remaining untouched and unbounded.