

## **Fear of Empowerment as an Obstacle to Experiencing the Collective Unconsciousness**

The tendency to look at the glass half empty was explored by good and many; to look for defects, faults, and pathologies. A theory that explores the reason for this tendency to occur is suggested by the field of evolutionary psychology. The theory describes that modern human beings inherited the Neanderthal brain. That Neanderthal brain was designed optimally for tough survival conditions in a challenging environment of coexistence with wild animals and rough terrain. In order to fulfill The purpose, which is to survive! The brain has a tendency of scanning for threats and dangers. In the past, the danger was a hungry tiger, however, nowadays the brain apparatus settles on other threats, such as: unexpected bicycle rider, or imbalance of income versus expenses.

The tendency to scan for threats, dangers, and negative things, in general, exists many times more than the tendency to examine positive things, such as flowers on the side of the road. According to the researcher John M. Gottman (2011) that researched couples behavior, the tendency to notice negative behavior is five to one. Hence, for every negative behavior there is need for five positive ones in order to reach a neutral experience.

Moreover, the plot thickens. When a threatening experience occurs, the nerves system reacts via excitation. This is a practical reaction apparatus that enables a rapid response of fight, flight, or freeze; three conditions that has time and place in different threat experiences. After the threatening/traumatic experience has passed, the nerves system is supposed to arrive at a neutral state. However, when the nerves system doesn't arrive to a state of proper relaxation that enables the neutral starting point, there is a constant tendency for excitation (heller and lapierre, 2012). Hence, the individual that didn't experience relaxation at the neural level will experience a tendency and need for stimulations that enable the nerves system to stay at excitation mode. The stimulation can move in tendency and intensity between activities, such as, drinking coffee, consuming news, and adventurous

pursuits. In addition, this need for excitation expresses itself also in the cognitive level and creates internal cognitive resistance for relaxation and positive, broad minded experiences. The need for excitation on the cognitive level creates the development of personal narratives from a negative critical stance. Via the perception of reality through the prism of a negative narration, the excitation of the nerves system is being achieved.

Thus, the tendency for criticism, stress, and the challenge/difficulty being in silence are a direct result of the survival apparatus and fixation at the excitation mode. Self empowerment and self approval are opposing expressions of this apparatus. There is a challenge in believing in possibilities, such as: "I'm worthy", "I'm loved", "I deserve abundance", "I've the right to take a spot", and "I'm safe". Again, this challenge to believe is due to the need of keeping the nerves system in excitation mode via developing critical and negative narration. This stance encourages an experience of separation, of "us" and "them", of "I" separated from the "others", and of an experience of loneliness. This perception anchors the experience of the individual unconscious and the lack of openness to the experience of the collective unconscious. Indeed, in essence, the human being is connected to the collective unconscious, but due to clinging to the experience of separation and the challenge of experiencing relaxation and openness that allows for self empowerment, there is no experience of that connection.