

Σssays

of the unspoken



by **Darlene M. Washington**

Evolution

*Are Humans the Sole Source
of Power in the Universe?*

Life

Meditation



Essays of the unspoken mind - Private Thoughts: An Intimate Look at Suicide by Darlene M. Washington

A fragile, but tantalizing group of essays and things on the experience of life as seen through perception, reality and abnormality.

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Σssays of the unspoken mind is an introduction to thought-provoking perception, reality and abnormality issues laid out in “fictionally true” circumstances. The essays and things written in this book are semi-autobiographical standpoints, which reflect observations of life surrounding individuals.

“Fictionally true” is implied in all bodies of fiction, where were it true, it could be someone’s reality. **Σssays of the unspoken mind** invokes the right to stir up the conscientious of society. A lack of compassion in the world *eventually* affects everyone.

- I. Preface
- II. Evolution
- III. Life

i. Preface

A. Perception

Per ● cep ● tion -1a: a result of perceiving: observation, **b:** a mental image: concept **2:** consciousness **3a:** awareness of the elements of environment through physical sensation, **b:** physical sensation interpreted in the light of experience **4a:** quick, acute, and intuitive cognition: appreciation, **b:** a capacity for comprehension

—*Merriam Webster's Collegiate Dictionary*
(Tenth Edition), p. 861

B. Reality

Re ● al ● i ● ty -1: the quality or state of being real **2a (1):** a real event, entity, or state of affairs (his dream became a ~> (2) the totality of real things and events (trying to escape from ~> **b:** something that is neither derivative nor dependent but exists necessarily — **in reality:** in actual fact

—*Merriam Webster's Collegiate Dictionary*
(Tenth Edition), p. 973

C. Reality Check

Reality Check: something that clarifies or serves as a reminder of reality often by correcting a misconception

—*Merriam Webster's Collegiate Dictionary*
(Tenth Edition), p. 973

D. Abnormality

Defining Abnormality Today

“How our understanding of abnormality is articulated depends on the beliefs that dominate in a culture and epoch. Historically, people have used animistic, physical, and psychogenic theories to explain disordered behavior. Today, biological and psychological levels of analysis are the two most viable approaches that continue to be offered to understand abnormality.”

The Elements of Abnormality

“The act of defining the word ‘abnormal’ suggests that there is some single property that all cases of abnormality, *must share*. Such a shared, defining property is called a *necessary condition*.

Moreover, a precise definition of ‘abnormal’ requires that there be at least one distinguishing element that only cases of abnormality share and that no cases of ‘normality’ share. This is called a *sufficient condition* of abnormality.

We will look at seven properties or elements that count toward deciding whether an action or person is abnormal. This analysis describes the way ordinary people and well-trained psychologists actually use the word. These elements of abnormality are:

- Suffering
- Maladaptiveness
- Irrationality
- Unpredictability and loss of control
- Rareness and unconventionality
- Observer discomfort
- Violation of standards

The more of these elements that are present, and the more clearly each can be seen, the more certain we are that the behavior or person is abnormal. At least one of these elements must be present for abnormality to exist.”

—*Abnormal Psychology* by Martin E.P. Seligman (University of Pennsylvania), Elaine F. Walker (Emory University) and David L. Rosenhan (Stanford University) (Fourth Edition), Chapter 1 p. 19-20
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by W. W. Norton & Company, Inc.

E. Acceptance, Medicine for the Mind

The question may be asked, “How does one become mentally ill?” The answer is quite a journey to define with biological and environmental stimuli affecting the outcome. While acceptance, besides nutrition, shelter and warmth, remain amongst the key things that keep a human infant alive, as the child grows, environment defines acceptance within the household and in society. The rule is conform or be considered abnormal. Society has been conditioned to conform through education, politics, religion, the media and traditional family values, anything or anyone that is considered different than ourselves or majority rule, fits into the “weird,” “abnormal” or “other” categories.

Non-conformity threatens acceptance, *it's easier to agree*. Displacement emerges as an intangible self-object, individuals need acceptance so much that they displace their true feelings in order to conform and fit in. These feelings are rampant in any society, individualism suffers. Everyone wants to “copy” what’s already acceptable. (How do you get rejected, if everyone already likes what you’re trying to do?) This stigmatic induced, displaced anxiety (the unwillingness to be true to one’s self) forces minorities to be subliminally configured in the minds of others as abnormal or degenerative, because they are different.

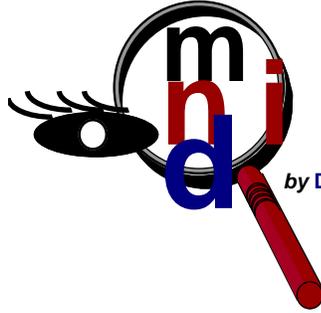
Accepting difference or diversity becomes an issue that can be observed on an individual basis. *How can we truly become a diverse society, if we do not know and celebrate our very own individualism?* Acceptance is medicine for the mind - it promotes and stimulates positive feelings. Those who choose to express their individualism can become dejected and viewed by society’s normal eye as “weird,” “mentally unstable” or “other.” And indeed some of them may be. However, “normal” is redefined per individual based on society’s acceptable legal, social and mental health factors. Displacement in an individual forces them to become fearful, suicidal or violent in what they might term “a hostile and threatening environment.”

Today, we must truly embrace diversity in order to prevent false conformity, in order to prevent religious, social and political class displaced anxiety in the form of 9-11 and the Columbine Shootings; in order to make an equal and economically beneficial world for everyone. *Individualism* will save the innovators of the future; *true diversity* will make acceptance of people’s differences a normal and respectable facet in society.

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ii. Evolution

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ii. Evolution

The Science Theater Channel blared through the television speakers like a rock concert. “Evolution at its best! Caveman! Roaaaarrrr! Weeknights at 9 p.m. CST on the Science Theater Channel.”

Our ancestors, the apes, just one question, who made the apes? Who? How'd they get here? How did anything in this world get here, if we evolved from apes? Do apes grow on trees or fall from the sky? Or do you press a button and they appear? Yet even more wildly erratic are the fairy tales in the Bible. One must ask themselves, “Come on, the Red Sea parted? Noah's Ark existed?” And on and on. All the evidence points to the benefit of one race or one theoretical conclusion. And we continue to search for proof of what we believe to be true on either side of the scale.

Testimonies, artifacts and documents from every corner of the world give way to scrutiny of the skeptic, searching to explain through scientific theory the phenomenon of life and how it began. Simultaneously, religion remains to fill the void of doubters proclaiming all who do not believe as they do, to be without God, Allah or whatever the worshippers call their leader; the one leader they all claim to worship in different ways. We suddenly become vigilante lawyers, and yes, even God like, condemning all who do not believe as we do. We continue to argue and represent what we believe to be true.

I believe that there is a God. I believe there is life beyond death. I believe what I believe, just like the next religious, spiritual or scientific theorizing individual. I think most people believe the same thing; there is a higher power than mankind.

There's only one fact for the human species, we all believe something, to accept it as true is up to us based on what we consider as proof. How and what we believe and use to practice every day life is our prerogative, as long as we don't break any laws. And who doesn't know this.

We fit our holy books, the theory of evolution, and spirituality into our life's desires and live it accordingly. How else do you justify ignoring genocide, bloody and condescending to our very own humanity?

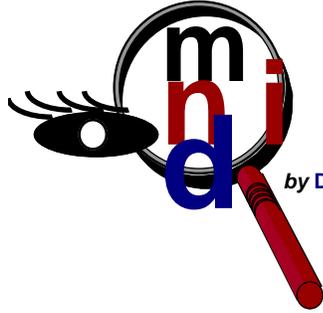
We live to survive as we want. Not to be destroyed for what we believe or who we are as people. All beings have the right to exist without deprivation of life, limb, property and the pursuit of happiness. And when these deprivations occur, here is your war! Here is your catastrophe and injustice! And how do we resolve it? Because it must be resolved! We begin the war of good and evil, each side fighting to be on top, to be able to make the rules for all to abide.

We justify our actions against other people's beliefs with pride, prejudice and religion. Pride and prejudice lead the non-religious in their attacks. While *some* Bible-toting fanatics root themselves in your subconscious and then go about their day reaping havoc in people's lives, distilling your trust in them to be God fearing, respectable souls.

It's easier to behave this way, when you gain something, fame, money, but no, never wisdom. Messages of your actions get through whether spoken or delivered by events. We become ignorant to others needs, poverty and disease, violence, depression, all things that one or more of us have played a part in adding to someone's life, either intentionally or unintentionally, GUILTY, YOU ARE! It's clear not one of us is perfect. Many worlds have come and gone having existed with humans living out their beliefs. That's the one constant thing. We seem to have evidence of that. However, until we can accurately answer the phenomenon of how the first being, animal or thing on earth came into existence, we should accept the obvious possibility that there's a greater power than mankind. That's what evolution is! Understanding evolution!

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iii. **Life**
Meditation

iii. Life

Sometimes you wake up older than the day before. Not because of time, but because of life. Like life putting its lessons on a child before its time. Ever meet a 25 year old thirteen year old girl. It makes you wanna cry.

Life is this fire that burns inside you. It can be dimly lit, or like a huge flame, and it can even just have sparks. Life is a gift from God that some people just don't seem to understand. It's God's way of letting you play in his world so that he can see who's appreciative and who's not. It's a chess game with the devil. God makes a move, then the devil makes a move. Everyone is a pawn in their game. The only real power is love or the lack thereof.

We doubt all things that we cannot understand. We doubt the intangible world of existence, not knowing its many definitions. Just like love is intangible, so is faith, so is commitment, so is desire. These things are intangible, because no matter what you put forth as a physical bearing of proof, if it is not present within the heart and accepted by the other, it will be proven worthless.

And why can't we trust the intangibles? The answer is Fear. Fear of the uncertainty of truth. It conquers many a nations. They ask, are we the greatest nation or aren't we? And then someone has to define "great" for the purpose of verification. And if their definition of greatness isn't elaborate enough to satisfy the requirements of the definition, well, here comes your war! Egos transform into law that conducts the people according to the feasibility of the ego of the ruling individual or governing group. Then just like in an intimate relationship, we begin to romance each other's trust. Someone's gotta make the rules!

We exist in dictatorships, democratic or republican governments, etc. And if we look close enough, our lives will mimic our beliefs, our government's structure, our innocence or guilt, or lack thereof. Each day we become a little more or less comfortable in our own skin as we accept life's challenges and disappointments. We learn to champion life.