

Excuse My Fury. Trigger Warning

20 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=FB2TZBHAJBE](https://www.youtube.com/watch?v=FB2tzbHAJbE)

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SUMMARY

The video discusses the profound emotional disconnection in society and its impact on humanity, particularly in relation to violence and exploitation. It emphasizes the importance of conscious parenting and emotional awareness as a means to heal and prevent future generations from becoming emotionally numb and disconnected.

- Moments of collective trauma reveal the depths of human disconnection and the loss of empathy.*
- The ego is described as a defense mechanism that suppresses vulnerability, leading to a lack of humanity.*
- Emotional disconnection is cultivated over time, resulting in individuals who objectify others and lose their capacity to feel.*
- Conscious parenting is presented as a revolutionary approach to raise empathetic children and combat emotional numbness.*
- The speaker calls for men to express their emotions and take responsibility for addressing societal issues.*
- There is a critique of society's obsession with wealth and status, equating them with fulfillment.*
- The importance of connection, presence, and emotional awareness is highlighted as essential for true aliveness.*
- The video concludes with a call to return to our inner children and prioritize emotional connection over material accumulation.*

Hey everyone, this is a long video. It could be triggering my thoughts on the collective climate. You know, there are some moments in history where the veil tears open and something so deep and profound is exposed that it makes the collective breath catch, the collective heart break, the collective stomach turn. This is one of those moments. And it is not just because of you know the sorted details but more so because it forces us to reckon with how far the human soul can fall from itself.

What we are experiencing right now, where we are shaken, where we are nauseous, where we're enraged and heartbroken begets the relentless haunting question, how does one human being become capable of erasing another human being's existence and a child's existence, an innocent being's existence to such a vile, vicious, violent degree. This is not just about crime or greed, my friends. This is about death of the soul. This is what happens to people who have no soul left, where there is no empathy, where the human being has become a ghost inside their own life. There is an architecture to this disconnection. It does happen over time. You know, when I speak about the ego, people think I'm talking about confidence or arrogance. But the ego I'm speaking about is far more sinister. It is the fortress that is built around an abandoned child. It is what calcifies when the pain from childhood is so profound that it was never metabolized.

When the wounds were never witnessed, when vulnerability was so unbearable that it had to be buried. And in its place was a defense. It's a defense of achievement or power, status, money, control, domination, exploitation.

And then over time, the more that inner child, that vulnerability, the true authentic feelings of the soul are not allowed to be expressed, that this ego becomes an armor and soon it becomes so impenetrable that the human inside dies.

There is no human soul inside. It just suffocates. And that human being who is dead onto itself may have the flashy cars and the fancy hair tied or whatever but that human is dead to him or herself. They have sold their soul and they have sold their soul because that soul was abducted. I'm not asking you to feel compassion for humans who are so vile and vicious but I'm just expressing how the disconnection is architected. So objectification is not born in adulthood in the past few decades. It is incubated over time in chronic vicious vile emotional disconnection and emotional abandonment. And the rest of us who see the achievement, the fame, the glory, the Bentley's, the beautiful skin and the beautiful this and the beautiful that, we get enamored. And that is where we are complicit. We don't realize that there is a price to be paid for that level of wealth and success because it comes at the price of something. Nothing is for free. And the question is at what cost? But you see this adult wasn't just born hungry for external status or wealth or greed or they weren't born like this. They learned it over time.

it. That person was a child who learned that their feelings are dangerous, that vulnerability is weakness, and that all their pain needs to be suppressed. And that child grows into an adult who no longer recognizes their own humanity because they've lost their capacity to feel. And so, they no longer recognize the humanity in others. You see, when you are severed from your own inner child and you are a phantom self, other people are phantoms, too. It's like zombies, ghosts occupying really gorgeous external frames and external mentions and external cars and corporate headquarters and stock market, you know, success, but their bodies have just become currency. Their power is just to anesthetize that crying child inside who whose tears whose whales long buried control then because you're so controlling that inner child from coming out and because these humans have been so exploited and controlled by others again not to condone and not to create compassion necessarily [snorts] but then control becomes the frequency right becomes the currency becomes the mother tongue and this is Why I teach conscious parenting and conscious parenting is not to become a better parent only or self-help only. It is not for the privileged, for the affluent, for the for the lucky. It is the only way we can change our planet. It is the infrastructure for well-being. It is how we interrupt the manufacturing of sociopaths. So, it is a revolution.

Conscious parenting. I always say that the future of our planet depends on the evolution of the parent. It is the only way. Every time a parent chooses connection over control and presence over production and empathy over compliance, they are raising a human being who will not feel the need to cannibalize others to feel powerful because they were not cannibalized for the for the power of the parent. You see, so that parent is raising a child who can still feel and feeling the heart is the revolution. You see, the capacity to feel grief when others are violated, to feel rage when injustice prevails, to feel tenderness toward the vulnerable, towards the weak, towards the ones who are more helpless than you, to feel the sacred responsibility toward toward others.

This capacity, this trembling, you know, this heartbreak, this inconvenience, this uncontrollable capacity to feel. This is our unique DNA. This is what separates the living from the zombified, from the dead, from the

automatons. You know, through this ordeal of the past few weeks, I have had so many men write to me and call me in tears over the suffering of these children. grown men sobbing, shaken to the marrow. You know, some might call that weakness. I call it, oh my goodness, proof of life, proof of a pulse. I call it evidence that their humanity has not yet been amputated.

I call it the nervous system of a father, a brother, a son, refusing to go numb in a world that revels and rewards numbness, especially in men. And to these men, I want to say this with my own heart. the men on social media who are outraged, who are so upset. Your tears give us women strength. Your tears are not weakness. They make us feel witnessed. Your grief is not fragility. It is it is something that is giving us a backbone right now because we need especially we women, we need to see you right now. You need to speak up. Don't apologize for feeling. It is you who can check the other men. Sorry. I mean it it is incumbent upon the men to check the other men. So don't retreat into stone silence and and and say this is not my job or this is not my lane. This is everybody's lane. I I don't understand how people are not speaking up. It you cannot protect your your safety and comfort at this moment. At this moment this is about our children. Okay? This is about babies. This is about women and girls being trafficked blatantly right now. Right now there is a girl who is being eaten, bitten, hit, tortured right now. Okay? While you are sitting listening to this, there is a girl right now screaming for help, wondering where the freaking hell are the people who feel because she's feeling and she's so confused that she would rather die. The world is drowning in emotionally anesthetized men. And we are starving for men who are awake and alive and unaw unafraid to to feel and to blast their feelings, to blast their heart, to rip their heart open and say, "I feel, I see, I hear, I cannot be in denial." And to my sisters, to all of us women, not all of us, but most of us who are feeling nauseous, many of us are feeling ret-raumatized. Okay? We don't know what to do with our feelings. It's bringing up memories. You know, the other day I wrote to, you know, six or seven of my close girlfriends who I know have been sexually perpetrated. And I just had to tell them, I'm I'm with you right now.

You know, I was molested all all through my childhood. Okay? like from age seven on, but I was still not a baby, okay? I was still able to to process a little bit, although I didn't tell anyone. So, I've been feeling the feelings, enraged, enraged. And I'm sure many of you are. And our reaction is not hysterical. You see, we've been told that we're crazy. We've been told that we're overdramatic. No, we're not. This is in our collective memory. Our bodies know how we walk around the world unsafe, feeling predated. Our bodies know what history of the patriarchy has spent eons denying. So do not let this horror convince you that oh you know you are crazy. You are feeling too much. Use this feeling, this fury as your power.

You know the people who are horrified right now, they're the ones I want in my life. They are connected. they are alive. You see, we we have cons confused consumption and accumulation with aliveness. You know, the more success you have, the more busy you are, the more this and that and more stages you appear on and more red carpets and more glitzy glamour yachts and weddings of this this and the that wearing your jewelry. We have we you know the ordinary people have confused that with aliveness.

We have mistaken influence for fulfillment. We assume that wealth and fame and power. That means that they are they are living an amazing life. And then the rest of us in our pajamas and you know babies snot all over our

t-shirts and the dog has pooped and we're too tired to clean the dishes and we're too exhausted to look amazing. We feel like we are lesser than. When we idolize and pedestalize this illusion, this maya, right? I called my daughter Maya to remind me of the illusion. We think that that is a life well-lived.

Going for parties every night, wearing jewelry every night, collecting more and more and more and more. And I'm not saying everyone who collects more and everyone who wears beautiful jewelry is depraved. No, you know who I'm talking about. But a life without connection, a life without the middle path, as the Buddha said, the middle path, a life without deep feeling empathy is not a life. So the rest of us need to stop idolizing this. It is like an illusion, a mirage, a hologram. It is just like survival. But we think it is amazing because we've grown up in this cultural matrix that idolizes, pedestalizes, bows down to the ego of wealth and greed. So the many of us who right now are in our hearts, okay, we need to understand that we are alive and that amassing and accumulating and dominating and exploitation is not living. That is a haunting remnant of existence. So here is the truth we must metabolize. If we are serious about change, we need to first understand that this did not begin in the last decade.

This has been building for millennia. Ever since the first few men began hoarding wealth and equating accumulation of esteem and identity with wealth, right? When worth got coupled with wealth, we have been moving steadily away from our own humanity. We began worshiping the altar of more, more power, more possessions, more control, more things, more consumption. And we've been walking in the wrong direction. And we are all complicit to a degree. Not to the depraved degree of those who commit these atrocities, but we are complicit nonetheless. Okay? In a small way because we worship success. We pedestalize it. We covet the cars and the jets in the island somewhere. We also want like a casino and a resort and a and an island. Okay? So we give them our attention, our money, our sovereignty. We watch their lives like scripture and we follow these false gurus and false gods and we measure ourselves against these prophets, right?

hoping to gain salvation. And this is how the collective ego grows so grotesquely out of control. This is how we have created a world where some human beings believe that they are above others. They are entitled to own others. They walk on water. We have fed this beast. I say this not to shame us but to wake us up to our complicity, to our co-creation, however small it is. Because what we have built, we can dismantle. You see, if we gave our reverence to the wrong altar, we can now redirect it back to what is sacred. And the path back to humanity is just from here to here, here to here. But sometimes it takes like 30 elevators to get from here to here. And that is what we need to now rebuild our connection away from ego, away from ideas and beliefs that are false to pure oneness, connection, and heart. The return is not complex, but oh my goodness, it is so difficult. But it is simply the opposite of everything we have been taught. We have to stop going down the path of excessive accumulation. Because excessive accumulation is the clearest sign of disconnection. The person who needs the 10th car, the fifth home, the private island. Why? Why do you need so much? This is a cry for help. This is a zombified human beings who's a phantom to themselves. That is a soul so disconnected that it mistakes objects for love. you know, square footage, how big my house is for worth and and how much money I have in the bank to signify how alive I am. Listen, my friends, it is time to return back home to our children. Our children are our most precious legacy. Not museums, not AI, not tech, not gadgets, not luxury vehicles. They couldn't give a Sorry for how much you have in the bank.

You know how many times my daughter has told me, "I don't care about the vacations you send me on." I'm like, "You don't?" She's like, "I just want to be with you." I'm like, "Me? See, I don't even realize I'm so worthy." I'm like, "Me? Why would you want to be with me?" They don't need gadgets and jewelry. Our children, the humans we are raising, they need our consciousness, our presence, our attunement, our abundance, our focus, our ability to be. You see, we're so busy becoming, becoming becoming becoming becoming becoming. We don't know how to be.

I'm guilty of this every day, but I remind myself every day. And I'm here to remind you if you are not connected to your heart, to your children, to your five best friends, what kind of life are you living? Who cares how wealthy you are? After some point, it doesn't matter. So, we need to shift. Otherwise, we will keep mass-producing the next generation of depravity, obscenity, exploitation, objectification, and disconnection. Right? We need to pivot back to being not having not achieving not accumulating not counting to being alive to to feeling. This is where the revolution actually starts. So hope right cannot be false cannot be empty.

Okay? As Barack Obama said, it needs to be audacious. And what that means in my opinion is that it needs to be in action. Okay? And the way we act is through our consciousness. through our refusal to join the crowds, refusal to subscribe anymore. It is in the father who says, "Child, I was wrong." It is in the mother who sits with her sick child and calls in sick to work. It is in the vulnerable. It is in the mistakes and the repair. It is in the cutting of the birthday cake. It is in the sitting together by the fireplace. It is in the simple moments of the day-to-day. That's where the audacity of hope lies.

This is why I do this work, you know, not to help families be happy or harmonious. No, this is about deep healing. This is about helping safeguard our inner children. Because if the inner child disappears, then we raise a generation of humans who can kill, murder, steal, pillage without even thinking because they're disconnected from their own inner heart. So this is the invitation. I mean in this in this dismal abyss of guttural anguish that we are feeling there is a small glimmer of an invitation and I'm not asking you to claim the invitation out of bypassing only when you are ready let the grief be grieving in you don't bypass it because grieving tells us that we are alive but eventually the grief also can be transformed and alchemized into at least curiosity, at least into a leaning in, at least into the question of who will we become in the presence of this depravity? Can we not allow the depravity to change us? Can we not allow ourselves to numb anymore? Can we allow ourselves to feel deeply, more courageously, more authentically? Can we speak up even when our voices shake? And as long as you are in touch with your own inner pain and your own inner vulnerability and your own inner ordinariness, you are alive and you will raise beautiful children. Because when your own inner child is connected with your wounds will not transform. They will not go to the next generation. You will be able to process them and you will be able to alchemize into wholeness and your children will absorb that wholeness. So do the work. Feel the feelings. Grief is not being given to you so you can just, you know, give up. Grief is being given to you so you can enter your heart. This is not metaphorical. This is a practice.

It is about returning daily to the place where all our humanity lives and breathes and longs to manifest. Your heart knows. Your heart knows what your conditioned mind has suppressed. Your heart knows what the ego has abducted. You just have to return, return, return to that place. And your children are your gateway.

Children of the world. Even if you don't have children, your inner child is the gateway.

Every human being is a parent to their inner child. So let's raise our own inner child. Let's connect right now. Let's connect to our children. For all those children who are suffering right now, go and connect to your children right now. Take away the screens. Turn off the noise in your little living room. Sit in the present moment. Connect to your child right now. Look at them in the eye. Open your heart. See their beauty. It is time for us to return to our children. The ones that live within us and the ones that we have in our lives. Let our hearts crack open. This is the fertilizer that can transform us from bystander to builder to cultivator to warrior to wildly dangerous beautiful aliveness. This is how we honor the children who have been stolen, abducted, and tortured. This is how we protect the ones that are still here. This is how healing begins. This is not about the politicians anymore, my friends. This is not about outside influences. Stop waiting for them. This is about you and me. One parent, one healed adult, one healed heart at a time, one child allowed to stay human at a time. This is the work. This is the revolution. This is the way home. Stop subscribing. Start feeling. Open your heart. Let the cracks let the light in.