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# Existential Dissociation: to the Question of the Essence of Existential Consulting (*eks-consalting*)

*Disociación existencial: a la cuestión de la esencia de la consultoría existencial (eks-consalting)*

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### ABSTRACT

Familiar philosophy always offered in its "shop crutches" – something "kind a" for the mind and confidence that "everything is clear" and "life is never over." However, people disappointed in the consumer goods of existential recipes. Now, in connection with the rapid development of technical means through which "information about reality" spreads, "content", "texts" and "video", "comments on reality" and weekly "analytical reports on reality" are circulating: naivety: pleasures. Our task, the task of this text is try to feel, to see the "shifts" in reality and the means of its understanding, image, grasp, transformation.

**Keywords:** Humanitarian existence; human reality; reality and the means of its understanding.

### RESUMEN

La filosofía familiar siempre se ofrecía en sus "muletas de taller", algo "bueno" para la mente y la confianza de que "todo está claro" y "la vida nunca termina". Sin embargo, la gente decepcionó en los bienes de consumo de recetas existenciales. Ahora, en relación con el rápido desarrollo de medios técnicos a través de los cuales se difunden "información sobre la realidad", "contenido", "textos" y "video", "comentarios sobre la realidad" y "informes semanales analíticos sobre la realidad" circulan: ingenuidad: placeres. Nuestra tarea, la tarea de este texto es tratar de sentir, ver los "cambios" en la realidad y los medios de su comprensión, imagen, comprensión, transformación

**Palabras clave:** Existencia humanitaria; realidad humana; realidad y los medios de su comprensión.

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## COLLEAGUES

Of course – not we – the "pioneers". "Existential therapy" engaged by various professionals (Bujengtal, 1998; Bujengtal, 2001; Frankl, 1967; Frankl, 1990; Yalom, 2008; Yalom, 2009). In the 21st century – a new direction arose, which is called "philosophical praxis", "philosophical counseling" (Van Dortzen, 2004; Van Dortzen, 2006; Ehrenberg and Ehrenberg, 2010, Kagan, 2013). There is no doubt about the novelty, practicality, importance, effectiveness and prospects of these styles in counseling. However, the study of the biographies of the bearers of ideas shows that they are all from the realm of academic science and, most likely, they acutely feel the need to step over the border of "science", to get into "material", into "living". However, "getting into life", getting into "existence" is, as a rule, a problem. Although hundreds of years to hundreds of scientists it seemed that there were no boundaries between science and practice, existence, life. The confidence of any scientist – inheriting the ideology of the Enlightenment – lies in the fact that any person: can be educated, intelligent. Between people, between "minds" – there are no boundaries, obstacles, there is no abyss. Titans of the Enlightenment believed that the mind is something that can easily develop, improve, deepen, expand. Before the "mind": all are equal.

## METHODOLOGICAL FRAMEWORK

Mindful of his "habit of methodology", the habit of "scientific knowledge", the habit of seeking "truth" – we note with sadness that:

1. Categories "subject", "object", "knowledge", "method", "proof", "truth", "scientific research", etc. ... became metaphors, artistic images, intrigue in the art work "about scientists" types of "heroes" of subjects and "cinema". There was a "challenge to philosophy." To which the "philosophers" have so far not answered for some reason. Outsiders?
2. Knowledge – has lost its status as a "leader" of humanitarian ambitions, aspirations, meanings, strategies, goals, priorities, occupations, capital, liabilities (assets), "balance currency", "stocks", etc. For what many people are ready to give their lives? We venture to assert that "knowledge" does not enter today even into the first ten vital goals of most people. In any case, people with completely different deficiencies come to psychotherapists. And knowledge? Turn on the computer, ask a question and rake in the rubble of millions of links. Google – help us! However, to be a proud observer of the transformation of goals and values – a long time does not work. Because of the back, the question is catching up: why did the knowledge "fall"? What changed them? Why? What is the real structure of human potential, resource, capital? Those who exploit "human capital" have reached the "limits of capitalism." For many: there is an acute desire to look beyond the "limits of capitalism", beyond the "anthropic construction" that "was appropriate", but it shifted into a zone of irrelevance, a miracle incomprehensible.
3. It seems that for so long the former acceptable "exposure of success", as an important motive for human existence, as an exemplary "filler" of "existence": lost. The mass of people in the world – they were going to remain principled outsiders, "losers", "losers". They do not compete, they consider their "stay in Time" as something temporary, and success is what is worthy of contempt. The competition of outsiders? This is something incredible! The new hybrid existence, hybridization as a trend, is all the more surprising as it sets new boundaries, lines, formats for demarcating scenery in education, culture, and society. Aggressive underground: this is something that was not quite recently. If not "success" – then what?

4. Unexpected consequence: humanitarian education – becomes a problem. Firstly, because it is unclear – "what to expect"? Secondly, because it is not clear "what to want" (what to strive for)? Thirdly – it is unclear how to "receive" it? And, fourthly, WHERE?
5. The last, important, preliminary methodological remark: the source of "constructive proposals" – can only come from those who managed to merge, unite, reflect, comprehend, master, privatize both "knowledge" and "metaphors" and "methods" in their personal lives "And" actions, "and" capitalization "and" recapitalization, "and" philosophy "and" dehumanization." Thus it is necessary to keep in your head such a construction of the "human world", when different types of people, anthropic material, different people do not "simultaneously" intersect at one time. And, perhaps, it is appropriate to apply such remarks to the research, observation and expression of metaphorical judgments about this set of people, which are based on the recognition of the presence here and now of "aliens", "temporal travelers", "inappropriate people", "missed" ...

### Commentary to paragraph 1

*Subject or under-subject?* If the choice and notes about the "methodological framework" is acceptable, then the following "on the margins" should refer to this – to the "structure of my resource (potential)". At this point, we have to admit this with regret – there is no unity in understanding lines, borders, means of identification, nomination or samples. Therefore, several strategies for "demarkating" the contents of personal human life, the content of the humanitarian, anthropic, "my human" should be pointed out.

In order to somehow overcome the problem of "subject" in the act of unfolding the narrative about science – it is worth paying attention to the importance of "modal installations" of the human in its existence. What does this mean, what is it about? Only that everyone living: can somebody become, be, happen, exist ... And maybe "be different", "not become, do not happen, do not exist "by this", so "here". I am, if I want to be "this". Hence, in order to "want" – it is important to be able to "be able", or "must", or "be able". In this place of habitation of subjects – there is always a choice. And "philosophy" – becomes "modular" occupation, and not necessarily "love." Co-promote "wisdom" is not necessary. Everyone has the right to focus on stupidity as a strategy of existence. If "being a fool" is happiness, then why compete? Why blame? Why arrogance? So far, the "market of stupidity" – much wider, deeper and more than the "market of the mind". So: "to be a subject" means to make a choice, the consequence of which are "objectivity", "reliability", "wisdom", desires, strategy, and everything else. Peace: this is the consequence of my decision.

So, here is some (incomplete) outline of the strategies of my "choice" of subjectivity:

1. First method: apply the "accounting approach", "balance strategy", the strategy of research "wrap-up" of human "capital". And, accordingly, somehow normalize the records on the "accounts". Specify "assets" and "liabilities", reporting periods, dates, dates ... "School of the mind". "School of Passion". "Women's School". "School of Victories". "School of Defeat". "Love Stories". First grade. The tenth ... Second education ... 600 accounts of the balance sheet – accounting for my human capital.
2. Second method: To take as basis certain "basic methods" – mathematics, sociology, mathematics, topology, science, philosophy, etc. For example, "dichotomous", "dialectical", "metaphysical", "historical", "temporal" (structural dynamics), "humanitarian", "psychological", "cultural and historical", etc. However, is it necessary to "criticize" what is not accepted to accept? Is the profession of an "intellectual product expert" mandatory?
3. Third method: Accept for basic – global "cultural and historical" designs of civilized "poles" (India, China, Rome, Iran, Carthage, Cairo, Kabul, Tokyo, New York ...) are the defining features of logic, for example (in the order of their own theories of "logical output", "modal logic", etc.).

After reviewing such a list, a natural question arises: will we again fall into the trap of "criticism"? Or are we going to allow "synthesis"? The preliminary answer turns out to be simple: if we decide to respect a specific person, decide on the assumption of his freedom of choice and preferences, we will be able to prevent aggression against him, based on certain theories, schools or directions, inattention to himself – then we must, first, to allow some variety (for example, to allow Him to have several possible "centers of power" in his existence), and, secondly, to allow the existence of a "sleeping regime" for some of these "power centers," a strange dir ma "nedoaktualizatsii", "nedosuschestvovaniya". Of course, a purely professional question arises about the "awakening" or "termination of the functioning" of the center of power, but this is a question, rather, the topic of another research – "on the ethics of the consultant" and "the ethics of consulting" ... Once again – we risk being persistent: everyone within him has something that can become relevant, but before some times, situations and circumstances, before some stories "this" in the phase of non-existence, lack of existence, pre-relevance, pre-action, pre-action, a certain amount of "life-before-life". Prejudices? No. These "essences" are provocative, provocative, alluring, seductive, energetic. That's why they "wake up" easily.

So far – our proposal of human "about provocative entities" is as follows:

There is a "spirit of the top", the usual – "what is above us" ...

There is a "soul" (tempo, breath, metronome, time, vitality ...),

There are mental structures (rationality, knowledge, understanding, thinking) – "head"

There is, of course, a "heart" to which love, passion, desire, duty, grief, "propositions" (as formats of "relations" to the world, "others", people, as a center of subjectivity and subjectivity) belong to ...

There is a "spirit of the Niz", (sexuality, illness, energy, death, meanness, betrayal, suffering ...)

There is the "Spirit of the Back" (history, race, tribe, people, leadership, sociality, communication, culture ...)

There is the "Spirit of the Eye" – that which beckons, calls, allows you to hope, believe, save and be saved, bliss, feel grace, bliss ...

We hope that it is clear that when we talk about "spirit" we use a metaphor, and do not point to some "isolated existence" following the example of shamans, sorcerers, alchemists, witches or theologians.

## Commentary to paragraph 2

*Knowledge or "Unknown"?* The whole history of European civilization, it seems, is not worth it in this – it is devoted to the search for knowledge. It's different – what's there to argue about. But "knowledge" – was that which can be identified by referring to it "truth." Further – "knowledge" – could and became "sciences" with their objects, methods, laws, theories, etc.

A little later – they were persecuted: for the sake of the triumph of faith. However, they formed a fair competition to the faith and clarified many questions both of the faith itself and of its existence. For example? In questions about "reliability", "reality", "logic", "evidence", etc., etc. Already 500 years in the newest history of Europe – knowledge – are leading in respect to them. And it may seem that this will always be so. Moreover, at last, such technical means of storage, packaging and delivery of knowledge that (means) make "knowledge" are discovered – common and always-accessible. Everyone. Anyone. To each.

And at this very moment – there is a small and simple question: what is massively inaccessible? What is the sign of the "elite" – among people? Suppose: CONSCIOUSNESS. And, not "lack of education", "backwardness", "mossiness", "nationality", "unculturedness", "dullness", etc. And ignorance based on the ability to ask questions based on the questions asked and have not yet received answers. Of course, there are stupid questions! Only their stupidity: will be revealed later.

In this sense – "science" today, most likely, can be understood as a completely specific activity to generate ignorance. Only a professional today can find something to be surprised. And: ask a question. To ask is and

means: to be an elite. The structure of "ignorance" – yes, of course, is similar to the structure of knowledge. Because breakthroughs occur where forces and resources are concentrated. However, there probably are places of "near-knowledge", where so far no one has been. Are ready to express paradoxically: places where we were not – it's ourselves, each of us. I am the one to whom and where I will be, where I will have to exist. My secret place.

### **Commentary to paragraph 3**

*What instead of "success"?* In those episodes where you had to engage in public philosophizing, counseling, psychotherapy, business or education, you had to ask: what is the scenario, what is the strategy of life, what is life directed at? And often, too often – ordinary people answered that they want "success", that they are motivated by "successful people" (examples, samples, heroes, plots ...). On the one hand, the question is natural: why? Why IM – need "success"? On the other hand, another question is a little more complicated: what can happen "side by side" with success, as a motive, as a basis, as energy, for a movement for existence, for arrangement of one's destiny, for choice, decision and freedom?

Note that, it seems, the question of "success" is not the easiest yet. Why? To begin with, because it presupposes the existence of a certain competition and "victory": there is a "measure of success", a finishing ribbon, length, height, depth, weight, account size, etc. On the other hand, in order for someone to "win" – you want to want to win? Success is when I wanted and won, competing. And if he did not compete, did not "win", did not want to – and this "just happened", just "happened, just" is "just" always it was "?"

Next, and here, let's imagine that someone with you begins a story about "successful love." And you? Is it funny? Shame on you? Disgusting? Here is something and it: there is no such word combination in your arsenal. You: a decent person. So exactly – how is a "successful debt" possible? "Successful Honor"? It turns out that "success" is a partial activity for "monetizing humanitarian liabilities", only a part of them can be turned around. On the other hand, some positions are opened to at least try to guess how many there are and "what" in the places "without success", "without hope", but with "love", "happiness", "joy" and other things? Deal with the dislocation of "no-successful" humanitarian liabilities (assets).

### **Commentary to paragraph 4**

*Humanitarian education.* The European education strategy appears to be in a deep crisis. This crisis is connected, first, with the crisis of relations between "universal and individual" (to be precise – between the representations and theories of both); and secondly, the fact that the issue of the "temporal and anthropic underground" has not been resolved. Suppose that it is for this reason that it is considered that education is only a method of humanitarian (existential) therapy – that is, way of "deducing from the existential (social) underground". While the therapy itself is carried out, as a rule, in formats that we would designate as the "Method of minimal anthropic provocations".

### **Commentary on the experiments**

*Experience on existential consulting and existential therapy.* It is difficult to consider statistical data on this part of the therapeutic and consulting work. Why? Because every existence, every life, every destiny is unique. Well, perhaps, the man got into the "historical meat grinder", the concentration camps, Auschwitz, for war ... From here and seemingly a simple scientific question: how to take into account the results?

We have developed a test in which we use the principle of "expert interview". Only every time – the interviewee – is in itself, alone, separated, separated, isolated, unique. USED scale – has seven sections, each of which is marked (possibly) in color, in each of the sections – seven variants of "answers", labels,

levels, grades, shades of the theme. And, therefore, anyone who agrees to "be an expert" – puts his notes on the sheet, which includes both the "past", and "happened" and "prospects" (opportunities). It turns navigational map, navigator. We do not know analogs. In this sense – this is the author's technique.

### ABOUT THE NOVELTY

To begin with – it is necessary to decide on a simple question: can a person exist without a consultant? Or: it cannot?

A funny question? ... Yes, of course, parents, home, clan, state, society, culture, nation, people, leader, parliament, government, law, God ... – "consultants": a lot of names!

Most often people resort to the help of professional consultants, therapists, magicians, sorcerers, doctors and shamans when they have something "hurts." There is, of course, a peripherally ironic trend – healthy people – "engaged in a "healthy lifestyle" in order to be "even healthier". Nevertheless, this cannot prevent us from stopping at the "diagnostics" of the state of the "center of force". We are not yet going to establish any "certain order", normalize, "approve", "agree". Let's start with a simple, generally accessible – that seems to everyone "understandable": from the "mental" (rational, intellectual, etc.) forces.

What is a "**mental force**"? Ability and readiness to understand and accept the incomprehensible. And – it does not matter – in what place, what is the volume and who owns this "incomprehensible". Someone may seem ridiculous this our note about "incomprehensible". However, we will recall that "it is clear to one" is not always and not necessarily understandable to another. Everyone has a high school experience behind. And everyone will be able to remember the dunce-schoolmate who "could not understand" the simplest things. Understanding, thinking, logic, rationality, intelligence, stupidity, fools – many hundreds of pages of decent texts are devoted. Gnoseology, epistemology, psychology, etc. – from a scientific point of view, they are exploring the question: "How can a man not be stupid?" So that "mental strength" and "power of enlightenment" are the two most researched questions in the history of mankind.

Now – the "**Spirit of the Top**". Do you remember Kant? About the "starry sky above your head"... We think that this is about the "Spirit of the Top" – because everyone had it: it took breath as soon threw back his head and looked into the abyss of space, the universe, infinity ... Ready to admit that Kant was simply shocked simplicity and evidence of the "law of the heart" and the "law of heaven" and did not look for details or other addresses anymore. Concentrated and admired. We would venture to notice that when the "spirit captures" – this is what comes from above. And not even from the head. Here – and faith, and hope, and ideals, and salvation, and dreams, but also disease. "People without a top" – get sick. This is the classic of osteopathy. When people are born – they have a "fontanel". And there is even such an established expression – "breathing the brain." Effects? Bad sleep, learning difficulties, problems with concentration of attention, incorrect bite of teeth, general oppression of the functional systems of the body. Noticed? "Grandmothers" ceased to "rule the head" to infants and the "quality of the nation" deteriorated. A person ceases to feel the rhythm of the world, ceases to sense the spirit of the Upper – as a result of birth traumas or craniocerebral traumas (acquired through life). A person loses co-image, co-dimension, synchronism with the world. He is arrhythmic to the World. Such a trauma of the spirit is reminiscent of the absence of a musical ear: a person does not get into the rhythm, does everything out of place. Because the world does not "hear" or "feel".

The third, but not in the degree of importance, is the "soul". The mention of sincerity, of the soul, of callousness – has become customary. However, the application is rather a familiar metaphor for the location of the "incomprehensible". Every once in a lifetime – is tempted by might, salvation or grace. Every alchemer of "mercy" (it does not matter – whose ...). Only here – can "everyone" tell something intelligible about any of these stories? What is the "dislocation" of the human soul? Who is ready to stand and answer – to indicate "place"? Literature, poetry, art most often catch the location – in the "heart", we would venture to assume that

the "heart" is the source of desires, modalities, love ... Believing that it is not the abode of the soul. But the heart as a "center of power" – needs "breathing" (inhalation – "lungs"). Can breathing be considered a "gesture"? Probably. Only not as "breath". And as a "sigh", "sighing", "spasms", "squeezing", etc. It is clear that the trauma of the soul – turn into a variety of diseases and the heart and lungs. The most recognizable "trauma of the soul" is resentment. Insults (if they are repeated and cultivated) – lead, usually, to some kind of oncology (according to the observations of experienced therapists). We would venture to notice at this point the narrative about the "centers of power" of man, that "soul" can be called "the source of modal propositions" and "life" strategies. In the sense that when you want something, you can or should, then you must definitely get into "vibration", hum, beating your heart, into your breathing, getting into yourself to become co-dimensional. Friedrich Klages says that the soul is the bearer of continuous rhythmic processes, "co-axes" with the processes of vibration of the world, the universe ... Maybe it's time to say that the soul is a part of the universe that is given to a person as a memory of belonging?

The easiest way, probably, is to unfold the narrative of the "heart". How much literature is written about "hearty deeds", "heartlessness", and other human adventures!? Will we be mistaken if we suggest that it is the heart (as the center) that is the source of love, passion, desires, duty, honor, will ... and any other modal circumstances of life? Yes, verbs can turn into nouns: love – in love, want – in passion, must – in debt; verbs "cast in granite" – turn into "monuments", into "memory", become "material" for comments, reflections, sadness, memories. But not only: mistakes in "operations with modalities" lead to impotence, illness and defeat. Inattention to heartfelt affairs: is fatal.

The next center of power is the spirit of bottom. Not all human life is connected with high thoughts, deeds and sacrifice. Not all intentions are pure. Not everything: honestly in life. Sexuality, death, meanness, betrayal, suffering – is there anything unusual in the "bottom"? The fact that people usually prefer not to say "about this" – leaving "low" – for the time of sessions with a therapist – does not mean that people live without it. "To be low": this is usually, usually, habitual. It is precisely that each of us has or will have to win over ourselves, to defeat our low aspirations, thoughts, feelings, intentions – from each person. To be a man every day – of course: it's work. And, in this sense – the temptations of baseness – more than temptations of high. In a sense: God is not at all tempting! Here, however, there is a certain paradox, a certain difficulty – the difficulty of feeling, which is nourished by the "spirit of the bottom": if "to be a god" is so difficult, difficult and unpleasant-why should he become like him? Especially if it's so simple: to afford everything!? ... There are few people who would be ready to correlate their current illness with their actions committed years earlier. Although in "logic" – everything is simple: the betrayal of people, the betrayal of "others" – leads to betrayal of oneself, to their death, to their illnesses, to their pain, to their suffering. Only usually: it's too late. The spirit of the bottom is, of course, what is often metaphorically called the "kingdom of the dead." Go to the cemetery, sit on the first bench you find and listen to yourself. Remember your sorrow, when a loved one was leaving you and it turned out that you did not finish what you had finished, did not finish telling, did not clean up, did not finish it ... Late. Border. Only in dreams.

The bottom is "that light," which is not often understood. If here we are in the "white light", then there? On the Black? So far, and this topic – put aside. Having assumed that there is a border – through which ... – it is difficult to communicate, talk, gesticulate: all the "flowers on the graves" are flowers to themselves, is not it?

So we got to the mysterious "Spirit of the Back". Do not try to find in Google or Yandex. There is no such. This is author's, from practice, from own experience. Let's try to explain what we're talking about. First, when you are scared – are you running away? Are you afraid to look back? Do you "live" with your back forward? Or back – back? From what and to what do you move in your destiny? From the usual – to the dream? Or from bad to better? Behind: the "golden age"? Or "horrors"? The questions are not trivial, not contrived, not

"theoretical". Europe in its development – for a long time was in a phase of rapture "enlightenment". A lot of people sincerely hoped that "enlightenment", "mastery of sciences and knowledge" – will make people purer, higher, nobler, kinder ... And only a few – absolutely coldly built such "pictures of the social world" in which "development" – was portrayed as development from "bad" to "even worse." To the "worst". For example – S. De Sad: gave his name to the whole trend in culture and practice – "sadism." But with a theoretical construction – nothing can be done: everything is accurate, reasonable, human ... Where is located, where horror, fear, threats, danger are located? From the practice of people – where they are not expected. Human mucks are concentrated behind the back. Hence the expression – "knife – in the back", etc. Behind him – unexpectedness, incomprehensibility, inconceivability. Another question – are they all there? Say – "betrayal" and other "seven sins" – there? Or "seven sins" – one for each "center of power"? In any case, for the time being, we can limit ourselves to the assumption that "human (life) mucks" appear because of the back, probably therefore, when "bad" – the back "gets colder" or becomes covered with "sticky sweat": the somatics signals the presence of a terrible, irrational, dangerous. This is an irrational feeling, and we marked it as the spirit of the Back.

"Spirit of the Eyes" – in a sense, and the application is the opposite of "the spirit of the back." Firstly, if only because there is no "eye" on the back, and any person gets most of the information through the eyes and the world, about "where is he" and "where is he"? Eyes like to admire, squint, peer, staring, "roll up", "follow", and not just "see." To see is "physiology". And this: boring. It is clear, probably, that the eyes serve and signal about a lot of "positive" feelings, emotions and moods. We would attach them to one of the most important human emotions: to "dreams." They did not attach "analytically", but by means of "gesture" – by their own decision. Without proof. Since many times in practice have seen people who have "closed their eyes" – peer into their "future" ... So: seven "spirits", and hence "seven types of practices," seven types of "injuries," seven types of "health", seven "departments" and "laboratories" ... Another question: is this traditional "packaging" of "human material" "System? Do we have a hope for systematic scientific knowledge? ...

## CONFLICT

Today, as it seems, there are poles in relation to "existence", and, accordingly, to *eks-consalting*. One part of the researchers considers ALL healthy and only a part of people – "sick", deformed, "wounded". The second part of the researchers believes that EVERYTHING is "sick", and "successful" – in more than other degrees. And the disease is called "life", all have the right to claim their own specialty, uniqueness, unlike their strategies and recipes. And in this private law – in fact, and their right to their lives is expressed. Hence, different strategies, methods, tasks, objectives of counseling. Two extremes. One extreme: to persuade people (in the process of counseling) to "be like everyone else", "do not stand out", reconcile with their grayness and similarity, claim only their little daily ordinary happiness. The second extreme is to invite everyone to a personal feat, to unusualness, dissimilarity, leadership, ambition, opposition, privatization of happiness, destiny, existence, life, memory.

We had to see the surprise on the faces of the patients, when they found out that one could live not only with the "head", not only with "rationality". That you can draw up several different goals to achieve, place them in reach, accessibility, perceptibility. Surprise, which can easily be called "existential surprise" – related to meeting with their own wealth, and to the discovery of their power over time, power, salvation, love, grace. Over what has long been considered a wealth of social and religious organizations. Not everyone understands that besides success in money, career, public (political, for example) life – there are also other successes. The exaltation of the "centers of power" – the assumption that existence can easily be realized in these horizons of dislocation of the centers of force – often turns out to be shocking for people. When they realize that they are quite ready to master temporal worlds – people often believe that all their starts are over. And



they: have come to eternal life here and now. Exhaustion of the "conflict of the poles" – this is our own therapeutic task, the task of the ex-therapist, eks-consultant.

### **APPROVALS ABOUT THE "OBJECT"**

1. The new historical community "the Soviet people" was actually created, fostered, grown, developed, received (obtained): how new breeds of animals are obtained in the process of biological (agricultural) breeding. "Soviet people" – were "withdrawn" in the Soviet Union as a "sick test tube." Signs of the breed:
  - a. Fear, respect, trust, consent, support, acceptance of "unity", acceptance of "laws of historical development", acceptance of "contradictions", "dialectics" and "opposites", acceptance of "bright future", etc. "constructs" reality.
  - b. Consent to "poverty" as a sign of chosenness, reward, encouragement; since only the "beggar" has the "right" and "prospects" of "universal happiness".
  - c. Qualification of the "objective situation" as "reality with temporary shortcomings".
  - d. Qualification of the "theory of reality" – as the most advanced doctrine, and "critics of advanced teaching" – "dissidents" and "enemies of the people." Enemies and dissidents, of course, are subject to mental and psychiatric forced "treatment."
  - e. There are, are acceptable and are subject to destruction – people who have doubts about the "descriptions of reality", approved by the "decision-making bodies" of the "transformation of reality" in accordance with great intentions, scientific plans and programs.
2. Thus, for a long period of the existence of the "socialist society" (the "Soviet experiment"), a lot of people became the "product" (population, "people", "clan", etc.) – the majority. The majority that has lost the experience of ordinary human relationships based on personal interest, their own profit, their business, respect for someone else's property, an understanding of the boundaries of "privacy" and the inadmissibility of breaking these boundaries. In other words, many people resided in the territory left after the collapse of the Soviet Union, for which their own life, private landmarks, personal preferences – lost their meaning, meaning, taste. Only "to be like everyone else", only "never to stick out", only "no initiative" (because "initiative is punishable") – and created a basic archetype for the existence of these people. The basic archetype – could easily be described in several "Soviet moral maxims," namely:
  - a. Inequality is not fair, since equality is fair;
  - b. Everyone – everyone – should, because – a friend, friend and brother;
  - c. "Die yourself, and help your comrade";
  - d. "The country is surrounded by enemies of socialism", so it's always logical to be ready to "tighten up your belts";
  - e. In every house there should be a stock of matches, flour and salt – in case of war. And, probably, a white sheet – to protect against "radiation" ...
3. "Patients" were more than "healthy". Even more – "sick" found "healthy": sick. In this sense, it was dangerous to "engage in philosophy or psychotherapy" – in Soviet times. Because you risked to cause "the wrath of your superiors" with your unacceptable "innovation." Or "the wrath of the sick" – its "inadequacy". So until now and continues. It is not clear – professionals on humanitarian issues, on anthropic existence, on "existential issues", on the sociology of agreements and diversity, on the new culture: are they for whom? For Russians"? How to advise and change the attitude of millions? How to stand in front of a million people

with statements: "Are you – are sick!?" How do texts look – acceptable for "million"? Or: how much does one tablet weigh for one million? And how to "give" it? ... These are: questions about "procedures"...

4. Classics of philosophy and psychotherapy – for Russia is not suitable. So there is a strange situation when you can:

- a. Wait a couple of tens or hundreds of years, when the adepts of socialism and "knowledge" will die.
- b. To be engaged in the training of the "average medical staff", the sisters of psychiatric charity, whose task will be "to brighten up the time of psychological suffering" to the interval of "withdrawal", to accompany the dying adherents to the grave, to ensure the "survival period" by humanity;
- c. "Roll up your sleeves" and start "treating everyone". On Fridays. Create and run a powerful "cognitive (metal) virus", which in the mode of "lasting effect – will heal millions without human intervention.
- d. The development of modern means of communication suggests that network groups will soon become popular: "anonymous socialists", "anonymous communists" ... and the like. It is clear: following the example of "anonymous alcoholics" ...
- e. Create a political party – "The End of Socialism", involve in its ranks the majority of those living on the territory of the former USSR and there – "wash all the brains of all" with a new ideology.

In short, the task was not trivial for the representatives of this professional group. For themselves, "psychotherapists" or (and) "philosophers" do nothing with the brains of millions cannot and cannot. And, in this sense, Western psychotherapy or philosophy – turned out to be an insignificantly small personal exotic means for working in the territory of the former USSR. If, for comparison, in the United States about 30% of people (population) regularly visit their psychotherapist, and for \$39, you can get a regular subscription to "psychotherapeutic advice" at any time and for any time, in Russia for one million people, probably, a man of 100 professional doctors-psychotherapists. The rest seem to be treated in "political parties", "trade unions" and "work". So far, it is not even clear – is there any way to document the "mental health" of the "Russian people" with some objective methods?

5. Without a primary diagnosis, without primary sorting – it is impossible to make a decision about "treatment", about the selection of methods, theories, means, techniques, drugs, institutions, organizational forms and management procedures – regarding the consequences of such a heavy "mass defeat". Besides, of course, the "adherents of the Soviet way of thinking", the adherents of anonymous communism "- I can immediately quote" examples from there ", " refer to the processes and phenomena that take place "beyond the Russian border." But we understand that: a reference to "someone else's" does not clarify anything in "its own".

Decide on the "formats" of communications. There is a great temptation – to apply to the "circumstances of the border" (cultural, ethnic, confessional, historical, national) – the "dialectic of the border". When several statements ("A" – "non-A") + ("A" is equal to "B") + ("not-A" is equal to "not-B") operate simultaneously ... and all this is true at the same time! ... ). In other words, in the situation of "dialectics": dialogue is never possible. Someone must die. Someone must "win" ... There is a variant: "implantation" of the "virus". "Infection". The third option: "agreement" on the boundaries and interaction. Fourth: indifference and the assumption of non-interference. Fifth: investments in a competing object, system, organization. Arsenal of means of "soft pressure" – is quite diverse. It is important to understand – what will you do with the "refugees"?

There is another, hidden, question: why do you need this? "Earn"? "Debt"? "Passion"? "Habit"? "The rescue"? "Intelligence"? ... What? Are there alternatives? Or do you have this demarcation line inside you that does not allow you to be identical, generates a personal dissociation?

## RESULTS

Our experiences in the field of individual (including remote "existential counseling") have shown that a professional who chooses the techniques, methods, formats, methods and depth of existential penetration, existential correction, therapy and exposure should at least be prepared to ensure that, that the patient came to him from the "other world". From a world in which there is no hope, the dominance of pain, humiliation, violence and time is utilized on an incredible scale. The consultant has no debt and so he is different from the doctor. The consultant has a temptation – to create a healthy fate, to admire the picture of the embodiment of his efforts. Simultaneously: every new partner in the "existential business" is also a change of "philosophy". The philosophy of this matter and this life.

## CONCLUSION

There came strange times. Their compression – as a result of network communication formats – incredibly accelerated the "process of life", the "process of science", the "process of knowledge". Deficiency is not knowledge, but ignorance. Practices of working together with ignorance and are today, at the current time, are in demand by those who still want to be a psychotherapist. False existence, false "existentialism", a false picture of the world – do not abolish the presence of a sense of lost reality, do not put an end to the search for authenticity and identity. Step over a lie, trusting a professional "stepping over" – this is a task for a few. In Russia, unlike civilized countries, there are so few "psychotherapists" that it takes 100 years to get a little more. Slightly more than in developed African countries. Ask any of your friends: how many psychotherapists does he know? And try to wait for a polite answer. Engineers? I remember. Philosophers? I remember. Therapists? Remember? Taxi drivers? I remember. Psychotherapists? No, I have not met ... According to rough estimates – in Russia there are ONE of them for 10,000 people ... That's why, until now, different rallies are going to tens of thousands ... In anticipation of therapy of the soul.

We consider it necessary to hold a federal scientific and practical conference on "digital" education, philosophy and "existential consulting".

Apparently, for the continuation of research and development in the field of "existential consulting", "digital education" and related (including "methodology" philosophical issues, temporal philosophy, etc.), it is appropriate to create an organization. Most likely in the format of a "non-commercial partnership", open to accession of any individuals and organizations willing to interact at a non-state level.

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