



What are the causes of war from a psychological perspective?

My message of peace

The idea to take possession of "the world" and to gain military sovereignty over land, water and air by force for this purpose runs through the history of mankind. In the last 3,500 years of human history, it is estimated that there were only 250 years without war.

The Greeks, Romans, Babylonians, Ottomans, Huns, Germans, English, French, Americans, Russians, among others, have tried to succeed in the name of a god, a religion, a king or emperor, a "fatherland," "peace and freedom," a free market economy or "socialism" and "communism." The idea of world conquest is always linked to the idea of saving the world.

This creates ruling castes, " aristocrats", financial and military elites and technical elites, who serve the respective rule and develop the latest weapon systems. They all believe that they are the better people.

This creates many oppressed and enslaved people who have to work for these ruling systems and go to war. These people are considered and despised by the self-appointed elites as "masses" and anonymous objects of domination.

The whole vital nature is more and more destroyed by such ideologies and world conquering practices.

Currently there are two levels of world war:

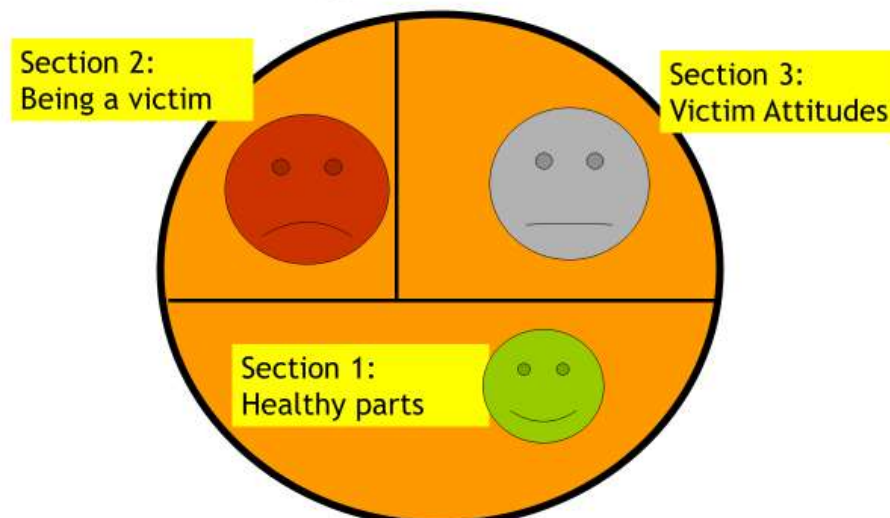
- A third world war, which broke out right after the end of the second world war in 1945 between the capitalist western and the communist eastern bloc. Because of the mutual and therefore deterrent possession of atomic bombs, this war is being waged as proxy wars, among others in Korea, Cuba, Vietnam, Chile, Afghanistan, Syria, Serbia and currently Ukraine between NATO and Russia. Since 1945, there has not been a day on this globe without war being waged somewhere.
- There is a fourth level of world war being waged by a global financial-pharma-IT elite against humanity currently in the name of "Corona". It envisions the salvation of us humans in the dissolution of the nation states and the control of all our human needs by a scientific elite. This is being done by so-called "experts" who are supposed to transform us into transhuman beings, among other things by the means of genetic engineering. Instead of the warriors, it is now the smart alics who are at work, who believe they can conquer the world seemingly without violence. They are not fighting against human enemies either, but against "viruses", "diseases" or "the climate". Lockdowns, quarantine, masks, vaccinations, however, cannot be enforced against the basic human needs for contact and closeness without police and military force, blackmail, censorship, psychological terror.

I suspect capitalism will choke on its own greed.

Given this starting point, here is my message of peace:

- Every interpersonal problem is a psychological problem. It must and can therefore also be addressed on the psychological level in order to solve it permanently.
- A healthy human psyche is oriented towards what is true, good and beautiful and towards constructive social interaction.
- We ourselves are the best experts for our life, our health and our coexistence.
- At the beginning of every human being's life, his mother is "the world". The relationship to one's mother is the lens through which we perceive "the world" for the rest of our lives - until we consciously take it off.
- If I have to keep my traumatized mother alive with my life energy from the very beginning, it is a game of life and death: survive together or perish together.
- No psychologically healthy person wants war, wages war or prepares for war. Waging war is a deliberate and systematic traumatization of other people - a game of life and death.
- The psychological roots for destructiveness and an inner willingness for fight and war lie in one's own childhood: I am not wanted by my parents, I am not loved by them and not protected from violence by them. I am severely hurt physically and psychologically by mom and dad = traumatized.
- This makes us a trauma victim and leads to a split of our human psyche into healthy, traumatized and survival parts:

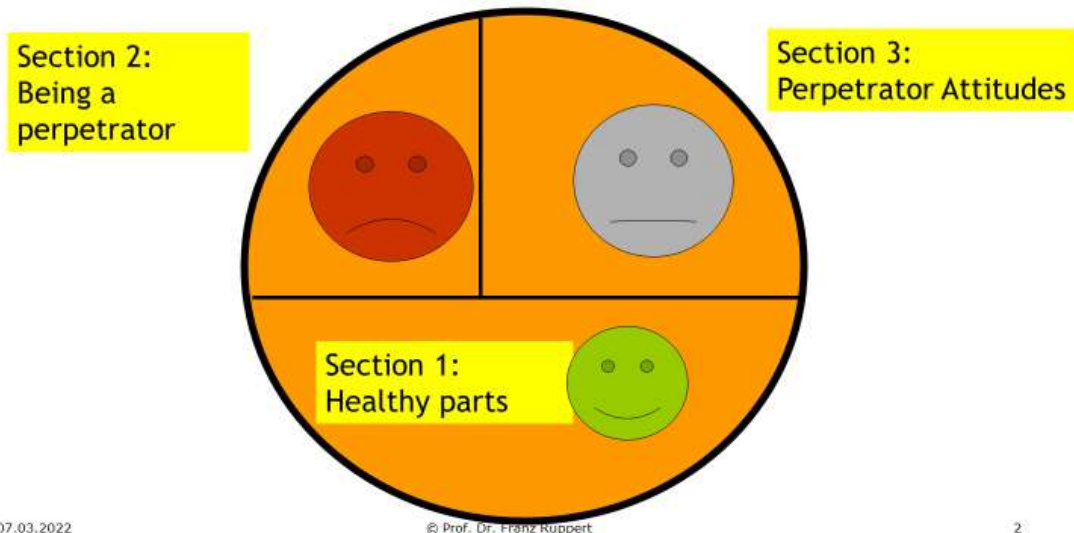
Splitting of Identity after having been made a victim



- Our split-off mortal fears in childhood are then shifted away from our parents to external enemies. So is the impotent rage at them. All this happens unconsciously.
- Who is fighting, is actually fighting for love from his parents and wants to be seen by them. At the same time he is afraid of the overpowering pain, which is connected with the denied love of his parents.
- In this way, victims of trauma in childhood become perpetrators of trauma, who do to others what was done to them.
- They then neither consciously perceive their victimhood nor their perpetration.

- Every person who inflicts violence on another person also traumatizes himself and has to take refuge in perpetrator attitudes to justify his violence.

Splitting of Identity after becoming a perpetrator



- War- against one's own children, against partners, against employees, against citizens, against other governments - can only be justified by being split off from one's own healthy needs and feelings and only in the head with false arguments, lies and propaganda.
- This is done, among other things, by the means of perpetrator-victim reversal: the perpetrator accuses his victim of being a perpetrator and feels entitled to punish him.
- Conversely, in their victim attitudes, the trauma victims see the trauma perpetrators as their saviors and benefactors.
- Psychologically speaking, in wars there are no winners, only losers.
- On top of the old, not digested pain, only new pain is added.
- War-mongers are traumatized people who impose themselves on others with their willingness for violence and coldness.
- In this way they make themselves the center of attention and find pleasure in it.
- They feed on the fear and suffering of their fellow human beings. They need others to be dependent on them. They themselves are empty inside.
- War is an attempt to distract from one's own loneliness.
- However, war does not lead out of inner isolation, but only further into it.
- As a trauma perpetrator, I traumatize my own psyche even further. I destroy and dehumanize not only my "enemies" but myself too.
- As a trauma perpetrator, I destroy other people's lives and my own.
- Violence does not solve problems, but continually creates new ones.
- Wars and more weapons do not create peace, but sow the seeds for more wars and the escalation of violence.
- To take sides with the trauma perpetrator or trauma victim, regardless of the entangled psychological dynamic between the two, is to allow oneself to be drawn into a perpetrator-victim dynamic as a supposed rescuer.
- This does not end the perpetrator-victim dynamic, but rather fuels it further.

- Current wars also traumatize those who are not yet born today, up to 3-4 generations afterwards.
- We cannot win a war today that we have already lost in our childhood.
- Wars are the expression of the destructive dynamic: violence = injustice = abstract wealth (money capital) = ideology.
- Whereas the constructive dynamic is: truth = justice/righteousness = peace = concrete prosperity.
- Peace begins in one's own heart. It is a feeling of goodwill and existence and love for oneself.
- Who wants real peace must come to terms with oneself and work on one's childhood traumas and dependencies.
- How can I take responsibility for others if I do not know who I am, what I want and if I do not love myself?
- Every interpersonal problem, no matter how big and unsolvable it may seem to us, can be resolved with an attitude of mutual, loving goodwill.
- Loving interpersonal connection creates security and peace.
- Whoever does not or cannot believe this is warmly invited to get to know my trauma-therapeutic practice.

Literature for further exploration

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