

## **TURNING THE CORNER**

**By Pierre Zimmerman**

It is time for us to evolve. We know that species adapting to a new environment survive and thrive, while those who don't become extinct. If our activities don't contribute to change, we will perish. Internal, radical, unwholesome changes stem from greed, hatred and delusion lodged deep in our hearts. The present operating systems we are using to function are a relic from ancient times and are becoming obsolete, because most basic instincts are for individual survival at any cost. Greed ensures that we will take what we need at the expense of others, while hatred provides the impetus to destroy anyone who threatens us or stands in the way.

These instincts that served us well in a primitive, competitive world have become counterproductive in the interdependent world we now inhabit and are our greatest existential threat. We must learn to reduce and eliminate them. While our intellect allows us to understand the harm we are causing, it offers few useful solutions, because delusion maintains a grip on our emotional intelligence. As primitive beings, we don't know how to get ourselves out of the danger and limitations we are causing.

Dharma is a science of inner-understanding and adaptation. It teaches us that human suffering is self-created and that we can heal ourselves from suffering by self-understanding, emotional self-regulation and self-transformation. Any time we are willing to let go of greed and hatred will be a moment of improved well-being, since we gain leverage over the forces threatening us. The means for developing an ability to evolve beyond our current conditioning is wisdom, the antidote for the delusions sustaining greed and hatred.

It is time for us to learn the lessons from insight and to use that knowledge to transform who we are and how we construct our world. Bringing heightened conscious awareness to bear dispels the darker instincts and forces of the more archaic mind and replaces it with kindness, generosity and wisdom.

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