



The word 'bias' ultimately simply alludes to the business of having a 'take' on existence. Donald Trump may have a better or worse take, but like every one of us, he has a take. One needs eventually to tackle the question of what is important, just, worth striving for. If news or information or even philosophy are to matter to us, really matter, they will have to be presented to us by organizations that have tried to think through the ends of human life, that have a vision of where we are trying to go as a species, and that have somewhere articulated their answers to their audiences. The issue is not – therefore – the illusory and timid one between bias and fact but between better and worse varieties of bias. In lieu of complaining and remaining upset after Donald Trump's November 2016 election victory, I did a 40 day mental cleanse several weeks later to remind myself that the government and the people are one.

I first eliminated the comforts and cushions in my life that I normally snuggle into and lose wakefulness. The next step is to remove anything that dulled your edge. No newspapers or magazines. No TV. No candy, cookies, or sweets. No sex. No cuddling. No reading of anything at all while you eat or sit on the toilet. Reduce working time to a necessary minimum. No movies. No conversation that isn't about truth, love, or the divine.

If you take on these disciplines for a six weeks, as well as any other disciplines that may particularly cut through your unique habits of dullness, then your life will be stripped of routine distraction. All that will be left is the edge you have been avoiding by means of your daily routine. You will have to face the basic discomfort and dissatisfaction that is the hidden texture of your life. You will be alive with the challenge of living your truth, rather than hiding from it.

Only by staying intimate with your personal suffering can you feel through it to its source. By putting all your attention into work, TV, sex, and reading, your suffering remains ignored, and the source remains hidden. Your life becomes structured entirely by your favorite means of sidestepping the suffering you rarely allow yourself to feel. And when you do touch the surface of your suffering, perhaps in the form of boredom, you quickly pick up a magazine or the remote control. Instead, embrace your suffering, rest with it, feel it, make love with it. Feel your suffering so deeply and thoroughly that you penetrate it, and realize its fearful foundation. Almost everything you do, you do because you are afraid to die. And yet dying is exactly what you are doing, from the moment you are born. Two hours of absorption in a good baseball telecast may distract you temporarily, but the fact remains. You were born as a sacrifice. And you can either participate in the sacrifice, dissolving in the giving of your gift, or you can resist it, which is your suffering.

By eliminating the safety net of comforts in your life, you have the opportunity to free fall in this moment between birth and death, right through the hole of your fear, into the non nihilistic openness which is the source of your gifts. This version of you has a better chance of living as a spontaneous sacrifice of love that enables yourself and others to see how insignificant Donald Trump's actions are to your life.