



What are the causes of war from a psychological perspective?

My message of peace:

The idea that one must take possession of "the world" and in order to do so, gain military sovereignty over land, water and air by force, permeates human history. 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 do so in the name of a god, a religion, a king or emperor, a "fatherland", of "peace and freedom", of a free market economy or "socialism" and "communism". The idea of world conquest is always linked to the idea of world salvation.

This produces ruling castes, "aristocrats", financial and military elites and technical elites who pander to the respective rule and develop the latest weapons systems. They all believe they are the better people.

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

All living nature is being increasingly destroyed by such ideologies and world-conquering practices.

There are currently two levels of world war:

- A 3rd World War, which broke out right after the end of the 2nd World War in 1945 between the capitalist Western bloc and the communist Eastern bloc, and which is being waged as proxy wars, among others in Korea, Cuba, Vietnam, Chile, Afghanistan, Syria, Serbia and currently Ukraine between NATO and Russia, because of the mutual and therefore deterrent possession of atomic bombs. Since 1945, there has not been a day on this globe when war has not been waged at some point.
- There is a 4th level of world war being waged by a global financial-pharma-IT elite against humanity currently in the name of "Corona". It sees the salvation of us humans in the dissolution of nation states and the control of all our human needs by a scientific elite, by

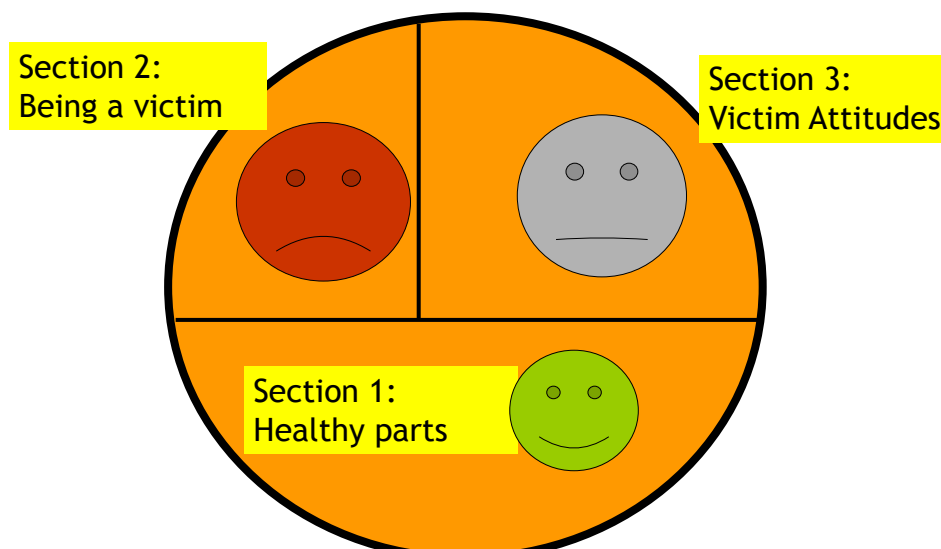
supposed "experts" who are to transform us into transhuman beings, among other things by the means of genetic engineering.

Instead of warriors, it is now the clever ones 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". However, lockdowns, quarantines, masks, vaccinations cannot be enforced against the primal human needs for contact and closeness without police and military force, blackmail, censorship and psychological terror.

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

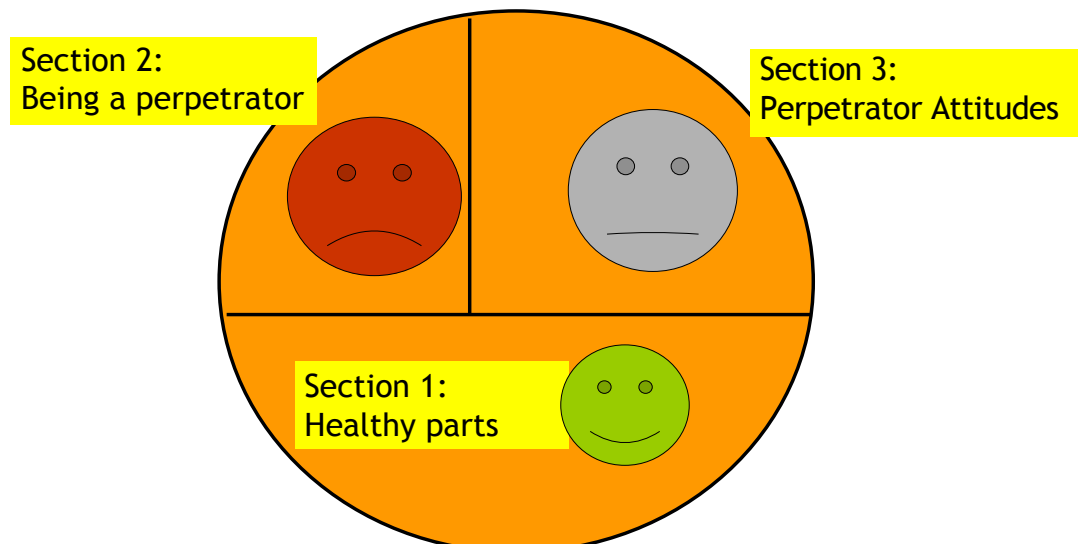
- Every interpersonal problem is a psychological problem. It must and can therefore also be addressed on the psychological level in order to resolve it permanently.
- A healthy human psyche is oriented towards the true, the good and the beautiful and towards constructive social interaction.
- We ourselves are the best experts for our life, our health and our living together.
- For every human being, at the beginning of his life, his mother is "the world". The relationship with 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 traumatised mother alive with my life energy from the very beginning, it is a game of life and death: survive together or perish together.
- No mentally healthy person wants war, wages war or prepares for war. Waging war is a deliberate and systematic traumatising of other people - a game of life and death.
- The psychological roots for destructiveness and an inner readiness to fight and wage war lie in one's own childhood: "I am not wanted by my parents, I am not loved by them and I am not protected from violence. I am severely hurt physically and psychologically by mum and dad = traumatised".
- This makes us a trauma victim and leads to the division of our human psyche into healthy, traumatised and survival parts:

Splitting of Identity after having been made a victim



- Our split-off childish fears of death are then shifted away from our parents to external enemies. Likewise the impotent anger towards them. All this happens unconsciously.
- The one who fights is actually fighting for love from his parents and wants to be seen by them. At the same time, he is also afraid of the overwhelming pain that is linked to the parents' failure to love him.
- In this way, child trauma victims become trauma perpetrators 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 traumatises himself and has to resort to perpetrator attitudes to justify his violence.

Splitting of Identity after becoming a perpetrator



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- War - against one's own children, against partners, against employees, against citizens, against other governments - can only be split off from one's own healthy needs and feelings and justified only in the mind with false arguments, lies and propaganda.
- This is done, among other things, with the means of perpetrator-victim reversal: the perpetrator accuses his victim of being a perpetrator and feels justified in punishing him.
- Conversely, the trauma victims, in their victim attitudes, see the trauma perpetrators as their saviours and benefactors.
- In wars, psychologically speaking, there are no winners, only losers.
- On top of the old, undigested pain, only new pain is ever saddled on top of it.
- War - mongers are traumatised people who impose themselves on others with their willingness to use violence and their coldness.
- In this way, they place themselves in the centre 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 their own loneliness.
- However, war does not lead out of inner isolation, but only further into it.
- As a trauma perpetrator, I traumatise my own psyche even further. I destroy and dehumanise not only my "enemies", but myself at the same time.
- 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 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 traumatise those not yet born today up to 3-4 generations later.
- We cannot win a war today that we already lost in our childhood.
- Wars are the expression of the destructive dynamic: violence = injustice = abstract wealth (money capital) = ideology.
- The constructive dynamic, on the other hand, is: truth = justice/right = peace = concrete prosperity.
- Peace begins in one's own heart. It is a feeling of goodwill and of being and loving oneself.
- If you want real peace, you have to come clean with yourself and work on your childhood traumas and addictions.
- How can I take responsibility for others if I do not know who I am, what I want and do not love myself?
- Every interpersonal problem, no matter how big and insoluble it may seem at first, can be solved with an attitude of mutual, loving goodwill.
- Loving interpersonal closeness creates security and peace.
- Those who do not or cannot believe this are cordially invited to get to know my trauma-therapeutic practice.

Literature for further reading

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