¶6.1



Waking Within the Shared Nightmare

$$\text{Grip}_{\text{Wetiko}} \propto \frac{1}{\Delta(\text{Awareness})}$$

The Concept

Undreaming means waking within the dream, not pretending the nightmare isn't happening.

The Mechanism

Seeing the mind-virus for exactly what it is directly strips it of its power and loosens its grip on our perception.

f(Outer Event) = Inner Reflection

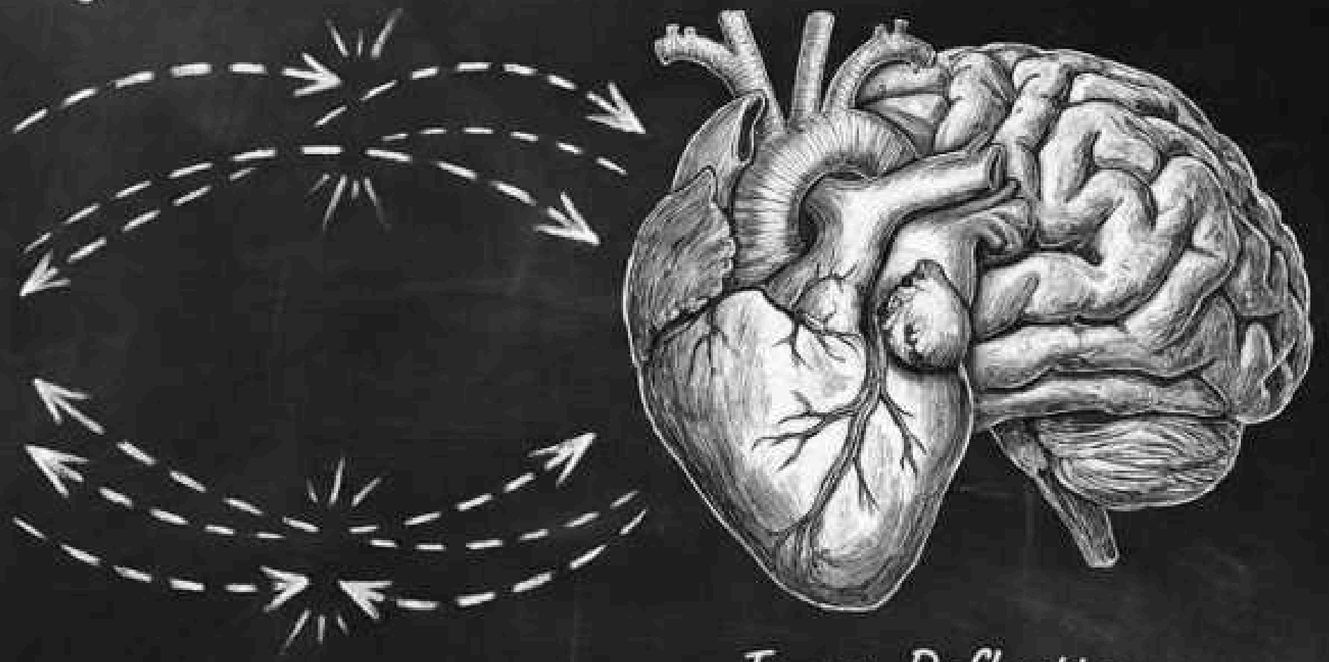
Scholar's Whiteboard

¶ 6.2

Practice I: Reading Waking Life Symbolically



Outer Event



Inner Reflection

Treat waking events with the same symbolic curiosity as night dreams.

Diagnostic Questions:
1. Who appears in my life? → What part of me might they reflect?
2. What situations repeat? → What are they trying to show me?

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f(Outer Event) = Inner Reflection

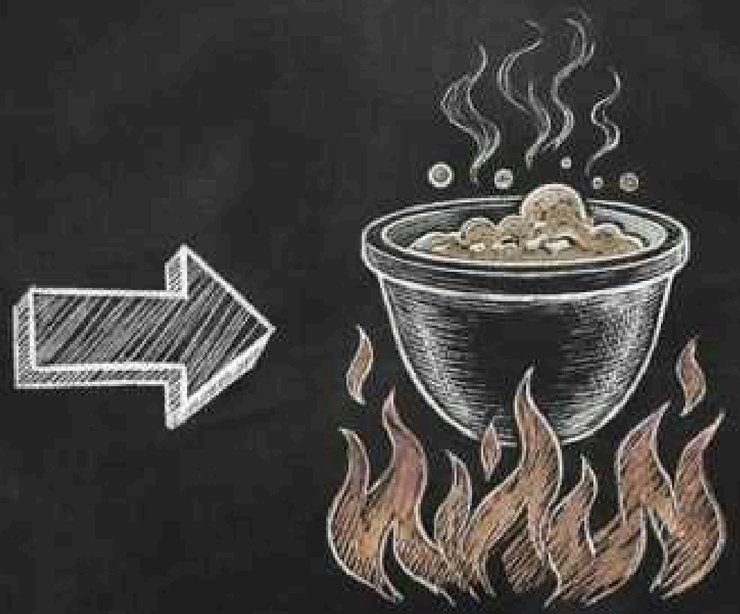
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¶ 6.3

Practice II: Transforming the Poison into Medicine



Poison (Strong Emotion)



Fire of Awareness



Medicine (Wisdom)

The Precedent

In many healing traditions (and Buddhist teachings), strong emotions like anger are transformed into wisdom rather than suppressed. Small doses of poison build resistance.

The Application

Once seen, wetiko ceases to be just a virus; it becomes an active teacher.

The Insight

It illuminates the exact psychological places we are not yet free.

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¶ 6.4

Practice III: Anchoring to the Untouchable Core

The Ultimate Protection:

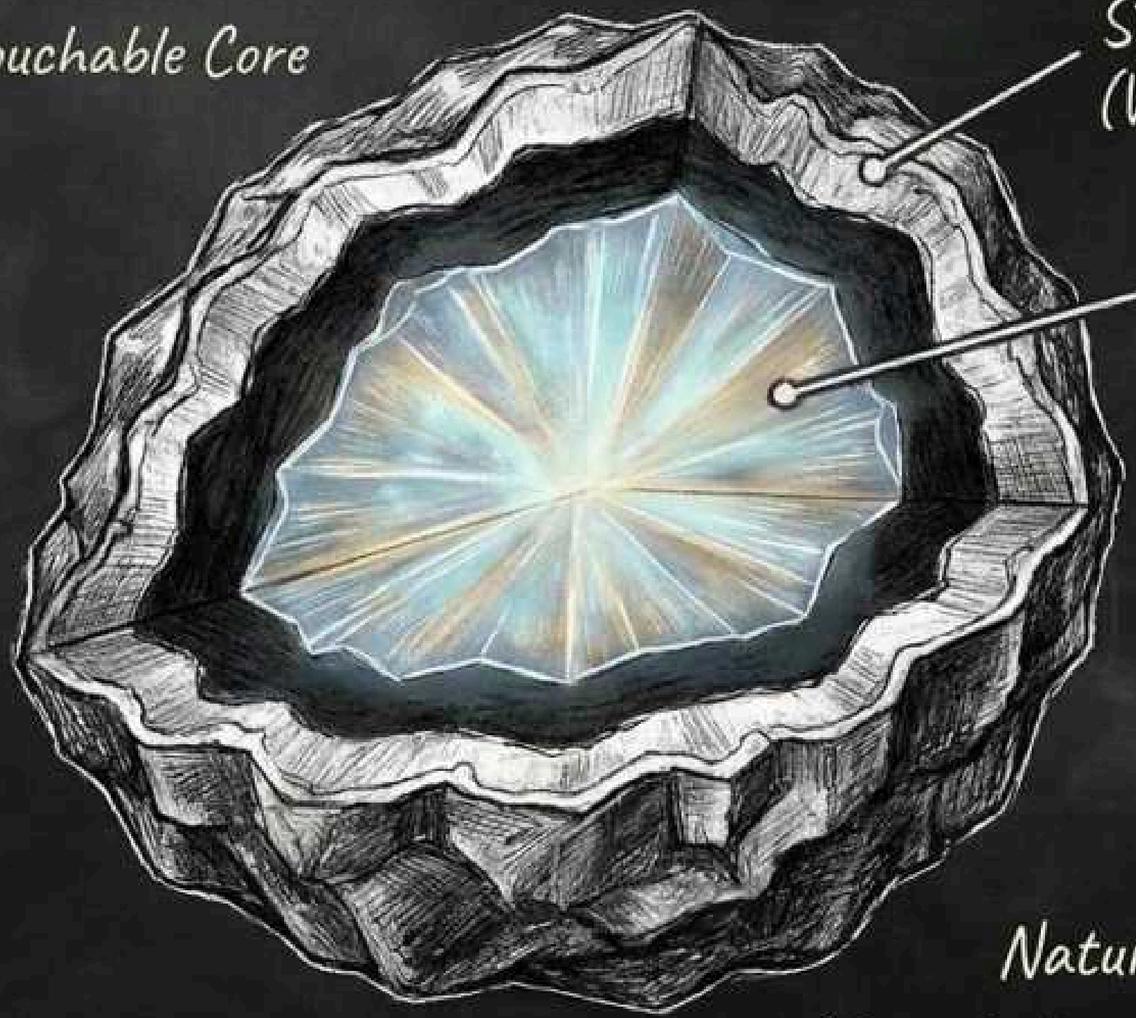
Connection with the light of our own true nature.

The Limit of Wetiko:

The mind-virus can easily hijack and manipulate our self-image.

The Boundary:

Wetiko absolutely cannot touch or alter our deepest contemplative nature—which remains eternally open, aware, and luminous.



$$Nature_{True} = \{Open \cap Aware \cap Luminous\}$$

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f(Outer Event) = Inner Reflection

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¶ 6.5

$$R_0(\text{Lucidity}) > R_0(\text{Wetiko})$$

The Contagion of Collective Awakening

The Collective Shift:

If enough individuals wake up, the shared dream itself shifts.



Mind-to-Mind Lucidity:

Awakening spreads through the exact same contagious mechanisms as the mind-virus.

The Hopeful Counterpart:

A structurally identical, positive contagion that counters wetiko's spread.

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f(Outer Event) = Inner Reflection

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¶ 6.6

Synthesizing Diverse Intellectual Streams





Native Context:
Jack D. Forbes's diagnosis

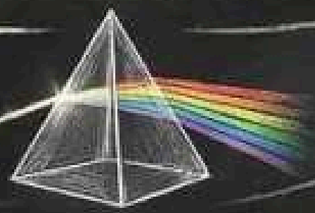


Depth Psychology:
Carl Jung's shadow frameworks

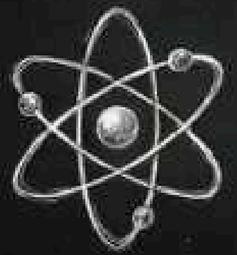


Eastern Thought:
Buddhist dreamlike reality

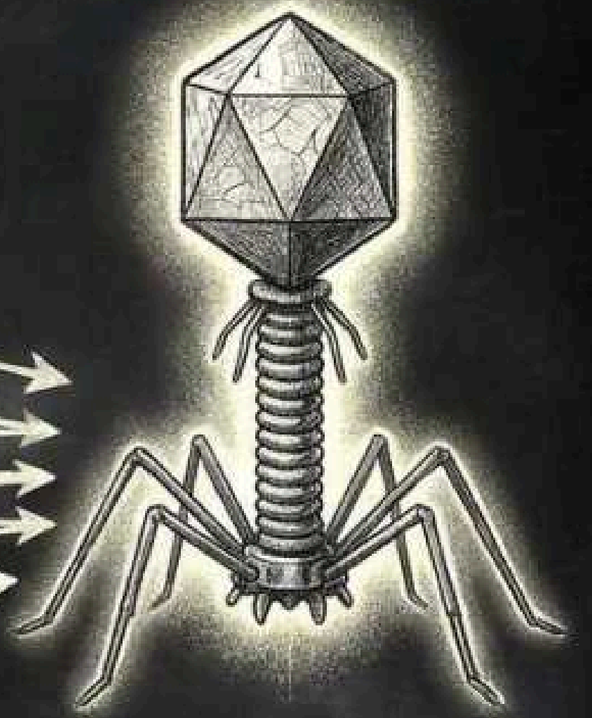




Western Esotericism:
Steiner and Corbin



Modern Physics:
Popular readings of quantum theory



The Mind-Virus

Levy's Originality:
Weaving distinct traditions around a single, vivid image.

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The Framework's Value to Readers



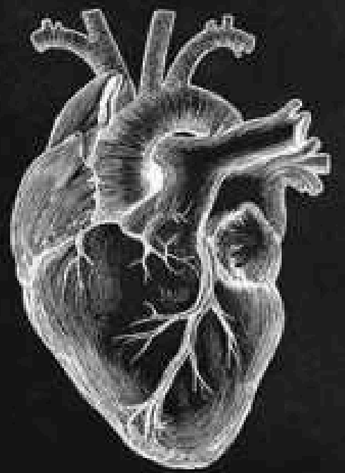
Clarity

Gives a vivid, recognizable name to a complex, diffuse pattern.



Agency

Invites deep self-examination rather than outward pointing and blame.



Empathy

Approaches trauma, crisis, and human suffering with deep compassion.



Levity

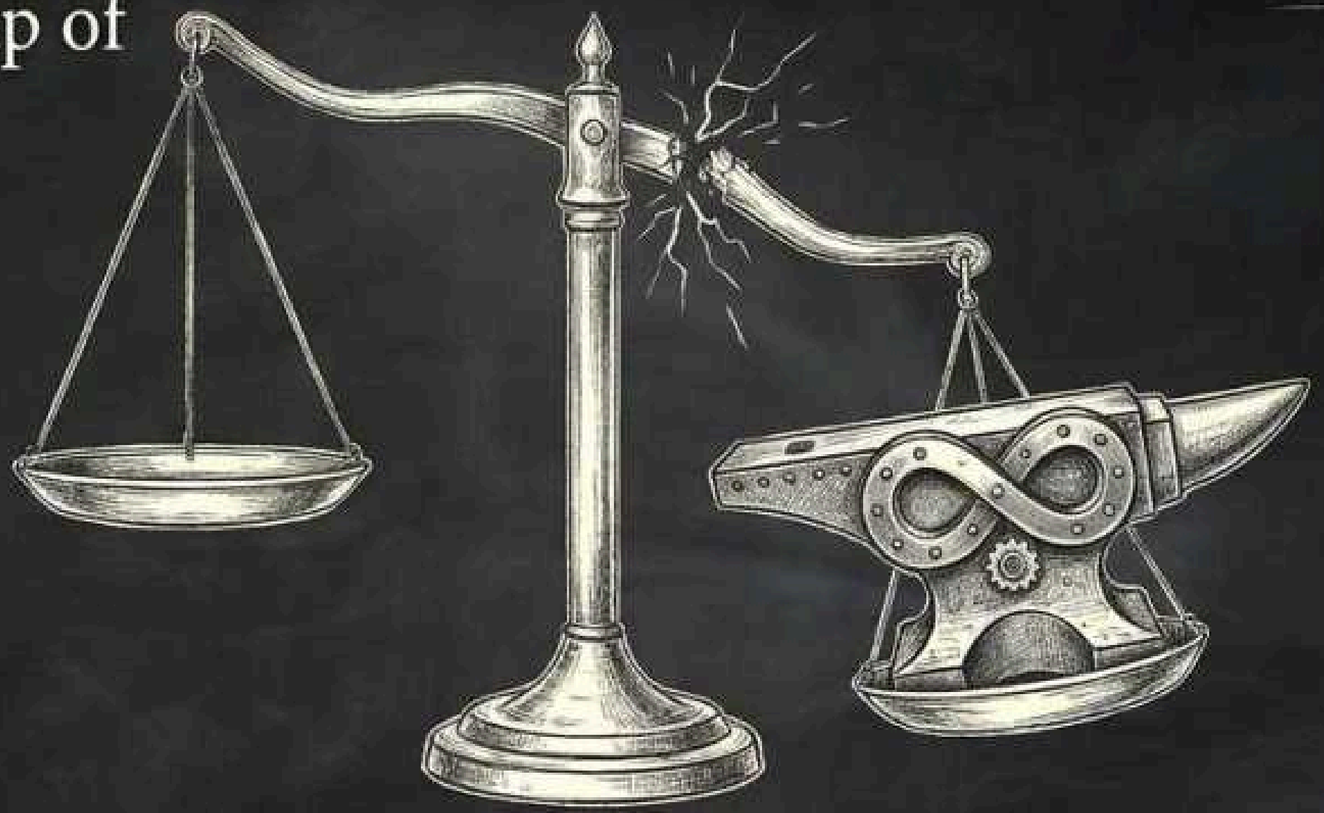
Deploys humor—especially through acronyms—to lighten an incredibly heavy subject.

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¶ 6.8

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Critique I: The Trap of Unfalsifiability



If Event(X) = Wetiko, and Denial(X) = Wetiko, then Theory(Wetiko) is unfalsifiable.

The Testing Problem:

The concept is incredibly difficult to scientifically test.

The Logical Trap:

If almost any reaction—even outright disagreement with the theory—is read as a sign of wetiko, the idea cannot be proven false.

The Danger:

This creates a significant risk of pathologizing others. (Levy acknowledges this risk, but readers must remain vigilant).

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¶ 6.9

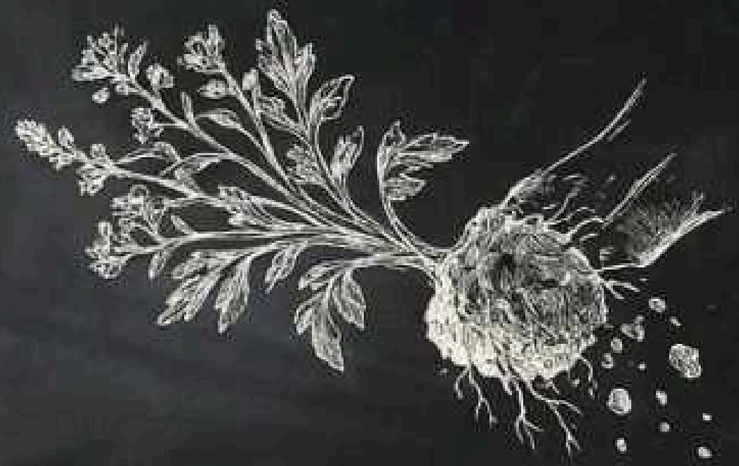
Critique II: Scientific Friction and Cultural Borrowing

Scientific Disputes



- Scientists heavily dispute Levy's specific reading of quantum physics (as noted in lecture two).

Cultural Ownership

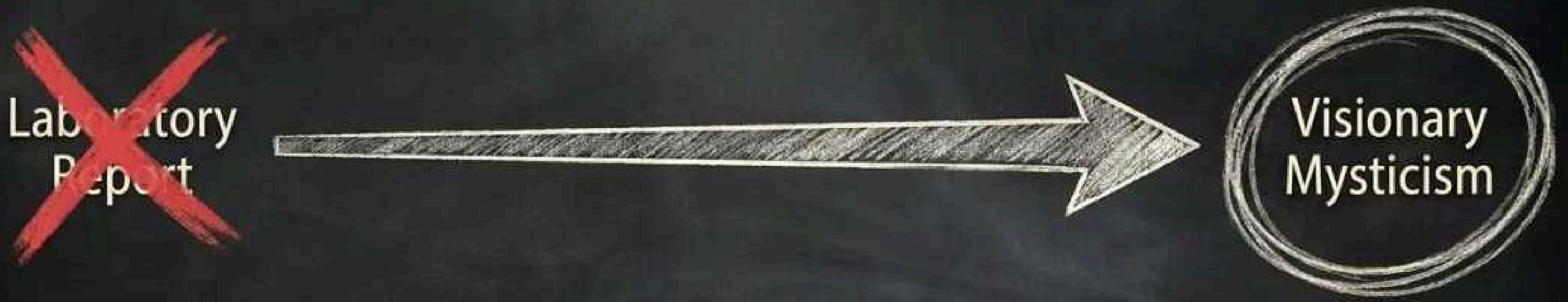


- Should a non-Native writer build a spiritual system on a Cree word and Native stories?
- Does turning the concept primarily inward soften and depoliticize Forbes's original historical critique of colonialism and exploitation?
- Levy credits Forbes directly, but the question of borrowing remains valid.

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¶ 6.10

Calibrating the Lens: A Balanced View



What it is not:

A scientific, testable treatise. It should never be read as one.

What it is:

A work of spiritual psychology and visionary writing, closer in lineage to Jung, William Blake, or the mystics.

The Verdict:

While its larger claims call for the reader's own sharp discernment, read properly, it offers a profoundly powerful lens for deep self-examination.

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¶ 6.11

Course Synthesis: The Three Pillars

Contagion

Wetiko spreads mostly unseen through families, cultures, and and relationships.



Dreaming

If life is dreamlike, outer events are symbols reflecting our inner psychological states.

Healing

The poison holds the medicine. The simple act of of seeing wetiko in ourselves initiates its undoing.

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¶ 6.12

Further Reading and Next Steps



The Native Lens

- Jack D. Forbes, *Columbus and Other Cannibals* (The original diagnosis)
- Robin Wall Kimmerer, *Braiding Sweetgrass* (A Native botanist's view of the windigo)

The Esoteric & Shadow

- C.G. Jung, *Aion*
- Henry Corbin, *Alone with the Alone*
- Nikolai Berdyaev, *The Destiny of Man*

Expanding Levy

- Dispelling Wetiko
- The Quantum Revelation

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¶ 6.13

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Closing Practical Exercise: The 7-Day Journal

- ☐ The Assignment:
  {For one week, keep a short journal of any waking events that stir strong emotional feelings in you.}
- ☐ The Daily Prompt:
  {Ask of each event: What might this mean if it were a dream?}
- ☐ The Goal:
  {By the end of the week, identify and take back ONE psychological projection.}



Metaphor: Taking back a projection

(Note: Prepare for the upcoming lecture quizzes, the final exam, and the tripos questions).

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¶ 6.14

End of Course



Thank you for taking Literature 460 B:
Undreaming and Assessment
with Anderson Academy.

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