

# AMPHIIST WEEKLY

THE NEWSPAPER FOR THE OPPRESSED OR FOR THOSE WHO REFUSE TO BE OPPRESSED

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Since 2011

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*Judging someone is like criticizing someone for failing a test  
that you never took.*

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## *Background for Amphiism*

I am trying to be an amphiist, which means someone who looks at both sides of issues (it was originally a Greek word). Over time, I have realized that we need to look at all perspectives, not just 'both sides'. There are always more than merely two aspects to a situation. In one of my columns in this newspaper, I will take an issue, and show how different stakeholders view the topic. Emotions can run high in this life, but we need to manage our emotions in order to be happy. The more we see issues from multiple perspectives, the better we will get along with our families, friends and enemies. Of course, enemies in amphiism are just friends waiting to be forgiven.

I believe in three interrelated concepts, which, when taken together, inform an amphiist viewpoint. Abraham Maslow talked about self-actualization, a person reaching their highest potential. Thomas Carlyle discussed natural aristocracy, which is a principle the Founding Fathers espoused with regard to the United States, that a person does not have to be of royal birth to have merit; it is the nobility of their character that counted. And scholars Mayer and Salovey came up with the concept of emotional intelligence, an idea popularized by Daniel Goleman. We should have control over our emotions, and see the bigger picture. All of these together make up an amphiist, and I apply this reasoning to politics, entertainment, etc. I defend the oppressed by offering an alternative perspective. Some of the currently oppressed in our society are men, especially Muslim men.

If implemented, amphiism could engender world peace. If the world continues to become increasingly polarized, we lose the common ground that will lead to peace. If we are kind, nothing else really matters. There are good liberals, good conservatives, good Christians, good Muslims, good Jews, good Buddhists, etc. This newspaper will defend and honour them all, because truth exists in every religion, political party, etc. Good and evil are so closely interrelated that it is pointless to say something is good or something else is evil. There is a symbiotic relationship between them. In other

words, one helps the other perform its duty, and both benefit. However, amphiism is not fence-sitting, never making up one's mind. An amphiist is perfectly within our rights to make an informed decision about a particular issue.

## **YOU CAN DECIDE THE CONTENT OF THIS NEWSPAPER**

One of the ways in which this newspaper is unique is that YOU, the reader, can help decide what content is seen in it. Most newspaper editors don't care about us. They basically toe the party line. There are exceptions, of course, but they are few. I want there to be a source, available anywhere, where people can get news on topics of interest to them, not the elites. Simply email [jaclynhollandstrauss@hotmail.com](mailto:jaclynhollandstrauss@hotmail.com) and suggest a topic. If I understand it well enough to write about it and relate it to amphiism, then I will definitely write a column about it. Suitable ideas include anything to do with motivation to be a better person, looking at all perspectives of a situation (you could simply suggest which topic should be seen from multiple perspectives), a country you want me to defend, an individual you wish for me to defend, etc. Who is this newspaper for specifically? Anyone who feels silenced for whatever reason. This could include men, who feel as though they aren't appreciated enough, Muslims and other religious groups who feel discriminated against, and conservatives who feel like they are being silenced on social media and in society in general. This newspaper will also be valuable for businesspeople who want to reach their best selves. Basically, if you are a human being who wishes to reach their full potential, then this small newspaper is something you will benefit from, in more ways than one, especially since you can participate in at least part of the content. They don't care about us. We need to always remember that to protect ourselves.

## **ADVICE**

Don't 'fly off the handle' if someone hasn't done something you expected. In other words, don't get angry and say things you may regret later. A lifetime of a good relationship can be destroyed by saying the wrong thing at the wrong time. The better thing to do is to defend the person in your mind. This will exercise your defense muscles, just like going to the gym and lifting weights will exercise your arm muscles. The more we practice defending others, the better we will be able to do it. The universe will see that we are trying, and will point out things to defend our friends (and enemies) about, because the universe gives back to us what we put out. If you're waiting on someone's email, and you've done a lot for them in the past, but now you're asking them for a favour, be aware they may have a perfectly legitimate reason for not getting back to you in a timely manner. For example, perhaps they have had a death in the family or some other major trauma in their life, which has distracted them from your probably far less important concern or issue. The relief you feel when you haven't thought anything bad, and/or especially written or said anything negative to them, will be immeasurably uplifting for you and your self-confidence when they share whatever trauma they have had with you. Imagine how foolish one would feel if they got angry with someone who had done nothing wrong. A friendship potentially

ruined for nothing, because of a misunderstanding. Of course, sometimes a person just selfishly, through self-absorption, doesn't get in contact with you when they should. There will always be people like that, but sometimes people are sincerely too busy. We need to assume good intentions on the part of the other person. It will be good for our own soul's development, and we won't be making life harder for someone else, particularly if they're a friend. We are certainly all struggling in our own way.

## **TIPS FOR STUDENTS**

Organization is a key element in writing successfully. When it comes to email, a lack of organization can make your job much, much harder. Take advantage of the capability Hotmail offers you to create a new folder. Ctrl f the course name or subject of whatever it is that you're doing so that it's all in one file, much easier to find. Being extremely specific with respect to the email subjects is also vital for success. It can be extremely frustrating to, a few weeks after many emails have been sent, to try to locate a specific email, say one that includes, e.g. a revised conclusion. A good subject for that situation would be Revised Conclusion, not just the title of the paper, you see. One final tip: After every session in your word processor, be sure to email yourself a copy (preferably to two separate emails) in case you lose a copy, you always have at least one backup (and, of course, save frequently after each paragraph or so throughout your writing in case, for example, if the power goes out, or something else happens).

## **A SITUATION WITH AN AMPHIIST**

**When Steven came home from work, he flopped into a chair in front of the television set. He just wished to relax; it had been a hard day. He noticed some shopping bags by where his wife was sitting. He looked into the kitchen and did not notice any food cooking.**

**He tried to act casually. "What were you thinking about for dinner?"**

**His wife, Abby, glared at him. "Is that all you care about? Aren't you even going to ask how my day was? Or even give me a hello?"**

**He looked at the bags. "It appears as though it's been quite eventful."**

**"Oh," she said sarcastically, "thanks for the sarcasm. Anyway, I had to do some shopping. I just got back myself, so I haven't had time to make anything. You can just eat out tonight."**

**"What about you?", he asked.**

**"Oh, I had something in the Food Court. It was quite delicious, actually."**

**"I'm glad for you!" It was Steven's turn to be sarcastic.**



**Abby began to cry but Steven held up his hand. “No, dear, we’re not going down that road.”**

**She responded, “It would be so nice if you were as interested what I bought today as you are your damned dinner!”**

**“When I do something wrong, I have no problem admitting it. Now today you have done something wrong. You should have had my dinner ready for me after my long day’s work. I don’t think that’s unreasonable, do you?” He hoped for an intelligent answer. He did not receive one. So he continued, “From now on, if something comes up, and you can’t make dinner, at least call me at work and let me know so I can make other arrangements.”**

# Business: Lobbying

Lobbying and the actions of special interest groups should be banned from any country's politics. Even if the cause seems good, lobbying does far more damage to a country, which is why it's never discussed in the media. Of course not. Why should it be when Kim Kardashian's posterior is even bigger than it was? The media distracts us from what's important. They like to keep our imaginations active so that we don't ask inconvenient questions like, "Why are grocery costs rising as always? Why don't wages increase exponentially like housing costs? What are the benefits of socialism? Is communism possible without violence? (Spoiler: Yes, it is).

The main problem with lobbying is that it ends up with a situation where the richest group gets to dictate business (directly) and economic policy (indirectly). Regulations are relaxed for wealthy companies, which endanger the health of citizens in more areas than one. When it represents a good cause, lobbying by special interest groups can seem like a beneficial idea for society, but I'm convinced that the bad far outweighs the good. It guarantees an unequal playing field. The world will never be truly equal, of course, but we can at least try to make some changes that will help that come a bit closer to the reality. Of course, human nature being what it is, lobbying is here to stay, too much money in politics is here to stay, and inequality is definitely here to stay. There are too many rich and powerful people who benefit from the status quo for anything to ever really change.

## OCCULT

In a Native American parable, the Creator gathers all the animals and says: 'I want to hide something from humans until they are ready for it - the realisation that they create their own reality'. 'Give it to me. I'll fly it to the Moon,' says the eagle. 'No, one day soon they will go there and find it.' 'How about the bottom of the ocean?' asks the salmon. 'No, they will find it there too.' 'I will bury it in the great plains,' says the buffalo. 'They will soon dig and find it there.' 'Put it inside them,' says the wise grandmother mole. 'Done,' says the Creator. 'It is the last place they will look.'

Native American Legend, excerpted from David Icke's *The David Icke Guide to the Global Conspiracy* (and how to end it).

Note: We can create our own reality.

## IN THE NEWS: Mental health



*Teach someone to read, and you feed that person's mind for a day. Teach them to understand what they read, and you feed them for a lifetime.*

Jaclyn Holland-Strauss



So many people need help with their mental health issues these days, especially with Covid seemingly never to disappear, economic uncertainty, etc. The *Washington Post* has recently reported that one woman tried to access mental health, because of grief over her father's death. She did not even get to go on a waiting list, let alone see a professional. This, in spite of the fact that she was willing to pay cash for each appointment, for ongoing help. She's not from a small town or out in the country. She lives in Los Angeles, obviously a huge city. The mental health system in the United States has always suffered from too many patients, and

not enough doctors, but since Covid, it's gotten unmanageably worse. Since cash doesn't seem to be the answer to the problem, it is not difficult to grasp how little chance those financially disadvantaged have of accessing proper care, or indeed any care at all. Finding help as a minority is even harder. Finding a minority doctor is almost impossible. A wait list usually consists of between 75 and 100 people, on average; because of Covid, we can double those figures. And that's when such a list even exists. In the States, of course, people are tied to their insurance network, based upon their employment, to locate a doctor. Their insurance is tied to their employment, and many prospective patients are 'falling through the cracks' or not being seen. On top of all this, finding a therapist or psychiatrist willing to meet face-to-face, including with children, is even more challenging because of Covid. However, self-care is always available, at least for adults. This can include yoga, meditation, journaling (writing about how you feel about the issues you're facing), perhaps a local support group, etc. Hopefully, people will find the help they so desperately need in this unique time in world history.

*Feel free to type any notes concerning this edition here, and it would be even better if you then copied and pasted any feedback into an email to me at [jaclynhollandstrauss@hotmail.com](mailto:jaclynhollandstrauss@hotmail.com).*