12 Rules For Life- Jordan Peterson

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“It isn’t precisely that people will fight for what they believe. They will fight, instead, to maintain the match between what they believe, what they expect, and what they desire.”

“We are not happy, technically speaking, unless we see ourselves progressing—and the very idea of progression implies value.”

“people need ordering principles, and that chaos otherwise beckons. We require rules, standards, values—alone and together. We’re pack animals, beasts of burden. We must bear a load, to justify our miserable existence. We require routine and tradition. That’s order. Order can become excessive, and that’s not good, but chaos can swamp us, so we drown and that is also not good.”

“Thus, you need to place on foot in what you have mastered and understood and the other in what you are currently exploring and mastering. Then you have positioned yourself where the terror of existence is under control and you are secure, but where you are also alert and engaged. That is where there is something new to master and some way that you can be improved. That is where meaning is to be found.”

“We began to realize that reality was structured as if it could be bargained with.” 164

“Our ancestors acted out a drama, a fiction: they personified the force that governs fate as a spirit that can be bargained with, traded with, as if it were another human being. And the amazing thing is that it worked” 165

“First, a little lie; then, several little lies to prop it up. After that, distorted thinking to avoid the shame that those lies produce, then a few more lies to cover up the consequences of the distorted thinking. Then, most terribly, the transformation of those now necessary lies through practice int automatized, specialized, structural, neurologically instantiated “unconscious” belief and action. Then the sickening of experience itself as action predicated on falsehood fails to produce the results intended.” 229

Emergency (emergence-y) (270). When the chaos emerges from our stable lives. When the car breaks down and we have no idea how to fix it. When you feed the dragon under the carpet crumbs, ignoring it, then it emerges out and eats you. A small problem in marriage that you don’t address leads to something greater and greater until the whole marriage is ruined.

“Precision specifies. When something terrible happens, it is precision that separates the unique terrible thing that has actually happened from all the other, equally terrible things that might have happened—but did not” 280

When a wife catches her cheating husband, she is at conflict with both him and herself. She thought herself to be cared for and loved, but now she is a fool. And “What conversation could she possibly initiate with this new, infuriating person, inhabiting the shell of her former husband?” 269

“But (1) the collective pursuit of any valued goal produces a hierarchy (as some will be better and some worse at that pursuit no matter what it is) and (2) it is the pursuit of goals that in large part lends life its sustaining meaning.” 303

“group identity can be fractionated right down to the level of the individual” 316

“For Neumann, and for Jung, consciousness—always symbolically masculine, even in women—struggles upwards toward the light. Its development is painful and anxiety-provoking, as it carries with it the realization of vulnerability and death. It is constantly tempted to sink back down into dependency and unconsciousness, and to shed its existential burden. It is aided in that pathological desire by anything that opposes enlightenment, articulation, rationality, self-determination, strength and competence—by anything that shelters too much, and therefore smothers and devours.” 323

Matthew 6:28-6:33 “What does all that mean? Orient yourself properly. Then—and only then—concentrate on the day.” 359

“To suffer terribly and know yourself as the curse: that is Hell. And once in Hell it is very easy to curse Being itself. And no wonder. But it’s not justifiable. And that’s why the King of the Damned is a poor judge of Being.” 367

equation

“I learned two very important lesson from Carl Jung, the famous Swiss depth psychologist, about “doing unto others as you would have them do unto you” or “loving your neighbour as yourself.” The first lesson was that neither of these statements has anything to do with being nice. The second was that both are equations, rather than injunctions.” 57

kingdom of damned