

OUR MORBID MODERN WORLD — THE ROOT OF DISEASE (KO20)

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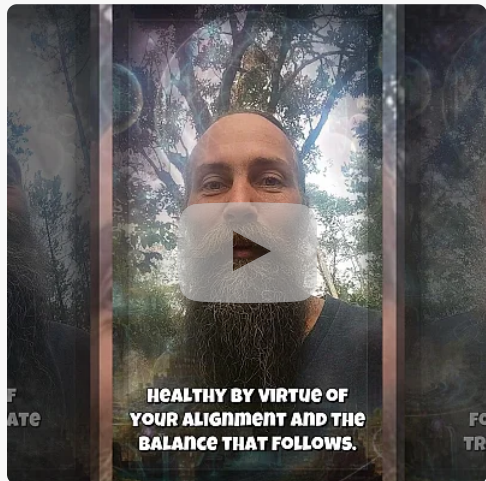
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Mental and physical disease abound to a point of crisis. How strange that progress and problems grow hand in hand! Is it the hectic pace of life? The excess influx of stimuli? Or our failure to prioritize the balance of our awareness?



In the ancient days when life was more integrated... Ailment was of hunger. Ailment was of fatigue. And of the eventual

wear and tear of the body. Not of disease born from our disharmonic minds.

Brain is the governing sovereign of your body. When you drive the brain to extreme states of bias; When you neglect your inner work of integration; Do not be surprised if a hundred ailments follow.

Rise beyond the tunnels that drive you to the edge. Pause and look into the roots of your well-being. There will never be a healthy body with a sick mind. Then: Address the source of your unease and suffering.

*#KernelTalks #Disease #Disharmony #InnerNeglect
#BiasedLife #MentalIllness #MorbidWorld #RootProblem
#Balance #AnandaICU*

❖ TABLE OF CONTENTS

¶ The Cognitive Aspect of Our Ailments ↴

¶ Necessary Unease vs. Illness from Self-Misalignment ↴

¶ Healthy, Wealthy and Wise – In Integration ↴

Why is there so much illness and disease in our modern world? Physical illness, mental illness? Is it the hectic pace of life, the excess influx of information? Or what is it?

Now all of those, all of that, the framing of our current civilization, certainly plays a role. But, not the prime role. You can adapt, you can adjust to all of that. The roots of our morbid state go deeper. Let's unpack this by unpacking ourselves and the way our cognition functions – or malfunctions.

The Cognitive Aspect of Our Ailments

So, yes, there are certainly environmental factors, and there are certainly genetic predispositions. None of that is discounted. However, what I'm saying is, let us also count the cognitive aspect.

Your brain, at the heart of it, regulating your nervous system, regulating your organs, has a certain sovereign role in your state of well-being. And when the brain and the consciousness flowing through the brain is all sorts of backwards, cross-wired and misaligned, it's hardly surprising that these predispositions turn into concrete ailments.

Problems follow from a troubled brain. So, the psychosomatic aspect is certainly there, and more so than we'd like to admit in the modern establishment.

Take an example or two of increasingly prevalent modern ailments. Cancer, what is the pattern? Mind you, a simplified reduction. Indiscriminate consumption and spread. That pattern ring a bell in your indiscriminate indulgence, consumption, expansion of your mindless ways.

Again, stroke. The complexity of specifics – here comes the information flux – that is worked on at the conflicted peripheries, without having a singular pivot, core or a root. Or even some sort of a baseline, metacognitive, more abstract point of reference to which all things relate.

Then it's hardly surprising that miscoordination happens. Brain – stroke. Communities – stroke. Governments, even civilizations, short circuit as a result of this fundamental backwards wiring of awareness itself.

Necessary Unease vs. Illness from Self-Misalignment

Now, in the good old days, when people were still integrated with the environment, when they were still streamlined in their consciousness, ailment was of hunger, ailment was of fatigue. Ailment was of the eventual wear and tear of the biological system. These all need to be. They are physiological imperatives. The rest of it need not be, unless you predispose yourself to it by your misaligned, mis-framed consciousness.

Significantly, the modern idolization of individuation, unique actuation – each unto themselves, to hell with the community, to hell with the greater environment. I am the super-me, living to consummate my self-perception, to master my ego, battling the world, exploiting it, consuming it, to become what I crave to become.

This subject framing, in separation, is the fundamental baseline that generates countless problems. Physical, mental, even spiritual – whatever the spiritual is. As in, in terms of your aspirations that transcend the human frame, those too become corrupted. By your quest for a certain super-ego, something that has you as the belly button of the universe.

Now of that belly button, all sorts of fluff and garbage and fomenting substance ooze out, polluting your existence and the environment around you. So do reconsider your stance. How do you wish to align your consciousness? Toward ailment and suffering or toward the necessary burdens that still exist when you integrate with your environment.

Healthy, Wealthy and Wise – In Integration

When you take the pattern that exists in the greater nature, you are a product of nature and reintegrate with that. It will certainly help you live a more well-rounded, healthier and fulfilling life. Instead of pursuing contemporary hallucinations.

Then healthy, wealthy and wise, as the saying goes. Healthy by virtue of your alignment and the balance that follows. Wealthy with the extracts of essence from all of your encounters. And wise in recognizing the patterns that drive you, that make the world turn around, and in responding to them proactively.

In this way, you can steer clear of the morbid modern situation. Be not ancient, be timeless – timeless as actuality in itself is. There we are at peace.



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