

## EVOLUTION BORN OUT OF DISASTER

And a factual short history of Ukraine whose reality is being denied by the Russian dictator

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*There are times when the historical, political and the personal become one (Y.T.)*

*NB: This is not intended as a political article but one about the evolution of human consciousness in its striving for freedom, and a short outline of the history of 44 million Ukrainian people whose reality is being distorted and denied by the instigator of the present Ukrainian genocide. I know this is a politically sensitive topic for some people in Slovakia today and I apologise if this article offends anyone. But comes a time when personal, social, international, conscientious and political realities become one. This is one such moment. This article expresses my opinion only.*

2<sup>nd</sup> April, 2022: There are 4 Ukrainian families in our home in Bernolakovo, Slovakia tonight: four mothers, eight children, one dog, no men. The men are left behind at home to defend their country from the most destructive invasion in Europe since the Nazi invasion of Russia in 1941. Now the Russians are the invaders, from East to West, for a change. The rest is exactly the same, if not worse.

One family is living permanently with us, until the end of the war. Another mother and two children just came two days ago from Ukraine, still looking for liveable accommodation. The two other families found shelter for now with Slovak families in villages nearby. All the children are Ukrainian Waldorf school students from Kiev and all now go to Bratislava Waldorf school, two of the mothers are Waldorf teachers from Kiev. Their colleagues and students are in different countries now, and the teaching and the teachers' meetings continue online.

The total number of Ukrainian refugees that have entered Slovakia since the conflict broke, as of today, is 292,039 (more than 2 million in Poland, 270,000 in Czech Republic, 191,348 in Hungary [as of 7<sup>th</sup> March], 300,000 in Germany), out of over 10 million Ukrainian refugees who have fled their bombed cities and towns. This is the greatest displacement of the European population since the Nazi invasions of the WW2. It is also the greatest displacement in human history. The number of those stationed permanently in Slovakia is 59,118. Slovakia opened its borders, homes, heart and resources to every Ukrainian fleeing their bombed-out cities. I am proud of being a member of the Slovak community in this crisis.

This has never happened before: the decisive majority of humanity experiences the attack on Ukraine as an attack on themselves. Suddenly we all remembered that humanity is our family. This came as a shock to those who are trying to drag us back to the dark age of the 20<sup>th</sup> and the 19<sup>th</sup> centuries and to the dark middle ages: the Mongol invasion is back again.

Suddenly everyone's business—became everyone's business. A jump in human evolution is taking place through the crisis caused by this barbaric act. This is the very opposite of what the pack of 21<sup>st</sup> century dictators had in mind. Humanity is winning through rivers of blood, yet again.

The war on our eastern border is not a war between Russians and Ukrainians. These two nations are very close family members on all levels. Their histories were intertwined for hundreds of years, at times united, at other times not, but always connected. To think that this is a war between these two peoples is a complete misunderstanding of what is going on there.

This is a war between those who are committed to the ongoing creation of a society based on the self-directed, ongoing evolution of individuals and their communities—and those who are committed, by their own regressive and controlling nature to a society in which the individual is completely a subject of the state, in which there is no individuality at all. For Josef Stalin, the definition of individuals was ‘Cogs in the Machines’, as he defined the Russian people who collectively won the war on the eastern front in his famous toast in 1945. Society for him was a big machine and people are small parts in that machine with no space for individuality and individual expression at all. So it was, for all the tsars before him, all the way to Ivan the Terrible, which was his prominent role model; so it was, to all the Russian Tsars after him, and to the autocratic leaders of the Soviet Union who continued in the Tzarist tradition of totalitarian control. So it is, with the present Russian Tzar. They all say: “*you are what **we** decide that you are, and we will destroy you if you try to be anything else*”.

This tension between the progressive and the regressive, between the democratic and the totalitarian approach to governance was always there in Europe and the world. Until the second decade of the 20<sup>th</sup> century, monarchs, tsars, emperors, religious autocrats, oligarchs, warlords, heads of criminal cartels and totalitarian dictators—ruled the world from times immemorial. The evolutionary change towards societies based on the individual started in the French Revolution, the American revolution and the progressive development of the British parliamentary system. Czechoslovakia was the only democracy in Central Europe until between 1918 and its fascist and communist destruction in 1938, when the dictators of Europe destroyed it. They could not stand a society based on the individual will. It is the opposite of who dictators are.

This is indeed a clash of civilizations, but not between East and West or between North and South. It is a clash between people evolving towards a society based on the freedom of the individual and a regression back to a totalitarianism. It is the major story of the 20<sup>th</sup> Century. We thought that we left it behind, but that struggle continues.

It is an extension of 1968, when Russian tanks rolled into the streets of Prague and Bratislava in order to crush the *Spring of Prague* in which the Czecho-Slovak people tried to move towards freedom from Soviet oppression. It is an extension of the Moscow coup d’état attempt of August 19<sup>th</sup>, 1991, under the orders of Gennady Ivanovich Yanayev, vice president of the Soviet Union and his communist conservative comrades, when 350 tanks, 300 armoured vehicles and 4,000 paratroopers rolled into the streets of Moscow in the Soviet coup d’état attempt of the old communist establishment, in order to crush the reform movement towards liberalization initiated by Mikhail Gorbachev in the names of Glasnost and Perestroyka. It failed because tens of thousands of Moscow residents objected to this return to communist oppression stopped it, and the soldiers refused to shoot unarmed people. It is the extension of all the attempts of people to restore their freedom which was brutally suppressed with Soviet tanks in the streets: 1953 in Eastern Germany, 1956 in Poland and in Hungary, 1968 in Czechoslovakia, and now, until the degenerative artificially centrally controlled communist economy led to the collapse of the whole rotten system of human degradation.

Twelve years after the failed coup d’état attempt, I came to Moscow for the first time to present Psychophonetics at the Russian conference of Anthroposophical Medicine. I met colleagues there who were still trying to recover from the shock and trauma of this time, in which they woke up early in the morning to the deafening noise of hundreds of tanks in the streets of Moscow in order to suppress any expression of human freedom. Within hours, the whole thing collapsed. Individuals refused to be *cogs in the machine*, risking their lives in expressing their individual will. Russia never returned to communism after that, but with the progressive return to totalitarian under the KGB officer who became the new Stalin—now under the flag of nationalism. Step by step the Russian people are becoming again just *cogs in the state machine*.

In 2003, my colleagues were still shaking in terror by just reflecting on the tanks in the street of Moscow. They were medical doctors and other health practitioners, and the topic of my seminar was overcoming trauma with Psychophonetics. We were trying to heal it.

Now it is happening again in 2022 in Ukraine. Every expression of human freedom and individual expression has been brutally suppressed. The Russian tanks are rolling again in the civilian residential streets of peaceful people, in all the major cities of Ukraine. T-55 and T-62 tanks of the 1968 brutal crushing of the Spring of Prague and the T-72 tanks of the 1991 Moscow coup d'état attempt, are now replaced by T-90 tanks for the Ukraine invasion of 2022, the cruellest invasion of them all.

The mentality and the attitude of the dictator are the same: people exist in order to serve the state machine *the way the dictator sees it!* For them, the state does not exist in order to serve the life of individuals, the way the *individuals* see it. The individual exists in order to serve the state. The battle between dictatorship and people's freedom continues, since the Storming of Bastille in Paris by the hungry impoverished Parisians on 14<sup>th</sup> July 1789, starting the French Revolution.

But the world has changed since these catastrophes of the past: human empathy was born as an ideal and as a nascent young, new reality in the middle of the 20<sup>th</sup> Century. A huge worldwide tsunami of empathy, sympathy and support on all levels for the brutally attacked Ukrainian people appeared as if from nowhere, surprising everyone. In the face of the bombing, shelling, shooting, burning, deliberate destruction of whole neighbourhoods and massacre of innocent civilians in the streets of Kiev, Mariupol, Kharkiv, Kramatorsk, Donetsk, Chernihiv, Vuhledar, Uman, the air strikes on hospitals in Izium, Ovruch, Volnovakha and Vuhledar destroying six perinatal centres, maternity hospitals and ten children hospitals—a huge wave of empathy rose up from people everywhere for the Ukrainian people and admiration for their brave leadership and fighting for their freedom. This empathy is resonating worldwide in a way that I do not remember, since the crushing of the Spring of Prague in 1968 and the fall of the Berlin Wall in 1989. That has surprised everyone.

Twenty-one years ago, I was in Melbourne, Australia, as part of 9 million people demonstrating worldwide in the same 24 hours against the impending war on Iraq. It did not stop the lying President Bush and Tony Blair from invading Iraq, but it was an early sign that a war anywhere is becoming everyone's business. We have all matured further since that time. The unprovoked war of aggression, destruction, genocide and war crimes directed at the civilian population and peaceful cities in Ukraine has become everyone's business.

- It is under the pressure of the people that extreme anti-immigration governments like Hungary and the UK have changed their policies and opened their gates for Ukrainian refugees (UK at a very slow rate);
- It is under the pressure of the people that Germany had changed its established post war neutrality between east and west and has moved into active support for Ukraine, receiving 10,000 Ukrainian refugees per day;
- It is under the pressure of the conscience and the empathy of simple people like me and you that all the governments of the EU took an active position against the aggressor, hoping to make him stop this war;
- it is under the pressure of the majority of the people that the president of the United State called the president of Russia 'A War Criminal' on the world stage, when everyone was listening, with the support of 80% of the nation-members of the UN assembly.

The people did it, people like me and you, causing governments to respond to their sentiment and will, as representing governments should do. Dictatorships everywhere, in which people have no voice, are taking a

neutral position in the face of this crisis. A minority of people who admire dictators' propaganda still support the dictator who initiated this war. Where are their moral boundaries? Will they review their position if the Russian dictator builds concentration camps, extermination factories and gas chambers for the 'final solution' of the Ukrainian people? I doubt it. For people who appoint someone else to be their moral compass, their conscience, authority and truth—facts don't matter. They already know the *Pravda* is dictated by their chosen dictator.

But here we are, the absolute majority of thinking humanity in this crisis, spontaneously, in an unorganised, unorchestrated way, standing up and taking some moral position against the methodical destruction of people, culture, country and individual freedom of choice, pushing our governments to take consequential action. This is where the political and the personal dimensions of human life become one.

There is a huge campaign waged by the propaganda machine of the Kremlin against facts and truth, which works on many conspiracy and alternative facts for people with poor critical thinking. The brainwash operation effects a big part of the Russian population who **don't have** other sources of information in this intensely censored police-state (in which independent journalists are jailed or thrown into the Moscow River). For instance, just days into Russia's invasion of Ukraine, Russian President Vladimir Putin signed a law criminalizing news reports that contradict the Kremlin's version of its attack on Ukraine. The last casualty of the suppression of freedom of speech was on the 12<sup>th</sup> of April, with the arrest of Vladimir Kara-Murza, former leader of the *People's Freedom Party*, a prominent critic of the Kremlin and opponent of Russia's invasion of Ukraine. Earlier that day, CNN posted a video interview in which Kara-Murza called out the Kremlin's "regime of murderers" for their history of poisoning and killing political opponents. He has also written columns in the Washington Post condemning Russia's actions in Ukraine<sup>1</sup>. Kara-Murza himself has said he was previously poisoned twice by Kremlin actors.

The Russian people have no access to free press, but amazingly it effects millions of people who **do** have access to free media and multiple sources of information. To them, the brutal, aggressive, totalitarian, hateful, toxicity of Vladimir Vladimirovich Putin is enormously attractive. He became for them the supreme authority on truth. This used to be called 'Pravda' in the old Communist Bloc. The result is a production of misinformation and lies on a large scale. Of course, basically informed people are not affected by this litany of lies, but a high proportion of people without historical background and with poor capacity for selective reading of news and independent research, are intensely affected by it. These people truly believe that Ukraine is not a real nation, has no unique history and culture, has no right to exist and is controlled by neo-Nazis (even though its president is a Jew!)—all to justify an unprovoked criminal war of aggression and genocide against a nation of 44 million people, bombing cities, schools, hospitals and maternity wards, infrastructure, economy, cultural centres, resulting in the creation of 10 million homeless people and 4.5 million refugees.

As a contribution to public debates on these topics, I wish to state a few basic undisputable historic facts about the relationship between Ukraine, Russia and the EU, all easily verifiable by many sources in the public domain. I am reading regularly, news from Russia, UK, Germany, Israel, Arabia, USA, and international commentary, on top of my awareness as a veteran student and teacher of the evolution of consciousness and history. *You can cheat everyone for a short time and you can cheat some people all the time—but you cannot cheat everyone all the time.* Check the following facts for yourself in any available encyclopaedia. The Russian dictator claims that Ukraine is not a real nation. That is a lie. Unfortunately for him, facts do matter.

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<sup>1</sup> [www.washingtonpost.com/media/2022/04/12/kara-murza-arrest/](http://www.washingtonpost.com/media/2022/04/12/kara-murza-arrest/)

## Some basic facts about the people of Ukraine and their history

- The Ukrainian people are a 1,000 years old continual unique culture, language, history, ethos of proud heroic freedom fighting. Their fertile land is called *The Bread Basket of Europe* and was desired by many conquerors, failed and successful, but these brave people always fought their way back to freedom.
- Ukraine is the seventh-largest<sup>[47]</sup> nation in Europe and the second-largest among the East Slavs after the Russians. According to the 2001 census, ethnic Ukrainians made up roughly 78% of the population, while Russians were the largest minority, at some 17.3% of the population.
- The state of Kievan Rus united the East Slavs during the 9th to 13th centuries. East Slavic tribes cited as *proto-Ukrainian* include the Volhynians, Derevlians, Polianians, Siverianians, Ulychians, Tivertsians, and White Croats<sup>2</sup>.
- The most important state for Ukrainians in the Middle Ages was the Cossack Hetmanate. The Cossacks of Zaporizhia since the late 15th century controlled the lower bends of the river Dnieper, between Russia, Poland and the Tatars of Crimea, with the fortified capital, Zaporizhian Sich.
- The Ukrainian language appeared in the 14th to 16th centuries, with some prototypical features already evident in the 11th century.
- In the 16th to 17th centuries, with the establishment of the Zaporizhian Sich, the notion of Ukraine as a separate country with a separate ethnic identity came into being
- The territory of modern Ukraine has been inhabited since 32,000BC. During the Middle Ages, the area was a key centre of East Slavic culture under Kievan Rus', which was ultimately destroyed by the Mongol invasion in the 13th century. During the 10th and 11th centuries, Kievan Rus' became the largest and most powerful state in Europe.
- The Golden Age of Kievan Rus' began with the reign of Vladimir the Great (980–1015), who turned Rus' toward Byzantine Christianity. During the reign of his son, Yaroslav the Wise (1019–1054), Kievan Rus' reached the zenith of its cultural development and military power.
- Over the next 600 years, the area was contested, divided, and ruled by external powers, including the Polish–Lithuanian Commonwealth, the Austrian Empire, Austria-Hungary, the Ottoman Empire, and the Tsardom of Russia. The land and the people of Ukraine were ruled by different nations and rulers under different names: Principality of Galicia-Volhynia (1199-1253), vassal of the Golden Horde, Kingdom of Ruthenia (1253-1349), Kingdom of Galicia–Volhynia, Kingdom of Poland, Grand Duchy of Lithuania; Republic of Genoa in the Black Sea region of modern Ukraine, in 1441, the Crimean Khanate on the Crimean Peninsula founded by Genghisid prince Haci I Giray.
- **Cossacks form an essential part of Ukrainian identity and culture.** A predominantly East Slavic Orthodox Christian people group originating in the steppes of Ukraine who were allowed a great degree of self-governance in exchange for military service. The Cossacks were particularly noted for holding democratic traditions. The term 'Cossack' means in Turkish "Free Men".
- During the late part of the 16<sup>th</sup> Century Ukrainian independence of the Zaporozhian Cossacks Hosts grew, formed by Dnieper Cossacks and Ruthenian peasants. After the 1648 uprising against Poland, Hetman Bohdan Khmelnytsky established an independent Cossack state—the Cossack Hetmanate—which existed until 1782. Following endless conflicts with the Kingdom of Poland and in search of a protector and legitimacy, in January 1654, Khmelnytsky acknowledged loyalty to the Russian monarch and in the the 'Pereiaslav Agreement' signed between the Cossack Hetmanate and Tzar Alexei Mikhailovich Representative boyar Vasily Buturlin in Pereiaslav, in central Ukraine, he pledged allegiance by Cossacks to the Tsar of Russia. Different interpretations of the meaning of this treaty exist until today.
- Between 1657–1686 came "The Ruin", a devastating 30-year war amongst Russia, Poland, the Crimean Khanate, the Ottoman Empire, and Cossacks for control of the Cossack Hetmanate. The wars escalated in

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<sup>2</sup> <https://en.wikipedia.org/wiki/Ukrainians>

intensity with hundreds of thousands of deaths. The "Treaty of Perpetual Peace" placed the Metropolitanate of Kyiv under the authority of Moscow.

- In 1709, Cossack Hetman Ivan Mazepa (1639–1709) defected to Sweden against Russia in the Great Northern War (1700–1721).<sup>[64]</sup> and lost to Peter the Great in the Battle of Poltava (1709), in which Cossack autonomy was destroyed.
- In 1768, the Cossacks led yet another anti-Polish uprising, called Koliivshchyna. In the years 1764-1781, Catherine the Great incorporated much of Central Ukraine into the Russian Empire when the Cossack Hetmanate and the Zaporozhian Sich were abolished. After the annexation of Crimea by Russia in 1783, the newly acquired lands, now called Novorossiia, were opened up to settlement by Russians.<sup>[67]</sup> The tsarist autocracy established a policy of Russification, suppressing the use of the Ukrainian language and curtailing the Ukrainian national identity.<sup>[68]</sup> The western part of present-day Ukraine was subsequently split between Russia and Habsburg-ruled Austria after the fall of the Polish–Lithuanian Commonwealth in 1795.
- The Cossack Hetmanate emerged in Central Ukraine in the 17th century but was partitioned between Russia and Poland, and ultimately completely absorbed by the Russian Empire. In the aftermath of the Russian Revolution a Ukrainian national movement re-emerged, and the Ukrainian People's Republic was formed in 1917. This short-lived state was forcibly reconstituted into the Ukrainian Soviet Socialist Republic, which became a founding member of the Soviet Union (USSR) in 1922. From 1932 to 1933, under the dictatorship of Josef Stalin, the Holodomor ('derived from морити голодом, *moryty holodom*, 'to kill by starvation'), known as the **Terror-Famine**, killed 5 million Ukrainians. It was a man-made intentional genocide by starvation of Ukrainian and Kazzak population, created by forced collectivization, deliberate massacres of 'Kulaks'—independent farmers who were classified as enemies of the regime. Joseph Stalin, the murderer of 20 million people in the Soviet Union, had ordered that kulaks were "to be liquidated as a class". It is believed to be exacerbated by Joseph Stalin, to eliminate a Ukrainian independence movement. A concerted effort to reverse the growth of Ukrainian national consciousness was begun by the regime of Joseph Stalin in the late 1920s, and continued with minor interruptions until the most recent times.
- In 1939, Western Ukraine was annexed from Poland by the USSR. Ukraine was the most populous and industrialised republic after the Russian Soviet Republic. With the dissolution of the Soviet Union, Ukraine regained its independence in 1991.
- In August 1991, the parliament of the Republic of Ukraine adopted *The Declaration of Independence of Ukraine*, on the basis of a referendum that was called with one question: *Do you support the Declaration of Independence of Ukraine?* Of registered voters, 84.18% participated in the referendum and **90.32%** answered **Yes**.
- They said it loud and clear again in the **Orange Revolution** of 2004-2005 in which a nationwide popular protest against the rigged and corrupt *election* of Viktor Yanukovich, a Vladimir Putin stooge, causing Ukraine's Supreme Court to declare a re-vote in which he lost. They said it loud and clear again in the **Revolution of Dignity**, also known as the *Maidan Revolution* in February 2014, through deadly clashes with the security forces of the same Yanukovich (corruptly elected in 2010)) when he suddenly turned against the *political association and free trade agreement* of Ukraine with the EU, in spite of the overwhelming support for the agreement of the *Verhova Rada*, the Ukrainian parliament, the absolute majority of the people and his own promises. He did it under direct and visible pressure from his real boss, Vladimir Putin. The people of Ukraine were fed up by the widespread government corruption, abuse of power, the influence of oligarchs, police brutality, violation of human rights and repressive anti-protest laws. He was eventually overthrown by the people of Ukraine as a traitor and he ran away to hide in Russia. Now, in 2022, they are fighting bravely and effectively against the barbaric invasion of the same 'brotherly neighbour', justified by the ridiculous excuse that their government, lead a by a Ukrainian Jew – is Nazi.
- The Ukrainian people have been saying 'Yes' to their freedom and independence consistently for 1,000 years.

**In summary:** the origin of Ukraine and of Kievan Rus' people is in the 10th and 11th centuries, when Kievan Rus' became the largest and most powerful state in Europe. The Golden Age of Kievan Rus' began with the reign of Vladimir the Great (980–1015). They forged their unique culture and have fought for their independence ever since.

**In comparison:** The origin of the Russian people came much later: The Grand Duchy of Moscow, the predecessor state of the Tsardom of Russia, was originated 200 years later with the rule of Alexander Nevsky of the Rurik dynasty in 1263, as a vassal state to the Mongol Empire.

**In conclusion: The fact is that the origin of Ukraine and of Kievan Rus' people took place 200 years before the origin of Russia and of the Muscovite Rus' people, who descended from them.**

An isolated lonely man in his Kremlin castle in a very disturbed frame of mind decides that an independent country, a whole nation of 44 million people and a 1,000-years of their culture, language and history do not have a right to exist and therefore, should be destroyed. His policies are based on lies, unchecked and undenied in his police-state tsardom and 'Pravda' controlled media. He does it because he can do it. He can do it because millions of his blind admirers and followers let him do it, hypnotised by his brutal power, paranoia, delusions of grandeur and chronic hatred. I am really sorry for you if you are one of them.

I am completing this article in my office in Kosice, 100 kilometres from the Ukrainian border. The bombing and slaughter of innocents continues there, as does the flow of the biggest displacement of civilian population in the whole bloody history of Europe. No one knows when it will stop. A Russian waitress from Irkutsk told us with tears last night that she is ashamed of what her country is doing, which is why she left Russia. So will be her grandchildren until the end of this century.

As a result of this war, humanity will never be the same again. With all our multiple faults and human failures, most of humanity rose in rage and rejection of this barbarian treatment of innocent people as never before, out of a new dimension of empathy that was not there before. The Spring of Prague, the Velvet Revolution, and the Euro-Maidan Revolution all paved the way to this uprising of the Ukrainian people for their freedom from oppression—with unprecedented empathy and support from most of humanity. This is an evolution of human consciousness—paid with blood, yet again.

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