

# SINGULA 1 INSTITUTE

<http://www.singulainstitute.org>

Dear Singula Community,

This period of time has been an incredible test of our virtues, of our fortitude, of our connectedness, of our separateness, and of our human rights. We stand behind individuals who have long been disenfranchised, stigmatized, and disempowered based on things that were not under their control. At Singula, we fight against this type of institutional injustice and painful stigma.

In a tweet by Nature Human Behavior: [[#GeorgeFloyd](#)'s killing is not "an isolated, tragic incident perpetrated by a few bad individuals". A syllabus of essential readings compiled by JSTOR puts [#GeorgeFloyd](#)'s death in its rightful context – that of institutionalized racism.] "<https://twitter.com/NatureHumBehav/status/1268204548205707265?s=20>

We encourage you all to educate and relate. It reminds us that that the work needed to be done is achieved individually and collectively.

As a psychiatrist and psychotherapist, the essence of "the work" is to help people deeply understand themselves, understand the ways that the environment impacts them, and in turn, how they impact their environment- with and without illness. This process of deep reflection allows us to see where we are, see where we need to go, and build a way of getting there. Within a developmental context, these problems are solved differently at each stage of a person's life. As it is with a person's journey from life until death, the journey of our country has followed similar stages of maturation, since its beginning, from

colonization to independence, and onwards. I have conveyed these stages in a poem that I wrote, following Erik Erikson's 8 stages of lifelong development, entitled, "A Reflection of Self through Society's Mirror":  
<https://www.linkedin.com/pulse/reflection-self-through-societys-mirror-marc-lener-m-d-> Please read and share with others.

*Lastly, I would like to share a message of hope from a [statement by former Secretary of Defense James Mattis](#) published by [The Atlantic](#). Mattis, a four-star U.S. Marine Corps General, served as President Donald Trump's 26th Secretary of Defense from 2017 to 2018.*

*General Mattis writes: "We can come through this trying time stronger, and with a renewed sense of purpose and respect for one another. The pandemic has shown us that it is not only our troops who are willing to offer the ultimate sacrifice for the safety of the community. Americans in hospitals, grocery stores, post offices, and elsewhere have put their lives on the line in order to serve their fellow citizens and their country... Only by adopting a new path—which means, in truth, returning to the original path of our founding ideals—will we again be a country admired and respected at home and abroad."*

Real and enduring change at the individual and collective levels do not come easy, but it is possible. We wish you all well, with unity and hope, during this historic moment of **change**.

Kindly,



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