

My View on Sexism

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Introduction

This is my opinion, so anyone else should not trust that I know anything. Since it has been impossible to change anyone else's habits, I use these series of essays to sort out the insights I gain and what it means for my personal path. Here I will focus on problems that men face, since men might not get proper help during a crisis. I will expound on women's issues more in other essays. I want to emphasize that I think conjugal relationships with sexual intimacy are quite proper, regardless of the gender or orientation of the participants. I even think a love relationship is a necessary part of my Buddhist path.

The Situation

My Buddhist organization is embroiled in a sex scandal. This problem has been wide spread in Buddhism, just as it has been in general culture. In 2019, I got very angry at the board of the organization, feeling that Buddhist principles were not being applied. I felt that punishment stemming from anger was a violation of basic principles.

My Anger Was My Fault

I was so angry that I decided that I should no longer be a member of the organization, so I quit going to meetings. I sent nasty emails to the board. I might have continued this way for years; however, I developed new insight during one of my meditation sessions. This new insight changed my entire interpretation of reality. I will discuss extent of my new insight in coming essays.

I realized that I was being misled by my anger because of an unreasonable attachment to fixing things. I decided that I really needed to look at root causes and conventions. Since I'm an autistic analyst, I seem to be qualified to take this tact. Also, I'm uniquely suited, having lived as both a man and a woman. I've experienced sexism both ways.

I was wrong to assume Buddhist principles alone could logically solve problems of sexual harassment. Buddhism, especially, does not really have any mechanism to deal with these issues. In fact, the Buddhist solution has been monasticism. Monasticism does not solve the problem; it just defers the fix to the future.

Root Cause of Sexism

I have studied the natural world, especially mammals. This seemed suitable, since I'm a mammal. I've noticed that the majority of mammals seem to be sexist, and that the severity is often directly proportional to how much separation between

the sexes is present. This sexism goes both ways, making life inconvenient for both males and females.

This is carried to the extreme for elephants; males are not allowed in a herd except at mating time. This feature proved disastrous for mammoths and hastened their extinction during a time of environmental stress.

Evolution seems to be the driving force. Basic evolution drives all forms of life, but it can be capricious for mammals. The fact that female mammals can create milk to feed their young is a big step forward, but it does have a downside. In general, female mammals get stuck with the babies. Males seldom help raise babies; in fact, they can become embroiled in battles for mating rights. For too many male mammals, their whole lives are nothing more than a preparation for mating. Males are also burdened by inconvenient dangling scrotums, as if these features were a reminder what the life purpose of male mammal should be. While female mammals are just as interested in mating as males, they are locked into an established system for picking mates.

Despite what nature programs imply, I think the immediate purpose of mating is not to create better offspring, but to have the best possible mating experience. The mating experience certainly brings partners together; any kind of developing relationship depends on the species and the whim of members of a species.

A human realm is supposed to have balance, but that does not seem to be the case for this one. Mammal mating is repeating over-the-top habitual patterns driven by karma. In other words, this is Samsara...repetitive cycles. I might even call this pure Samsara! Like many animals, mammals assume reality is so inherently real and solid that changing mating rituals is not worth the effort.

Human Realm

It took me years to adjust to this human realm. I gave up trying to be part of it; I now focus on gaining wisdom. I think this human realm is unbalanced, with a heavy tilt toward hell realms. I like to call this Pandora. I think it fits a realm where the humans descended from killer apes. The three poisons—anger, greed, and delusion—seem to dominate everywhere. I once thought I could fix things, but my logic has had no effect, and it has never done any good verbally to tell anyone what I thought was wrong. I try to practice right speech by limiting my observations to writings, where I can practice clarity through revisions.

Just as for most mammals, there is a fixation over the differences between men and woman, rather than about the similarities. The situation got worse when humans lost their fur, since body parts that were once hidden became plainly visible.

When everyone could see men's scrotums and penises, human preferences favored the men with the largest scrotums and penises. The same was true for

women's breasts. While this trend was popular and still is, it is profoundly inconvenient.

The Sexual World

I can personally attest that men who meet the evolutionary standards attract more women. I was lucky to find a woman to marry, but she died. Men are expected to act masculine and not reveal any feminine side. Men are trained to be enforcers of their standards, so non-conforming men are often subjected to harassment. Just as for mammal relatives, women often seem to pick men based on their implied ability to provide the best mating experience.

Throughout much of the world, women are the social directors. Men face being relegated to remote corners in retirement homes. "Micro-banks" only loan money to women, because the men have a tendency to blow funds on alcohol. No one worries about how much men might suffer. To make matters worse, testosterone supplements and penis enlargement treatments are too often touted as fixes.

The situation is even worse for those who are LGBT; there are social penalties for resistance to assimilation. I think trans-women take the most crap.

The *battle of the sexes* is no joke! I observe a lot of hostility between men and women. Too many people push rigid roles. The feminist movement offered a lot of promises, but it has mostly failed because people are reluctant to change. While men *do* commit 98% of the violence, the blame game does not fix anything.

Men are not generally raised to have comprehensive social skills; yet, men are supposed to deftly run the world without much help. I was taught obstinately to resist social skills to the point that I thought my wife's opinion was irrelevant. I worked hard to correct this error.

It can be taboo for men to express their feminine sides, but that's where coping skills lie. Men get divorced for cross-dressing all the time; cross-dressing for men continually gets more popular. Many men who cross-dress say they get *a vacation from being a man*. Men have been divorced because a salon showed they could be made up as passable women. It's not only gender-bending; a black man was shot dead for carrying his wife's purse.

Men who receive a lot of support for dealing with issues, from peer groups and spouses, seem to adjust better socially.

Just as for male mammals, hormones drive men to be sexual. In Samsara, this is a never-ending-story. A few men never learn sexual self-control. While they are often popular at first, they wear out their welcomes; then they can be punished without due process of law. Pandora runs on anger.

When I found myself being the subject of undue anger, along with all the other nonsense I had to take as a man, I transitioned to live as a woman, despite never having any feelings that I should have been a girl. I was very angry too and

I've devoted a lot of energy to dealing with my own anger. I have successfully left much the messiness of being male behind. My psyche allowed this, but the majority of men can't switch gender. I can personally attest that gender transition was not easy. Sorry, I have no useful general solution for the suffering experienced by men. Things like hormone replacement therapy or any kind of hormone adjustments are taboo for men. In the end, change will come with time, as people die and others are born, but it's not very efficient. An enlightened society of gifted, courageous, men and women could speed up useful change, but there is tremendous pushback.

My Situation

Since I'm autistic, I'm not high on any woman's list for desirable mates. I also switched gender, which makes me even less-desirable. Ever since I graduated from high school, I've wanted a woman partner. I consider this part of my path, especially since I don't see any value in celibacy.

It was amazing that I found a woman who wanted me; we were married for 30 years, until she died. I even participated in a complex wedding ceremony. Just as for many, the wedding was more important than the relationship at first, because it legitimized sexuality.

For a while early in the marriage, I experienced the fanaticism of sexuality, and I considered it okay; however, I could not stay there. Being stuck in banal maleness did not suit me; I experience far more freedom as a woman. Fortunately, gender transition did not end my marriage.

I expected to get another wife, especially a Buddhist wife. All attempts at dating have ended in frustration. Still, it has become more insight in my karma. My libido has remained steadily high, but I have resigned myself to the fact that I can't generate any romantic love in my life. However, I can follow basic scripture to deal with my issues. One goal is to reduce my anger to zero.