

Daily Meditation 01-19-26

More on Minnesota & the Spiral of Violence Playing Out There

Good morning.

Today I'd like share with you two documents, if you will. I'd like to pick up a little more from Archbishop Helder Camera's book, *Spiral of Violence*, that I allude to in my essay this morning. But also, I want to share with you a document that just arrived in my mail this morning from Australia. So I'll begin with that.

It's a letter if you will, a very powerful statement from an Australian looking at the American scene today. And we must remember, of course, what we're experiencing in Minnesota is not just known about the United States, but these kinds of things go international. This fellow says,

All right, I'm saying this as an Australian who is absolutely sick to death of watching the world hold its breath every time this blabbering, blubbering, blithering, blustering buffoon opens his grotesque mouth. You see, folks, as far as I can tell from the outside, this is what it looks like. America has elected a man who talks and behaves like a megalomaniac, and the rest of the planet is supposed to just trust that he won't completely lose his grip on reality and drag us all into catastrophe.

You want to steal Greenland. You want Cuba to, quote, "make a deal before it is too late," unquote. You talk about bombing or invading Mexico. You kidnap a president and knock off the people's oil in Venezuela. You joke about annexing Canada like it should be a shopping center, a car park you can just claim because you feel like it.

Do you have any idea how insane that sounds to the rest of us? This isn't tough talk. This isn't strategy. This is a deeply unstable old man threatening sovereign nations like he's flipping over a Monopoly board because he is losing. This is not normal behavior. This is not leadership. This is not strength. This is a walking, talking international crisis.

And Americans, this is where it comes back to you. Not just MAGA, not just the people who voted for him. All of you. Because when the President of the United States starts talking about kidnapping leaders, annexing countries, and issuing ultimatums like a mob boss — the rest of the world doesn't get a vote. We just get the consequences. You don't get to shrug and say, "Well, I didn't vote for him." That might fly at a dinner party, but it

doesn't fly when nuclear powers are watching the circus and recalculating their own red lines.

This is your system, your presidency, your responsibility. From the outside, it looks like America lit the fuse and then wandered off while everyone else stands around the bomb wondering who's going to cut the wire. And let's be brutally honest, this man is nearly 80. He's frail. He's clearly deteriorating. He is not some long-term visionary playing chess. He's at the end of his lifespan and acting like nothing matters after him.

That is the most dangerous type of leader there is: a man with nothing to lose, and an ego that demands constant feeding.

Why should the rest of the world pay for that? Why should families in Europe, Asia, Australia, South America, anywhere, have to worry about war, trade collapse, energy shocks or global instability, because America couldn't get its own house in order?

This is not about left or right anymore. This is about basic sanity. This is about stopping a psychopath before he does something irreversible. Because once a war starts, once a country gets involved, once alliances are fractured beyond repair, you don't get a reset button.

So yes, this falls on Americans. You got the world into this mess, and you damn well better roll your sleeves up and get us out of it. Impeach him, remove him, contain him, do whatever your system allows, but do it fast. Because the rest of us just want to live our lives, raise our families, pay our bills, and not wake up one morning to find out World War Three started because an unhinged old man wanted to feel powerful one last time.

This isn't funny anymore. It isn't theatrical. It isn't tolerable. Get this lunatic under wraps before he ruins it for everyone.

That is, I think, a very powerful plea coming from "down under," from Australia. Blunt talk, a realization that America's problems extend far beyond the United States. All the world is treating this upset.

Now I'd like to turn again to this marvelous little book. You can see how small it is, under 90 pages, small pages, written by Bishop Helder Camera in 1970, called *Spiral of Violence*. And I just want to point out some of the additional points he makes, besides the important analysis of violence: That first, is injustice. That's the first violence. Then people respond against it. They march against it. And the ruling regime usually calls that violent, which is exactly the lies being spread today by Noam and the ICE and the DOJ

about what's going on in Minnesota. The fact is that they are responding non-violently. This doesn't get talked about by the people who are behind the scene running things. Then the third violence, the spiral of violence, is the regime dumping on the groups that are revolting, even more. So that's when the violence really gets heavy. And that is, of course, what's happening today in Minnesota. They are saying the government, the president is sending 1,000 more ICE people into Minneapolis, and he's threatening to send the military itself.

So I think that it's significant that this analysis of the spiral of violence, made back 55 years ago, Helder Camera in Brazil, which was being taken over at the time by the military, who ruled for decades, that this analysis applies perfectly, really, to what's going on in America today, and also what's going on in Iran today. But he has more to say in this book, besides just how the spiral of violence works. He says that

It is clear that anyone who, in proclaiming the gospel, demands justice as condition of peace, risks imprisonment. If he is a foreigner, he will be expelled. He's talking about the scene in Brazil in 1970. And he says that when he talks about the causes behind injustice, in inequity, he is called the Marxist. He says that

The priest who is put in prison will see in prison all around him militant lay people who have simply echoed the evangelical message. In such a climate, it is not obvious that the young, above all, are going to abandon the violence of the peace-lovers, go underground, and try to prepare for armed revolution. And it was said as a question, in his time. He says,

The socialist empires, whether Soviet or Chinese, are just as cold and insensible as the capitalist empires, toward the underdeveloped countries' hope for total development. But he asks the question *whether Gandhi's doctrine perhaps has a greater chance in the developed countries? Perhaps it is precisely there that the change of structure should begin, without which the poor countries will never escape from their poverty.*

And of course, there has been some progress made, certainly since 1970, in Brazil. First of all, they eventually overthrew the military dictatorship. And they have had success in raising the quality of life for many people, and overcoming extreme poverty for a great number. He says,

Religious and capitalist areas run a very grave risk of being caught up in the system. They are courageous in broadcasting beautiful principles, but without sufficient energy to carry them through, for the very reason, though perhaps an unconscious one, that they will be themselves affected for the process of incorporation. He says that *Justice must be*

the basis for peace, and for getting along in the common good. Justice is a synonym for holiness. Justice is a synonym for holiness, in our time. And he talks about diversity and about immigration:

Without being blind to the problems created by the differences in race, language, country and religion, without forgetting hatred, struggles, coldness and egoism — is it a dream or an illusion, to think that there are everywhere people who have made up their minds to demand, in a peaceful, resolute way, justice as a condition of peace? Whatever the color of your skin, the shape of your lips or your nose, whatever your height, you are neither a sub-man nor a superman. You are a human creature. You have a head, a heart, hopes, genes. More important still, the Creator and Father has a whole plan of human fulfillment, which involves you.

Finally, he says, Action for justice and peace has taken it upon itself to study any violent reaction by the authorities under the pretext of safeguarding public order. It undertakes, in particular, protest each time it finds out that certain tortures are being employed by the powerful.

And I think that is a very important statement about ICE that we need to study and react to: tell the truth of the violent reaction of authorities under the pretext of safeguarding law and order. This was an issue in 1970, and it's an issue in 2026

Thank you. We'll see you next week.