

Anchor Points Our Imbedded Cultural Lifelines: Each to His Own Culture

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“We shall shortly be making our descent into London Heath Row; the temperature is 14 degrees. On behalf of the crew, we hope you have had a pleasant journey “The captain rounded off. The fact was I couldn’t have cared less what the temperature was, it could have been a raging hurricane or a blizzard for all I cared. I was just so pleased and relieved at the prospect of touch down: the bump when rubber and tarmac meet. To be back in my own country - England. I had missed my roots and everything English. I had accepted and respected that I was an interloper in South Africa, it wasn’t my country, it belonged to them - I had no rights - I had to conform. I was an alien. I had to toe the line it was the right thing to do. But I was homesick for my own people in my own country, where my family had lived for centuries — the English, a small island nation which had made its mark with a punch above its weight: Patriotic and willing to risk their lives for the country they loved, and their ancestors had helped to evolve and create. Albeit, rebellious, critical, and disagreeable when England was being mismanaged. But inventive resolute stoical when it mattered most.

During the war ‘and during our darkest hours ‘alone with no allies, there was a feeling of relief when the robust leadership necessary to defend our Island came into the capacious hands of Winston Churchill. “Winston’s back!” reverberated in the farm fields of my birth, the people both knew and wanted what was necessary to survive. His hard facts speeches didn’t mince the gravity and precarious nature of the situation, they achieved the opposite the truth galvanised the nation in the fight for freedom. He was the leader, and a statesman who we could fall behind, strong, and resilient. He’d been there, done that, and he could wear the proverbial T. Shirt. He was shrewd, he understood the psyche of our people, he had all the credentials. They in turn were willing to risk their all, they too had the measure of the man. He’d be forgiven any mistakes; they would take his side and defend him along with our Island. He knew that. He epitomised and galvanised the anchor, not just on one point, but on many if not all fronts.

Anchor points ‘my take’ what are they? These sub lineal psychological and cultural anchor points are largely sub conscious playing their decisive part, when needs arise, and choices need to be made. Sub lineal defined as a stimulus or mental process below the threshold of sensation or consciousness; perceived by or affecting someone's mind without their being aware of it.

And as with Winston these sub — lineal anchor points impact on our very survival so much rests on them. They become fixed lifelines: to keep us from drifting away, sources of security, support, stability: the glue which binds and sustains to help prevent us from yielding or giving

away, to seductive ideologies — like ships anchor they protect and hold us fast. Akin to Jung's collective unconscious. But unlike Jung's generalised hypothesis, anchor points are specific to my nation England but furthermore to any culture or nation.

There are various categories of anchor points: history, people, words, buildings, places, behaviour, diets, humour, music, and art. Which like underground fortresses fuse and accumulate ready to be tapped at any given moment? These moments are largely on the intuitive spectrum which plays a part when these anchor points disappear, we miss them, we grieve for them, not necessarily identifying why we're feeling bereft. I missed them when abroad. When a parent or a family member dies, we expect to grieve, allowances are made and even if the bond is weak the vacuums remain waiting to be closed or filled. Even negative experiences people, places, issues can become anchors. A plaster cast unifying a fracture however limiting is removed and accompanied by some regret. Building's rivers and places are also anchors, we may never visit them, but we know them, we identify with them. The River Thames, Big Ben (the clock), monuments, provide anchor points, they are 'ours' 'we should and do defend them if they are in jeopardy. We inherit our past; it mustn't be eradicated to appease those from other cultures, who have come to take advantage in what we have inherited, achieved, and provided.

Humour is another anchor point, pubs particularly are places which provide the atmosphere, to laugh and to be spontaneous. Stop and prohibit the banter and the outlet, and there's a consequence the risk that a specific lifeline is severed. The banter in the dressing room is part of the game — abolish the spontaneity in the name of diversity and the game is diminished. The cockney jargon we take for granted but eradicate it and we are impoverished. Candid camera cleverly epitomised the English humour: the Fruit stall a cockney greengrocer "What's your game guv — you're messing me about ain't you? ". Is one of my favourites. When I'm needing a longed-for dose of humour, I replay the episodes while my husband, not English wears a perplexed look on his face — he doesn't get it! The inability to share, leaves a void. Take away that spontaneity and its depriving many of us of an anchor — a lifeline. And diminishes our identity.

Diets too are anchor points, our taste buds urge us to eat certain foods we remember, such as in my case dumplings, suet puddings, apple tarts and custard. A Jewish girl wrote how she walked miles just to buy a poppy paste pastry during lockdown, to rekindle the security she felt as a child. She not only wanted it she needed it. John a neighbour would risk leaving his invalid wife and travel away for a night just to go to the Cotswolds where they cooked steak and kidney puddings, and English food, — the urge was so strong.

The point I am trying to make is that identity is important to our day to day coping and ultimately to our very survival, and anchor points are an integral and necessary part a support of that identity. Stripped of all these anchor points and we are robbed of our substance we are no longer English, and we risk no longer being vibrant, and spontaneous, proud of our heritage, but repressed tongue tied weighing up everything we say in case it transgresses the law and offends non-native newcomers. Our collective unconscious together with the glue — the anchor points which has served us, should not be allowed to disintegrate into a watered-down version of who we are in the name of diversity.

Furthermore, as clinicians what is the consequences of repression. Repression is the very lack of openness between human beings. According to psychoanalytic theory, repression plays a major role in many mental illnesses, and in the psyche of the average person.^[2]

The act or process of controlling, subduing, or suppressing individuals, groups, or larger social aggregations through interpersonal means. Techniques of social repression include information control, the elimination of grassroots reform movements, manipulation of local leaders, and so on.

From a medical point of view, we need to think things through, we need to defend our culture and our anchor points, or we are in danger of not only suffering from the results of repression, but killing the goose which laid the golden egg, The English, and our anchors.

The war in the Ukraine and the Israel fights against terrorism erupted demonstrating the importance of patriotic fervour. The outcome is undecided; however, the whole world has been in awe of the fighting characteristics of the people to defend their legacy, their land and culture. Galvanising likeminded nations to join them and to follow their example. The true battle is between might or mindset which will take the high ground patriotic fervour?

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