

# Primal games: playing the Trump card

reviewed by Rosemary Knes

Have you been biting your nails since the U.S. presidential election of Donald Trump? If so, you may find solace in some explanations for this quandary and many more “big picture” dilemmas in Book Two of *Primal Mind, Primal Games*.

Yes, Primal Process theorists Dr. Hifzija Bajramovic and Paul H. LeMay are back with more fun and primal games in their second book, *Dawn Breaks Over Armageddon*.

Having explored the complex nature of the individual mind in their first book, *Why We Do What We Do*, the duo now turns their attention to the world at large and how their Primal Process theory and its mindsets affect the global picture across generations, societies, institutions and governments.

But Armageddon? Sounds like terror in biblical proportions. “Armageddon is a notion found in many spiritual and religious teachings,” says Bajramovic. “It implies conflict between a world of opposites, like good and bad, right and wrong, that will clash into one another and then collapse and destroy both.”

In the history of the human race, he notes, many Armageddons have occurred on both small and large scales. The Second World War was one, he suggests, as was the conflict in the former Yugoslavia. “There, an Armageddon destroyed a whole country, killing so many, and then its people had to start all over from the beginning.”

Bajramovic advises those who are fretting over pronouncements from the Trump White House to breathe, relax and read the book. “The beauty of Trump is that he creates crises. Armageddon is a big crisis, which destroys the whole of society. The change in direction that Trump is producing is creating small crises that will burn off the stored-up emotions of frustration, so eventually the big Armageddon can be prevented – or at least delayed.”

Bajramovic views the political upset in the United States as predictable within his Primal Process theory. “Societies go through the same evolution of mindsets as the individual,” says Bajramovic, a long-time Glebe resident who has practised psychiatry, primarily with the Ottawa Hospital, for more than 40 years. His work with post-traumatic stress disorder patients, including military personnel and civilians involved in the Bosnian conflict,

inspired his early work, which evolved into the Primal Process theory, the basis of the *Primal Mind, Primal Games* books he co-authored with LeMay who is an independent writer specializing in science, psychology and Canadian politics.

Just as an infant moves from a defeated mindset – unable to function without direct care by others – to an appealing mindset where socialization is learned, and finally to the fighting mindset of puberty, so societies also evolve.

As well, notes Bajramovic, the very essence of life itself, the forces of expansion and contraction, are at play all around us. “In a way, the life of the universe as we perceive it has to be in the balance of expansion and contraction. If there is too much expansion, the materialization of the universe dies in chaos. If there is too much contraction, then the universe dies because the energy stops moving.”

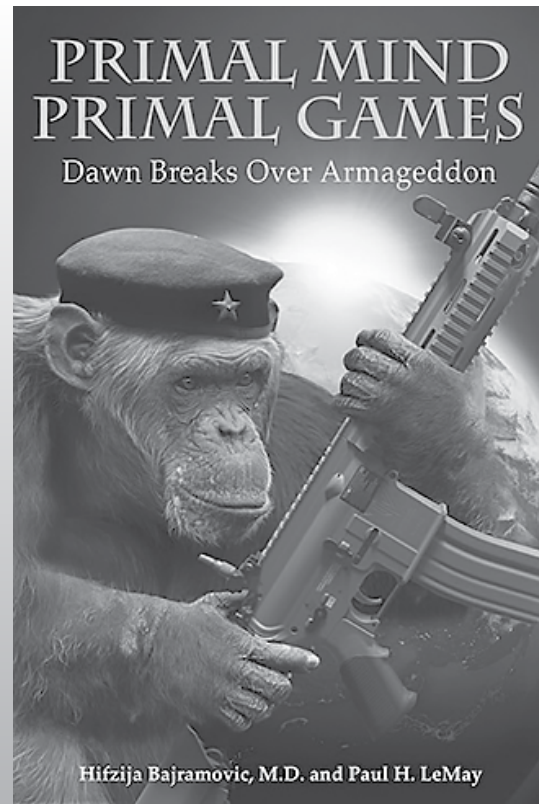
Bajramovic sees these forces at work in the United States, in particular in the 2016 Trump election upset. “Too much expansion was destroying the United States. The natural process – now a corrective process – was contraction. Trump, accidentally, happened to come out on top of that movement.”

“It’s not hard to understand that Trump is very much in the fighting mindset. This factor, along with his narcissism, made Trump the ideal candidate to carry out this particular process,” says Bajramovic.

Canada, on the other hand, is in a reversal of that process. Under former Prime Minister Stephen Harper, Canada was over-controlled and in a process of consolidation, Bajramovic suggests. “But it was reaching a point where it could have become static. So what was needed was to change the direction of the tide into expansion. Justin Trudeau happened to be there to deliver that message. His personality and his openness fit that purpose very nicely.”

The two countries “are moving in different directions within the process, but both need to meet somewhere in the balance between contraction and expansion,” Bajramovic says.

Since the publication of the first book, the website [www.primalmindprimalgames.com](http://www.primalmindprimalgames.com) now offers a Mindset Survey where you can find out which lens you are using to look out on the world, to see if you



**Primal Mind, Primal Games: Dawn Breaks Over Armageddon,** by Dr. Hifzija Bajramovic and Paul H. LeMay

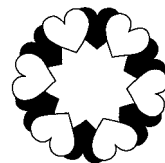
are “more of a fighter, a negotiator or a hermit.” The 108-question survey offers an initial general report, at no cost, which indicates in which mindsets you tend to mentally and emotionally operate. For \$11 US – the price of a first-run film – a more detailed report using a unique iden-

tifier is offered, providing a more comprehensive interpretation and analysis of personal results.

Rosemary Knes is a writer and editor and a former member of Dr. Bajramovic’s Emotional Education Group.

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