

# Enter

---

Living what is changes everything

## *Transgenerational trauma*

*Enter* is about what few of us want to look at, or see any reason to look at: transgenerational trauma. The harm our parents caused or suffered, then locked away, and how this has impacted on who we are today. Because, as we all know, the moment we try to hide something from ourselves, or from one another our relationship changes.

So what happens when a child is born into denial or void? What becomes of real? To answer that question, the author looks at and tries to understand his own parents' history in South Africa and its effect on him: his grandfather's part in the Anglo-Boer War and then helping quell the miners' strike in 1922, his father's role in the OB (Ossewabrandwag), a Fascist paramilitary movement in South Africa during the Second World War, his uncle's suicide, the Apartheid era, and his mother as a small child instructed by her mother, "Go drown the kittens."



## *What did our parents do with their pasts?*

He asks what did his parents and all the other parents do with their pasts? Did these pasts not happen? And, as they clearly did, how does one make shame, terror or guilt vanish, except by dissociation. He then asks: what if an entire generation becomes dissociated? He believes that then almost nothing that follows is real anymore.

To illustrate the effect of dissociation, the author looks at the modern horrors that aren't happening. For instance, my hamburger isn't parts of many cows that spent their lives in CFOs (concentrated animal feeding operations). Drones target terrorists and not mothers, fathers and children. It's OK to frack the Karoo, because there's nothing there.

## *'Howw I donno what's going on'*

The book commences with and reflects on a repeated statement made by Sikwenkwe Nkosana, an elderly illiterate gardener who worked for the author's parents, "Howw I donno what's going on," and suggests that, in fact, almost no one knows what is going on, including and, particularly, most experts. If so, the book asks, how must we respond?



### *Enter*

The author shows that the only solution is for you and me to enter the Dantean horror at the heart of our being and, by so doing, connect with what is, thus triggering processes that heal not only us but the planet as a whole. The author shows how and why this happens.

### *Raw*

Because of the personal nature of the content, and advice received early on in the writing process the author chose not to seek a publisher, but, instead, to say it the way his heart and his mind felt it needed saying with the help of a small circle of readers, and an editor and designer who put it all together. The product is therefore the equivalent, in film, of the director's cut and, in music, to being unplugged: raw and intimate. "*Enter*," the author explains, "is my attempt at triggering a conversation with you about our parents, and theirs, our children and our planet, at the mercy of a species that has lost its way."

**Hendrik Jeremy Mentz | ISBN: 978-0-620-56910-1 | EPUB: 978-0-620-56911-8**

R200 (including postage)

To order a copy, please:

- go to <http://www.hendrikmentz.com/enter/>
- provide your details in LEAVE A REPLY
- EFT your payment to:

HJ Mentz

ABSA

Current account: 450540366

Branch code: 632005

- Send proof of payment to: [info@hendrikmentz.com](mailto:info@hendrikmentz.com)

And we'll gladly send you a copy, post-haste.

Otherwise, simply mail us: [info@hendrikmentz.com](mailto:info@hendrikmentz.com) and we can take it from there.

Thank you.