

Inner work

There are many different responses to emotional disturbance. All involve blocking the flow of feeling and awareness in some way, as a means of protecting ourselves both from our inner daemons and from (real or imagined) outer threats

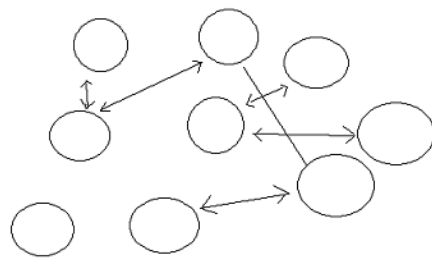
Unresolved emotional disturbances cut us off from the pleasure of our own being, and tend to make us addicted to status and excess consumption. They also lead to stupid or even vicious clashes with other people.

For many of us the prospect of confronting our (largely unknown) "inner demons" is frightening. So we avoid the journey. This leaves us prone to addiction as compensation for the absence of authentic inner pleasure, and thus we can be more readily manipulated by advertising.

There is much more to us than our fears, guilts, anxieties, low self-esteem or depression. Many of us think we have to look good, or be cut exceptionally strong or smart. While it is good to express our talents, we need not be compulsive about it.

It has been discovered that when we work through our psychological issues we become able to connect the deeper states of being that are inherently pleasurable. We also tend to be more loving, adaptable, accepting and so forth. This is rewarding in its own right, and our relationships get much better.

If we think that we might consider doing psychological work to resolve our inner distresses, it is helpful to know that the 'joy of our own true nature' lies underneath.



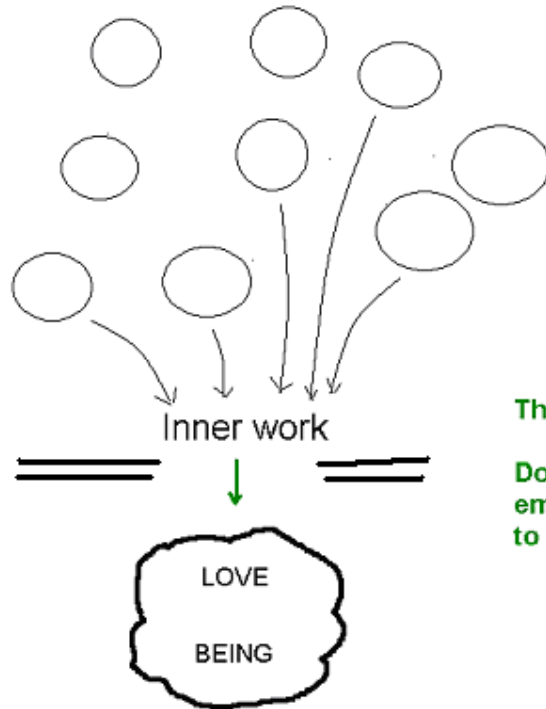
Ordinary disturbed levels of consciousness

People with unresolved personality issues (most of us) tend to clash without really knowing why.



Our deeper longing is for love. Love is a gateway to Being, our authentic self.

The way out is to do "inner work". There are many different techniques that are helpful a useful starting point is to note 'occasions of upset' that arise either in ourselves or in our interactions with other people



The way out:

Do inner work to become emotionally clear and open to love