

Lesson 120 Entangled Embattled Internal Conflicts

People often find themselves entangled in a web of internal conflicts, unaware that they are embattled with unseen forces at war within themselves. When left unchecked and consequently unexamined these internal conflicts wreak a fair amount of havoc in their lives and often in the lives of others in close proximity. As things are seldom as they appear on the surface, attempts to unravel the tightly woven web of causes and effects accumulated over the years are not easily discerned on the surface. Thus, sorting through all the contributing factors that gives rise to the entanglements and likewise the inevitable embattlement is a cognitive process that is reliant on seeing the conflicts for what they really are. As distorted perspectives and disabling beliefs as well as unrealistic expectations tends to muddy up the waters, especially when confusion, uncertainty, fear and resistance are added to the mix, clouds judgment and blocks clarity of mind. The affect is that personal reality tends to be a subjective blur, which can be quite damaging when things that are not real are perceived as though they are an objective reality. The discussion in this lesson addresses unidentified causes that over time become entangled and consequently embattled internal conflicts.

Given that personal reality tends to be more subjectively perceived than it is objectively experienced when it comes to how personal matters are viewed, sorting fact from fiction is challenging especially when faced with discoveries that go against the grain of long held beliefs and skewed perceptions. Just these two influences alone, when left unexamined make it difficult to get to the inner core of the conflict, hence the embattlement from within. Unraveling entangled inner conflicts is truly a journey of self-discovery that comes by way of self-introspection and gut level honesty necessary to face those inner conflicts. All things being relative, the more causes and effects there are to unravel the more tightly woven and entangled is the web of internal conflicts. As the real causes of the internal conflicts are more closely examined beneath the surface of awareness, the process of recognition, identification and acceptance often means taking responsibility for your own actions and reactions in response to the causes that produced the effects. As many people can attest to, the experience of facing one's inner self is often described as the dark night of the soul. Given the human propensity towards resistance, the process of discovering personal truths sometimes results in more than one dark night of the soul in order to work out the entanglements from start to finish. As difficult as it is to face these truths, mental stability and emotional well-being is well worth the effort.

Untangling the causes of inner conflicts is not an all encompassing discovery that leaps right up to the surface of your conscious awareness at once as doing so would be an overwhelming experience, rather they are a series of discoveries that unfold in a timely fashion. Just about the time you think you've got it all worked out, think there is nothing more to discover and nothing new to learn, you find that the lull is merely an

interim between discoveries, as time is needed to assimilate the things learned at any point along the way. As the journey of self-discovery doesn't really have an ending, you will find that there are many more things about yourself and the nature of your personal reality just waiting to be discovered, which means that there will be more truths to assimilate and integrate into the fabric of your day-to-day reality. As the journey of self-discovery tends to come in phases, the process takes time and patience to see each phase of your journey through from its inception to its completion, if for no other reason than the fact that time is needed to digest, assimilate and integrate new information. However, getting through the process of self-discovery psychologically intact is quite challenging because it can be cognitively straining, mentally taxing and emotional draining. The paradox is that it is utterly rewarding and spiritually uplifting all at the same time, resulting in individuation and maturation on higher planes of conscious awareness.

The most difficult roadblock to get past right out of the starting gate is to overcome the automatic reaction that shifts your thinking into a state of denial rather than acceptance. Anything that challenges your perspectives and goes against the grain of your set beliefs is grounds for denial and likewise avoidance, sometimes at all costs. Some people never even step out on the path of self-discovery and even if they do, they often run for cover, run back to the safety of their comfort zones because some truths are very difficult to face. Many others do not see their journey of self-discovery all the way through, at least not to that point in the journey where what is discovered becomes a life changing experience because the effort it takes to get there is time consuming and exhausting. Whether you embark on this journey on your own or you seek outside help, automatic denial is to be expected, not just at the onset of the journey but all throughout the process of identification until the discoveries made resonate with you, speak to you on a deeper level of understanding and comprehension. When the truths you discover explain the nature of your personal reality, the realization of these truths and the implications of the contributing causes in your life cannot help but put things about yourself and your reality in a more realistic perspective, which is quite relieving once the mental and emotional dust settles. Ongoing denial and avoidance stands as a roadblock between discerning what is real, which is objective reality as opposed to subjective reality, which is illusional at best. Hence, the two are very distinct experiences of reality and as such, they each manifest very different results in your reality.

Given the reliance on sensory perceptions, self-introspection is not an easy undertaking because the experience of life at this stage of human evolution is still subjective and therefore is still prone to distorted perceptions of reality. Consequently, there will always be a subjective interpretation when it comes to discerning the nature of your personal reality, which can really complicate things. Because the mind tends to create illusions of reality, the purpose of a journey of self-discovery is to bring the pendulum as close to center as possible, which is key to alleviating the suffering that goes hand in

hand as the result of distorted perceptions, disabling beliefs and unrealistic expectations, whether of yourself or others. As discoveries that truly do explain the nature of your personal reality resonate with you and you begin to see the truth in them enables you to process and integrate the discoveries on the mental, emotional and spiritual plane, given that body, mind and spirit are all interconnected. Such life changing experiences occur as these truths are acknowledged, processed and integrated into the fabric of your reality.

Keeping an open mind is essential if you are ever to unlock those internal conflicts and bring them to the surface of your conscious awareness. When you examine them at close range, you will see for yourself just how these conflicts have been distorting your reality, how they have been wreaking havoc in your life and probably wreaking a fair amount of havoc in the lives of others too. So moving past denial is crucial to the next step along the path of self-discovery, which is to admit that there are internal conflicts. The discovery of these conflicts is usually self-evident as long as denial and resistance does not enter into the picture, which of course blocks the process of identification. Although denial is a normal reaction to new discoveries made, remaining stuck in that limiting frame of mind hinders the possibility of tracing a cause that initially gave rise to your internal conflicts to its point of origin. When internal conflicts are left unexamined, the span of time leaves plenty of room for additional causes to build on top of the originating cause, producing many more jumbling effects, thus tracing multiple causes and the consequent effects is even more challenging. Over time the collective affect of all the contributing causes and effects makes it very difficult to connect the dots that otherwise appear to be unrelated circumstances but are actually all interconnected manifestations, objective experiences in the sense that the effects are very much felt, mentally, emotionally, physically and spiritually.

There are contributing factors that make tracing effects back to their originating causes somewhat complex because they are the result of influences that come from without just as much as they come from within. In fact, external influences play a very big role in creating internal conflicts. Early environmental influences coupled with the impressed beliefs and values of others, when accepted at face value without objective filters to discern the validity of them, results in entangled and consequently embattled internal conflicts due to a misalignment of influences that do not match up with your own sense of what is right or wrong, acceptable or unacceptable. Therefore, the examination of these influences as they exist beneath the surface of your conscious awareness begins with taking a closer look at your own core beliefs and perspectives that when distorted leaves you in a perpetual state of inner turmoil, fighting against undetected and unidentified forces from within in response to the forces from without.

Sifting through perspectives in an effort to make a distinction between subjective reality and objective reality is often a mental task far easier said than done as there are

cognitive barriers that must be broken through. This is especially true when the passage of time has etched the distortions of your reality into your subconscious that when combined with the groove-like affect in your neural pathways establishes a set reactionary response to certain stimuli every time it arises in your environment. Your mind perceives a situation, circumstance or event a certain way and your brain cannot help but to respond accordingly because it has long been mapped that way. The constant interplay between your brain and your mind in response to how you perceive your reality is that the brain fires off neurons faster because the neural path that corresponds to your thinking is well worn; consequently, it takes less time for your brain to respond to your mind. The result is that you can count on reacting in a very specific way in response to the same or similar stimuli, whether perceived or real. This mind/brain interaction goes on without you even being consciously aware that you are reacting to certain stimuli or perceived stimuli in a predictable fashion. Although others around you will see the reactionary pattern repeating itself to the extent that they can predict your reactions with a fair degree of accuracy, rest assure you will be the last to know. Until you become aware of your own reactionary patterns of behavior, which means getting past denial and resistance, the entangled internal conflicts remain intact, as does the embattlement with unseen and unidentified opposing forces, both internal and external.

Another very important contributing factor that can create an internal conflict or agitate existing internal conflicts has to do with your priorities as well as the order of them. Although priorities are necessary because they put matters of personal importance ahead of other things of lesser importance, they should also be examined because they are internal influences that do affect how you interact with others and affect how you experience your reality. When priorities are not examined or are not understood why they are a priority to begin with, the affect is that they can give way to unrealistic expectations of yourself or others. Because your priorities and even the order of them do influence your reality rather substantially, they should be examined to make certain they are serving you well as opposed to being more of a hindrance than they are a help. As nothing in life is more certain than the promise of change, it really is in your best interest to examine your priorities periodically so that they align with your reality as it undergoes change throughout the stages of your life. When outdated priorities are not serving you or others well, they become an obstacle, especially when they are blocking changes that should occur in your life, and as such, they should be altered, changed or eliminated as necessary. As there are two sides to this coin, adopting the priorities of others at face value without discerning the legitimacy, validity or worthiness of them is essentially denying the right to think for yourself, to make your own choices and decisions, and to decide what really is and is not a priority to you. Your priorities should always be in keeping with your own beliefs, which should also be examined from time to

time so that they are truly effective when it comes to how they affect the quality of your life.

When you take on the beliefs and perspectives of others without examining the truthfulness of these external influences, you are accepting them at face value and so come the inevitable consequences. Accepting the beliefs, perspectives and expectations of others without question can result in an internal misalignment when the things you are trying to internalize are not in harmony with your true self, thus you cannot help but be in conflict with yourself and others too. It is important to remember that not all beliefs and perspectives are accurate interpretations of reality and should be questioned as they are often based on false concepts, precepts, assumptions and even superstitions that in many cases have no qualified basis in objective reality but are merely subjective interpretations of reality that are often distorted at best.

Resentment is usually the byproduct of forced acceptance, which eventually gives way to outbursts of anger, feelings of hostility and animosity projected at others. Whenever you are not being true to yourself, whenever you are not laying down your own boundaries, whenever you are not allowing others to have a controlling say in your life, one of three things are likely to happen. Either you will allow others to walk all over you, blow your cork, or you are going to isolate yourself and suppress your own feelings. The latter has just as dire consequences as does blowing your cork because doing so not only sets up an internal conflict, resistance to your needs and desires keeps fueling the conflict. In fact, blowing your cork might just be the antidote to getting your feelings out in the open, thus clearing the air as opposed to isolation and suppression, which takes its toll too. Those on the other end have two choices, either they accept the stand you have taken, assuming it is fair and reasonable, and above all is realistic, or disregard your choices to which unpleasant consequences manifest in some manner of speaking. Please note that taking a fair and reasonable stand for the sake of being heard and understood is not the same as being a thoughtless, selfish self-centered tyrant, as these are definitely not two birds of the same feather.

Suppression is another contributing factor, except that this particular influence plays a dual role in that it not only causes internal conflicts, it is also the result of internal conflicts. The interplay between external influences that give way to suppression and the internal affects of suppressing your feelings, desires, needs and wants can wreak some serious havoc in your reality as well as those around you. Because suppression is often linked to isolation, you might find yourself isolating your feelings or physically isolating yourself from others who are in some way a threat to you or appear to be a threat to you, as perceptions can be quite distorted and consequently quite damaging. Either way, the choice to isolate yourself or your feelings is a two-edged sword in that it causes a negative reaction from those you are isolating yourself or your feelings from as a means of real or perceived self-protection. Accurate discernment is crucial to not

making mountains out of molehills. Choosing to remain in an ongoing state of isolation, whether physically or emotionally is both a cause and an effect operating simultaneously within you, thus the constancy of the internal conflict can affect you in ways you might not know are even connected because the manifested effects do not appear to be connected even though they really are. As you suppress your feelings or isolate yourself, the people around you will feel the emotional distance and may not be inclined to act compassionately toward you. They are more likely to react adversely, especially when they do not identify themselves as part of the problem, hence, they cannot be part of the solution, assuming they really are part of the problem to begin with. Denial plays a very destructive role, though not necessarily generated by you but is generated by someone else and projected at you. Now this scenario works both ways of course. The lesson here is to see that someone may be suppressing feelings in response to your own insensitivities, the cause of which is worth your while to investigate in order to understand the effect of your insensitivities as you interact with others.

Fear also plays a role in creating internal conflicts. Outside of a very threatening and very real event, fear is often a reaction to a reality that does not necessarily exist, objectively speaking, but does exist, subjectively speaking. The inability to separate these two very distinct versions of reality is easier said than done. Fear can immobilize you in such a way as to disable your cognitive ability to see through the haze of your fear through to its real cause, which typically is a reaction to something external, seemingly out of your control. Tracing fear back to its root cause puts fear in its proper perspective, which allows you to see that there really isn't anything to be afraid of except the fear itself. Although fear is a very strong and very powerful feeling, fear is not a thing, thus fear cannot be an objective reality. Stepping away from your fear enables you to respond to a difficult situation with more clarity of mind as opposed to emotionally reacting to it. There is a time to fall apart at your proverbial seams and express your feelings, but then there comes a time when it is essential that you pull yourself together so that you do not make matters worse, especially when no real danger existed in the first place. When fear runs amuck, it is sometimes more difficult to undo the damage caused by the emotional reactions to fear than it is to overcome the circumstance that triggered the fear in the first place. When fear rises up and is allowed free rein, not only is it an entangled internal conflict, the strong forces from within rising up against the forces from without is a very serious internal embattlement that can be quite damaging on so many levels. Thus, holding back fear in favor of holding it together mentally and emotionally is worth the effort.

Depression, in the context of this discussion and briefly stated, is another contributing factor that like suppression is both a cause and an effect that becomes an entangled and often embattled internal conflict. Just as things in life can cause depression, depression causes internal conflicts that in turn sour the things of life. Depression typically strikes when things get out of hand, like when an adverse situation seems never ending or when

it seems that a much-needed change is impossible, especially when change does not come right away but drags on indefinitely before something finally gives one way or another. As the experiences of life can often test mental endurance and emotional stability, depression waits around the corner, waits for you to sink to an all time low and then comes rushing in, grabs on, distorts your reality and doesn't let go, at least not easily. For some people, depression doesn't let go but remains with them indefinitely, sometimes for the duration of their lives, thus the internal conflicts live on making it very difficult to integrate back into society, if ever at all. The emotion of feeling depressed and being depressed is like carrying a heavy burden on your shoulders or feeling weighed down. Sometimes circumstances in life can be so extreme that the ability to feel positive or even hopeful is not even a realistic reach, thus depression sinks in and takes hold of your mental faculties making it very difficult to see reality from a different framework.

The mindset of acceptance plays a very important role when it comes to entangled and embattled internal conflicts. Acceptance is dual in that there are two sides to the coin. On one side is an accepting state of mind that allows you to just accepting reality as it comes your way without resistance and most especially without blame. Such a mindset is not one that most people gravitate to easily, as change is often met with resistance and in many cases is followed by the knee-jerk reaction of needing to blame someone or something, including oneself, which speaks to the opposite side of the coin. As the things of life do not remain in a state of constancy but is ever changing, the willingness to accept change is not a constant all throughout life. Acceptance fluctuates in response to where you are in life, how the circumstances of your life are affecting the quality of your life and how you feel at any given time. With the exception of extreme cases, people do not stop to examine the role they may have played that either contributed to the change that occurred in their reality or is the result of the way they reacted to a change in their reality from the external environment. Most people panic first; resist the change second and think third, if at all. Some people just stay in reactionary mode in response to change rather than get into thinking and doing mode. Although change is inevitable, some changes are not desirable and therefore not easily accepted, whereas other changes in life are very desirable and therefore are very easy to accept. The internal conflict arises when change is feared and is automatically resisted when it occurs or even looks like it might occur even though the results might be very desirable. Thus, the greater the resistance, the more entangled the inner conflicts and the more you are embattled with those inner forces rising up within as you push back the external forces pressing down on you, which is the change itself, as well as what that change means to you.

In closing, it is our hope that this discussion has helped you to see how your inner conflicts become so entangled and thus embattled as they clash with your external environment, thus wreaking havoc in your reality as well as affecting others too. When

you understand just how any of these contributing factors, as well as those more pertinent to your personal circumstances plays a considerable role in your reality, starting with denial and ending with acceptance, identification and integration is the key to stopping them from wreaking havoc in your life.

In the spirit of love and enlightenment,

Linda, Z and the Collective We