

## Article 92: Is Your Life Today Yesterday's "Quick Fix"?

As a child, you were dependent upon others for your protection and wellbeing, ...they had to fulfill your needs and desires. But now, depending upon yourself for food, shelter, and protection ...and satisfying other imminent physical/emotional/mental needs and desires occupies so much of your time and attention that little thought is ever given to creating and living what you truly desire ...which gives meaning and purpose and delight to the self and life you are embodying today. With general consideration for daily needs, your mindful body and life have, in most instances, quietly adapt to your normal neglect and abuse ...and still maintain themselves reasonably well, ...while you gave your attention to "more important things out there" which you believe need your attention. And while you attend to matters "out there", ...is your spiritually mindful body and life deteriorating on the inside? Before answering, consider this story of a client.

After suffering at the hands of numerous doctors ...and their conflicting opinions and burdensome treatments, her illness seemed to be cured, ...until recently that is, when her old symptoms returned ...and a new pattern of treatments failed to ease her old pain and discomfort. Wanting to know why she had this problem ...and promising to follow whatever we recommended, she sat anxiously through our questioning of her self and life ...which clearly revealed, from her own words, that she did not like the profession and work she had carefully created and lived, ...in fact, she really wanted to follow a different though similar life ...because, in her present field and position, she had to deny herself ...and her own beliefs and desires, ...which she had done for almost twenty years, while rising to the top of her field.

When we suggested that she end her denial-of-self-ways and follow the profession she admitted was what she truly desired, she immediately went into spasms of self-denial and justification; ...denying what she had said about her job and what she truly wanted, ...and she protected and justified her present job and position ...even though her illness obviously outpictured her inner-conflicts and distaste for her present self and life. She had lied to herself and denied her real beliefs and desires for so many years that she felt she had no option but to continue depriving herself and continue living and suffering "as usual".

"I'm not depriving myself!" she declared defensively. "I'm serving others, ...isn't that what we are *supposed* to do?"

Since our previous discussions were recorded, we could clearly and accurately review what she had declared was most important to her ...and the many things she desperately wanted to teach and write about in her new field. As we listened to her previous words and discussed the self and life she truly desired, her walls of denial and self-protection grew stronger and more complex, ...though she acknowledged her willingness to follow **any** treatment we suggested. "I'll do anything to be well," she declared firmly.

Again we suggested that she begin by changing her profession and live the self and life she obviously desires, ...and we showed her how that was completely possible.

"Well, she said, "I'll certainly think about that. And we can get together as my life and problems change, ...and of course as my illness heals." And she quietly left.

That was six months ago, ...and recently she has seen more doctors and tried many new treatments, including fire-walking, ...seeking her "quick fix" of self-understanding, so she could continue her old self and life "as usual" ...even though "as usual" was not what she desired ...and was destroying her happiness and wellbeing. Ohh, ...she certainly wanted a "healing" ...but not so much that she would in any way change her life, for she had too much invested in the self and world she had created. A "healing" was important but not **that** important. Her protection and self-denials were more important than happiness and wellbeing ...and living meaningfully. She had become accustomed to her struggles and suffering and self-denial ...and wouldn't or couldn't change. She would rather continue her problems, difficulties, suffering, and illnesses which she had devoted her health and life to, than ever admit she had made a mistake, ...especially since she had gotten to the top of her profession. "Doesn't that *prove* I was right? ...and should stay where I can do so much good?" she asked; ...but it was more of a statement to justify and convince herself ...than to seriously question her self and life.

**Is it possible that you are living similar denials ...and suffering as a consequence? Are you willing to reconsider your present self and life? What changes would you make? Why would you change these things? What would you expect to gain?**

You cannot gain *or attain* to happiness and wellbeing, enriching fulfillment, meaning and purpose, success and achievement, or any other self and life you dream of, ...*you must be them and live them*, ...and invest your entire self and life in them.

**What self and life are you living and investing in? Is that what you truly desire?**

Whenever injuries, sicknesses, and diseases offer you the insightful advantage of clearly seeing and understanding the self and life you are living and struggling with and against, ...do you choose illness and "quick cures" so you can return to your old life "as usual"? If so, like our client who won't change her profession or even the way she is living her profession, to live what she genuinely desires, what results is your ever-deteriorating wellbeing and increasing struggles and conflicts ...which is often not a pretty sight.

If you are like most people, your mental anguish about your problems and pains and illnesses are much worse than the difficulties you are

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struggling against. Your anxiety, fear, worry, and depression are your real enemies, ...and your difficulties outpicture these self-imposed inner-struggles.

**Instead of choosing meaningful and fulfilling happiness and wellbeing by living the self and life you long for, and gaining many other gifts, enriching advantages and satisfactions, and purposeful fulfillment, ...are you living your life and wellbeing by neglect and default? What are you "really" neglecting and refusing to look at?**