

The War Against The Self

The mind is powerful, but it can be the weakest part of the being when it is in disarray. Disruption, destructiveness, and dysfunction weaken the mind thus blocking the flow of energy. This energy is the sustenance needed for connection to the world within and without and so when the mind lacks stability, there is room for anxiousness and anarchy to grow. The longer the mind remains in this state, the more powerful does the realm of thought become. Throughout the history of humanity, there have been sages and leaders who have taught the importance of an empty but stable mind. Their lessons being that of attaining inner peace and tranquillity to feed the mind a healthy diet filled with truth, understanding and acceptance. Thoughts of fear, dread and anxiety stemming from past traumas and hurts are inevitable as it is the nature to worry and ruminate, however, worry must always be kept in check. One must not ruminate and overthink these thoughts, for when this happens, a pattern begins to emerge and once it takes root, it may take what seems like a lifetime to uproot and unchain. Therefore, one must understand the need to deconstruct and take apart these fearful thoughts with tender hands with no ill-intent but to freely let go. Because holding on to such energy clouds judgement and leads one to build walls that not only keep negative energy that aims to attack and destroy at bay, but also the light-filled energy with the intent to nourish, replenish and fulfil.

There lies no blame in self-preservation, it is an evolutionary trait that kept out predecessors alive, but as with everything, there is a time and place. Though it requires the skill of intuitive deduction one which all of men kind possesses in abundance. But where one is not privy to the lessons of calming the mind and letting go of fearful judgement, the inability to trust truly, doubt flourishes and this skill is buried before it is given the light to bloom. Thus, this monumental task to unlearn the patterned behaviour of mistrusting those that mean no harm, the programming of a fearful and defensive guard that promotes anxious thoughts, falls on one's shoulders. Such patterns precursing an anxious and ambivalent mind full of dark, lonely, and loud thoughts are poison to the mind and ultimately the soul. This then leads to stunted growth of one's being, wherein the roots are hollow stumps filled with a dark energy that sucks out all the light from the well of life, starving the soul and parching the mind. A parched mind is nought but a desert oasis on the brink of drought, that once it is dry, can never be filled, save for the great heavens opening asunder to set free a life-saving rain. And so, if a mind in disarray is akin to an oasis on the verge of drought, then the ability to calm the mind and feed it the essential energies would be the desperately needed rains to once again seep deep into the earth of the mind. Once these currents of water begin to flow again can the mind begin to return

to its natural state. One of stability, powerful discernment, and tender examination of the human condition with its flaws and jagged edges. There is a vulnerable power in observing and comprehending one's nature and understanding that it is indeed human to have fears, anxieties and dreadful worries about life, the world, and the inevitable hardships that all beings of flesh confront. The transcending step in all of this, is relinquishing and being at peace with the nature of life.

This triumphs above all else, ultimately feeds the mind the energy it requires to be calm, quiet, and tranquil. One's enlightenment becomes a more peaceful journey where one can experience wondrous discoveries, learn new patterns of thinking, feeling, and connecting. One's connection within strengthens the one without and the barricaded walls made to everything and everyone out, crumbles into meaningful memory, allowing one's heart to soften. Vulnerability finally finds a seat at the table, for wherever fears resides, love can never be found. A peaceful mind is one of the first steps in the journey of self-love. And when one reaches this stage, they are powerful beyond imagination, as is intended.

Cease the war against oneself; relinquish your fears, free your hands, let go of all your fear and guards, allow your heart to breathe, your soul to sing and centre your mind. You'll be surprised by your strength. Embrace your powerful but peaceful mind, and let it be your guide to all that is destined for you.