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| **UNCONSCIOUS SUFFERING** |

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| Whatever you refuse to face consciously you must suffer unconsciously. In fact all your current suffering is the result of situations you have refused to confront. You've refused to act, repressing your thoughts, feelings and emotions until they are like a rubber life raft held just below the surface of the water. You can stand on the emotional raft, forcing it down, but when you run out of energy to do that, or when you are not guarded, the repressed emotions surface and you experience the effects. The only way to resolve the conflicts in your life and attain peace of mind is to deal with them as directly, honestly and efficiently as possible. There are four steps to end suffering and to attain peace of mind: 1) ACCEPT SELF-RESPONSIBILITY: In accepting karma as your philosophical basis of reality, you accept self responsibility. Your problems are karmic situations you need to experience to learn and grow. There is no one to blame for anything you've ever experienced. And remember, wisdom erases karma, and the law of grace supersedes the law of karma (if you give love and mercy and grace in your life, you will receive the same in return). 2) ACCEPT THAT WHAT IS, IS: Accept the things you cannot change, change the things you can and have the wisdom to know the difference. Remember, you cannot change another human being. 3) DEVELOP DETACHED MIND: The goal is to enjoy all the good stuff life has to offer, but when outside conditions change, refrain from sinking into the basement of emotions (anger, hatred, desire for revenge). Allow negativity to flow through you without affecting you. 4) HARMONIOUS VIEWPOINT: The way you experience life is based on the way you choose to view what happens to you. Your viewpoint is the deciding factor in whether you perceive life as a troublesome journey or a harmonious experience. Four steps to end suffering and obtain peace of mind! I've been working on these four wisdom points for 30 years and I'm still not there. But I can't imagine living my life without this philosophical back up.  |