

Title: Conversations

Subtitle: Bringing Down the Inner Walls

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Begin with bringing down the inner walls that close one off from self and allow one to judge and condemn self and other selves and is the day-to-day often buried deep within, so even the carrier of such emotion is unaware experieincing. A deep longing of unfilled needs persists.

Blocking this grief and sadness prevents it from falling away naturally. L one from being fully here NOW. Bitterness and frustration become old pa place throughout a lifetime. Yet, this can change. The head and heart ce attaining a conscious state seems unreachable to most. It is a futile cha acceptance of letting go of the inner walls.

It is very unsettling to come face to face with the shadow side of repress night of the soul and the only way is to go through it. Many will try to st medicate it, smile and push it deeper. The way out is to embrace it with done alone. Rather a higher spiritual belief is necessary, as well as, sup preferrably those who have walked this same path and made it through a

I believe with courage, faith, and tenacity it can be done again and again mean embracing a lengthy stretch of intensely private suffering, if mind Generally the first few treks down this path, this is the experience many change and is still in power. With practice each journey becomes lighter its control over the thoughts, the will and the soul and the new heat/min acceptance and non-resistance, making the change easier with each new

Like a well traveled hiker each journey down this path beholds its own w only the one wearing the hiking boots truly realizes, for they behold the choice of how one perceives the process is a personal one...remember th friend. Hand in hand the journey will take upon it a greater lightness. It inventory of self, one made in fearlessness. Do not turn back when those head in depression, loneliness, disorientation, fear, and inadequacies. Ra focused and attentive and keep moving forward. Honestly be there for se service to you, do no reject them out of shame and guilt.

Only through such honest authenticity can true spiritual awareness awak through to the other side of the journey. It is a journey one makes many is a step made not once, but over and over as each nuance is awakened, action taken to alleviate the negative effects it has had on ones life to t