

The cause for grief, suffering and pain ...



If you look around in this world, you realize that, despite all the technological advances of recent decades, the suffering, the sorrow and the pain could not be eliminated. But the solution would be so simple!

Two questions in my opinion are essential if you want to overcome suffering and be free from sorrow and pain:

- 1. "What is the cause of my suffering?"**
- 2. "What can I do to be freed from my inner suffering, my inner pain?"**

Let's start with point 1:

The main cause of our inner pain is pain that has been inflicted on us due to emotional injury.

But who is ultimately responsible for this?

The answer won't like many: ourselves! And I do not mean (as some esoteric) bad karma we must repay.

I speak of the expectations we have again and again.

Because it is our expectations, which cause in corresponding disappointments, if they are not fulfilled.

And these disappointments (because of our unfulfilled expectations), are responsible for the emotional injuries - and only these !!

Especially in relationships people experience the deepest and most intimate injuries - just because they expect that their emotions and feelings are reciprocated.

Also, you're trying to others, you committed yourself wholeheartedly to a cause, this is not estimated, often caused emotional injury.

And now we're getting much closer: What we always (consciously or subconsciously) expect, is that what we do is appreciated by others.

Be it the feelings / sensations that we have invested in a partnership, our help, we are doing for others or our commitment to something.

Always, without exception, we expect appreciation, if only in the form of a "thank you". So it is in truth for recognition of our person.

A wise CEO will therefore often praise his workers and employees, mentioning their work appreciative. This often motivated more than a raise.

Cause Removal & Problem Solving

Before we get to solve the problem, we should still ask: Why do we expect anything, that what we do for others, will be estimated, honored?

Simply because we have learned from an early age, our own worth, our self-worth, therefore, to make others dependent on the recognition!

If we do not get this value, this appreciation then of our fellow human beings, our partners or our boss, hurts us very much.

This is because we (unconsciously) feel worthless, just because we have not learned to develop on our own private, inner self-worth.

The same goes of course for love. Who inwardly really loves himself, does not need to be loved by others.

And because he did not (more) needs, he expected it to be no more of others, for what?

This, however, such a person can't be hurt emotionally by anyone.

This is because these real, this inner love, self-love, protects itself and makes emotionally actually invulnerable.

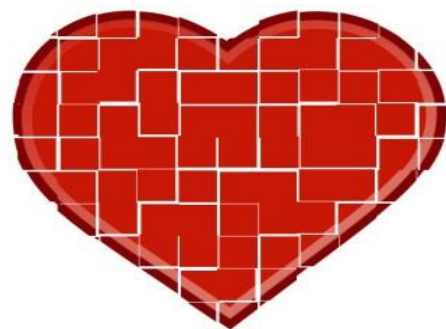
Only when you has learned to really love yourself, you are also able to love others actually.

And this love is free, can flow freely, thus then also the partner (or your kids) feel free, because they feel no more expectation.

That sounds too good to be true? But it is possible, if it - admittedly - but is a beautiful piece of work.

Nice because the training that ultimately lead to this self-love, are actually beautiful. :)

Since love is the highest form of appreciation, these workouts will inevitably lead to:



Development of an inner self-worth that makes regardless of the approval of others!

As a result, automatically increases the self-esteem and self-confidence, so confidence in their own abilities.

Because of this inner self-confidence you are subsequently also able potential, usually spilled deep lying dormant in your subconscious to exploit more and more.

Perhaps there is in you a gifted artist, a painter, a musician, or whatever?

If you have developed this inner self-love, you are not only free from the opinion and approval of those around you, you are also free from inner suffering, sorrow and pain.

You will also be a very lucky and your fellow extremely popular contemporary 😊. Good luck!