

Greetings!

Today I come to you with the subject of “knockdown blows” .Other expressions could be punches, setbacks, which somewhat apply to experiences that we consider unexpected, uncontrollable, unjust even and often extremely painful when referring to the loss of a person, a home, a marriage or work-situation that we considered safe. However, much to our chagrin, this experience includes or perhaps better, results in disappointment, disillusionment and the breaking down of our misunderstanding that we actually had control over life be it ours or that of someone else’s.

And there is the challenge on our spiritual path. For was it not for “appointments”, illusions, misunderstandings, or erroneous beliefs, the “blows” would either have no effect or would not be experienced as such. Yet, when I ask students of the path: do you desire to be disillusioned? Most of them will answer at first take: *No, of course not!* Why is it that we tend to hold onto, enjoy, and nurse our illusions, even though life is constantly knocking at their fragile construct? If you ever watched the movie “Groundhog Day”, you may have seen what obsessive attachment to an ingrained (false) perception may lead to. The movie itself, however, cannot show even close the degree of pain we feel at times in our disillusionment.

Were you ever aware, that resentment against disillusionment is the true cause of your pain? That resentment is also often directed at everyone who may be involved in bringing the “blow” about. Sometimes it is the partner, or the boss, or a car driver, or a disease, or God. It requires stillness and pondering to fess up to the illusion one held and own it instead of wanting to kill the messenger.

Do you think you can find in your life a disillusionment that is still painful?

Can you ponder it once again – if it is still buried somewhere in your mind it will have come up many times already. However, can you view it with a different approach this time and name your illusion that was “attacked”?

And if you recognize it, can you own it without judging yourself? Just simply admit it?

Allow these thoughts to help you let go of the burden of resentment and heal.

Share with me if you like.

In His Love always

