

Torako Yui

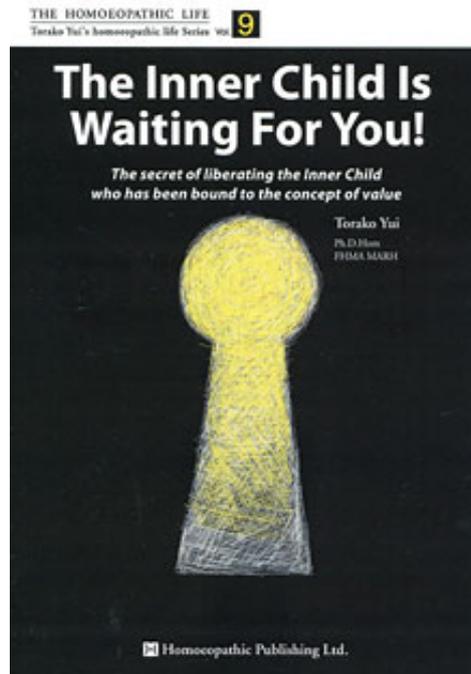
The Inner Child is Waiting for You - Vol 9

Leseprobe

[The Inner Child is Waiting for You - Vol 9](#)

von [Torako Yui](#)

Herausgeber: Homoeopathic Publishing



<http://www.narayana-verlag.de/b15868>

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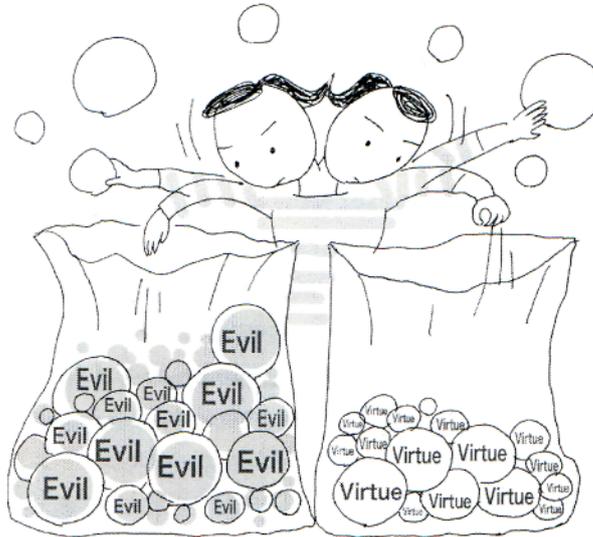


Analyzing the cause of the triggering of our emotions

As we become able to identify our various emotions, we will also become able to analyze them to some extent, but here I would like to dig a little deeper.

We will need to analyze these emotions more accurately such as, what is making you angry? What are you lamenting for? What do you fear? What is making you feel contented? Why are you rejoicing? What gives you a sense of security?

For instance, imagine that you feel anger towards a situation where Ms A and Ms B were chatting while at work. In this case, as I have already mentioned, you will need to write down in your emotion



diary describing how such an emotion has occurred as precise as possible. An example of this would be, "I felt anger at the fact that Ms A and Ms B were chatting during the working time." By writing it down, your recognition of it will have deepened. It is not good enough to only think about it. You will have to actually write it down as a record. As you continue to do this, I can assure you that your consciousness will shift. You may not realize this at the time, but when you read the note you have written, you will often become aware of many things.

In this way, every time you generate an emotion you will have to observe the situation more accurately such as, what it was that you became emotional over, and what kind of emotion it was? Describe the situation as meticulously as possible. This is important in the sense of looking at the situation objectively. When you observe the facts accurately, you will understand that there is no need to become emotional. By simply doing this, your prejudice will be loosened to a large degree.

In the next stage, you need to think about which part of the situation has triggered your anger and to which you became emotional. Your answer may be "because they were chatting during working hours" but even if they were they may have been talking about their work. There is a chance that your recognition of "chatting" contains an objective element. You also examine whether you became emotional because they were chatting happily or because they were chatting at length. Please be straight with yourself and look at the situation with honesty. Once you find out the cause that triggers your emotion, you will be able to write it

down in your emotion diary. Accordingly, the things which you write down in your emotion diary will be about the situation through which your emotion emerged, the type of your emotion, to which level your emotion belongs, or which part of the situation triggered your emotion.

Searching our concept of values - What have you made to be virtue and what to be evil?

As I have already stated in Chapter One, where any emotion emerges, there always lurks the concept of value. Every time your emotion emerges, please think about what kind of concept of value you are holding.

Every emotion serves as a momentum to search your concept of value (= your ego). You can use it as a shock in order to awaken your dormant consciousness (true self).

If we take the incident I mentioned before as an example, a person often holds the concept of value where "working in silence is a virtue and wasting time by chatting is the wrong thing to do" or "to avoid bringing trouble to others is a virtue and being a nuisance to others by being loquacious is wrong."

For instance, there is a type of person who will often become nervous in front of people and feels intimidated at having to give a speech. In cases such as this, there lurks a concept of value in the background, such as "I mustn't embarrass myself in front of people" or "I mustn't be a laughing stock to the others" that is to say, "being competent is a good thing and being incompetent is a

bad thing" or "being splendid is a good thing, and failing to be so is a bad thing" or "being respected by others is a good thing and being looked down is a bad thing" or "being cool is a good thing and being uncool is a bad thing" or "responding to peoples' expectations is a good thing and letting others down is a bad thing" or "pleasing others is a good thing and disappointing others is a bad thing."

In this way, you search the concept of value that lurks behind the emotion that emerged, and in doing so, if you grasp what kind of concept of value it was, then you write it down in red in your emotion diary. One single discovery of concept value can be said to be equal to another self discovery.

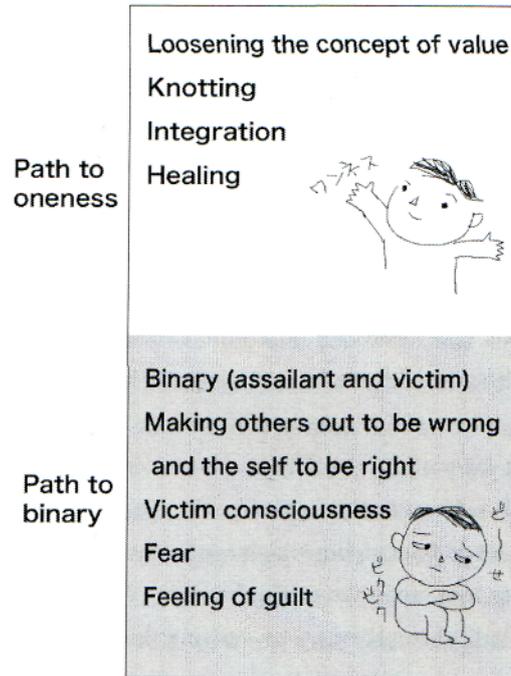
For instance, if someone told you "you are really useless, aren't you?" and you became sad. In this case, if you search the concept of value that lurks behind your emotion, it could often be that "man must be competent, and being incompetent is bad" or "being useful is good and being useless is bad."

It is because, when looking at the situation in the light of your concept of value, you find it not a "virtue" that the negative emotion emerges. When the other person doesn't fulfill this concept of value, you get angry at the other person, and when you don't fulfill this concept value, your emotions will emerge such as self-humiliation, a sense of guilt, sadness or fear. If you get angry at Ms A for the reason that she was unable to deliver the document on time, then this is because you hold the concept of value such as "carrying the work accurately is a good thing and failing to carry the work accurately is a bad thing" or

Victim Consciousness

Ego is produced by denying something but there is no doubt that it is a life, but it is not a natural life. From an unnatural ego, an unnatural life will be born. This could be vaccine, pesticide, chemical manure or transgenic crop. By terminating the life of the ego, we will come closer to our intrinsic life, and that which is produced from the intrinsic life will be natural things. Terminating the life of the ego means to loosen the concept of value, and to accept the things which we have denied and in doing so to unite them as one.

Overcoming the victim mentality stands as a big issue in the path of healing. It is because there would exist the binary composition of the assailant and the victim which condemns the other side to be wrong and to look upon the self to be right. Whatever it may be, people will split themselves up by denying things. Healing means to integrate these selves which have been split up by the concept of good and bad and of the assailant and the victim. In a spiritual path, this integration or knotting will become the key. Those who hold a strong consciousness for being a victim have a tendency to blame others. On the other hand, when they cause trouble for others, they will hold a strong feeling of guilt. It is because they punish themselves with such an intensiveness with which they blame others. From the fear of giving trouble to others, they behave very cautious and try not to become an assailant. Accordingly, this kind of emotion such as an excessive feeling of guilt or a strong fear for causing trouble to others can be said to be



the reverse side of the victim mentality, which will require caution in terms of searching the victim consciousness.

Let s stop being a victim

Victim consciousness will usually put the responsibility on someone else. The consciousness that shifts the responsibility to others, the consciousness that blames others, and the consciousness that makes the self out to be the victim and thereby to create an

assailant - those who hold this kind of consciousness must realize that they themselves are a true assailant. As long as you think that you are the victim, you will never be able to become a heroin/hero of your life.

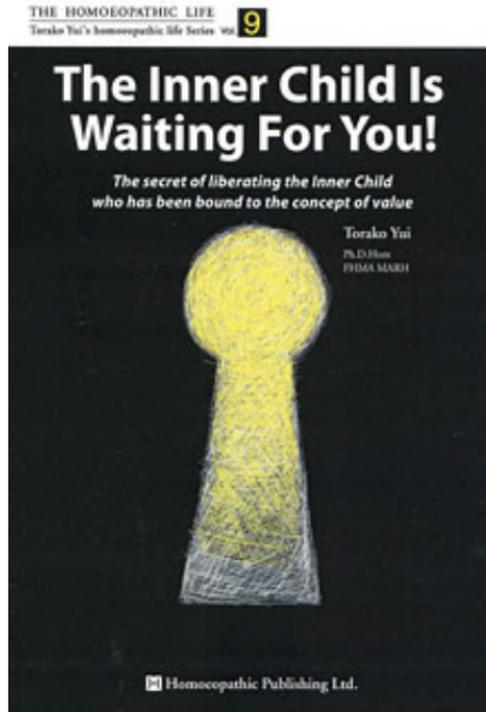
If you criticize someone making them out to be wrong, and make yourself out to be a victim, then it means that you are being swayed. In doing so, you are rendering your power to this someone. As long as you put blame on someone, you are depriving yourself of your power. Please retrieve the power which you have given to someone. Please try to become the heroin/hero of your life. Those who are capable of being the heroin/hero of their life, that is to say, those who have achieved their independency are the ones who will take the responsibility for all things that has happened to them. It is painful to think that you are responsible for things, but please do not run away from infliction. As long as you run away from it, nothing can be resolved. Only when you rise up to face the infliction squarely will you earn the elevation of your soul. When you reverse your concept of value, a new world will emerge before you which you haven't been aware of. If you are the one who has been making yourself into a victim, then you will have to shift this recognition. You will understand that, the person who appears to be a victim by a certain concept of value will turn into an assailant when looked upon by a different concept of value. This is in one sense a Copernican conversion, which is also the secret of homoeopathy.

When you reverse your concept of value, and in doing so, if you can see the other person as a grateful existence who made you

realize your concept of value which has become colonized within you, you will be able to escape the victim mentality, and realize that all causes actually reside within you. You will also understand that it is your victim mentality that made you judge things to be wrong. No matter how hard an incident may be, unless you make a negative value judgment towards it, it will not stand as a painful incident. However the incident may be, it is important that you prepare yourself for not being a victim.

When something happens which is inconvenient to us, we cannot help putting the blame on other people and become irritated. It is because we believe that our concept of value is right. We have to change this kind of consciousness. When you feel the emotion of anger welling up, you will need to recognize that the other person is not to be blamed for it. You must solidly recognize that the other person is not wrong.

It is not the situation but your mind that produces the emotion, that is to say, when an emotion wells up, its cause cannot be attributed to the situation. It is because you judge the situation by a certain concept of value that the emotion emerges from within. To put it simply, the causes of emotion resides in your concept of value which is none other than your own self. It is important to firmly understand this point in the sense of escaping the victim mentality. It is because you think the cause resides in the situation that you want to make the other person out to an assailant who has produced such a situation. However, you have to firmly acknowledge that it is your own concept of value that makes you into a victim. Speaking frankly, you will be made into a victim because you think

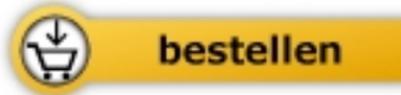


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The secret of liberating the Inner Child who has been bound to the concept of value

296 Seiten, kart.
erschienen 2013



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