

Article 169: The Oneness Of Contradictions, Part 3

Remember, you do not live what you do, achieve, or possess, you live how you feel about these things, ...so only you can limit, deny, or withhold your feelings ...and your freedom, independence, and free will. In addition, true independence reveals and maintains your ability and freedom to commit. Obviously, instead of being contradictory or opposing, commitment and independence, when insightfully understood, not only work together ...and fully support each other, they are one in action.

Now, you might argue that since commitment is defined as “a pledge to do something, ...the state of being bound emotionally and intellectually to some course of action” and independence means “being self-reliant ...or free from and not dependent upon or affiliated with the influence, guidance, or control of others, conditions, or events”, these different definitions show that commitment and independence are different, not the same, and can actually conflict with each other, ...but is this true? Certainly, these definitions seem different, so commitment and independence must be different,right? ...but nothing in this universe exists independently, ...all things exist relative to and in interaction with all other things. It is said that anything that happens somewhere happens everywhere ...simply because the universe simultaneously adjusts to keep everything in balance. All things work together in harmony ...and only your judgments create a false image of and belief in disharmony.

Even from these dictionary definitions, it is possible to see and understand that you can pledge yourself only when free of external control ...and you confirm and nourish your independence of external control by committing. The two are one!

Only those things which are truly united

can ever oppose,

but being united, they never oppose.

Different things never oppose!

Since commitment and independence are united and one, we told this woman that a sure way to end your lifelong problems, conflicts, and illnesses is to always be committed to yourself and others ...and discard independence as an issue in your life ...OR... always be independent and put aside all commitments, ...for, obviously, you cannot have these seeming lifelong conflicts and contradictions if there is nothing to contend against, ...so we then asked, “With this in mind, would you throw away commitment or independence?”

To our surprise, she chose to keep commitment and set independence aside as an issue in her life, for, as she declared, “As I fully commit at every moment to others and myself, that maintains and supports

my independence ...and assures it, so I'll throw away independence, ...I don't have any need for that; ...by committing I have independence, I don't need to struggle for freedom and independence.

"Not so fast!" we advised, "Before you throw independence away, let's see if, instead of conflicting with commitments in your life, independence can serve a useful purpose." Whenever considering a commitment or pledge to yourself ...or another, to an action, or to something in your life, if the issue of either dependence or independence, in any form, arises, then you are judging and conflicting ...not committing.

Do you realize what we've done here? By fully understanding this woman's lifelong conflict from both sides ...and reducing that conflict to its simplest terms, we were able to show her that the things she thought were a genuine conflict ...and had been struggling against for so long that they had controlled and seriously limited her life and choices, were actually mutually supportive of each other ...and could, if properly understood, fully support and nourish her as opportunities ...instead of continuing as problems. And, on top of that, we gave her a choice of one aspect (commitment) to live~which ends the opposition~while using the other aspect (independence) as an ever-available and reliable guide to show her when a choice is leading her along a pathway of judgment problems, and conflicts ...instead of fully and consciously living as she truly desires. Are you willing to be guided in the same way in your own life? ...or do you feel you have everything under control ...or will have your life as you truly desire ...as soon as you get a few things under control?

If you want to use this process for yourself or another, follow the pattern of this outline:

Describe your conflict, contradictions, or illness. Even though you have maintained this conflict and contradiction for years ...until it has grown to rule and limit your life, you probably are not well-informed about the problem ...and cannot fully describe it, but you can describe its action and interference in your life. This woman knew about part of her problem ...and could easily speak about independence ...and felt her conflict was about independence/dependence. Whatever your problem or illness may be, describe that as clearly as possible. Indicate how you feel about this problem, how it limits or confuses you, what others have said about this difficulty, what you have done to resolve it, and any other thing that comes to mind. In other words, talk out your problem ...and write it down. We are not asking for solutions, but you may indicate solutions you have tried ...and how they failed to overcome or lessen the problem. Briefly describe any memorable incidents involving this problem ...and your feelings about those situations.

This may sound like a big order, and it probably is, but this is also your life, so ask yourself, "Do I really want to end my on-going struggle with

this conflict, contradiction, or illness? ...or turn away in the face of describing my problem and return to life *as usual*?"

(Don't limit yourself to this space,
use all the paper you need.)

Describe your conflict in its simplest words. Now, this may be the most difficult part, but it is vital, so take your time and think deeply ...and insightfully. From the description of your conflict, contradiction, or illness can you see and properly understand both sides of the problem? ...or only one? ...just as the woman in our discussion felt she was afraid of being dependent ...and thought her struggle was about getting free ...or remaining free. Whatever you know about your problem, indicate one or two words which clearly seem to describe that. If you know both sides of the problem, you're ready to move to the next step, ...but, if you only know part of the problem, which is very common, then you must determine the other half.

_____versus_____

Though the woman in our example couldn't see the other half of her conflict with commitment, as she described her struggle to get free and remain independent, this led us to see her problem with commitment ...and only a few questions were necessary to confirm the conflict of independence/commitment. If she hadn't responded so openly and clearly, we would have used the lifescan process to hear how she describes her feelings about dependence/independence.

A friend recently described her problem as a struggle between success and failure, ...she claimed to be afraid of failure ...and also anxious about succeeding, because next time she might fail. Though success/failure seem to express both sides of her conflict, since failure is only known in terms of success, failure cannot be the problem, ...besides, not succeeding does not mean failing. Her contradictions and conflicts were longstanding and seemingly unresolvable because she did not see or understand both sides of the problem ...which kept her unknowingly struggling against the wrong struggle.

During our conversation about success/failure she mentioned a problem with being acceptable ...and her difficulty in being acceptable to herself and others. Are you beginning to sense a struggle between acceptable and failure? After additional conversation, it was obvious that acceptable and failure correctly described both sides of her problem.

The most frequently asked question about describing a conflict in the simplest terms is, "How can I know whether I've correctly described the conflict? If I make a mistake, I might find myself continuing my original conflict while, at the same time, struggling against the wrong contradiction, ...won't that just add to my problems?" And healthcare providers also declare, "...and I certainly wouldn't want to add to my clients' problems."

If you know half of your conflict ...and believe you understand the other half, there is a simple test you can apply which will confirm or refute your belief. Science's statement that "for every action there is an equal and opposite reaction" is incomplete and misleading ...and created the false belief in "cause and effect" ...which is the belief that things are "caused" by other things. The correct statement is, for every action there is a **simultaneous** equal and opposite reaction. Since action/reaction are simultaneous, they are a complete unit ...and one thing (action) cannot cause another thing (reaction), nor can they oppose each other. Do you see that the first woman's conflict between commitment and independence follows this pattern of cause and effect ...in that every time she made a commitment ...that "caused" her to feel dependent ...or lose her independence? ...and the woman in conflict between failure and acceptable felt that whenever she failed ...that "caused" her to feel unacceptable. The patterns of these conflicts is that one "causes" the other ...and since you believe in a world of "duality and causes", your conflict, in

its simplest terms, follows this same pattern. And, like actionreaction and causeeffect your conflict will be resolved in oneness.

Whether using Lifescan or general conversations to discover the conflict in its simplest terms, by listening carefully and intimately to what the other person is saying, everything will be clearly revealed. You also have your Descriptive of Relationships and the list of typical Conflicts and Contradictions in Article 172 for reference in determining what your true conflict may be. From what you know about half of the problem, consult a Thesaurus for antonyms. Reversepicturing will help, your image of God can guide you, and you can even use the regression process to more-fully understand this problem.

*Take your time!
...but open your ears and mind.*