

Article 189: Are Your Memories Throwing A Tantrum? – Part 2

Last week, we had a discussion with a woman who complained that her roommate left her “things” all over the apartment ...and had been doing so for eight years, ...and since she had unsuccessfully struggled to get her to change ...and had finally given up and learned to “accept” her ways, but now that she was finally moving out, this was bothering her. Don’t you believe it! This particular problem had stuck in her memories and bothered her every day for eight years ...though she had denied it by declaring she had learned to accept her mess. To protect the relationship, she hadn’t pushed the point too far, but now that her roommate was leaving, this woman didn’t have to continue concealing or denying her inner tantrumand could even yell a lot if necessary. Actually, they hadn’t been speaking for a week, ...obviously, her tantrum had taken the form of giving her roommate the “silent treatment”.

All feelings of discomfort are judgments ...nothing else! And if you declare that you’re feeling discomforted because you can’t breath or because you are hungry ...and need air and food to live, we will tell you of Indian gurus who have been buried alive for days without air ...and an Italian woman who lived for 37 years without eating. Your discomfort is a judgment ...and does not indicate something you need ...or must have.

Realizing these things, the woman who struggled mostly silently with her tantrums and resentments for eight years because her roommate was messy, while, as she declared so exhaustedly, she “needed” a neat environment, could easily have ended her judgments ...and her struggles and discomfort eight years ago, ...but, expecting her roommate to make her comfortable, which she was not willing to do for herself, she continued her judgments, tantrums, and accusations ...and struggled endlessly to get her partner to change. Her own words, “I learned to accept her ways,” indicates that having an “orderly environment” was not a necessity ...only a judgment.

Is this the messy kind of environment you are creating and living in? When we asked this of the woman last week, she declared, “Well, probably so, ...but i asked her to pick up her stuff and she got mad ...so I didn’t have any other choice.”

I told her that since these events reveal exactly how she is living, her constant judgment, self-imposed discomforts, blaming others, and expecting them to accommodate her desires is the messy environment she is living in ...not the disorderly apartment, ...and no amount of cleaning the apartment would ever change her “true” messy environment. I assured her she had many other choices ...but she was too busy judging and accusing to see them. I also pointed out that after putting up with this problem for eight years and not changing her judgments, feelings, or actions, throwing another tantrum at this point was useless.

Change should have taken place at the beginning of sharing of the apartment ...and if her roommate would not willingly be neater, than, if she wanted the roommate, it was her responsibility to end her judgments and discomforts, ...which, by the way, does not mean condoning, approving, or liking a messy apartment, it means to make this "problem" a non-issue by focusing on and living the relationship she desires, so her judgments and discomforts can lessen and fade away.

Instead, she put eight years of discomfort and energy into childish living and reliving her judgments, resentments, and tantrums in every area of her life ...and trying endlessly to control others and get them you change to end her discomforts ...when she wasn't willing to end her own judgments and discomforts to accommodate herself.

***Do you disrespect yourself and others
in similar ways?***

Do you feel vulnerable to or controlled by someone or something in your life? ...by events and situations beyond your control? ...or by the lack of someone or something? Does it seem that you must try to control individuals and events in order to protect yourself? These feelings may be overt and obvious ...or very subtle, but, in either case, they are strong in controlling and limiting you. Do you believe that most pains, illnesses, and diseases happen to you ...and you must be careful to avoid them? If so, these ailments are controlling you ...even when not in your body, just as the woman was controlled by the messy environment within her ...regardless of the messy or orderly environment around her.

Doctors and healers constantly judge and struggle against the "causes of diseases" ...while claiming to make life safer and more-enriching; religious leaders preach against the evils and indifference of physical life; many attorneys battle against the illegal and unjust actions of others which act against "victims"; educators teach to overcome the evil of ignorance; politicians want to substitute their judgments for yours concerning the structure and governing of society; and farmers turn their plow against hunger and poor nutrition; while the military protects you from evil invaders.

In most areas of life, though individuals frequently speak of what they are creating, under almost every belief, thought, attitude, emotion, word, and action lies the judgment of what those people are struggling against to control ...while others continue living their personal judgments, expecting that physicians, preachers, attorneys, educators, politicians, farmers, and the police and military will make their life reasonably comfortable.

When you end the childish belief that others are to make you comfortable and fulfill your needs, most of your discomforts, fears, and illnesses will fade away, ...and so will the tantrums of your memories.