

# Upside Down

*By J*

## An Exit Guide for Tortured Souls

“I” used to treat professional relations as personal, and personal relations as professional, with emotionality as a driving catalyst for my work motives, and selfish rationalizations as motive for my personable interactions. ‘Living’ in a world upside down—just as the devil intended it to be—where confusion reigns and thought dilutes into a averaged bias relativism of poor judgment, by obfuscation of clarity and the challenge to survive feeding on insecurity as angry dissatisfaction.

Truth being the ultimate victim, and discovery in faith of one’s true inner self nearly impossible, without some external divine intervention to force a realignment into one's natural orientation.

Such a premise behind everyone appearing as ‘tortured souls’, whose inner misery, conflict and turmoil, is the true cause of their unhappiness. By their exterior one might never know this to its the cause, given how many appear to act professionally—as if they have ‘their act together’ and are capable of pursuing a career where sinful adaptation and wielding power as an influence to greater deception, disguises a desperation to be relieved of pain—by externalized manifestation of a desire to be seen as a role model, leader to influence others, or to be regarded and given special attention in the public consciousness. An unfulfillable need of ‘doing good’ as the short term relief by projecting inner desires onto a material world and society all-around as an extending presence.

A bodied soul learning its actions and consequence, but with insufficient experience of predicting in advance how these will be responded to, thus furthers negative perceptions of one's self as the carrier of a terrible person (or mean demon) within, and leads to ever deepening anchors of guilt, shame, and/or other toxic emotions, which come to be seen as virtues in the shadow’s quest to manipulate the world around it—as a change agent, facilitating an inner obsession to mold the external world to fit the ideology of dream fantasies falsely projected through means of darkness.

These souls dream of turning everyone in the world upside down, to be in control of it, to stabilize their own inner turmoil in the belief this will rectify the imbalance of unstable conditions, without realizing that the world survives on its own, and that it is shadows who are the ones upside down.

The focus on material facilitation and wealth accumulation, and training since birth on associating emotional attachment to desired inanimate products, leading minds find it impossible to believe that theirs isn't the truth of this world, as their entire existence is reinforced around the concepts indoctrinated by external motivations in fear, being required to ease the discomfort of inner self.

This is especially pronounced when faith is subdued and replaced or even ridiculed by rationalized logical fallacy disguised as ‘truth’, where falsehood appears to make sense to a misaligned mind that isn't calibrated to any absolute orientation of direction based on spiritual wisdom its guide.

While consciousness is absolutely relative in the sense that each contributing soul is unique, and has a spiritually individualized perspective, it doesn't change the overall picture that while this cosmos appears infinitely diverse, it nevertheless imposes rules upon our condition, which limit the body’s ability to perceive and experience the greater divine light of God's creation, restricting

it until we grow enough to free ourselves into its light of truth, where the absolutes are recognized as the centering balance toward light, and all other forms are only relative to this one fact alone.

Thus the absolute truth in light is where salvation—for the relative oriented and focused being—can be found. If one chooses being straight and aligned with truth, when one tires of experiencing the world upside down. It requires one to find the pivot or knot by which one's held in place, and where one's orientation has been flipped. Like the polarity of a magnet from south to north, or north to south, as its 180° degree turn from a natural line, oriented from the point at which one will find: the toxic emotional condition which is holding the being handicapped none the wise.

If one can release the knot, such persons will naturally readjust over time as the compass will feel pulled to its proper direction with the potential consequence of having life turned 'outside inward', in compensation but without the awareness to cope with and comprehend changes which seem to be happening uncontrolled, nor the contextual framework as a basis from which to describe these.

Reorient the self individually, through the pursuit and practice of spiritual knowledge, by focusing on the hard and difficult inner work of self improvement, as a means to eventually discover these knots through intuitive inner world exploration, and breaking down the defensive mechanisms the mind has constructed throughout life, preventing spirit from having influence over one's false self.

Find the knot(s) and it will release on its own, when the heart loosens itself from the chains of the mind—acting on by pretext of protection, but desperate for control—and the trinity of mind, body, and spirit becomes free to stand upright and see true light. How when you reach the top of the world, it all inverts downside up again, in the light and glory of the faith required to embrace it.

AISF's **Light in Life™** may help you with confronting such a seemingly insurmountable task.

## **Contact**