

which more than offset the suffering which it cost me. These two results—the suffering and the knowledge gained from it—were inevitable. The law of compensation, which Emerson so clearly defined, made this result both natural and necessary.

Ralph Waldo Emerson (1803–1882) explained the law of compensation in very clear terms: “For everything you have missed, you have gained something else; and for everything you gain, you lose something else.” In his journal dated January 8, 1826, he also wrote, “The whole of what we know is a system of compensations. Every defect in one manner is made up in another. Every suffering is rewarded; every sacrifice is made up; every debt is paid.”

What the future may hold for me in the way of disappointment, through temporary defeat, I of course have no way of knowing. I do know, however, that no experience of the future can possibly wound me as deeply as have some of those of the past, because I am now on speaking terms at least with my “other self.”

Since this “other self” took charge of me, I have come by useful knowledge which I am sure I never would have discovered while my old fear entity was on the throne. For one thing I have learned that those who meet with difficulties which seem insurmountable may, if they will do so, best overcome these difficulties by forgetting them for a time and helping others who have greater problems.