

Resolving Inner Conflicts

People resolve their inner conflict through dissociation, which means that different conflicting tendencies are alternatively satisfied, not allowing them to come together with the conscious mind. We find many people following different moral codes on different occasions: one for public or professional life, one for private life, and so on. In private, they are spiritual in their religious practices but adhere to corrupt practices in their work field. They carefully prevented their devotion to God from infringing on corrupt practices. Sometimes, emotional conflicts that are converted into physical ailments are discovered. A person who is utterly ignored or imagined to be so may contract some ailment to draw others' attention. Often, those who cannot adjust themselves to a particular situation, work, or people around, complain that the weather is not good, or the food is not suiting them. We often overrate ourselves. If we are aware of our true worth, we will practice humility cultivate the spirit of acceptance wherever we are placed, and give up the habit of complaining and blaming. Herein, lies the true utility of what is known as spirituality. We try to realize our impermanence and everything we notice around us. Wisdom helps us acknowledge what we have been blessed with. True understanding will saturate our inner being with proper spiritual ideals, external trials, and tribulations will not make a deep scar within us, and we will be able to nonchalantly navigate the short journey between birth and death, known as life.