

More on the unconscious state...

Land mines.

Each one of us has issues that we don't want to look at yet. We can picture each one of these issues as land mines. We've learned where to step to avoid these land mines. When others in our lives either step on these land mines or even get to close to them, we have an uncomfortable reaction to say the least. We avoid these people by moving away from them, physically or spiritually.

The people in our lives have thus far avoided stepping on our land mines. They do this in a number of ways:

- 1) They have figured out where our land mines are and are careful to step around them.
- 2) It's a new relationship and just by pure chance they have not yet stepped on one of our land mines.

Note that we haven't stepped on their land mines either and for the same reasons.

Let's take a look at a significant relationship of this type. Its two people constantly watching where they step so no mines are stepped on. After a while it becomes second nature. When one does step on the others land mine it could quickly escalate to each deliberately stepping on each other's mines. This type of relationship is a victim relationship where much of the energy is spent either deliberately avoiding or stepping on each other's land mine. A so called good relationship is where each one watches where they step most of the time and a bad one is where there is a lot of deliberate stepping on land mines.

If someone has many, many land mines they find themselves living alone, at least they know where to step.

How about other types of relationships? The same principle applies. Try a community where many people elect to live together. If the community is unconscious, everyone is walking around on egg shells trying to avoid stepping on land mines only now there are so many land mines. This then becomes a community of victims, each sacrificing themselves for the "good" of the community. What do they sacrifice? They sacrifice their freedom. I am no longer free to step where I want. I must walk only in the "designated safe" areas.

My definition of a victim is someone who gives others the power of controlling their feelings. A child has no choice but to be a victim but an adult can elect to take back this power. A victim spends most of their energy trying to control and manipulate others

so that they won't step on their land mines. If that doesn't work they leave. How about an example here? Helen's land mine is the fear of being confronted. Whenever Helen is confronted she goes into her fear state. This could look like defensiveness, anger, crying, blaming, etc. These are all tools for control and manipulation that we learned when we were children and we were victims, we just brought them with us. If this has no effect and the person keeps stepping on Helen's land mine, Helen withdraws, a major control tool. Make the other person feel guilty so that they will no longer inflict pain. Does this look familiar? These are the games we play when we are unconscious. Is unconscious bad? It's not bad or good, it just is. Is there another way? There is and it is called consciousness. It is the way our great spiritual leaders have pointed to since time began. It is a call to take back our power. If you see the game you can refuse to play.

The conscious person (a person seeking consciousness) begins to dig up and remove their land mines. This means working on the source of your pain which is not outside of you but within you. Helen looks at her fear of being confronted. She works on that until she sees she is not diminished at all by being confronted. Confrontation then becomes OK for her, she can handle it. One land mine removed.

In a conscious community everyone is working on digging up their own land mines. People who get a charge out of stepping on someone else's land mine realize that that is their issue, their land mine. Neighbors support each other in this work. This support looks like: unconditional love; patience; letting go of old pictures; letting go of blame; sharing of experiences; good humor, etc.

A conscious person leads to conscious relationships. Conscious relationships lead to conscious communities. Conscious communities lead to a conscious world. That is our goal and it all starts here and now with you and with me.

Hand me that shovel.