

## CHAPTER ONE

### Your Missing Peace

What is your missing piece or peace? It is obvious to me the world is in a state of chaos and the chaos is coming from within rather than externally. The external results we see are only a mirror of what is transpiring on the inside of each one of us. If we believe that the same energy force connects all people, then the reality is a multitude of short circuits occurring which is inhibiting the smooth flow of positive energy. We become blinded to what we are truly seeking. We are seeking many external things and yet when we achieve them, we continue to feel empty. We ultimately are seeking love, to be loved, to be respected, to have a distinct and individual purpose for ourselves and to make sense of why we are alive.

What has prompted me to write this book is the experience of seeing friends, patients in psychiatric hospitals and not to exclude my own journey, struggling to hold onto life. It is that simple. The numbers are growing of people overdosing on drugs and alcohol, people cutting on themselves and others for pleasure, tasting blood because it tastes good or it is the only thing that makes sense in their lives! Is this the coming phase of extracurricular activities? Look at the people who see their external body for what is truly there. People have

parties lighting cigarettes and candles to burn spots on their skin because they like to watch the skin separate and close. Is this a new science project in biology? They pierce every part of their body because of the sensations they say they feel. I knew someone who pierced one part of her body so many times; she became lifeless in that area. She could feel nothing in the end as the initial goal was to insure she could feel something. They fail to see they are actually killing the nerve endings put into our body so we can feel pain.

The unfortunate part is these people are actually intending to feel the pain to know they are alive. They do not realize they have shut themselves off to feeling any pain from the *emotional* inside of their body. They are so fearful of the pain and the overwhelming and uncontrollable dam of suppressed emotions, that death and/or mutilation are their preferred avenues of escape. They want to know they can still feel at all or otherwise, they want release totally from the human body where they think they will find their peace.

What about the pain of feeling emotions? It can be devastating and there is no question about that issue. As a child, every growing pain experienced is verbalized and acted out a volume that could crack your eardrums. By God, they experience it, live it, feel it, and they live through it to go back and do it again or venture to the next new experience. They usually bounce back

quickly, sometimes within minutes if diverted by a positive decoy. So, what does that say about the adolescent or adult? Somewhere along the line, they have been conditioned to withhold expression or emotion especially if there is abuse of any kind present. Up go the walls of protection of their inside emotions. They feel they are no longer allowed to express what a natural emotion of fear is and the individual, innocent soul of a child begins the journey of retreat rather than the joy of exploration!