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#KR-8142

BATTERS GROUP
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It's All About Me

The emotions that reflect our imbalance, such as anger, confusion, pain, and jealousy, are difficult for every single human being. Most say that the two most dangerous emotions that cause the most life destroying consequences are anger and jealousy.

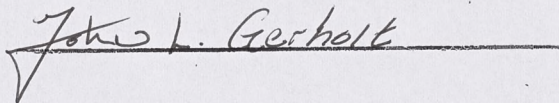
Those who took another's life because of anger or jealousy have a rage beyond their control. Both parties involved will be scarred for the rest of their lives, and the memory will never go away. I will refer to these negative emotions as a disease. We need to realize that if we let these diseases build up and erupt into negative actions, there will be consequences.

We can all identify in some way how anger and jealousy keep us from being able to present our true selves and from being aware of our "now" mode. These diseases are more than likely a re-experiencing of patterns from our past. Some feel desperately afflicted with the need to try and have things our way. These diseases poison our clear view of what reality really is. Our quality of wisdom to understand our life situations is lost. The beneficial path is to clear up our confusions through the practice of self-control and meditation.

Once we become aware of our individual disease or diseases, we can develop a purification process to overcome them. We will also come to see that every moment that arises is perceived through understanding before the situation occurs. We all create our own reality in relation to the situation at hand. The survival of one's ego is most likely seeing everything through the old experiences and traumas in everybody's life that has left them afraid.

We replay everything in life that has hurt us, not only in the past, but also throughout all that we experience. But, most are afflicted with emotions as well as the truth of reality. Why can't one just see a moment arise that's uncontaminated? This could keep us from instantly becoming defensive to always be right.

We all get caught up in our own distorted views. Our ego always says, "Me first. I want what is mine. And what is yours is mine, too. It's all about me!" The winner of all battles, our ego gets fearful in order to challenge all that threatens it. However, one must finally realize that all successful relationships begin with communication as well as being honest not only with your spouse, but with ones self-control. It's not always about me; it's about us as one.

A handwritten signature in cursive script that reads "John L. Gerholt". The signature is written in dark ink and is positioned above a horizontal line.

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