

## Mental Purification

*A small amount of mental disorder seems to be the common lot of mankind. The so-called “man in the street” is slightly mentally ill. – Mental Disorders, God’s Way to Health. HT*

There are many types of purification, including physical, mental, relationship, financial, environmental, familial, and societal purification. Mental purification can involve depression, anxiety, insecurity, jealousy, guilt, resentment, and anger. The main cause of these emotions is usually our pre-existing attitudes and tendencies, not the outer circumstances in which we find ourselves. Financial problems, accidents, or rude and aggressive people merely act as triggers for unresolved mental and emotional patterns that already exist within us. This is why some people can explode in rage over an innocent remark made to them by a friend, family member, or stranger. When we hold unresolved emotions within us, they tend to distort our perceptions and judgments, causing us to misinterpret other people’s feelings and motives. Our emotional reactions based upon these misinterpretations only tend to provoke negative responses from others, resulting in further interpersonal conflict. Each person will, of course, mentally justify his or her actions, no matter how negative or irrational, while simultaneously criticizing the other person’s actions. These dysfunctional cycles are at the root of most relationship problems, and are a chief cause of much personal unhappiness.

Our emotional disposition tends to color everything we experience and can sometimes blind us as to what is really going on around us. Most interpersonal conflicts are the result of mutual misinterpretations and unconscious projections. We usually tend to take things too personally, frequently expect too much from others, and often fail to consider the needs of others. Until we purify our minds of the spiritual clouds that dull our awareness, interpersonal conflicts of one sort or another will continue to plague our lives, promoting misery for all concerned. One of the fundamental truths in life is that *the inner world of our thoughts and feelings actually determines what we experience in the outer world.*

*If you suffer cruelly in this human world, the ultimate cause is lack of wisdom. – God’s Writing. MK*

An especially significant cause of mental purification is the suppressed feelings we accumulate from the past. Feelings of inadequacy, low self-worth, neediness, anger, resentment, loneliness, anxiety and compulsiveness remain within us because we refuse to acknowledge and release them. Instead, we blame others. When we judge feelings such as anger, fear, or sorrow as bad, we inevitably try to avoid them, both in ourselves and in others. This causes us to repress our feelings, and the more we repress them, the more deeply entrenched they become, thereby locking us into limiting behavior patterns that are exceedingly difficult to change.

But, like a pressure cooker, whatever gets suppressed has to eventually burst out because it is the nature of energy to move—not stand still. Often when we judge and blame others, we are actually reacting to qualities in them that secretly remind us of those same qualities within ourselves—although we refuse to admit this to ourselves. One of

the main ways we tend to grow psychologically is by experiencing ourselves mirrored objectively in the outer environment. Consequently, we often attract people and circumstances to ourselves who can reflect disowned or projected parts of ourselves back to us. By triggering our repressed feelings, they provide us with opportunities to learn more about ourselves and to expand our consciousness to a larger extent. Furthermore, this is why we draw the same types of people and circumstances to ourselves, again and again. Until we learn and grow from our problems, we are destined to repeat them.

However much we refuse to see and acknowledge negative feelings within ourselves, to the same degree will we have difficulty dealing with those same negative feelings in others. This type of avoidance prevents meaningful communication, because healthy relationships depend on openness and honesty, not secrecy and deception. How can people resolve interpersonal conflicts if they chronically avoid dealing with each other's feelings? Plus, people tend to get frustrated and angry when they feel they are being ignored or avoided, which then makes relationships deteriorate even more. The emotional suffering caused by these continual rounds of avoidance and reaction are good examples of mental purification.

Each time an emotional reaction occurs within us, it is a chance to learn and grow by acknowledging and releasing it. Through mental purification, life is giving us the chance to free ourselves from the old conditioning that has kept us bound and unhappy for so long. So this type of mental purification, although painful, is actually something to feel grateful for. It is a gift from the Creator for our own long-term benefit.

*What joy that the dark side of my heart has cleared and shines with the brightness of noon.*

– My

*Salvation. MK*

One might notice that good things often happen to bad people and also that bad things often happen to good people. But it would be a mistake to conclude that life is therefore unjust or cruel. In actuality, life is not so much concerned with our limited views of fairness as it is with giving us whatever experiences will most help us grow spiritually. Meishusama himself suffered enormously in his life, but that did not imply that he deserved to suffer or that he had a great deal of negativity he needed to burn off. On reviewing Meishusama's life, we discover that the tremendous suffering and adversity he experienced throughout his life actually furthered his purification and thus supported his dramatic spiritual growth. Because of this, he tended to look back on his suffering not with regret but with gratitude for all the blessings that he received from it.

Terrible tragedies in our lives that we cannot understand are often the result of accumulated spiritual clouds either in ourselves or in those around us. When a sufficient amount of negativity or darkness accumulates within the spiritual world, purification inevitably occurs. Not only can this take the form of sickness, strife, financial problems, natural disasters, or wars, but it can also present itself as moodiness, neurosis, or even extreme psychiatric problems such as schizophrenia or psychosis. Cultivating purity of mind and body is the best prevention against these terrible conditions.

The only good way of improving your fortune is to lessen your spiritual clouding. In other words, if you reduce the clouding to some extent there will be less need for

purification and what would have been bad fortune will be transformed into good fortune. – *You Are Free to Make Your Own Destiny. HT*

Viewing hardship and suffering as forms of purification can encourage feelings of acceptance and trust rather than bitterness and resistance. This view also promotes a positive attitude toward life as well as greater hope for the future. When we understand that the true source of happiness is our internal spiritual condition, then our priorities begin to change. Instead of the transitory rewards of this world, we begin to value that which promotes spiritual growth, including purification and the challenges that accompany it. Step by step, purification draws us ever closer to eternal peace and happiness.

*Luck comes not to he who waits, but to he who is purified. – You are Free to Make Your Own Destiny. HT*