

CONFLICT: WHY IS THERE CONFLICT?

A traumatic experience happens to us and we misinterpret it by judging and blaming ourselves. Shame develops from the judgement which lies hidden in our unconscious mind and we recreate the trauma over and over until we finally gain awareness and understand the origins of the shame. We finally release it by telling the truth and accepting we are innocent. This is what allows us to reconnect with ourselves, others, our community and our creator.

MAN VS. SELF

False interpretation of self - due to trauma where a person feels they are not good enough:
Seeing themselves smaller, weaker, not powerful, not intelligent enough, not beautiful, not whole
- Not knowing oneself or not wanting to know oneself
Being stuck in the past - not remembering the past accurately
A rigid and inflexible sense of self that makes a person feel safe but does not allow them to grow anymore

MAN VS. MAN

False interpretation of reality - due to trauma where a person feels they do not belong
Two people at different levels of consciousness - shame - pride, etc.
Two People coming from different "Bodies": Physical, Mental, Emotional and Spiritual
A person who is coming from a "Physical reality" has conflict with a person who comes from a "Mental reality" - Mental people see Physical people as superficial, physical people see mental people as boring and controlling.
A Person who comes from a "Mental reality" tends to have conflict with a person who comes from a "Spiritual reality" thinking they are not intelligent - example Atheists see Spiritual people as "Religious and dumb" - truly Spiritual people don't have conflicts with other "bodies, their conflict is with themselves trying to be present in a Physical reality
A person in an "Emotional reality" tends to have conflict with a person in a "Mental Reality" because they see them as "cold" and uncaring, etc.
Coming from a scarcity Mentality where there is not enough for everyone

MAN VS. SOCIETY

False interpretation of role in society - due to trauma where a person feels they are an outsider because they don't belong and can't contribute
Refusing to submit to a Hierarchy that dehumanizes people
Coming from a Patriarchal hierarchy structure where in order for someone to be at the top someone must be at the bottom

MAN VS. NATURE

False interpretation of man's place in the world - due to trauma where a person feels they are all alone and they must do it by themselves to survive because the world is not safe
Arrogance - the desire to have nature submit to you (Horror comes from this.)
The fear of surrendering to a higher power not trusting that one's creator loves them.