

# *Dissolving Inner Conflict*

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If there is one thing none of us can escape, it's inner conflict. Each of us has a multitude of issues to deal with on a daily basis: family, relationships, work, interactions with strangers, world events, etc. Every day brings us face to face with the reality of our state of consciousness—something none of us really cares to admit. Yet, through conflict—or challenge—we are able to learn about ourselves, develop compassion for others, and grow in spiritual strength.

Though the following story is fictional, it illustrates how one young person dealt with inner conflict.

Claude grew up in a terribly neglectful situation. His alcoholic mother, while providing shelter, clothing and heat, gave him very little love and attention. He had to provide for many of his own necessities.

In his bedroom (a storage closet with a bed in it) there was an old piano. While still very young and having never been introduced to the piano, he began to lose himself in the sounds of the instrument and find solace in it. One day, he discovered sheet music in the piano bench. Wondering what the symbols meant, he went to a nearby music store and asked the proprietor about them. So began Claude's music education.

The proprietor sold Claude a beginner's book. Taking the book home, he studied it on his own and eventually began taking lessons with the owner of the music store, paying for his lessons by finding coins on the street and selling empty bottles. By the time Claude was 9, he was playing very advanced piano literature. It turned out that Claude was a prodigy and doors to musical opportunities opened for him. In time, he became a world-class pianist finding great joy and beauty in his music. Claude's early life had very little that he could count on for security. Instead, Claude found his greatest security and avenue for love through his music. Music was his means for greater spiritual growth and identity.

In life, each of us is given the chance to face our conflicts and through creativity and resourcefulness, learn from them and dissolve them. In Harold Klemp's book, *Wisdom of the Heart*, Book II, he writes: "Go where you must to gain the experience you must, to gain the consciousness that you must for the next step...life shall teach you better." Many techniques are available to help us make our way through these conflicts—gifts—but the most direct method is through spiritual exercises. Through them, we access the inner core of our being, the part of us that is the Divine Spark of God. By doing this, we experience the flow of Spirit wherein lies all answers and the greatest gift of all—Divine Love.

One of life's truisms is that just when you think you've understood or mastered something, life will reveal another layer or a new plateau to explore. How we choose to perceive this new conflict and in what way we decide to approach solving it is an individual process. Here are some spiritual exercises as suggestions:

1. Pick up your favorite book of wisdom, randomly open to a page, and read a passage. You'll find that in some way, you've been given an answer or some insight into your dilemma.
2. Try to view your challenge from the perspective of an outsider, one who would see the situation and all parties involved (including yourself) with a dispassionate eye. What would this outsider see and discover? What lesson is being presented for your benefit? Opening yourself to Divine Love, how would you now approach solving the conflict?
3. Sit quietly and focus on relaxing your body. Try to identify your inner conflict. Ask a sincere question of Spirit or your spiritual guide. Be willing to accept the answer you receive (this may occur immediately or over time and can appear in numerous ways). Continue doing this and other spiritual exercises, pay attention to your dreams, notice any signs or clues throughout your day, and read books of a spiritual nature. Take time to reflect upon the guidance you receive and how it fits into the many layers of your life—you will then be able to make the change(s) required of you. Through your experience and process, you will begin to find a greater connection with God.
4. Sing HU, an ancient and powerful name for God, which opens you to the wisdom of Divine Spirit. This can be done at any time, especially when confronted with conflict. Singing HU (hue) will open your heart to greater Love and allow you to emotionally disengage from your conflict and see it from a higher perspective.

Conflict is another way of saying, "Time for you to change, to give up what you've outgrown." Easier said than done, but definitely doable. Dissolving inner conflict is a matter of moving from panic to your own inner source of power—the answers are always within you. To find them, choose the joy of exploration over the fear of the unknown. A universe of Love awaits you.

