

**Laughing on the Outside,
Crying on the Inside**

Sacrifice is not the way to happiness

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Laughing on the Outside, Crying on the Inside

Contents

Introduction

Smiling on the Outside

Concepts

Karma

Patterns of Behavior

Belief System

Religion

Sin

The Willingness to Help

The Right Thing to Do

Your Creation

Free to Do the Will of the Father

Not Being Fed

Conclusion

Introduction

This book came about because of something someone said to me. It motivated me to post a thought about the subject on Facebook. That post drew so many comments and conversations that I realized more people are dealing with this than you would think. So, I decided to write about it.

Another reason I wrote this book was to highlight some of the manmade concepts that affect our lives. In this particular case, it is the concept of sacrifice.

I'll explain how sacrifice manifests and the ramifications of its application. We will examine other concepts as well, such as the male being the dominant gender, the male as the provider, the female being subservient, and whether material possessions will buy you happiness. We all know the truth about that one: they won't.

Everyone has a feeling of emptiness, a longing, a need for something, and people with money seem to need more and more, in order to feel whole and complete.

This book is designed to help you deal with certain concepts, such as sacrifice, denial, and guilt. Enjoy the read.

Smiling on the Outside

Smiling is a mask. In truth, smiling is an expression with multiple levels. It is a reflection of emotional feelings at the time you experience them. As a mask, it is the you that you present to the world.

There are many different reasons why people smile. Obviously, some really nice things and occurrences make you smile: a delicious meal, a great conversation, wonderful companionship, or a “lucky break.” These are all good things to smile about. Little things in life bring us joy and make us smile.

However, some people smile, yet have no real joy. For them, smiling is a mask. Again, there are different types of masks. One of the reasons to wear a mask, on one level, is to hide your true feelings. You may not like a particular person or what is going on, and yet, because of social, religious, or family obligations, you need to smile. Of course, sometimes you must ignore whatever is taking place. Yet deep within, you’re aware of an issue, a resentment, a dislike for the individual or the situation.

One triggering device depends on what someone asks of you. The person might make a request that is not in keeping with your belief system or the way you feel about the nature of the request. It might not suit your personality or what you feel to be your abilities and resources. So you smile and maybe say yes, then seek to find a way to fulfill the request or reject it. That sets up a whole other scenario.

You might also have the feeling that you’re being taken advantage of, which is one issue that came up in the Facebook comments. People felt that they were being taken advantage of. I’ve seen that on a personal level. I’ve witnessed people hide a feeling behind a mask as well. When you have eyes that see and ears that hear, it is easier to spot insincerity.

Another reason for wearing a mask is to make someone feel good. If you constantly smile at someone, it makes the person feel good. The question that arises in that scenario is “Why?” Why are you smiling? What is it about the person that makes you feel good? It helps to question these types of events and situations, for no other reason than to learn more about yourself.

The more you know about yourself, the easier it will be for you to gain control over your emotional responses and patterns of behavior. These are your automatic responses to particular stimuli.

You might not be feeling good; however, you know that another person is under duress, and you want to smile for him. You know that no matter how bad your situation is, his is worse.

In situations like these, you want to be inspiring, be uplifting, and demonstrate that you care. You are coming from the ultimate place that all of us should come from—Divine Love.

Divine Love simply means that you accept the other person for who he is and where he is, on all levels, not for what you would like him to be.

Concepts

Concepts, within our subconscious mind, are the foundations on which we build and mold our lives. We use subconscious concepts to co-create our personal reality, our personal world, our personal life, whatever it is.

Here is the Universal Teaching that speaks of this co-creation: “Ask and you shall receive” (Matthew 7:7, KJV). Another teaching complements this one, which is to “Know what is before your eyes and all the mysteries are revealed” (Gospel of Thomas, No. 5).

Just so you understand how you are co-creating your own reality, consider this: your mind is an electromagnetic generator, which is why its electrical impulses can be measured on an encephalogram. As a magnet, your mind draws “matter” to you or repels it. All matter is composed of atoms, and all atoms have an electrical charge, either positive or negative. As the teaching says, what you see is what you have created.

Relating to “Ask and you shall receive,” what is not understood or taught by the church or anyone, to my knowledge, is that you are asking from your subconscious mind. Your mind is an electromagnetic generator.

Everything your subconscious mind was designed to do is in order to maintain its mode of acceptance, whether it is approval or rejection. This is essential for the emotional self.

The way the mind works is to reinforce the subconscious concepts associated with the mode of acceptance. The reinforcement and validation are accomplished through patterns of behavior.

The concepts create the patterns of behavior as a means of proving themselves to be true, even when they are not!

A perfect example is an adult who is messy and unkempt. You can see this concept being built when you hear a mother say to her child: "You are so messy. You can never keep yourself groomed or clean." These statements by Mom indicate what it will take for the child to maintain her love. Why? Because she will repeat it countless times, and the child believes it must be true. As time goes on, the child integrates those actions, being messy and unkempt, in everything he does.

Concepts are the root cause of all disharmonies. The conflict exists between the Spiritual Self, which is perfect and in balance, and the emotional self. The conflict occurs when the emotional self wants to be or do something different than what the Spiritual Self wants to accomplish. This conflict manifests as various forms of self-destructive behavior, including emotional outbursts, an inability to complete tasks, and a tendency toward violence. Often, such subconscious conflicts lead to illness.

Following are a few major man-made concepts that create mayhem for people. These concepts can lead to many disharmonies:

Man is the dominant gender, the one in control;
The man is the provider; and
Money will make you happy.
Disease is the ultimate result of man-made concepts.

Many people who have money are very unhappy. The money and what it can buy do not fill the emptiness they feel within.

And finally, there is the concept that women are to be subservient to their husbands. All of these are man-made concepts and are diametrically opposed to the teachings of God.

Here is what Jesus taught in relation to the role of the sexes: "Simon Peter said to them: Let Mary go out from among us, because women are not worthy of the Life. Jesus said: See, I shall lead her, so that I will make her male, that she too may become a living spirit, resembling you males. For every woman who makes herself male will enter the Kingdom of Heaven" (Gospel According to Thomas, No. 114).

There are more man-made concepts that have caused wars, famine, and death for people. Competition is a great example, coupled with the desire to gain power or control over others.

Karma

Another aspect of the sacrifice, self-denial situation/condition could be karma. Of course, I am assuming you believe in reincarnation. The purpose of reincarnation is to provide you with opportunities in each life cycle to undo the teachings of man within your spirit/soul and the distraction of the material plane.

The story of Eve eating the apple is a symbolic representation of why we are in the material plane. We are enamored by it. For that reason, we have lost our way back home to the spiritual plane.

Karma is spoken of incorrectly. Most people who believe in reincarnation and karma think of karma in negative terms. It is not. Karma is neither good nor bad. It is a law of action and reaction. In fact, you can find a reference to it in Ecclesiastes 3:15, “. . . *and God requires that which is past.*”

In each life cycle, you bring concepts with you—first, in order to understand them, and then to remove them from your soul/spirit. Your parents present and demonstrate other concepts for you to understand and master. That is why you chose them. They are your first teachers.

Even in the womb, you sense energy. You don't know what it is yet, but you sense it. You know it because you are a spiritual being, a soul in a material vehicle, the body.

While in the womb, you feel the energy of love or resentment, a precursor to rejection. If you feel resentment coming from the mother, she might resent being pregnant. You haven't yet put a name to the energy you're experiencing, but you know it. Then, once you are here in the material world, you learn by observation.

We can feel and see the energy. We watch what our parents do. This is one reason girls are either like their moms or the exact opposite. Boys are either like their dads or the exact opposite. There are reasons for both approaches to living.

Basically, every soul in the material plane seeks its mother's acceptance, as I mentioned earlier. It believes that because it came into the material plane through its mother, then she must be the doorway back to the spiritual plane. But that is not the case.

What must happen is something that Jesus taught and stated in the story about his mother and brother coming to the temple where he was teaching. When someone said, “Behold, thy mother and thy brethren stand without, desiring to speak with thee,” he said, “Who is my mother? and who are my brethren? And he stretched forth his hand toward his disciples, and said, Behold my mother and my brethren! For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother” (Matthew 12:48–50, KJV).

In other words, Jesus is saying, “I have severed the ties, I am no longer affected, motivated, or obligated by those subconscious concepts demonstrated and taught by my mother.” He is also saying, “I have eliminated the emotional attachments. Now they have no effect on my life, and I am free to be the spiritual being that I was meant to be.”

This is what we all are here to do, become free enough to be our true selves and allow the **Spiritual Self** to manifest in everything we do.

If you look at Jesus’s life, you can see that he demonstrated many “miracles.” This was so because Jesus had a tremendous understanding of the Universal Teachings and was able to apply them. In addition, he deeply understood and applied the principles of material reality.

We learn from our parents through observation and listening. We gain information from their attitudes as well. We see them in multiple situations, including social events. This indicates that our emotional self and our social self are influenced and formed by what we observe.

It takes us back to seeking acceptance. Remember, I said a female child is exactly like her mother or the exact opposite. Whenever a person is of the same gender as his or her parent but is the opposite—for instance, instead of seeking approval as a form of acceptance, the person constantly seeks rejection—that becomes his or her form of acceptance.

Some people are great initiators, but they don’t complete anything. They are procrastinators. They are bright, but they cannot keep a job, for whatever reason. For these people, rejection becomes their form of acceptance.

Patterns of Behavior

A pattern of behavior is an automatic response to something you have seen, heard, tasted, touched, or experienced emotionally. How you respond is based on your memory. Though you may not consciously remember a situation, your mind does. As an example, think about a hot iron. As a child, you might have been told not to go near or touch the iron. Nonetheless, out of curiosity, you did and experienced the burn, along with the pain. Now, as an adult, you know better. When you are around something hot, you keep your distance.

All patterns flow in cycles and have a foregone conclusion. The conclusion is the fulfillment of the expectation associated with a particular pattern. Here's a typical pattern of self-denial. A man gets a new shirt. The first time he wears it, it gets damaged. This is in keeping with his expectation that he doesn't deserve nice clothes, nice things.

Patterns prove the subconscious concept to be true by fulfilling the expectation. When that occurs, the emotional aspect of the subconscious mind validates the concept as true.

Concepts motivate you on every level of your life, including the physical and material reality you live in. You are co-creating your reality as part of the validating process of your concepts.

In every current situation, your mind looks back to see how you handled a similar situation in the past. This is in keeping with the Universal Teaching "*We look back in order to see ahead.*" From your perspective, nothing that happens in the present is similar to any past event. However, from an energetic point of view, you have been in a similar situation in the past, even though it doesn't appear that way.

Your mind is looking back to that past situation as an energy transaction. In doing so, it draws on data to let you know what to expect in the here and now. By recognizing the pattern at work, you have an opportunity to understand the energies of the situation and change your attitude, which will change the outcome of the pattern.

Now you are in control of a pattern and its source, a subconscious concept, and you are manifesting what you want, not what is expected of you. Now you have limited the adverse affect of the subconscious concept because you understand it, and you direct the energy to your positive benefit.

Everything is energy. So, right now, it is a matter of your dealing with the current energetic situations. Your mind will look back,

because it has already analyzed and assessed what current energy is confronting you, what energy you are involved with. Now your mind searches through its memory banks, looking for the appropriate response. When your mind finds it, you will set that pattern of behavior in motion. This is all in keeping with the Universal Teaching.

The most important thing to remember is: **the purpose of a pattern of behavior is to validate a subconscious concept** that you maintain about yourself as being valid, true, even when it is not true or not in your best interest.

Belief System

What you experience in your life is a reflection of your belief system at work, coupled with your patterns of behavior, which validate your beliefs. Your belief system is built on the concepts that you maintain in your subconscious mind.

You experience four aspects of the self, sometimes daily. Each aspect of the self has concepts that are integrated, that work in different areas at multiple levels. The four (4) aspects of the self are:

Spiritual Self. This is the part of you that is connected to God. This self receives divine guidance and directives, such as “Seek balance and harmony.” The guidance is designed to help you move forward and inward in your life and find the kingdom within. “Neither shall they say, Lo here! or, Lo there! For, behold, the Kingdom of God is within you” (Luke 17:21, KJV).

The guidance is also designed to help you “stay on that narrow path that leads to life” (“ . . . narrow is the way, which leadeth unto life, and few there be that find it” [Matthew 7:14, KJV]).

Emotional Self. This aspect of the self deals with your thoughts and feelings about your purpose, self-worth, abilities, and self-image, whether you live up to what is expected of you or do the exact opposite. The emotional self is the container filled with courage, doubt, insecurity, strength, and faith in your ability for self-expression. This is the self that seeks to *fulfill the expectations of who it thinks it should be*.

Diseases sometimes are born out of the conflict between who we think we should be and who we want to be.

Sometimes diseases also come about because the individual follows the family diet, as well as lifestyle. This was taught in the Old

Testament: “. . . visiting the iniquity of the fathers upon the children, and upon the children’s children, unto the third and to the fourth generation” (Exodus 34:7).

In the New Testament, we find this: “For every tree is known by his own fruit” (Luke 6:44). Children are the fruit of the parent tree. They, too, follow the family diet of foods and thoughts, concepts.

The emotional self is affected by what we see and hear. All of our values, ideals, and standards dwell here. We see, hear, evaluate, and act according to the emotional self’s subconscious directives, which are designed to validate what we believe to be true about ourselves.

Physical/Material Self. There are two parts to this aspect of the self. The physical self deals with your body and your health. Your health and body are a reflection of your emotional thoughts in action. Sometimes they reflect your emotional conflict. This conflict will manifest as a condition or a disease.

The material aspect refers more to your material lifestyle. Whether you are rich, poor, struggling, or affluent, these are all reflections of your belief system about yourself. Look at your material reality. This gives you an idea of some of the concepts that you maintain within your subconscious mind, as well as how you feel about yourself from the emotional point of view.

Keep in mind that you are co-creating your reality.

Social/Intellectual Self. The social self is the self that you express when you are with others in a group setting, but not necessarily on a one-to-one basis, because that would be more of the emotional self. In this case, you are interacting with a group of people. Certain concepts within this aspect of the self influence how you act and react in social situations.

The intellectual aspect is where we store understanding about various things. However, that does not necessarily mean that we have true or deep understanding or can apply what we understand. Only through understanding and implementation can we achieve control and mastery over the emotions. Intellectual knowledge without application is just conversation.

Examine your concepts in each aspect of the self so you can see how sacrifice and self-denial play a role or influence your thoughts and actions.

Religion

Our parents teach us many things. We learn through observing and experiencing actions, energies, and attitudes. They are our role models, in both a positive and a negative way. From our parents, we also receive religious indoctrination. Generally, children follow the religion of their parents.

If you seek acceptance from “Mom” through approval, your parents can be positive role models, because you will want to be just like them. If you seek acceptance through rejection, then you will reject their approaches and try to be the opposite of them. That is what rejection is about. It is in these types of relationships that abuse is born.

The person being abused is “asking” for it, from one point of view. I know this is very difficult for people to read, let alone accept. In fact, it will provoke anger and denial. However, I would have you consider the Universal Teaching that applies to this, the teaching “Ask and you shall receive.”

Remember, the abuse is a way of seeking rejection, also known as acceptance by Mom.

You may know someone like this: She gets out of an abusive marriage or relationship, and the next thing you hear is that she is in a new relationship. Shortly thereafter, you hear that she is breaking up with that person because . . . he is abusive.

In this woman’s mind, Mom’s acceptance is based on rejection. That is the reason she seeks it out. She will even set things in motion just to be rejected or abused.

Here's an example of a child who seeks rejection or abusive punishment. The child is told to clean his room, to put away his toys. What does he do? Nothing. When the parent comes back to check and see whether the job has been done, and it hasn't, the child either makes an excuse or just ignores the request. This, in turn, stimulates anger in the parent. Some parents will ground the child or take away his playthings, as a nonverbal punishment. They might even resort to physical punishment. This might become the norm in this relationship, which sets in motion the child’s expectation of being abused.

Religion also presents concepts to its followers about how to live. These concepts can run very deep, because they are entrenched in tradition and cultural expressions. Tradition and culture must be left behind if one is to ascend to a higher level of consciousness and enlightenment.

Traditions and cultures are created by man and can be very limiting. They can hinder the growth and expression of the soul.

A common concept among most religions is to care for one another. In Christianity, it goes much further. Here you have the ultimate concept: giving up your life for another human being, as demonstrated by Jesus. We've been taught that Jesus sacrificed his life to save everyone.

Every religion and some spiritual organizations require followers to adhere to certain practices and dogma, such as sacrifice.

In the realm of religious thought and belief, if you sacrifice, you are doing a good spiritual thing. Though that sounds very beneficial and nice, it is not necessarily a healthy approach to living.

There is a difference between what Jesus did and why he did what he did. What he did was a symbolic demonstration of giving up the ego in the material plane and what an individual needs to do in terms of mastering life. Your ego, your emotional self, works for and against you. You need to learn how to make it work for you, in the sense that ego is not present.

There are military stories about soldiers throwing themselves onto grenades to protect their fellow soldiers. This, too, is the ultimate sacrifice: giving up their lives to protect and save others.

A concept we get from religious teachings is guilt. This concept is extremely detrimental and buried deep within the mind. I think many religions use guilt as a manipulative tool. The reality is that guilt is a concept designed to make you feel bad about having or not having done something. Guilt has the potential to create diseases, such as cancer. Why? Guilt eats at you just like cancer.

Look at all of the ways that you feel guilty. Write them down on a sheet of paper in the left-hand column. Now ask yourself, "Why do I feel guilty about . . .?" and write down the answers on the right side of the paper.

Part of the concept of guilt that is very powerful and can be devastating is the concept of sin.

Christianity promotes the idea that Jesus died for the "sin" of Eve eating the apple. Now we are all free, so to speak, because of his sacrifice. However, because he gave up his life, it is believed that we should be in service to Jesus in some way. Doing for others and not for the self is one way. Sacrifice.

Another energy associated with feelings of guilt is shame. Shame, sin, and guilt are interconnected. When a person feels or

relates to shame, it usually is because of an action he or she performed. Whatever the act is immaterial. The important thing is the subconscious concept that motivated it. Maybe the person was seeking to manifest shame and guilt. As difficult as that may sound, nonetheless, some people seek to punish themselves for actions they've taken.

Sin

This is one of the most accusatory words a person can say: that another person has committed a *sin*.

It could be a "sin" in someone's mind not to honor a family obligation or not to be available when help is needed or required. Some people feel as if they always have to be available, to be wherever and whenever they are needed. If they are not available, that is the "sin."

At this point, I would like to offer you a different definition and point of view about sin: *Sin is an action that an individual takes in order to fulfill a need within. That action is what others judge as wrong, unacceptable, or inappropriate.*

It is taught that even certain thoughts are sinful. From my perspective, if you have a thought, it's because your mind wants you to be aware of a particular energy that you might be experiencing.

When you do something to fulfill a need, you might feel guilty about what you did. Keep in mind that you did it because you didn't understand what was driving you, that internal need for something. If you understood the need, then you would not have acted out to fulfill it. You would not have committed a "sin," and you wouldn't have any feelings of guilt.

Some people sacrifice themselves for others out of guilt. Guilt, by itself, is an interesting motivator, because it can keep you on that straight and narrow path that leads to life.

Another concept that can be introduced by parents or religion—or maybe both—is the concept of self-denial. Some people think that self-denial, not having anything materialistic, living in poverty, or living like a monk, is a very spiritual thing to do. This, too, is an aspect of sacrifice.

Self-denial could also be self-punishment, as a form of repentance, making atonement for actions and deeds one has committed previously. So, there is a total rejection, not allowing the

self to have anything because one is compensating for feeling bad about an activity one participated in. Punishing oneself is another aspect of self-denial and deprivation.

A feeling of unworthiness often accompanies the concept of self-denial. People with this concept think they don't deserve to have anything, that they are unworthy, and so on.

Every family has a tendency toward sacrifice. Our tendencies are interwoven into the subconscious concepts we operate with. The Old and the New Testament both mention this.

The Old Testament presents the teaching that the iniquities of the father will follow the son for three to four generations. In the New Testament, Jesus presents the teaching in the statement about the fruit not falling far from the tree.

These teachings say that man-made concepts will be passed on from generation to generation until they are understood and mastered. Then they will no longer be passed on in that family line.

The concepts of self-denial, of guilt, and of sacrifice, along with the concepts about the role of the male and the role of the female, are the main concepts that get passed down.

These concepts have a direct effect on the diet, because for every concept that you have in your subconscious mind, a diet is associated with it.

Someone may be a meat-and-potatoes person, someone else might be into salads, and yet another might be a dessert person. All of these concepts are embedded in the subconscious mind, and what evolves out of the diet is the physical reality the individual has to deal with on a personal level, his or her health.

All diseases start in the mind, and the mind will create the optimal conditions to manifest each disease. If a disease runs in the family, then the members of that family, depending on their mode of acceptance, could end up eating the same foods as the parents, thus guaranteeing the manifestation of the disease.

The mind will be attracted to certain foods that speed up the disease-creating process. Depending on your subconscious needs/concepts, you might develop your condition earlier than you thought possible. You probably didn't even think you were going to get the condition. However, if you want to know what's brewing in your subconscious mind, look at what your parents are going through or have gone through, from a health point of view. This is a precognitive view of what you may face as you age.

I would interject a Universal Teaching at this point. Even though its application is far beyond this topic, it applies here as well. The teaching is: “Jesus said: Know what is in thy sight and what is hidden from thee will be revealed to thee. For there is nothing hidden which will not be manifest” (Gospel According to Thomas, no. 5).

Luke 12:2 in the New Testament states something similar: “For there is nothing covered, that shall not be revealed; neither hid, that shall not be known.”

Are you looking at your parents and life through the belief system of approval or rejection?

Either way, try to set those beliefs aside. Stop looking at life and your family from the “underwater” perspective, with blurry vision. If you have ever opened your eyes underwater, you know what I mean. You can see but not clearly. Get clear vision, so you can look at your parents objectively and recognize the results of their diet and thinking.

Decide that you don’t want to do what your parents have done and that you’re going to change your diet because you want more vim, vigor, and vitality in the here and now.

Keep in mind that every health condition that your parents are dealing with or have dealt with—and that you may be dealing with—has emotional components.

Look around you today and see whether you are in a state of manifesting sacrifice or self-denial or if you feel guilty about something.

If you want to learn the emotional components of any condition or disease, I have written about approximately seventy diseases, including autoimmune diseases, in two separate books. One is *The Disease Symbolology Handbook*, and the other is *Autoimmune Diseases*.

The Willingness to Help

The smiling people whom this book is directed toward are the ones crying on the inside. Why are they crying? Because they hurt. They feel deeply disappointed. They have spent their lives doing everything for everyone and getting nothing in return. They cry because no one is doing anything for them. They feel unappreciated.

Whatever anyone asks them to do, if it is within their power and ability and it’s a reasonable request, they will do it. Why? Because

they are driven to do it. It is a concept and a pattern of behavior at work.

People who work with the concept of sacrifice are driven to be of service, putting everyone else's needs first, above their own. Their issue is that no one is doing anything for them. That situation builds resentment, and over time it can create anger. This has the potential to produce a debilitating disease, such as cancer.

Let us examine the concept of "helping" and why someone is motivated to help another human being. On one level, if it is a family member, a friend, or someone you work with, helping demonstrates an element of caring. If you help a perfect stranger, it could be coming from Divine Love.

Divine Love instills the willingness to be a facilitator of someone else's journey toward peace and love and understanding—and, really, that is what we should all be doing for one another. We should try to inspire, motivate, and educate one another into higher realms of consciousness and awareness.

Divine Love comes from an understanding of the self—self-acceptance—first and foremost. The path to true and total self-acceptance is to understand one's belief system and the subconscious concepts that support it.

Your belief system, as mentioned earlier, means that you have a very specific way of looking at everything in life. You see, evaluate, and act on your judgments, either accepting or rejecting. You act.

Obviously, some things trigger certain patterns of behavior within you. The particular pattern will depend on which concept was triggered. All patterns are learned responses to given stimuli. They all have the same purpose: to validate the subconscious concept as true.

The concept of caring, consideration, and helping could be coming from the Spiritual Self. Those actions are motivated at a spiritual level. However, because of the conceptual needs of the emotional self, the actions become imbalanced. When this occurs, it feeds the concept of sacrifice.

Another consideration is that the motivating concept could be coming from a religious or a spiritual practice. There are a couple of ways to look at that.

Someone may feel obligated because he or she proclaims to be this or that believer in a particular faith, and one of the tenets of that faith is to give. A perfect example is Christianity. Jesus teaches

people to love one another "as thy brother" (John 15:17, KJV). Yet when we look at the world, we don't see that among all of the Christian sects. This is because man doesn't practice or apply the Universal Teachings that Jesus taught, such as "Love one another."

This teaching applies to every human being on the planet, regardless of the person's spiritual beliefs and leanings. That is what makes it universal. It's a teaching about how to live. Unfortunately, man does not live by the Universal Teachings as completely as he should, so things are missed and people take advantage of one another. Helping an individual can be spiritually motivated.

We receive other requests for help from family and friends. In these cases and situations, we might feel a sense of obligation. We feel as if we have to do it. The person is your friend or a member of your family, and you have no choice in the matter.

Sometimes that obligation could even be materially oriented, in the sense that it doesn't require taking the person from here to there, but instead paying for this or that. Someone always wants something from you on some level.

Helping a family member is the right thing to do when there is a problem, when he or she is dealing with a major financial issue. If you are a business owner, help your employees when you can, if it's within your means. Yet there are certainly things you can do that don't cost money or that don't take away from whatever your situation is, materially or financially. You can give to people in other ways.

The Right Thing to Do

Regarding our family, how do we know the right thing to do? Where does that idea come from? Whose right? My right or your right or your boss's right or your parents' right? Who is right and what constitutes the right thing?

There are a couple of different perspectives. One is based on your belief system. In this case, you tend to look at things and judge whether they are right or wrong. Obviously, some things can definitively be wrong, such as a broken bike, a flat tire, or a dent in your car that wasn't there before you went into the store.

Your perceptions are shaded by your spiritual beliefs, your religious convictions, and your indoctrination, as well. All of these affect how you act as a human being.

The idea of “right” is built on the belief system that I mentioned. So, what is the belief system? It is the glasses you wear. The belief system is what affects your perception. It is how you look at reality.

As I mentioned earlier, your perception of reality is similar to opening your eyes underwater, where nothing looks clear and distinct.

It’s the same thing with your belief system, especially when your emotions get involved. Emotions represent the water, and they distort your perception even more.

There is a saying, “You see what you want to see, and you hear what you want to hear.” As an example of how emotions distort your perception, think about the last time you were deeply in love, or you watched a movie that brought out deep emotional feelings.

When that happened, your eyes teared up, and then your vision was distorted. Think about the last time someone made you so angry that you came to the brink of crying, and your eyes welled up with tears. Here, too, your vision and perception were distorted.

The way to avoid this distorted vision is by understanding your belief system and the concepts that created it—the concepts you maintain in your subconscious mind.

These concepts are the foundation of who you think you are supposed to be.

Another aspect of the situation or condition could be karma, because you bring things with you to work out in this life cycle. Your parents demonstrate other examples of your concepts. You learn these concepts by observing your mother and father.

We gain information from our parents’ attitudes as well. We watch them in social situations. So, not only is our emotional self created and formed, but so is our social self.

This takes us back to seeking acceptance. Remember, a female child is either exactly like her mother and seeks approval as a form of acceptance, or she is the exact opposite of her mother and seeks rejection as a form of acceptance. This same principle applies to a male child in relation to his father.

Free to Do the Will of the Father

I view the entire Bible as a handbook for spiritual mastery and elevated consciousness. The lessons within it will lead us to mastery of the material plane. All of the stories within are allegorical, symbolic,

energetic lessons to help us master the Adam level of consciousness and elevate ourselves to the Christ level of consciousness.

Keep in mind that Christ (Christos) means Divine Love. As I said earlier, it all begins with total self-acceptance. Once you come to that place of Divine Love, then you have Divine Grace and all of the Divine Gifts.* Mastery of the material plane is certainly one of them. Jesus demonstrated that by walking on water, by transmuting water into wine, and by manifesting fish and loaves of bread to feed five thousand people.

Of course, these are all symbolic lessons, but they also demonstrate an understanding of what you can achieve when you understand the self, accept the self, and harness the spiritual gifts that you have within you and use them in a directed fashion.

Adam was told to learn and name the animals, so that he would have dominion over them (Genesis 1:28, KJV). What this says is for you to get to know the beasts of your subconscious mind, the concepts that influence your thoughts and actions—thoughts such as greed, doubt, fear, lust, anger, and hate. Learn them and learn where they come from. Learn their habits, because those habits are your patterns of behavior. These are your creations.

Your Creation

Whatever you see going on in your life probably can fit into one of three categories. Some are great, some are good, and some are detrimental. The concept of sacrifice is part of the detrimental group.

This takes us back to helping everyone. The issue is, does anyone ask you if you need help? When no one asks or does anything to acknowledge your helpfulness, resentment begins to manifest in your mind. This builds over time, because you are constantly helping others, yet no one does anything for you on their own. In addition, because of who you are, conceptually, you don't ask for anything from anyone.

On some level, you probably expect that people won't do anything for you, which can lead you to feel disappointed.

* There are twelve gifts, some of which Jesus demonstrated. I have written a book on them: *The Twelve Disciplines and Spiritual Gifts*, available on [amazon.com](https://www.amazon.com)).

On another level, you might *not want* anyone to do anything for you. That way, you can be a martyr, thinking, *Woe is me, no one ever does anything for me*. At the same time, you set up situations that prevent others from helping.

Helping is also a “people pleasing” thing. So, there is another concept at work, in that you may be seeking acceptance from others.

Not Being Fed

Not being fed by others creates resentment, which I mentioned earlier, but I failed to say that over time, resentment can grow into anger. When this anger is suppressed and not expressed, it can create cancer. Anger, like cancer, will eat you up alive.

Guilt, resentment, and frustration are three other conceptual, emotional causes of cancer. We must look at how we can learn to identify the concept of sacrifice. The first place to look is within your own family.

Look at your mother and father and, based on your gender, which one you favor emotionally, and whether either of them believed and practiced the concept of sacrifice.

They might not have, which would give you yet another clue about whether you are coming from acceptance or rejection.

They might have been very selfish and not generous or considerate about anything or anyone. Since you might come from a place of rejection, then you become willing to be what they were not. You are the opposite.

Yet within that, you will probably end up rejecting the people you do things for. Something will manifest. You will be disappointed that they did nothing for you or even thanked you for the effort you put out, the money you lent them, or the work you did for them.

When no thanks are given, that lack of response provokes your resentment, and that builds into anger. So when another opportunity comes up and that person asks you for help, you will reject them at that point, if not sooner. You will say you are too busy to do the task, whatever it is. In reality, you want to give them a piece of your mind.

Look around you today and see where you might be in a state of manifesting sacrifice or self-denial or you might feel guilty about something.

Conclusion

In conclusion, I hope the information here will enable you to understand some of the subconscious concepts you work with. As you do, you will begin to gain control over your patterns of behavior. This, in turn, will help you master your emotions and not be subject to guilt and obligation. If you want to do something for someone, you will do it with no expectation of getting anything in return. That emotional feeling will eliminate the opportunity for resentment and anger to manifest in your life.

Peace be with you.