

# AHAH!

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## All the Headaches And the Heartaches



Have you got lots of thoughts competing with each other? Which voice do you listen to? One person says to 'read the bible' but how do I avoid making it into just what I want? Another says: 'if you don't know what to do, do anything', but I know too much and all my thoughts are equally uncertain? Another says 'trust your gut' but there are fifteen layers inside everyone, each of which generates a "gut feeling". They all come into play when we engage in deep thinking. It would be good to understand them.

Under pressure, these are the voices we obey, unless we have a spiritual way of listening larger. These layers are part of what makes us who we are, yes, and so too is a vantage point a way to look upon them. They throw up walls, doors, nets, locks and appetites. If we can't recognise them, we are victims of willful blindness, blinkered, biased, angry probably, possibly bigotted or foolish. Let's just run them up as an inventory of questions that provide that vantage point or self-awareness:

### WALLS

What **information** do you have already which distorts what you now say?

What **assumptions** do you have about how one knows something is true?

What **spiritual encounters** from your past are still exerting pressure on you?

### DOORS

What **racial or cultural** mindsets censor and dominate your thinking?

What **type of personality** do you have, which tips you towards certain things naturally?

What **level of education** equips you for sorting out issues?

## NETS

How your **parental relationships** shaping your attitudes in the present?

What will your **friends and loved ones** think/say if you start to think differently?

What are the emerging needs and pressures that arise from your current **life stage**?

## LOCKS

If you have been **victim of crime**, how is that influencing your capacity to connect?

If you have had a **major disease**, how is that influencing your capacity to take risks?

If you have a battered **self-esteem**, and its compensating egotism, how will your confidence deal truly with the need to change?

## APPETITES

How will Jesus affect the holiness of your **sex life**?

How will Jesus affect the way you deal with generosity over **money**.

How will Jesus affect the way you respond to issues of control, authority and **power**?

Hope the list helps. Talk it over with a friend.