

TENSION – RELEASE IT, OR MAKE IT DISAPPEAR?

DR. ZSUZSANNA FAJCSAK

I have been wondering about this as the saying goes: “if you can’t stand the heat leave the kitchen”. So I decided to look into this in deeper for better understanding.

Being in the “heat” in a sense feeling tension/stress does not feel good for most people. As we don’t understand tension we are driven to get rid of even if it’s temporary and last for a short time. We don’t even realize how automatic it became to release tension. A tension-filled life is normal today so as the activities to release tension. We are not even aware that we are actually directed to release tension. How do we do it? Denial is the most common way followed by pulling away then the all sorts of addictions, use of external substance alcohol, drug, smoking, excessive shopping, gambling, extra marital relationships, over eating, over exercising, adrenalin rush activities and all sort of symptom easing remedies such as massage and pampering. So these will all compensate and give the right to continue to compensate, live in anger, blame, resentment, guilt, sadness and hurt.

It’s very important that we understand the side where these destructive “habits” comes from. However we have not looked into the root cause of tension. Let’s dig deeper and understand the importance of psychological tension itself and where it comes from.

Tension is a signal that there is something feels “not right”. It is something which normally does not feel good and may be followed by an actual “bad’ sensation in the chest. It triggers inner pain. As the principle goes: whatever we do in life is either avoiding pain (even temporary) or gaining pleasure.

Looking into the root cause of the tension is however the only way to make it disappear; otherwise you will always just release it just as much as it’s tolerable for short time.

The bottom line is that fear or the fear of loss is the root cause drives tension. How? Being identified with your mind, the Ego drives behaviour where compensating for the denial becomes daily normal and automatic activity and builds into personality and form character.

Let see how the process goes on a molecular level:

Believing that you are not worth to or valuable or important enough to have what your “heart” tells you is driven by two major beliefs:

1. You believe that you don’t deserve to have what your heart says
2. Not believing that you can actually have it.

The consequences in either case: Whatever your heart sais will be always out of your reach, as you build your walls, and so when the goal present itself you wont even see it, or if you see it you will pull back, drive people away from you who can bring your goal and actually this negative projection thinking bring upon circumstance to destroy you reaching your goal, should that be professional goal or personal relationship. How did you avoid pain by this? Because you can go back to the comfort zone of being either afraid or keep wishing. Because those two are your “normal’ states what you believe you deserve. So you keep doing and never trust that you can deserve to have thing and life can just bring you what you want. Growing up in “shattered” self value or self concept is where most of us come from just as me. And 98% of the people stay there and live their life in fear and desire. And the saddest thing is that fear drives unnoticeably every behaviour.

Having low self value show us in fear of failure or fear of rejection which drives people to stay in jobs, relationships and live a life of compensation. Fear drives ego and ego fuels fear in a vicious cycle of the mind where the little voice of your mind prompts you to override the guidance of your “heart”.

No wonder now how the easy way out if for example is to reach for a drink and dissolve that feeling. And keep drinking until you don't feel the tension, or run away as far as you don't feel the tension then the next day come the worse feeling: *"I gave in to my fear because I was weak to stand the tension and I gave in to the easy re-solution drank or run away to compensate."* So you see how it goes day by day how fear and ego and the compensation for the fear “weakens” the person until he/she believe that she is a weak person and its still easier to reach for a dissolution agent so you feel stronger. However it does not have to be a drink to compensate to build Phantom strength', as its easily can be an urge to prove yourself or be in the centre of attention or refuse help and showing other that you can do it alone even if its break you. And this strength is actually nothing real, as it's the mind made self, the ego and fear. Let's wake up and face it: You live in the prison of your own mind.

So the question to ask is repeatedly:

“What do you want? Do you want to live a life of dissolving the tension the mind brings up or make it disappear all together and live a life of true freedom? “

You see how **self-value is the centre point** in all behaviour? Therefore the evaluation and rebuilding your self-value must be the core of any attempt to break away from addiction turn disempowering and destructive negative behaviour to empowering ones.

Secondly, it's vital to **rewrite your personal history** (Timeline or Journey therapy), so you have empowering memories of negative and hurtful events, emotional trauma and awaken to the primal human emotion: Love. First is allowing love and your heart to drive your behaviour, by living in honesty and stay true to your heart. Forgive the people who hurt you and forgive yourself and stick to your heart.

What do we do when fear trickles back?

Stay conscious. When fear trickles back, acknowledge it for what it is – its all mind made and bring your focus on to your heart. Your focus creates your destiny, so believe that your heart is always on a higher structure and will always guide you the right way, to have the learning in life what you must have in order to take the next step in growth. And you know what, once you allow yourself to experience being led by your heart, you realize you will never change, you are the same person.

Your transformed thinking of being led your heart make tension disappear, bring peace to your heart, joy and love will radiate out of you. And you just grew or evolved into a higher level of consciousness. This is the state of positive expectation and focus on what you want while you can detach yourself from the outcome and maintain your high energy believing that no matter what you will be ok.

It's all humans' birth right to follow our heart and live in love, a world of abundance, and see beauty and positive in everything. Trust yourself that you deserve the best and moreover trust others to be able to live by their intuition and to the best for themselves. So the only true love is unconditional, where no wanting no desire of any source for getting anything in return. And you will see that circumstance, opportunity people come on your way out of the blue, coincidence happens and you will be brought together with people who you exactly needed to be with.

Yes it may be scary the transition while you burn off the impurities and rebuild your **primal believes**, that **you are valuable to have what you want in your heart naturally** and life will bring it to you at the right time.

So make a decision on what you want now and stick with it no matter what and miracle will happen. From now on celebrate tension as it is the way life shows you which way to learning and growing.

Trust yourself, that you deserve to have it naturally and allow that frame of mind to bring out information and actions which will be clearly visible, makes sense and feels right.

Next step: Fall out of your mind and drop into your heart.