



Gradients of Sight

**Gradients of Sight**

## **Confronting the Illusory Life: How loss can serve as the catalyst of reawakening the soul.**

December 22, 2006

**By:** David Law

gosight.com

Often during the path of transition, thought or doubt will rewind the mind to time in which circumstances were easier, or becoming lost in memories and entangled in endless “only if” daydreams. The present moment presents one of the most challenging aspects of life itself. In confronting the illusory life; a former recollection of past abilities, function, and wellbeing; constant comparison to the current situation is the acidic nature of worry. When dealing with a circumstance that illuminates the stark contrast of what once was, to the reality of loss, notice the self-humiliation arise. To struggle or suppress it using anger only sets forward a path of denial or prideful resistance. Within the experience of self-humiliation, a wave of small irritations or examples of limitation will attempt to spark the ember of resentment. Just be still and watch the “pull” of anxiety and desperation, as it grows in an attempt to “reasoning” its way into eliciting frustration and helplessness. Simply acknowledge the truth of limitation in the present, as patience is slowly rebuilt,

grace will follow to override the former subconscious functioning to focus on such loss.



This work is licensed under a [Creative Commons Attribution-NonCommercial NoDerivs 2.5 License](#).

Gradients of Sight, its domain, logo, and related intellectual property belong to its author David Law.