

EXPERIENCE AND SELF: How to Relate to Experience

EXPERIENCE

Experience is of two basic kinds: inner and outer. You have internal experiences with your inner senses. Internally, you have a heart that feels, a mind's eye, a third ear, etc. Hence, you have inner experiences taking place all the time in your heart, soul, and mind. You also have external senses: the basic six of sight, sound, touch, taste, smell, and gravity or balance (inner ear). Hence, you have external experiences with your physical senses and body as long as you are alive.

RIGHT EXPERIENCE

Right experience is to let experience take care of itself. Right experience is to concern yourself only with the control of identity and attention—NOT experience as that is beyond human control whether inner or outer. That is, you identify self only as the inner vessel: a living host that experiences what it hosts. And you continually direct and redirect your attention to God and God's gifts.

WRONG EXPERIENCE

Wrong experience results from identification with experience. Since you mistakenly think you are your experiences, you have to try to control your experiences in order to control who you are. Since others and life are more in control of your experiences than you are, this faulty desire puts you in conflict with others and life. This is how you create your ego: identifying with random inner and outer experiences.

COPING WITH WRONG EXPERIENCE

Since experience is beyond your control, you attempt to problem-solve and cope with experience in many dysfunctional ways.

1. Identify with another experience: Western psychology.
2. Identify with an opposite experience: popular psychology.
3. Identify with all experience: Eastern psychology.
4. Try to continue ego gratifying experience: pride, demand, must, lust.
5. Try to stop experience: guilt, shame, don't, destroy, murder.
6. Try to change experience: anxiety, transform, develop, evolve, becoming.
7. Try to control experience: anger, push the river, fighting reality, demanding.
8. Try to deny experience: hate, suppression, repression.
9. Try to reframe experience: lying, distorting, confabulating, sentimentality, idolatry.
10. Try to punish experience: depression, oppression.