

The Paradox of Control

There is an astonishing paradox that can explain why you suffer so much unnecessary pain. It is the paradox of inner and outer control. Seeing this paradox will change your life for the very best.

The paradox is that while you believe you are in control, you are not. At the same time when you gain true control, you see that you really have none to begin with—of the kind you have imagined anyway. This is rooted in the fact that you perceive control to be something you possess outside of yourself, and completely ignore the real control you have, which is inside of yourself.

Look at your life. See how you are obsessed with wanting others to behave differently than they do. This happens throughout your day with those close to you as well as with all of humanity when you exert your grandiose social opinions. It happens whenever someone or their actions irritate you. In each of these cases you have made an assessment that you know better. In each case that you don't get your way, you are in pain.

At the very same time, you neglect to consider others as *you* act. You have serious flaws that affect the world, which you justify or ignore. You are a serial hypocrite, demanding things of others that you choose not to do yourself. Even while interested in the idea of inner development, you search for excuses to continue being the flawed human being that you are.

You insist others would be better off if they took your advice, possibly on subject matter you are completely unfamiliar with or have failed miserably with yourself. You spend much of your time mentally solving the problems of others and in doing so place yourself upon a cardboard pedestal that later collapses when they don't listen to you.

In the meantime, you ignore the real control that you have. When faced with the fact that you can change things about yourself, you veer off into the great unknown of your imagination. You instead find solace in the land of make-believe. You find it more appealing there because you can be anything you want to be and ignore the hard work. But what you really have is more pain when your ideas do not come to fruition.

It is a fact that you can become completely aware of Reality at any moment. This is the cornerstone of all change. You can remove the veil of deceit that hangs between you and the Truth. You can stop desperately trying to be special and apart from mankind. You can decide to love Truth more than you love your imaginary self. This is the real control you have.

Until you are truly ready to give up, you will continue trying to control others and outer situations. You find this way of life comfortable, familiar and predictable. Your Ego also adores the fact that no matter what happens when you try to control outside circumstances, it can always blame some other outside force for any failures. This is a prison you will occupy for the rest of your life if it is not seen for what it truly is.

If, on the other hand, you want to break free and are willing to do anything to escape, if you are willing to be attacked by the guards of your Ego and the snipers of the world, you can begin a new life apart from perpetual pain and misery. You can break the cycle by seeing it.

If you revere control, then take that which you have right now- wake up and see. Stop blaming anyone for any of your troubles; in fact, at this moment, refuse to ever blame again. Work tirelessly on yourself. Stop imagining that you can work on others. Find great joy and happiness in finding all of the falseness in your life that impedes real progress. These things are all within your control.

Never be disappointed to find falseness in your self; it is only then that you can drop it. Be excited to finally see these things; be happy you have outwitted the clever Ego. Take the action of not acting and see what happens.

You will see that by exerting this kind of control, you have complete control over your world. You will see that the real world is not outside, but inside. You will know by seeing that you really control everything that matters. That is one of inner work's greatest pleasures—seeing that you have abilities you never knew you had.