

*Pinpointing  
The  
Problem*

*The Inner  
Tug-Of-War*

*Step One*





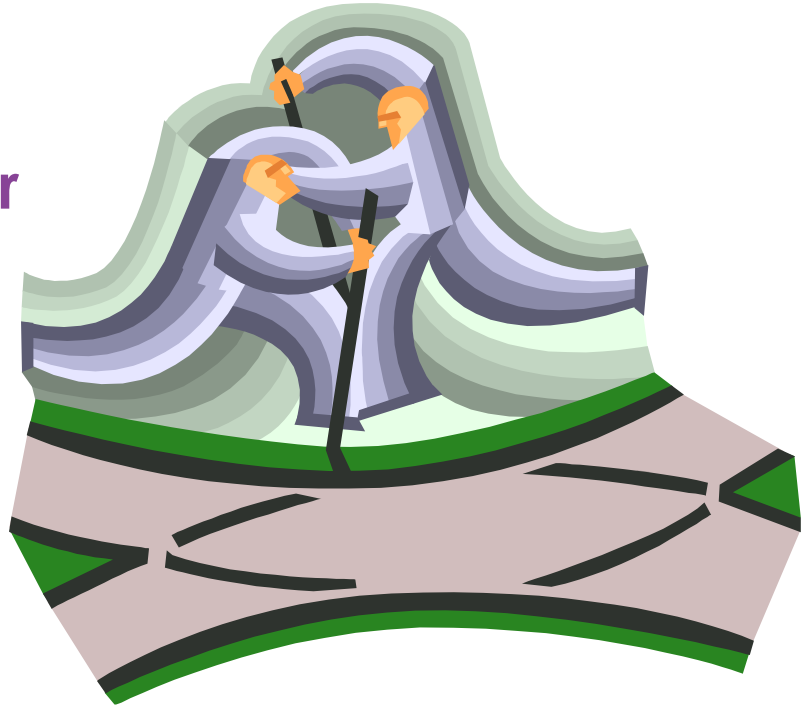
*“To set up what you like  
against what you dis-like  
is the dis-ease of the mind.*

*When the deep meaning of  
things is not understood,  
the mind’s Essential Peace  
is disturbed to no avail.”*

**Sengsten – 3<sup>rd</sup> Zen Patriarch**

# *The Inner Tug-Of-War*

**Your  
Personal Encounter  
With  
Paradox  
&  
U.D.**



# *The Inner Tug-Of-War*

- How Do You Know When You're Engaged An Inner Tug-Of-War?



# *Feeling Stuck*

- Attached  
To One  
Pole

- Can't Let Go



# *Feeling Imprisoned*

◦ No Way Out



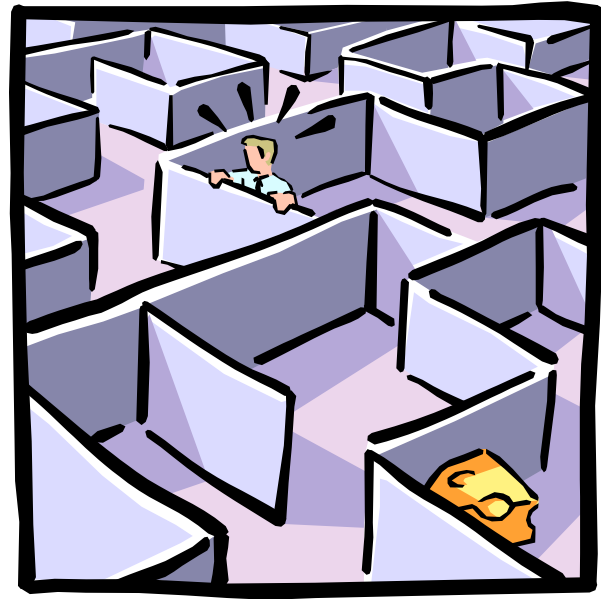
# *Feelings Of Disaster*

- **Sinking Into The Depths**



# *Confusion*

- **Lost In A Maze**





# *Wrapped In Indecision*

- Paralyzed



# *Tied Up Inside & Out*

▶ **Anxious**



# *Is There A Way Out?*

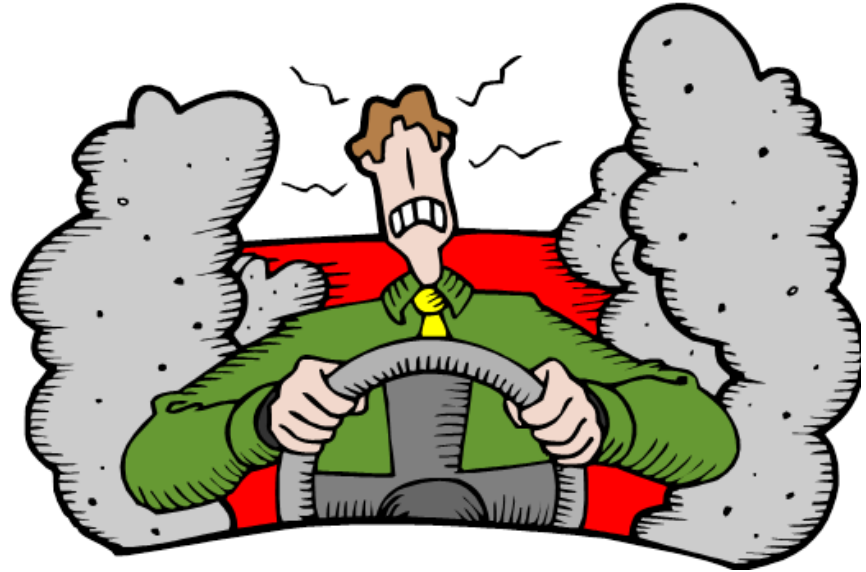
**Is The Answer  
The Opposite  
Course Of  
Action?**

**Should I Go For  
That?**



# *Is There A Way Out?*

**Is Avoiding What  
You Don't Want  
The Best Strategy?**



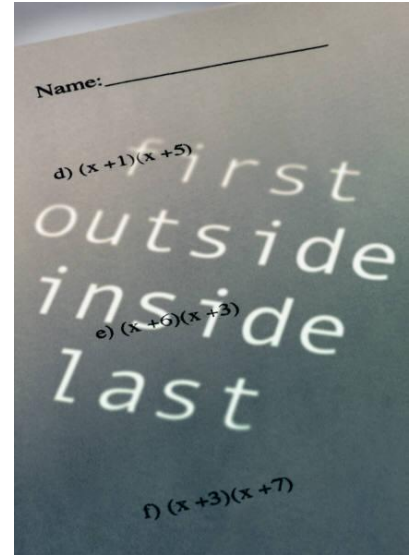
# *Been There! Done That!*

- Then What's Next?





# The Way Out Is In



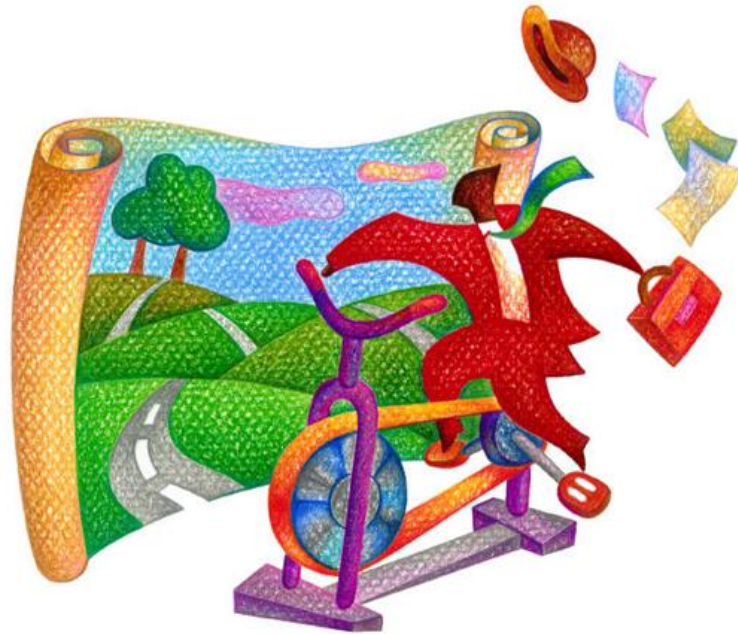
# *Finding The Land Of Unresolvable Dilemma*

- **The Realm Of “What Is”**



# *The Land Of Unresolvable Dilemma*

- **Located Just  
Beyond The  
Land Of Beliefs**





# *The Land Of Unresolvable Dilemma*

- **Your Bridge To  
Beyond The Mind**



# *The Land Of Unresolvable Dilemma*

► **Admission Ticket:**

**Your Relationship  
With Opposites.**



# *The Land Of Unresolvable Dilemma*

► **Mystic's Wisdom = THE Ticket**



# *The Land Of Unresolvable Dilemma*

**Need Mystic's Map  
For Guidance**



# Homework

- How will you know an inner tug-of-war is happening?
- What's the standard response?
- What's a better way to handle it?
- What do you need to enter the Land of Unresolvable Dilemma?
- Where is it located?





*See You In The Next Video*

*Much love,  
Ragini*