



RAGINI
MICHAELS

2024

The Inner Tug-Of-War



Centered 24-7

Staying Happy,
Centered & Peaceful
No Matter What

12 Week
Virtual Training

TABLE OF CONTENTS

THE INNER TUG OF WAR	2
THE DIRTY DOZEN DILEMMAS OF DAILY LIFE	5
CENTERED 24-7 IN A NUTSHELL.....	6
IS YOUR DILEMMA UNRESOLVABLE?	8
WANTING THE GOOD THINGS IN LIFE.....	9
7 MISTAKES EVERYONE MAKE WHEN LOOKING FOR HAPPINES.....	11
THE KEY TO THE HAPPINESS PUZZLE.....	12

The Inner Tug-Of-War

When you're caught in an inner tug-of-war, you feel an actual tug or pull in your body to first move toward one possibility and then to move toward the opposite option. You might talk about it in a variety of ways: *'Should I do X or should I do Y?' 'Is X the best choice or is Y?' 'On the one hand, X looks good. On the other hand, Y looks good.'* *'A part of me says X and another part of me says Y.'* *'I'm in a pickle! It's a real dilemma!'*



We call this inner tug-of-war an **Unresolvable Dilemma**. You live in a sea of this kind of predicament. It creates inner turbulence, uses up a lot of your energy, and generates a lot of stress. It helps to find the Unresolvable Dilemmas that cause this inner tug-of-war in all parts of your life. Once found, the Centered 24-7 process will teach you how to work with it to reduce your stress, increase your sense of self-confidence, decrease second-guessing your decisions, and increase your sense of calm and inner peace.

The sections below list common examples of **Unresolvable Dilemmas**.

[Suggestion: Print out this page and post it where you can see it every day to help you realize how many Unresolvable Dilemmas appear in your daily life].

Professional Life: Every day in your work environment you will face numerous Unresolvable Dilemmas that can erode self-confidence and cause discord, frustration, and stress.

individual vs. team	cooperate vs. compete	work-life vs. personal life
success vs. failure	analysis vs. intuition	profit vs. people
stability vs. change	work vs. play	relevant vs. useless
creative vs. stagnant	management vs. labor	hierarchical vs. flat
order vs. chaos	strength vs. weakness	authentic vs. political
expert vs. beginner	clarity vs. confusion	courage vs. cowardice
truth vs. falsehood	acceptance vs. rejection	knowledge vs. ignorance
gain vs. loss	rational vs. emotional	praise vs. blame
problem vs. solution	local vs. global	boss vs. employee
wealth vs. poverty	excess vs. lack	better than vs. less than
respecting limits vs. pushing limits	making things happen vs. letting things happen	systems thinking vs. event thinking

Finances: Every day we make decisions about how to spend, save, or grow our money. How we handle these decisions rest on many Unresolvable Dilemmas that impact our choices. Each of these polar pairs also tugs at our attention increasing that sense of inner conflict.

rich vs. poor	wealth vs. poverty	freedom vs. imprisonment
payable vs. receivable	debt vs. disposable income	save vs. spend
risk vs. security	gain vs. loss	affluence vs. lack
proud vs. embarrassed	within means vs. beyond means	credit vs. cash

Psychological and Emotional: Every day we live with our thoughts and emotions that are the outcome of Unresolvable Dilemmas tugging us first one way and then the other. As social beings, we have to constantly deal with these sets of opposites. Because we are convinced that one is much better than the other, it can be quite devastating when we don't get the one we want.

self vs. other	my needs vs. your needs	my values vs. your values
phony vs. real	true vs. false	unique vs. ordinary
alone vs. together	close vs. distant	separate vs. connected
acceptance vs. rejection	approval vs. criticism	strong vs. weak
Holding on vs. letting go	Good vs. bad	Intelligent vs. ignorant
agony vs. ecstasy	love vs. hate	right vs. wrong

Spiritual: These Unresolvable Dilemmas usually rest *outside* our awareness and cause great havoc that effects our sense of Faith, Trust, Self-Love, and connection with God, The Whole, etc. These can lead us to cynicism or blind faith and cause us to stop inquiring into the mysteries of Life.

selfish vs. selfless	sacred vs. profane	heaven vs. hell
my will vs. Thy Will	good vs. evil	light vs. dark
right vs. wrong	positive vs. negative	forgiveness vs. vengeance
holy vs. mundane	special vs. ordinary	blessed vs. cursed
sin vs. salvation	god vs. devil	awake vs. asleep
trust vs. doubt	kind vs. cruel	anger vs. compassion

Family and Relationships: Every day is filled with relationships, whether with family, friends, or ourselves. The Unresolvable Dilemmas in this part of life are constantly pulling us in opposite directions creating confusion, stress, irritation with self & others, and often despair and self-hate.

parent vs. child

nice vs. mean

war vs. peace

winner vs. loser

strong vs. weak

man vs. woman

old vs. young

right vs. wrong

getting along vs. fighting

logical vs. emotional

freedom vs. oppression

ally vs. enemy

love vs. hate

respecting vs. manipulating

control vs. surrender

my way or your way

master vs. slave

dominate vs. submissive



The Dirty Dozen Dilemmas of Daily Life

The inner tug-of-war, or *Unresolvable Dilemma*, repeatedly shows up in daily life. But there are only a few that are at the *root* of most issues. When you can spot the basic dilemma, you get to the heart of the matter without much ado.

These Dirty Dozen Daily Dilemmas are at the core of most of our inner tugs-of-war. They begin as we awaken in the morning and follow us through the day until we fall back into bed at night. Change the way you relate to these polarities and you will naturally begin to change the way you relate to others. I have listed an alternate way to think of a few of these that are very common.



1. **Me or You**
2. **Trust or Doubt**
3. **Secure or Risky**
4. **Hold on or Let go (Control or Surrender)**
5. **Logic or Emotions (Mind or Intuition)**
6. **Alone or Together (Connected or Separate)**
7. **Acceptance or Rejection (Approval or Criticism)**
8. **Inner or Outer (Spiritual or Material)**
9. **Beginning or Ending (Start or Complete)**
10. **Chaos or Order (Perfect or Flawed)**
11. **Right or Wrong (Good or Bad)**
12. **Work or Play (Freedom or Responsibility)**

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

Sengsten, 3rd Zen Patriarch

There are hundreds of sets of opposites running through the fabric of our lives. See how many you can become aware of each day. Being aware of opposites is the first step toward bringing peace to your inner tug-of-war.

***Suggestion:** Print out this list and post it where you can see it easily and notice how many times a day you find yourself in an inner tug-of-war with one or more of these sets of opposites. You will have to pay attention because thinking in terms of opposites is not usually a highly developed skill.*

Centered 24-7 In A Nutshell

Here are the steps to *Centered 24-7's* proven 6-Step Process based on the Psychology of the Mystics. *Centered 24-7* helps you explore this fundamental mystical guideline so you can decide *for yourself* whether it is a truth for you:

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

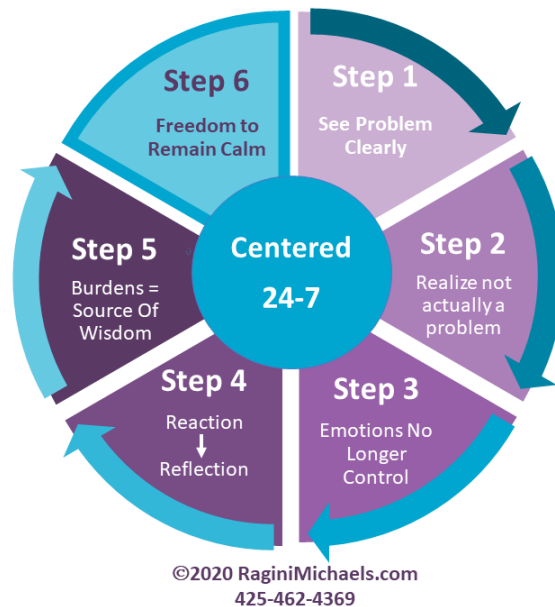
*When the deep meaning of things is not understood, the
mind's Essential Peace is disturbed to no avail.”*

Sengsten, 3rd Zen Patriarch



The 6-Step Process will help you reduce your stress, confusion, frustration, and polarization. It will give you a powerful skill based on a clear and verifiable understanding about:

- ◆ **How** this inner tug-of-war works
- ◆ **Why** you must live with it
- ◆ **What** to do in its presence
- ◆ **Where** to find the key that brings inner calm & peace



**Doing all 6 steps changes the way you perceive & relate to your inner tug-of-war.
And it begins installing that perspective in the very cells of your body by laying down
a new neural pathway in your brain.**

With these ideas as an actual part of your *neurophysiology (brain/body)* – not just a nice idea in your mind – your unconscious process begins to generate the new behaviors you desire – less stress, more self-esteem, trust, confidence, and a deeper sense of inner peace and faith.



Is Your Dilemma Unresolvable?

To use the Centered 24-7 6-Step Process, you must first be able to *recognize* when an Unresolvable Dilemma is in play. To build your ability to identify Unresolvable Dilemma, learn to ask yourself the following questions when your attention is caught up in an inner tug-of-war:

1. Am I **polarized**—very *for* something and very *against* its opposite?
2. Am I **confused** because I can't figure out *why* what I'm doing isn't working to get rid of the issue/problem?
3. Is my dilemma **continually reoccurring**, hinting that it may be an unidentified Unresolvable Dilemma that I'm trying to fix permanently?
4. Am I **avoiding something** that is unavoidably a part of this life experience or a part of this context or territory?
5. Am I **holding on to something** that is unavoidably a temporary experience or phenomenon in this context, or life in general?
6. Am I **collapsing or deleting levels of reality**, discarding the essential differences between levels of reality, thus disrupting the feedback loops?
7. Am I caught in an unconscious or conscious **denial and/or unawareness of the necessity of differences** to this life experience or this creative context?

If you answer 'yes' to any of these questions, then you are most likely in the presence of an inner tug-of-war that is not fixable in the sense that you can't make it disappear for good! This scenario calls for an understanding of opposites and the use of the Centered 24-7 6-Step Process to bring balance and peace.

Our Fundamental Guideline

“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, 3rd Zen Patriarch

Wanting the Good Things in Life

Here is a list of the 30 most common things that people seem to desire:

1. Love
2. Wellness
3. Wealth
4. Success
5. Freedom
6. Kindness
7. Joy
8. Friends
9. Peace
10. Creativity
11. Gratitude
12. Generosity
13. Recognition
14. Acceptance
15. Connection
16. Happiness
17. Security
18. Pleasure
19. Life
20. Belonging
21. Individuality
22. Uniqueness
23. Specialness
24. Approval
25. Adventure
26. Authenticity
27. Compassion
28. Purpose
29. Fulfillment
30. Fun

An Exercise for You:

1. Next to each item in the list above, write down its **opposite**, i.e., love /hate, wellness/illness, wealthy/poor.
2. How many of these are **interdependent polar pairs**? Remember an interdependent polar pair means each pole defines itself by the absence of the other. So, the question is: Can love exist without hate? Wellness without illness? Wealth without poverty? When the answer is 'no' because they use each other to define each other, then you have an interdependent polar pair. This results in an inner tug-of-war, or what we call an **Unresolvable Dilemma**.
3. Now to help your brain begin to digest this new way of seeing things, say the following sentence **out loud** filling in the two blanks with the two words on each line you have identified as an Unresolvable Dilemma:
 Ex: In order to experience _____ (LOVE), I must also experience _____ (HATE).
4. When you have done this with each line, stop and contemplate what life would be like **if you were at ease** with each of the polar pair experiences you've written on the page? Furthermore, how would it be if **experiencing these things was not a statement about who you are?**

Learning the 6-Step process *Centered 24-7* offers helps you accomplish this new way of relating to your life and yourself and brings greater peace to your inner tug-of-war

"To set up what you like against what you dis-like is the dis-ease of the mind...."
Sengsten, 3rd Zen Patriarch



7 Mistakes Everyone Makes When Looking for Happiness

1. Believing happiness is caused by things and other people, rather than the way you perceive opposites and relate to the flow of life and its unstoppable change
2. Ignoring change rather than embracing it
3. Denying uncertainty and thinking guarantees are possible
4. Approaching polar opposites as if they are at war with each other rather than perceiving the tension between them as creative dynamism
5. Missing that both poles in a polar pair have an equal value
6. Setting up the one thing you like against the one you don't like, its opposite
7. Believing you can fix the problem and get rid of it for good



The Key to the Happiness Puzzle

Follow the 6-Step Process Centered 24-7 offers you
and you will:



- Stop feeling there's someplace else you'd rather be
- Stop striving so hard for something better
- Stop comparing yourself to people you believe are better than you
- Stop the internal tug of war between your desires and responsibilities
- Stop stressing about how to live a meaningful life on a busy schedule
- Stop polarizing without awareness of what you're doing

**AND YOU WILL FIND IT EASIER TO
FEEL HAPPY, CENTERED, AND PEACEFUL
NO MATTER WHAT.**

for more information, go to www.RaginiMichaels.com