

# **INTROSPECTION**

## **A Tool For Transformation**

**Morning  
Inspirational  
Writings**

**By Rev. Thomas Janssen**

## Morning Inspirational Writings

March 7, 2018  
Edited May 2, 2018

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### INTROSPECTION; A Tool For Transformation

Introspection is a path of no return once chosen. One does not begin to examine one's life path and then never again. One cannot help but return again and again to this well of memories. A dream or remembrance out of the blue will stir the waters of that well causing us once more to peer into it to see what the ripples reveal this time. Each visit is a new perspective as we change and grow. Change and growth are hallmarks of times when introspection happens.

Introspection is an observational exercise different from simple remembrance and guilt. Our *Higher Self* observes with judgment and understanding, but not condemnation. The value of lessons learned is not realized while we are still beating our self up. Self flagellation may well be a stage on the path towards introspection but true introspection will not happen until we are finished with blame and punishment. To be in a place of clear introspection the path is cleared by other stages. One significant one is *Making Amends*. This is step 9 in 12 step recovery programs (a Spiritual program that works for *incurable* addictions). It is necessary to attempt a correction so long as it brings no further harm. Some amends will happen only privately in our heart and soul when physical amend is not possible or practical. However the energy and effect of this happens even if unknown to us and should not be underestimated – it can be quite powerful and profound, even at great distance.

The patterns and interdependence of all life are complex. All that we do and fail to do has an affect. This can be a crushing realization, but one we must come to accept for perspective. Taking on full responsibility for all our life experiences also requires our acceptance of this same responsibility for others. I personally have come to a place of self forgiveness by accepting that *I did the best I could with what I knew at the time and I would have done better had I known better*. Apply this to self and to others and the fruits of forgiveness appear. We then see things in a kinder way and condemnation becomes not only unnecessary but unthinkable. I forgive myself for being *less than perfect*. I apply this thought to my parents and myself as a parent. I apply it to myself as a spouse/lover/friend and to my spouse/lover/friend. I apply it everywhere emotional pain has happened – whether I caused or received the pain. It is enough justification to not want this for anyone ever again. I simply not want this as part of a world I would choose. We must ask our self, “What would the world be like if everyone acted as I have in the past?” “What would it be like if everyone acts as I do now?”

Introspection is a tool of awakening. As the name suggests we awaken from a place of being unaware to a place of becoming aware. We open our eyes to see what keeping them closed has denied us. Introspection is an examination much like discerning the message from a dream. We must discern the message to have a greater understanding from our life experiences. There is wisdom to be gained once full understanding is found. Becoming aware of our true motivation and the consequences but also the unintended consequences is a bitter pill at first. Forgiveness brings us past the bitterness to a place of understanding. If we are not here to learn from our mistakes then little about human life makes sense.

Our significance to the world, the greater whole, is not only different than we think but far greater too.. I once imagined or had a vision that whenever I swore using God's name in condemnation that a vibration went out into space growing stronger as it went to eventually destroy a planet – an inhabited planet! This experience corrected my vulgar and bad habit. Whether the vision was symbolic or literal it's a demonstration that the consequence of our actions may be far reaching even beyond our imagination.

We can go mad considering all the *what ifs*. We will never know the outcome of even the most seemingly insignificant change to our past would make. We might all think many things would be better *if only I had done some things different*. What I have come to accept and conclude is that if I change my past I change my future and therefore would not be here as I am now. Would all that I hold dear be better or even be here at all? My peace in this moment requires me coming to terms with my life choices, my life path, just as it was – *the good, the bad and the ugly* of it all.

**This moment** is the only one I can change! This is the only moment I can do better. This moment is my only opportunity to be loving and accepting.

**This moment** is only possible by the steps it took me to get here – *all* of the steps.