

The Ecstasy of Confrontation

By Dr. Jeff Alexander



An Invitation to Greatness

Consider the possibility that confrontation can be a doorway to your freedom. Confrontation has been here since the beginning of time. The purpose of confrontation is to set you free. To most of “normal” society, this could sound a bit strange, insane or even masochistic. Whether we like it or not, confrontations and challenges occur in life. So, how do we find the gift in the lesson? The dictionary says that the word confrontation comes from Latin, *confrontari*, meaning, “to face”: *not evade, avoid, or resist, but to face and come together*. It literally means to join with that which is in front of you.

“Confrontation” is a highly charged word that stimulates that old friend of an emotion we call “fear.” The fear of confrontation can often distract you from opportunities and taking action in life. Fear of the unknown is one of the major blocks to growth. Can we, instead, use fear to expand our spiritual growth and transformation? Is there another reality hiding behind our limited beliefs? What if the fear of confrontation was actually an invitation that we have neglected to see?

When I ask students, “How many of you get up in the morning excited knowing you have a major confrontation waiting for you?” Rarely do people ever raise their hand. Instead, there seems to be a unanimous consensus that confrontations should be avoided at all cost. Yet when I ask, “How many of you have experienced a confrontation that you tried to avoid but couldn’t and then after it passed, you grew from the experience?” Everyone raises their hand.

You are Not Normal

This intriguing paradox between the discomfort and the wisdom arising from confrontations is the dance between the ego and the human spirit. This dance has kept the human race busy asking the question, “When am I going to experience a life with no suffering?”

What did Mother Teresa, Mahatma Gandhi, and Martin Luther King Jr. have in common? They were all born into this world as ordinary humans who ultimately did extraordinary things. They all had dreams and took action no matter what confrontations they faced. In fact, they seemed to embrace and consume confrontation like it was a powerful fuel that ignited them into action. They shared a different perception of fear of confrontation than most people. They made the end result more important than the discomfort of fear. Every great leader has this perception and takes action, not in *spite* of confrontations but *empowered* by them.

The good news is that we have the same potential within each of us. Our heroes focused with a burning, unshakeable desire to move forward no matter what. They taught that we have the same power within us. They marched forward and faced confrontations head on. This took great courage. Courage is not the absence of fear. Courage is the willingness to embrace the feeling of fear and take action. They all performed what I call *natural* acts. While it is *normal* in our society to avoid confrontation, it is not natural. The bottom line is that confrontation is a stimulus for growth.

The Voice in the Head and Suffering

Why do we suffer? The energy of thoughts that create the little voice in the head is the “ego mind.” It has a simple job. Survival! It is constantly chasing after anything associated with safety and security. We want more money, more energy, more fulfilling relationships, a better job and more growth. We want less problems or confrontational situations. In other words, if we secure the things we think will bring us joy, there will obviously be less pain and suffering. Who does not want more of what we think brings us joy? Suffering comes from identifying with this little voice. When you think you are the voice in the head, suffering will be present.

I notice many people suffering as they travel down this path to secure the things of the world. And for many of those who do attain material gain, I notice suffering still persists. It appears that suffering has been a companion to humanity since the human adventure began. I also notice that the more I grow, the more I am presented with challenges and confrontations. It can appear that there are covert operations attempting to knock you off your path.

I have had the privilege of teaching and associating with thousands of people who have chosen to pursue their version of heaven on earth. They report that once they begin taking action, they almost immediately experience challenges that stop them dead in their tracks.

Worry & Guilt

The perception of confrontation is a learned response. It can be reprogrammed, thereby creating new choices. If thoughts are repeated over and over, they become a belief that makes a permanent impression on your subconscious mind. And 98% of your life is run by the subconscious beliefs hidden in this part of the mind. Most of these beliefs got in before you were five years old. You would not want a five year old running your life.

The ego mind has a purpose. It says, “Watch out, do the right thing and don’t fail.” This is the beginning of worry for the future and guilt over past events. It creates false enemies. It creates the illusion of threats that could harm you or take what you have. Most things you worry about never happen. You can spend a lot of life energy feeding the very thing causing stress and suffering.

A common question I get is, “How can I turn off my mind?” The mind has evolved over millions of years. After all that evolving, why would you want to shut it down? How about upgrading the program so that is a benefit and not a hardship? The mind’s purpose was to perform a very important task – survival. It is constantly scanning the horizon looking for the next threat. This gives birth to worry. Worry is the child of fear. And the sibling to worry is guilt. It robs you of the present moment and limits your choices in life.

There was a time in history when survival was essential as you ventured into a hostile world. You live in a different world now. The mind still thinks you live in a potentially dangerous world. It can easily turn the most innocent of events into a scenario full of enemies and danger. With each protective thought, it attempts to validate the thought with emotion convincing you the threat is real.

If you resist the ego voice or try to fight it, you actually feed it. It is fed by your attention. Opposition requires energy to get rid of the thing you don’t want. You literally fan the flame of what you oppose. The voice just gets louder. While there are events that occur in your outside world, it is your inside world where suffering is experienced. There are always events in life that will need your attention. How you perceive these events determines whether you suffer or not.

Starve Negative Thoughts

Thoughts are energy. Attention directs this energy through your force of will. Thoughts need your energy to survive. Take your attention away from those thoughts and they die from neglect. It has been said, “*An ignored guest quickly leaves.*” True surrender is allowing the ego mind to chatter away and not oppose it. Like a radio playing in the background, you get busy taking action towards your divine mission. Soon, the thoughts generated by the ego fade into the background and starve to death by lack of attention. You no longer notice them because you are directing your energy of attention elsewhere.

Most of the time, the fear-based ego creates movies that don’t represent reality. It has simply been programmed in the subconscious mind as outdated software. Many core beliefs in these programs are based in fear. It is time to upgrade the program! Sooner or later, through divine patience, the mind will catch up and recondition itself to the higher vibration of compassion. Thought energy based in fear is a low vibration and felt as pain in the body. Compassion energy is a higher vibration that feels peaceful. This is the walk of a master. Powerful leaders had their share of obstacles and faced confrontation frequently. And it was how they faced their confrontations that keep them forever in our hearts.

Your E.G.S

The purpose of the emotional body is to feel. It tells you how your body feels about what you are thinking. It does this by sending feelings and sensations through an electrical magnetic process to your brain that is felt in the body. The problem is that if your programming is of fear and threat, you can create fearful thoughts of events that are not actually happening. The emotional body does not know the difference of a real event or an imagined one. It is just doing a job. It responds as if all thoughts you create are real.

The two basic emotions felt in the body are either contraction or expansion. This is primarily felt in the heart and stomach area. Your car has a GPS, global positioning system, to navigate you to your desired destination. It tells you when to turn left or right so you can get to your destination safely. Your soul also has a powerful guidance system as well. It is your EGS, emotional guidance system. This emotional guidance system gives you feedback through your feelings of what you are currently thinking about. It is a guidance system that responds to the movies you create in your head. If you create drama or horror movies, it sends messages of contraction to your heart and stomach area. If you are creating love stories, it sends good feelings to the same area. Either way, you end up navigating through life based on your EGS and what it is saying to you.

The big problem is that most normal consciousness does not know how to interpret their EGS. You can think about a person or event and suddenly feel angry or upset. You really think it is because of the outside condition. The person may not even be present and the event may not have happened. The movie was just playing in your head. Your EGS is really informing you that you are creating unloving vibrational energy and your body doesn't like it. It has nothing to do with the character or events in your movie. The ego mind will attempt to validate its movies with feelings.

While there may be people and events in your life that need attention, much of the pain and stress comes from the script of your own subconscious movie director called ego. Have you ever been driving alone in your car and been so immersed in your ego voice that you talk or argue out loud? Notice the discomfort in your body when you engage in verbal arguments by yourself. Some would call this insanity however to many it is normal. The created movie in your mind came from the subconscious vault locked away in your beliefs. It isn't even real.

War or Heaven?

Your body tries to inform you with discomfort in the heart that you are creating painful movies. Yet the ego voice will argue that you are feeling bad because of the outside conditions. This internal war causes great discomfort. The Bhagavad Gita said the "The battle is fought within you." Jesus said, "The kingdom of heaven lives within you." These are powerful clues where you need to go to upgrade the programming. You get more angry or contracted because you can't fix a problem inside you by fixing the outside. The only way to fix the inside is to go to where it originated. And that means you must go to the source of the thought where it was created. You can't take action on an imagined event.

So it can stay for a long time and become a chronic form of suffering. This is the source of all violence.

It is possible to shift your subconscious patterns to become a warrior that meets each confrontation as an invitation to greatness. Taking action in the face of adversity diminishes the feeling of fear. It also leads to more growth and desired results.

Many people have a core belief of fearing the unknown. The unknown is nothing but memories soon to be discovered. This too is learned. A young child sees a world that is full of unlimited possibilities and potential. This healthy natural view offers only opportunities to grow and live joyfully. Once the fear programs get into the subconscious mind, the child quickly creates impressions that the unknown is full of potential threats that can cause pain and discomfort. Risk then becomes dangerous rather than exciting.

Upgrade Those Old Limited Beliefs

It is important to discern in our world what supports or harms you. While it is important to be aware of danger and harmful people, it causes suffering to create a threat when there is none. To chronically worry about imagined threats inhibits growth. It activates your protection mechanism, which is felt as discomfort. This protection response is important and is to be used only for a short period of time so that you could take immediate action. It is so you can protect yourself from a potential threat and then return back to your natural state of growth.

To live in a constant state of protection causes health problems because of the stress it puts on the body. It is like driving your car with one foot on the accelerator and the other on the brake. It burns up your engine. It is not natural and causes harmful problems including diminishing your immune system. Take the appropriate action and then move on. Freedom arises when you learn to use your mind and not allow your mind to use you. Most anxiety comes from not being able to control your own mind.

Opportunities often are disguised as confrontational challenges. If you turn away and avoid these opportunities, they will continue to surface with more invitations until you accept them. Suffering is in the turning away and avoiding growth. It keeps you in the protection mode, which is neither healthy nor natural. Joy is the result of confronting, learning and growing from your challenges. Do this day after day, and the ego soon becomes attuned and a new pathway is cut in the brain. It begins to surrender to your divine will and this makes a new impression in the subconscious that is permanent.

The Key to Unlock the Door of Suffering

If you want to travel to a new country that speaks a different language, it is advisable to first learn the language so you can interact successfully. The same applies with the country of your subconscious mind. Your conscious mind cannot talk to the subconscious mind. They speak different languages. The subconscious mind will not allow entry into its domain through the ego voice. They just don't communicate with each other. Once you know the language code you can then communicate successfully. And the answer to this code lies within you. It is through the language of the heart that you finally gain access to

the kingdom of the great subconscious. The heart is the mediator between the two minds. Feeling is the ultimate councilor that brings your two minds into relationship.

The feelings ignited from your heart through emotions are the key to unlock this door. Once you are allowed entry, it is possible to upgrade with new impressions and transform limited beliefs. You roll away the stone of old limited beliefs and resurrect your soul to see a new world. It is the same old world on the outside, but you see all things new from the inside.

You begin to see confrontation differently. While you may still feel the pain, it no longer stops you. Faith is what lights up the darkness of ignorance. Faith is knowing beyond belief that you are not the ego, but are of spirit. When you take this leap of faith, you light up the darkness and uplift the world. And the greatest compass to navigate your way through the darkness of your own ego is love. It is the highest vibration and has a powerful effect on the subconscious mind. It is the one true light that will guide your way back home.

Take Baby Steps and Watch Out for Traps

At first, take baby steps and be kind to yourself. You are given only what you have the capacity to handle. Even though the ego may say, “this is more than I can handle,” it is usually wrong. The ego will often create the phenomenon called overwhelm. Overwhelm is the egos perspective that you must do it all at once. This is a trap. You have only the capacity to do what is in front of you. Just take the next step. You don’t have to take all the steps at once. Your spirit only gives you what you can do within you power. Small baby steps will get you there. It is called divine patience.

This is how you increase your spiritual strength. Like increasing weights at the gym, your spiritual muscle will grow as you work through the resistance. Allow the resistance as it makes you stronger. This is important for future challenges as they arise. Just keep saying, “I am right where I am supposed to be.” Then take the next baby step guided by your intuition.

Another trap that often gets you stuck along the path is to judge yourself. All masters did this. You are not alone. That is the ego voice again which was programed to doubt everything, including your spiritual progress.

The ego is not the enemy. It is simply just an old program designed to keep you safe and secure in the known world. It doesn’t know the unknown. It can’t. It takes its orders from the sensations that come from deep down in the subconscious, which views the unknown as a threat. It has a big “No Trespassing” sign on anything unknown. And the only way to expand this is to explore it and give it new data. To get mad at the ego is like yelling at your computer because you don’t like what the software is doing.

I use the great message of “loving your enemies.” You can start with your own ego mind. Challenge your own lower vibrational thoughts with the highest vibration you can access. The feeling of gratitude is an expression of love. Be grateful you have a system that informs you of your own toxic thoughts and attempts to navigate you to a higher place. That is a good place to start. The ego does not have the capacity to diminish love.

Gratitude for your own mind, emotions and body raises your energy above the fog of the ego mind. It then can spread to your world and all who occupy it. That is how you light up the darkness within you. There is no power in the world that can defeat love, because all is contained within love. Love does not judge nor separate. And the moment you forgive yourself for your own ignorance you can forgive others for theirs.

Make Pearls

Within all beings, there is a knowing that every pain carries with it a gift: a pearl of unimaginable ecstasy yet to be experienced.

The choices you make will dictate the reality you live. Confrontation *is* the gift. It is the grain of sand that irritates the soft tissue of the oyster that creates a pearl. Within the DNA of the oyster lies the hidden sleeping potential to create the beautiful pearl. It is through the discomfort of the confrontational grain of sand that ignites this potential to activate this process. Without this discomfort, the potential remains dormant and there is no pearl.

Experience and science has given us proof that in our own DNA; we have the same potential to embrace the irritations of life and create our own pearls of wisdom. This is how we evolve. The difference between an oyster and you is that the oyster allows the discomfort. There is no resistance or suffering. If an oyster could talk, you would never hear it say, "Oh no, not another irritation! When are these painful grains of sand going to end?" While it might sense the irritation, it immediately surrenders to the power within it to create something beautiful.

Our emotions are the body's responses to our thoughts. They can be unpredictable and change like the wind. The emotional body was never intended to become the counselor and guide of your life. It was created to inform you of your environment and how you perceive events. As stated earlier, it can't distinguish between the outside world and the movies in your head. It is all real to the emotional body. It is like a signpost that let's you know if you are on the right path or headed for danger. Pain will happen in life. It lets you know about your outside and inside world. Pain is an experience. Suffering is a choice.

Confrontations that lie ahead must be met with trust and faith that you were built to create pearls. The next time you feel contraction in your heart because of a challenge, breathe and take a moment to ignite your faith. Offer gratitude for the challenge in front of you. If you feel contraction, know it might me mostly from an old program screaming to be updated. Just taking this small pause, feeling the feeling and reflecting on desire to move to love will be the first of the baby steps that will light your path. There is no failing.

Should you fall into ego, no problem. You may still feel contracted. This is just body lag and is natural. In time, it will shorten and eventually leave. You will have another opportunity to practice sooner than you think. You will join the ranks of all your heroes that cut pathways for you. To turn away may give you the illusion of temporary relief, but you soon will have another opportunity to create your string of pearls.

Freedom Awaits You

Challenges will continue and I invite you to rejoice. This is not normal, but neither are you. To follow your spirit is to become natural and trust your intuition. Intuition is the soul nudging you with subtle but strong impulses. Pay attention. Learn to become sensitive to this part of you and it will strengthen over time. While it may be difficult to feel like rejoicing, remember who writes the script in your mind. You are the ultimate programmer and it is time to upgrade.

Consider the possibility that your time has come. Consider that you have always known you were special. Joy and peace is your birthright. What if that which you thought was wrong with you was really right with you? What if that which was a challenge was meant to be an invitation? What if that which simulates fear becomes the doorway to your freedom?

Final Note – An Invitation to Ignite Your Life

I pray that these words have ignited something within you. However true to the message I have conveyed, they are only words that may find their way into your collection of inspirational literature, soon to be forgotten. They very soon will be replaced with emails, cell phone texts or the next task you need to attend to. That is just how it is. That is why I feel inclined to share with you a very important experience that could change everything.

It is important to keep learning and reaching for the stars. If you want these words to become a reality in your life then please consider joining me.

It is only by taking action that you activate the language of the heart and move forward. If anything in this writing made sense to you, then consider a full body immersion into the greatest adventure of your life. It is the adventure of exploring yourself and meeting that place inside of you waiting to create a pearl.

I have discovered a way to immediately access the subconscious mind and rearrange your programming that transforms fear into power. I invite you to learn more about IGNITE. It is my core program that teaches how to live fearless and free. Thousands of people have claimed this was an awakening moment that left a permanent impact on their lives. It has taken me over 40 years of my life and research to create the IGNITE program. It is yours in one weekend.

I invite you to join us.

With Gratitude,

Jeff

For more information go to [IGNITE - Live Fearless. Live Free](#)