



Dissolve and avoid self-poisoning

"God, grant me the serenity to accept things I cannot change, the courage to change things I can, and the wisdom to distinguish one from the other." (Serenity Prayer by Reinhold Niebuhr)

Since our soul is inextricably linked to the body, the effect of the "nerve poison" we produce ourselves can even be measured in metabolic parameters.

The popular language describes such a state of mind: "I am pissed off. I'm mad at myself, mad at... or mad because....". In German language you say "Ich bin sauer", literally translated "I am acidic". The physical equivalent is an over-acidification of the organism, which, if it persists, can manifest itself in various stress symptoms, e.g. stomach and digestive complaints, sleep disorders, abdominal complaints, and so on. As a regular reader of my blog you know that hyperacidity can be counteracted through diet and exercise. However, if the stress of the soul is not stopped, our organism will remain chronically burdened.

Most of these toxic emotional states arise from disturbed interpersonal relationships or from situations that we misjudge in a certain self-damaging way based on our experience and/or subconscious behaviour patterns and then develop feelings of anger, fear, guilt, frustration and helplessness or even depression.

If you have observed this in yourself, you can do the following:

- Stay away from media of all kinds describing situations in their reporting that you can neither check for completeness nor correctness nor influence. Just now, a major German newspaper tried again to "foist" on us negative emotion-producing images from the past on a current issue in order to stir up fear and panic.
- Some people - sometimes also influenced by such reporting - tend to catastrophize, always have the negative side of all possible events in mind and usually focus on risks and mistakes instead of the opportunities of situations. Worrying all the time does not change the outcome of events that are beyond your own control. If you have such people in your circle of acquaintances or friends, you can first try to make them aware of their behaviour. If this does not lead to a result, accept that people are the way they are. You cannot change anyone. The contact with such people will dissolve by itself in the long run if your own "vibration" does not fit with them.

- However, if you can make a difference in your personal environment, then be courageous and become active as soon as possible: take part in protests against injustice and arbitrariness, support people who need your help, give people information that can be useful to them. Is there a conversation you should have had with someone a long time ago to clear up a misunderstanding? Have you been unfair to someone, hurt someone, or made a mistake that has hurt someone? Don't delay further making contact and putting these matters right. To think that repression or time will "heal" the whole thing is a misconception. Because your subconscious and your conscience will haunt you at the most inopportune times and put you back into a state of stress with corresponding physical symptoms. Even if you don't succeed in your attempt to do something well because the other person closes off: Accept the refusal. The very fact that you have done your best has already reduced or, ideally, removed the poison of guilt.

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