

# **“The Two Emotions”**

## **(T-13.V)**

**Insanity means living in a private mental world, out of touch with reality.**

This is what we mean by insanity. We mean you have lost touch with reality. You live in your own private mental bubble, your private world, which bears no resemblance to the actual world.

**We people our world with figures from our individual past, called shadow figures.**

“Each one peoples his world with figures from his individual past, and it is because of this that private worlds do differ” (2:1).

**These figures are not true; they are one-sided caricatures.**

“But the figures that he sees were never real, for they are made up only of his reactions to his brothers, and do not include their reactions to *him*. Therefore he does not see that he has made them, and that they are not whole” (2:2-3).

**We focus only on those individuals that remind us of our shadow figures.**

“For they see only those who remind them of these images, and it is to them that they relate” (3:2).

**From Harville Hendrix, Ph.D.**

Harville Hendrix is a therapist and bestselling author, best known for the book *Getting the Love You Want*:

I have discovered from years of theoretical research and clinical observation that we are each looking for someone who has the predominant character traits of the people who raised us...From my observations of thousands of couples that have stated they want from their partners, I have concluded that it is a compelling need to heal old childhood wounds.

The ultimate reason you fell in love with your mate is not that he or she was young and attractive, had an impressive job, had a “point value” equal to yours, or had a kind disposition. You fell in love because your old brain had your partner confused with your parents! Your old brain believed that it had finally found the ideal candidate to make up for the psychological and emotional damage you experienced in childhood.

**We are interacting with these figures, rather than the actual people in front of us.**

“Thus do they communicate with those who are *not there*, and it is they who answer. And no one hears their answer save him who called upon them, and he alone believes they answered him. Projection makes perception, and you cannot see beyond it. Again and again have men attacked each other because they saw in the other a shadow figure in their private world” (3:3-6)

**We are quite literally insane.**

“As you look with open eyes upon your world, it must occur to you that you have withdrawn into insanity. For you see what is not there and hear what is soundless....You communicate with no one, and you are as isolated from reality as if you were alone in all the universe. In your madness, you overlook reality completely, and you see only your split mind everywhere you look. God calls you and you do not hear, for you are preoccupied with your own voice. And the vision of Christ is not in your sight, for you look upon yourself alone” (6:1-7).

**But we can learn that this is insanity and look beyond it.**

“You who know not what you do can learn what insanity is, and look beyond it. It is given you to learn how to deny insanity, and come forth from your private world in peace” (7:6-7).

**We can leave our private worlds and draw others from their private worlds.**

“You will love them, and by drawing nigh unto them, you will draw them to yourself, perceiving them as witnesses to your reality, which you share with God. For I am with them as I am with you, and we will draw them from their private worlds” (8:2-3).

**Exercise**

Have you ever noticed that on an emotional level, you relate to a certain person as if they were a significant person from your past?

Can you consider that when you interact with this person, on an emotional level you are interacting with the past person?

That you are speaking to the past person and hearing that past person respond?

Can you consider that that is going on across the board, in all your relationships?

Wouldn't that mean that you are withdrawn into a private mental world, that you have withdrawn into insanity?

Feeling shock and even revulsion at this is a good thing.

For you can decide that this is simply not acceptable.

Say to yourself,

*I will deny insanity, and come forth from my private world in peace.*

*And when I have done so, Jesus and I will draw my brothers from their private worlds.*