

I am not trying to suggest making a practice of emotional exploding. Explosions will occur so long as there is deeply repressed material which forces its way through to consciousness along emotional routes. I am asking you not to be so scared of explosions that you try to prevent buried material from coming to the surface. Tightly enclosed explosions do more damage than ones with a vent. The 'vents' are the places where you look into yourself to see and feel the pain fully. Refusing to look at one's own sorrows and hurts is like driving a bung in the hole – and so ensuring a fine and damaging blast. Don't complain that this inward looking will bring about introverted self pity – that is a rationalistic evasion that gives the process of intelligent enquiry a bad name, and so excuses oneself from doing anything. Look in, and bring the pain to consciousness. Then cure the illness by seeing that the original situation no longer applies. You are no longer the same person – older, wiser and not sadder.