



# Confrontation

The wisdom way of dealing with it.

This presentation owes its origins to the modern work of [Carl Jung](#) and [Abraham Maslow](#), who first taught me about man's hierarchy of needs some 40 years ago.

But, more specifically, I owe thanks to the extensive work of [Rita Bruce](#) and her recent book, *Love of Conscience*.

However, the real origins of this knowledge go back to the Creation itself. And to God, to whom praise be.

"The proper study of mankind is man ..."

*Sri Sathya Sai Baba*

*Prepared by John Lerwill, December, 2012 (version 1)*

# Know Thyself

By understanding how the human psyche works,  
in its inevitable and welcome partnership with God,  
we can obtain control... and direction.

We can learn about ourselves... and realise that everyone  
else is – *essentially* – the same.

*Therefore ...*

By learning about ourselves we can come to learn about everyone.

This is knowledge available to *everyone* – regardless of religion or creed.

To “know one-self” requires ...

Awareness.

But what is the nature of that “Awareness”?

Constant Integrated **Awareness** is **energy** ...

One **energy** which has four **aspects** ...

- Emotion
- Senses (The Physical)
- Thought (The Intellect)
- Discrimination

And these **aspects** inter-connect.

Each of us is imbued with *all* four **aspects** ...  
*though just one of these is **predominant** in us.*

In fact, the Four **Aspects** of **Energy** is one of  
Four Influences on Man  
(all of which affect his social behaviour)



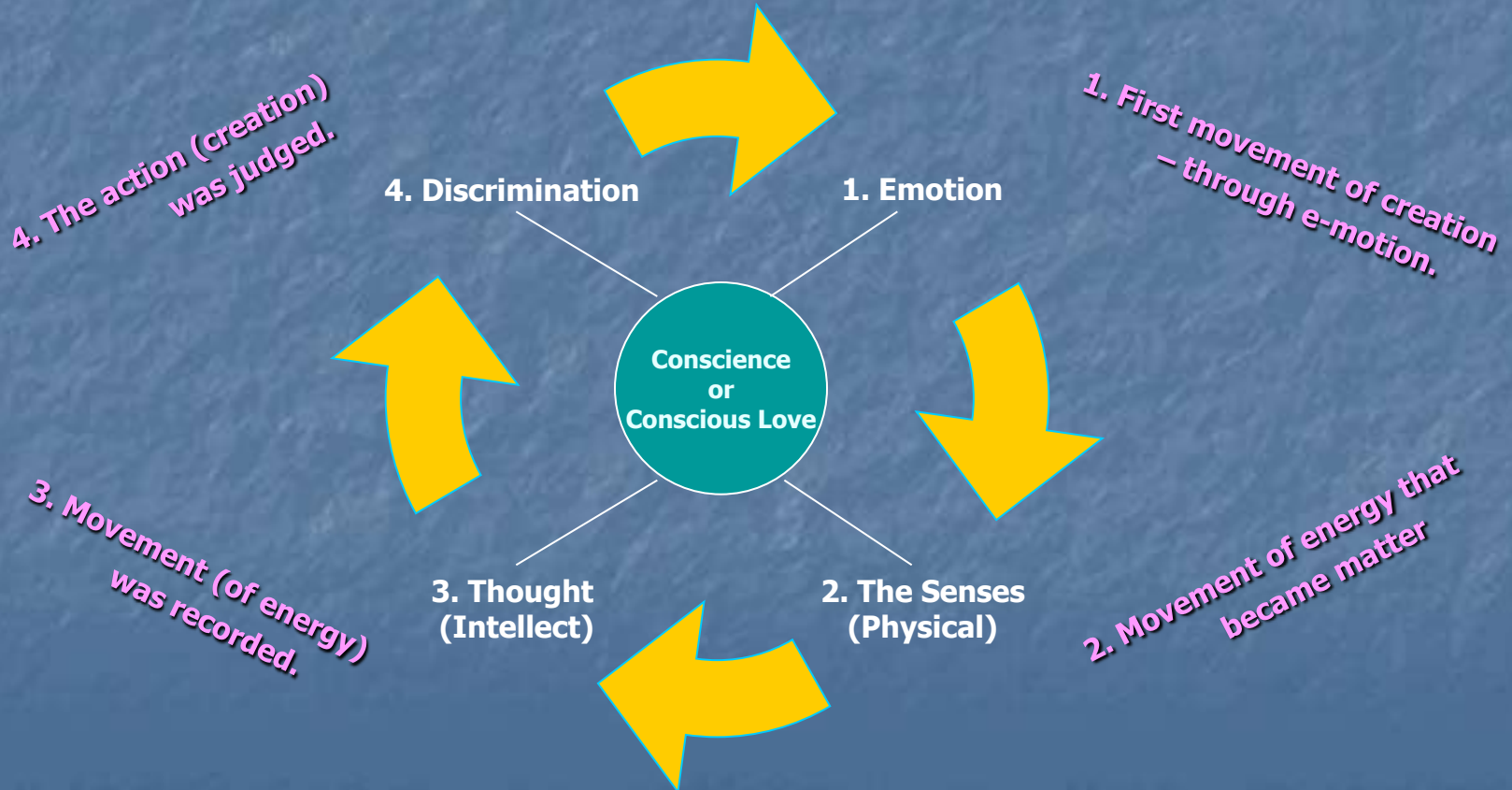
But it is essentially just this **energy** field  
(the “Four Aspects of Energy”, the *dynamic*  
portion of these four influences) which  
provides the opportunity for man to fashion  
his life in a truly meaningful way ...  
... in harmony with God’s Will.

In contrast, the other three of these  
four influences on man are mostly  
unchangeable by the individual  
(self).

# The Four **Aspects** of **Energy** in the context of the Arc of Creation

"I separated myself from myself so that I could love myself."

*The Lord, in various spiritual sources.*



To provide man with the opportunity of transforming self, family and society, the Four **Aspects** of **Energy** are linked to Four (essential) **Human Values**

through the process of **Spiritual Love**.

<b>Energy Aspect</b>		<b>Human Value</b>
Emotion		Peace
Physical Senses		Non-violence
Intellect		Truth
Discrimination		Right Conduct

**When perfected**, each of the Four **Aspects** of **Energy** transmutes into the corresponding **Human Value**.



Coming to "Know Thyself" thereby provides the equipment with which to deal with confrontation and the pain of the consequences of that. Indeed, that knowledge can help you transcend yourself towards that to which you were intended.

**There is much more to explain about this matter.**

To read the detailed explanations on this subject,  
please obtain a copy of the book by  
**Rita Bruce**, *Love of Conscience*.

Thank you for watching this presentation.

All praise is due to God, whichever name you call him by.

*This is a privately developed presentation by John Lerwill.  
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