Responsibility

Taking responsibility for our lives, thoughts, actions, and emotions is a foundational step toward clearing emotional patterns and moving toward higher states of consciousness and liberation (or Vidhehamukti, which means liberation beyond the body). Responsibility in this context means acknowledging that we are the creators of our reality, that everything in our life, whether positive or negative, is a result of our beliefs, choices, and actions (either consciously or unconsciously). This concept can be challenging to grasp, but it is essential for personal growth and transformation.

By taking responsibility, we align with higher vibrational frequencies—those of empowerment, self-awareness, and creation. On the other hand, avoiding responsibility keeps us trapped in lower vibrational states, where we feel like victims of circumstances, others, or the world at large.

Why Taking Responsibility is Crucial:

Empowerment: Taking responsibility means taking control of your life. When you acknowledge that you are the creator of your reality, you can consciously change it.

Growth: Responsibility opens up space for self-reflection, learning, and healing. It is the first step in breaking old emotional patterns and evolving.

Liberation (Vidhehamukti): Only by owning and understanding our role in creating our experiences can we break free from the cycle of suffering, attachment, and karma. This awareness leads to spiritual freedom and detachment from the body and the mind.

Advantages of Taking Responsibility:

Health:

Advantage: If you take responsibility for your health, you understand that your choices—what you eat, how much you exercise, and your mental attitude—affect your physical well-being. For example, if you are overweight or dealing with a health issue, taking responsibility means acknowledging that your lifestyle choices contributed to this condition and that you have the power to change them.

Daily Example: If you're experiencing chronic stress, taking responsibility for it means recognizing that your own mindset, reactions, and inability to manage stress are part of the equation. Instead of blaming external factors, you take charge by adopting stress management techniques (like meditation, exercise, or therapy) and making lifestyle changes that improve your health.

Financial:

Advantage: Taking responsibility for your financial situation empowers you to change it. If you are in debt or struggling with money, it means understanding that your financial choices, behaviors, and mindset (such as fear, scarcity, or procrastination) have led you to your current situation.

Daily Example: If you're in financial turmoil, instead of blaming external factors (the economy, bad luck, etc.), taking responsibility means acknowledging the role your spending habits, financial planning, or lack of savings have played. By taking action—such as budgeting, saving, or seeking financial advice—you begin to shift your financial reality.

Relationships:

Advantage: Taking responsibility for your relationships means recognizing that your own behaviors, expectations, and patterns contribute to the dynamic of each relationship. When things go wrong, instead of blaming others for their actions, you reflect on how you might have contributed to the problem and take steps to improve your communication, boundaries, and understanding.

Daily Example: If you're constantly fighting with a partner, taking responsibility involves asking yourself, "How am I contributing to this conflict?" You might realize that your communication style, unresolved past wounds, or expectations are contributing factors. By taking ownership of your part in the dynamic, you begin to create a more harmonious relationship.

Career:

Advantage: Taking responsibility for your career means acknowledging that your success, growth, or lack thereof is influenced by your actions, attitude, and decisions. You understand that you can actively shape your career by pursuing opportunities, networking, developing your skills, and staying committed.

Daily Example: If you're feeling stuck in your career or frustrated with a lack of advancement, taking responsibility means reflecting on how you've approached your job, your level of effort, or your commitment. Instead of blaming external circumstances (your boss, the company, the economy), you focus on what you can do to move forward—whether it's learning new skills, asking for a promotion, or changing jobs.

Past Karmas:

Advantage: Taking responsibility for your past actions (karma) means understanding that your present circumstances are a result of past choices, whether in this life or previous lifetimes. This acknowledgment allows you to release guilt, shame, and blame and instead focus on healing and making conscious choices in the present moment.

Daily Example: If you're dealing with the consequences of past mistakes (e.g., a damaged relationship or financial loss), taking responsibility means recognizing that you created the conditions for this situation. Rather than staying in guilt or denial, you take steps to make amends or learn from the experience, thus transforming your karmic cycle.

Disadvantages of Not Taking Responsibility:

Health:

Disadvantage: If you don't take responsibility for your health, you are likely to fall into a victim mindset. You might blame your genetics, your environment, or external circumstances (stress, work) for your health problems, and feel powerless to change.

Daily Example: If you consistently make poor lifestyle choices (eating junk food, avoiding exercise) but don't take responsibility, you may justify your behavior by blaming "bad genes" or "stress at work" for any health issues. This denial keeps you stuck in a cycle of poor health.

Financial:

Disadvantage: Avoiding responsibility for your financial situation means you may fall into a victim mentality, blaming others (family, friends, society) for your financial struggles. This disempowerment prevents you from taking proactive steps to improve your financial situation.

Daily Example: If you're living paycheck to paycheck, blaming your low salary or rising costs for your financial troubles, you might avoid looking at your own spending habits or lack of financial planning. This keeps you trapped in the same situation.

Relationships:

Disadvantage: If you don't take responsibility for your relationships, you are likely to blame others for your unhappiness, conflicts, or emotional pain. This disempowerment keeps you from making positive changes and can lead to further breakdowns in communication and connection.

Daily Example: In a relationship, if you always blame your partner for the issues (e.g., "You never listen to me!" or "You don't understand me!"), rather than considering how your actions might contribute to the dynamic, you're stuck in a cycle of conflict and disconnection.

Career:

Disadvantage: Not taking responsibility for your career means avoiding the uncomfortable truth that your professional growth and fulfillment depend on your own efforts, choices, and mindset. You might blame external factors, like a bad boss or lack of opportunities, for your stagnation.

Daily Example: If you're unhappy with your job or career trajectory but refuse to take responsibility, you might constantly blame your boss, your company, or the economy. This stops you from seeking growth, networking, or taking risks that could advance your career.

Past Karmas:

Disadvantage: Refusing to take responsibility for your past actions (karma) keeps you trapped in guilt, shame, and victimhood. By not owning your past mistakes, you miss the opportunity to learn, grow, and shift the karmic cycle.

Daily Example: If you're carrying guilt or resentment from past actions but refuse to take responsibility, you might stay stuck in self-blame or regret, instead of using the experience as a catalyst for growth and change.

Taking Responsibility Leads to Liberation (Vidhehamukti):

The ultimate advantage of taking responsibility for your life is that it leads to liberation—Vidhehamukti, which is the freedom from the cycle of birth, death, and rebirth, and the transcendence of body and mind. By taking full responsibility, you stop being a victim of your circumstances and become the creator of your reality. This self-realization is the foundation of spiritual awakening, where you are no longer attached to the illusions of the material world, but are connected to your higher self.

In the process of taking responsibility, you align yourself with your true nature, which is blissful, pure, and free from karmic attachments. This is the path to inner peace, wisdom, and ultimate liberation.

Peaceful state

Taking responsibility for our lives and emotions is an essential part of growth and clearing emotional patterns. The best state to make decisions aimed at clearing emotional patterns is when you are in a peaceful or calm state. Here's why:

Clearer Perspective: When you're at peace, your mind is more centered, allowing you to observe your emotions without becoming overwhelmed by them. This clarity helps you understand the root causes of emotional patterns.

Emotional Regulation: In a calm state, you're better able to regulate your emotions. Decisions made in a heightened state (like fear or confusion) tend to be reactive and can reinforce unhealthy patterns rather than break them.

Mindfulness: Peaceful moments allow for mindfulness—the ability to notice thoughts and emotions without judgment. When you act from a place of mindfulness, you're less likely to make decisions driven by subconscious patterns of fear, guilt, or past trauma.

Empowerment: A peaceful state of mind makes you feel more in control, empowered, and open to growth. This internal peace creates a strong foundation for making decisions that align with your higher consciousness and the path toward liberation.

Healing: Emotional healing often requires the space and stillness to process deep emotions. Decisions made from fear or confusion can prevent you from fully integrating those emotions in a way that leads to healing.

When you're feeling confused, fearful, or emotionally charged, it's often best to take a step back and give yourself some time to regain peace before making a decision. Meditation, deep breathing, or even just taking a walk in nature can help you restore inner peace and gain the clarity needed to break through emotional patterns.

Emotional patterns-Physical health

The idea that emotional patterns or blocks contribute significantly to physical health issues is supported by various fields like psychosomatic medicine, mind-body health, and integrative medicine. However, quantifying exactly what percentage of health issues arise from emotional patterns or blocks is complex, as it depends on individual circumstances, lifestyle, genetic factors, and environmental influences. That said, studies and experts in the field suggest that emotional and psychological factors can play a large role in many chronic health conditions.

General Estimates from Research:

Psychosomatic Illnesses: According to some estimates, psychosomatic illnesses, where emotional and psychological stress contributes to physical health issues, can account for up to 60-90% of all physical health problems. This includes conditions like chronic pain, headaches, digestive issues (IBS, ulcers), and autoimmune diseases.

Stress-related Illnesses: Research shows that chronic stress alone can contribute to a wide range of health issues. It's been suggested that stress is responsible for around 60-80% of doctor visits in some areas, affecting everything from cardiovascular health (heart disease, high blood pressure) to gastrointestinal problems (ulcers, irritable bowel syndrome) to immune system function (autoimmune diseases, frequent infections).

Mental Health and Physical Health: A significant number of chronic diseases, such as heart disease, diabetes, obesity, and even certain cancers, are influenced by emotional well-being. Studies show that mental health disorders, such as depression and anxiety, are closely linked to physical health problems. For example, people with chronic depression have a higher risk of developing cardiovascular diseases, diabetes, and other serious health issues.

Trauma and Disease: Emotional trauma (both past and present) has been associated with a variety of long-term health conditions. Research shows that childhood trauma and adverse childhood experiences (ACEs) can increase the risk of developing physical health conditions later in life by as much as 70-100% (for conditions like heart disease, obesity, and autoimmune disorders).

Some Specific Numbers:

Depression and Cardiovascular Disease: A study published in the American Heart Association's journal found that individuals with depression have a two- to three-fold increased risk of developing cardiovascular disease.

Stress and Immune Function: Studies suggest that long-term stress can reduce immune function by as much as 30%, leaving the body more vulnerable to infections and illnesses.

Chronic Pain: Research indicates that emotional stress can be a major factor in the development and exacerbation of chronic pain, with some estimates suggesting that up to 40-50% of chronic pain cases have an emotional or psychological component.

Conclusion:

While it's difficult to pinpoint an exact percentage due to the complexity of health issues, the general consensus is that a significant proportion—ranging from 60-90% for psychosomatic disorders to 30-80% for stress-related illnesses—of physical health issues are influenced or exacerbated by emotional patterns or blocks.

In practice, many people benefit from addressing emotional health alongside physical health. Integrating emotional healing techniques (like therapy, meditation, and bodywork) into one's lifestyle can significantly improve overall well-being and reduce the risk of illness.