

# Permanent Changes – Why So Difficult? The more I know, the bigger the price!

The more knowledge I have about my dark side and the light side, there is a bigger price to pay. The more I know, the bigger the price. Either side, there is a bigger price, the more consequences. Block for permanent change – the part of me that is self-destructive, seems like an easy quick fix out of reality – out of loneliness, out of fear, anything that is not comfortable. Staying on the path to the light is slow and steady. When you veer off getting back on the path to light is really great. Knowledge is powerful, painful, joyful, insightful – not pain free. It is easier to get high, spend money; you can't help but change once you have the knowledge of who you are – no matter how much you want to. With knowledge comes heavy responsibility.

I. Spiritual level of life – all about (into right living) – we have to get at it at such a deep level. You don't just peel the onion and then just go on your merry way.

Spiritual comfortability – root out that part of you that still wants to harm you. Until we face the side of us, at that root level, that wants to harm us, very difficult to change.

Has made the decision she is not going to go to the dark edge with a man – because it kills my soul. The older I get, the more difficult to climb out when I go against what I know is right.

Walking away from someone who is just going to treat me good enough to keep me there. The price I pay becomes too high, and then I change.