

LEAVE THE WORLD BEHIND:

The Change from Mind to Heart



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BY

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INTRODUCTION

The writing of this book is inspired by 'dead-ends'. However, the dead-ends I am referring to aren't the type that happen when one is leisurely ambling down the road on foot and decides to turn a corner to only find later that their course of action has led to a stopping point. On those particular roads a person has the luxury of backing away and trying again. No, the dead-ends I am referring to are often invisible and not easily seen by onlookers or outside observer. To those experiencing them they feel more like prison cells and hell holes, dead end pits where no one would choose to be if they could get out of it. Such places as these are not easily backed away from. These hell holes are so bad that death itself is often contemplated and, for some, sometimes even chosen. There are such places in existence; places that are so bad, with little or no hope of getting out; places or situations which punish the heart for merely existing, and provide no acceptable route other than conformity or death.

As I type these words out I am reflecting on two clients whose situations motivate this writing. Then, upon further thought, I also reflect upon a former place of employment where I was at , fitting the same description. My mind also wanders to a situation my mother was in for over twenty years of her life, where there seemed to be no way out. Allow me to review these situations with you. Perhaps by doing so you may in some way connect with one of them and thus become a greater participant in this endeavor.

One client of whom I am speaking is a young woman of twenty-two years who has constant migraine headaches. These headaches are debilitating and prevent her from fulfilling any form of stable employment, going to school, or any other way of providing a hopeful future for herself. Not surprisingly her severe headaches are brought on by emotional stress. Through examining her past history these headaches developed seemingly in response to her home environment which demanded total compliance to rigid expectations; an environment where her feelings only got in the way and were punished for existing. Her current hell hole provides her with no visible solution in a catch twenty-two type situation: if she could overcome the stress by leaving the rigid home environment she could get better; yet she can't due to her

dependence on her parents care. Ironically, her dependence is created by the very environment she is seeking to get away from.

Another client is an even younger woman, a teenager of seventeen years, who has actually attempted suicide. In fact, not only has she attempted suicide, but three or four others in her extended family have already succeeded at killing themselves. She finds herself in a similarly rigid home environment where no matter what she does, she is always wrong. Not only is she punished for not conforming, but when she does comply she is punished for her obedience not being 'real'. No matter what she does it is wrong. She gets so frustrated that she even has dreams of killing others, which I suspect aren't really dreams of killing others but killing disconnected symbols of herself. Her situation is extreme and she too sees no way out.

In another situation, there was a time that I found myself trapped in a place I didn't want to be. My dead end occurred when I was working for a residential facility caring for young men, which I found to be abusive. The facility had already been called in by a colleague, where the abuse was found to be unsubstantiated and for which my friend was fired and shamefully escorted off the premises, his name never to be spoken again. I even had nightmares at night which haunted me, where I was trying to escape. Yet, as I thought and contemplated leaving I recognized that I had dependent children and a wife who relied upon my income. In addition, to quit my job would have solved my immediate dilemma but then what about the boys I would be leaving behind? Fleeing isn't always the answer and, even if it is, it can leave one's conscience in turmoil. Such was my case! To make it worse, I then had supportive staff assigned to me called 'home parents' who were part of the problem, being as abusive as any of the other faculty. The home parents were to be my right arm in working with the youth. Yet, when I approached my administrative and clinical bosses I found that my home parents were supported and I was left alone to deal with these dilemmas.

My last illustrative example of being stuck in a hell hole involves my own mother. She married, had five children, and later divorced my father, not once but two to three times. My mother then had to raise five children practically on her own. She would go to a full time job on a daily basis and then come home exhausted from her labors and have to deal with five children who were all very close in age. The house was always

messy and sometimes the food was scarce. I recall actually being hungry at a young age, but I knew my mom was doing her best. If truth be told, her job was impossible! No matter what she did it was doomed to never be 'good enough'. I remember conversations with my mom where she said, 'I wish I could just run away' – but she never did. She stayed in an impossible situation which afforded her little or no hope for her own happiness.

Now, I understand that people's lives are complex and I offer no judgment or condemnation of my father, the families of the above described women, or even my former work place. I recognize that in each of these situations there is another side of the story; yet, this realization doesn't change the fact that for me, my mom, and these young women, that these situations of being stuck and trapped in awful circumstance are and were very real.

Still, these are the types of dead-ends I am talking about. These dead-ends provide little or no viable options for escape and no hope of changing from the outside. So, what do we do when these situations find us? I believe that life affords us these situations for a purpose. We are to learn something from them, rather than to be beaten by them. Then, when we have learned the lessons which come from these impossible environments we are granted the capacity to break free from the prison cell of life and transcend them. The process of inwardly beating these places of desperation is what this book is about! I want to show you a method of breaking out of the hell hole environments of our lives and the process of 'leaving the world behind'. The way out does not involve suicide; rather it involves an inward transformation, a transformation which actually changes nothing 'outwardly', yet everything 'inwardly'. This inward change is incredible and real! But I suppose you have to read this book to find out what I am talking about, and then you have to apply the things which I am saying to find out for your self. That is okay! Doing this on your own is the adventure that is yours, which no one can take from you, though other people have traveled the same journey. Ultimately I believe everyone eventually must travel this same road by the design of life itself. No one escapes from this hell hole alive! Everyone will have impossible grief and hardship to deal with. Some people will break under the strain. In fact, we all will break under it! But we can get back up again. We can rise from the ashes of our defeat and failure. In

this way, we transcend our old world and find another. Said differently, we leave behind the old world and we find a new one. This change in worlds is what this book is about, and I write it for the young women mentioned above. I write it for myself, and for my mother who has crossed over to the other side in angelic bliss. I also write this book for you who, in your own unique way, has your own prison cell to deal with.

Regarding this change in worlds, I wrote a poem which sets forth the route that this book will go on. Here it is:

*Leave the world behind!
That place you don't want to be
Find a better place*

*First, know there's a door
Between this world and the next
In the reach of all*

No! Not suicide
*Suicide is a false door
That leaves you still trapped*

*The door is inward
A place that none can block you
Or stop your exit*

*Next, sense energies
The spark behind all actions
Either fear or faith*

*Third, unplug from fear
Fear is the trap that binds you
The one true villain*

*Fourth, plug into faith
Faith is an inner feeling
The light behind acts*

*Behind thoughts and choice
A choice to see differently
To walk in new light*

*To see good in all
Each curse has its blessing too
See the good in bad*

*Then you are set free!
You have crossed the hid doorway
To a world of truth*

*Truth beyond deceit
A beginning not an end
A new way of life*

*With its own knowledge
With its own power and flow
Of which you have part*

*Just by believing
Soon you will rise to your self
And none can stop you*

Now, let's go to the first chapter. In it, I address the 'hidden doorway' which is waiting for you though you can't see it. Just because something can't be seen or felt doesn't mean that it isn't real or doesn't exist. At this time you may not yet know that, but you will. This knowledge is vital to your exit from the world that imprisons you, so we will spend some time introducing you to the realities of the unseen world.