

How to: Access the Inner Life

'Just get over it.' 'Don't look back'. 'You are too intense.' 'Don't slow down.' 'Don't take a break.' Being bombarded by this kind of rhetoric can cause violence, illness and confusion in our world. This rhetoric urges us to push on regardless of what may be happening on the inside.

To build a world with honesty, care and creative growth, we need to acknowledge our complex inner life, to draw breath and honour where we are and how we feel. If we don't maintain awareness, by responding to our intuition and feelings, we become robotic. Artificial intelligence can't experience trauma, abuse, confusion, or eternal happiness. But humans can, even though we've been told we shouldn't.

Healing has no timeline, and we all need space and time to heal daily. There is no special elixir that speeds up the healing process of living a complex life. Everyone has a different process.

Our ability to care is a vital part of our emotional intelligence. We can truly care for ourselves by slowing down and getting in touch with the deeper parts of ourselves. By being present to our grief, hurt, joy and deep feelings; not being superficial about what's important to us.

I'm not suggesting wallowing in self-pity. It's mature and courageous to recognise feelings when they arise, this is how we build emotional intelligence.

Very little reverence is given to the spectrum of our human experience. Doing so requires space, time and hiatus, and understanding our own unique complexities.

Running away, filling the space with 'doing' all the time is Artificial Intelligence. This insanity is buried in the social narrative: that we should all function, process and produce the same way. Change this narrative, acknowledge your directly lived, real and raw experiences. Compassion is derived from these moments and compassion eases the world into a saner place.

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