

# Chapter 9

## There Is Buried Treasure

### *Two Places In You*

"Who am I?" Haven't we all asked ourselves this question? Philosophers throughout the ages have written on this subject, and the conclusions are diverse. However, God knows who we really are and what we are like. He has revealed a great deal of this in His Word, because He wants us to know who we are. Unfortunately, the world's philosophies have contaminated the Christian understanding of what people are like; so even as Christians we have probably been given a wrong picture of our nature as human beings. What is important is what God has to say about us

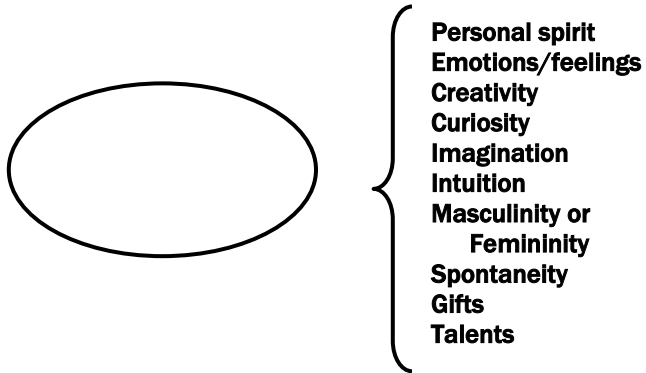
What I present in this chapter is not a full or exhaustive description of humanity. We are complex and multifaceted. I will keep my focus narrow to demonstrate that there are other parts to our being besides our conscious faculty. There are several parts of us below our level of consciousness (what I will refer to as "hidden"), including a part that is not "bad," that has a "will" of its own, is human, and is a part of us. The model I will now present helps me explain to you how the parts of us interact and react as we experience life.<sup>1</sup>

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<sup>1</sup> See **Endnote #9-1** for more information about our complexity as human beings, and read Chapter 12, "The Good Part Of You" for more information about the "good" part of us.

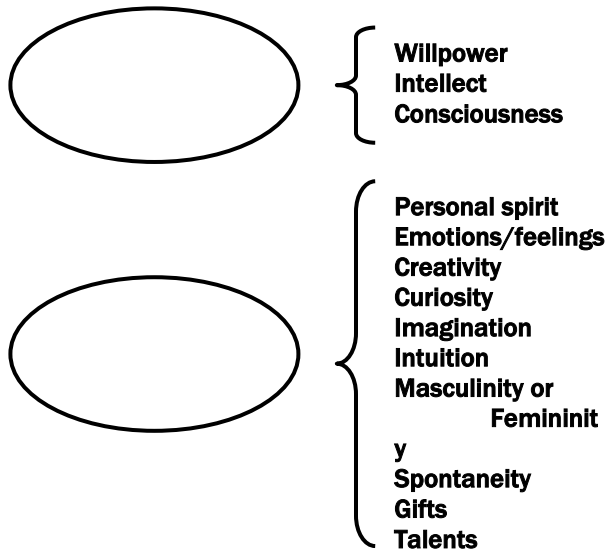
## A Diagram Of You

When the Lord created you, He created a place hidden down inside of you where he placed a number of attributes, such as your personal spirit, your emotions, your creativity, your curiosity, your imagination, your intuition, your masculinity or femininity, your spontaneity, your gifts, and your talents (this list is not exhaustive).



At this point I will not place a label on this place "inside." A label is not nearly as important as the awareness that there is a place where these attributes dwell.

There is another place the Lord created in you wherein dwells your willpower, your intellect, and your consciousness. We are consciously aware of this part of us.



## What Do We Call These Two Places?

The place "hidden inside" that contains your personal spirit has been given many labels by various people, including "heart," "center," "inner child," the "real self," our "true self," the "wonder child," our "inner man," as well as many additional terms. I have found that all of these terms are problematic, either because they are inadequate or they have become "loaded" with other meaning. For instance, "Inner Child" is a term that has been captured by New Agers, and this term has thus become loaded with their meanings.

**What we call these places is not so important as knowing what attributes dwell therein.**

In order to avoid controversies attached to all those other terms, I am going to coin a new term, "Treasure Inside," to refer to that aspect of our being. In this chapter I will use "Treasure Inside," though in other places

in this book I may also use the terms "heart" or "inner man," depending on which term seems most appropriate to the context.<sup>2</sup>

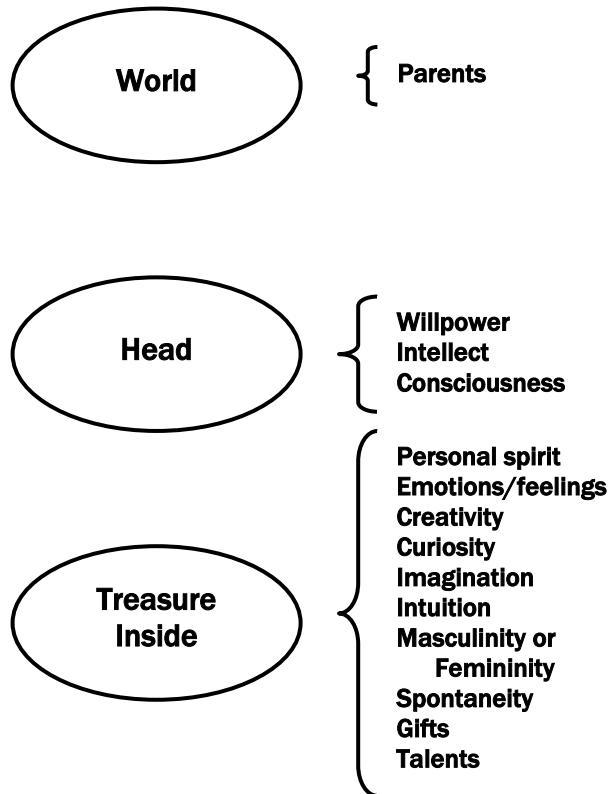
Regarding the part of us which contains our willpower, intellect, and consciousness, there are also several labels others have given to that place. Fortunately, the names for this part of us are less problematic than are the words used for our "inside" (our Treasure Inside), so I will call this conscious part our "head."<sup>3</sup>

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<sup>2</sup> See **Endnote #9-2** for additional names for what I am calling our "Treasure Inside."

<sup>3</sup> Some other possible terms are, our "head," our "brain," our "outer man," or our *persona*. *Persona* is a Greek word which means "mask" (we do not reveal to the world who we really are - we hide behind a mask).

There is a third place, which is not a part of us, but which impacts us and relates to us. This place is the "World." For a small child this is predominantly his or her parents (or other primary care givers, the culture, teachers, other children, the church, etc.).



When God created us, He chose to distribute these various attributes of ours into these two different places inside of us (our Head, and our Treasure Inside) rather than mixing all the attributes together in one place. We need all the attributes that are in both places, and somehow they all need to work together. Each of the two parts of us contains valuable tools that we need in order to live our life fully.

Our childhood experiences are what form the relationship between these two parts (between our "Head," and our "Treasure Inside") and determine how all these parts are going to interrelate.

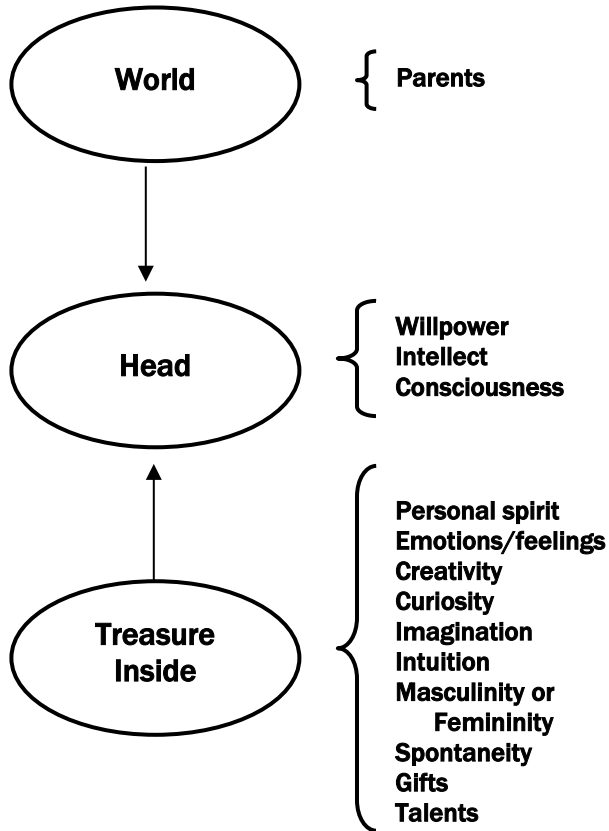
## The Dynamics

You, in your conscious self (Head), receive messages from your Treasure Inside, and you also receive messages from the World (which in the early years is predominantly messages from your parents).

The messages you get from your Treasure Inside are little sensations (sometimes big sensations), awarenences, and feelings. But these messages are not as overt or clear as the messages you get from the World. The messages you get from the World are overt and in your face. For instance, you get a spanking, or you fall out of bed and hurt yourself, or you get a hug from Mom.

When the message that you are getting from the Treasure Inside you is the same message as you are getting from the World (from your parents), there's no problem. In fact, the World's message then validates what you are hearing in that important language from the Treasure Inside. Then parents' messages help you to trust your inner language.

## Diagram Showing Agreement Between The World And The Treasure Inside



## **A Problem That Causes A Disconnect**

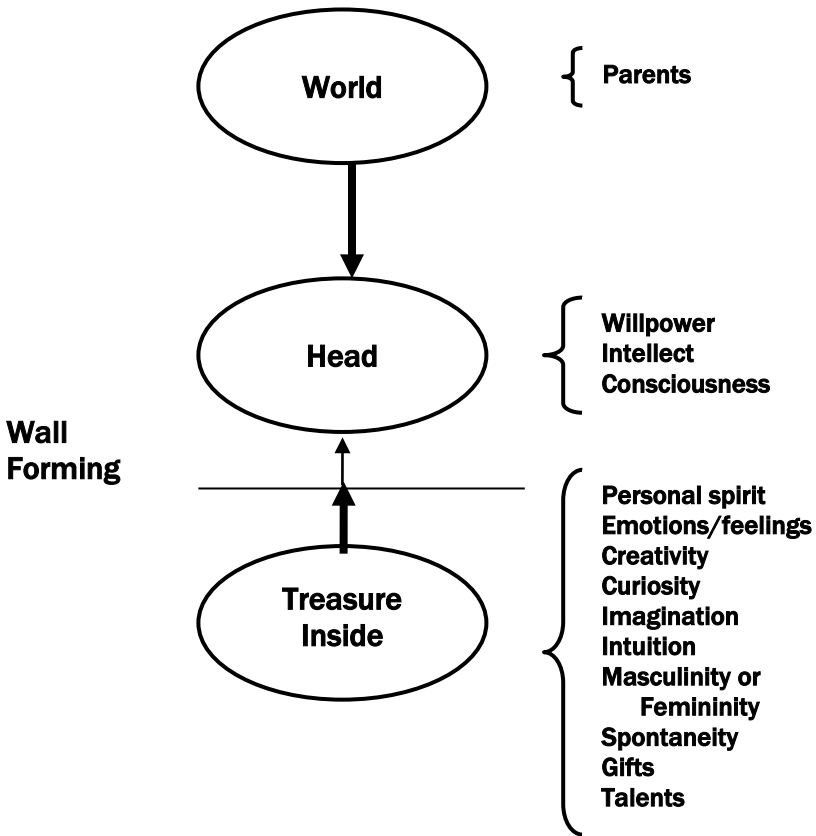
But what happens when the message you get from your parents differs from the message you are getting from your Treasure Inside? For instance, a little three-year-old boy falls down and scrapes his knee. He feels pain from the Treasure Inside, and he begins to cry in response. But Dad, who is a real macho guy, says, "Don't be such a crybaby. Big boys don't cry." The little boy, who worships his father (as little boys always do) wants to please Dad, and so he represses his crying. He says to himself, "I want to be a big boy. I won't cry."

This is always the way it works. In the eyes of a child, parents and adults are godlike; and they are always right. In this example, the little boy wants his father's love and affirmation. The feeling (physical pain) coming up from his Treasure Inside is threatening to cause him not to receive Dad's love. Therefore he sees the Treasure Inside as trouble. He begins to distrust his inner language, because Dad is telling him that he shouldn't feel what he is feeling.

The little boy judges his Treasure Inside and makes an Inner Vow not to listen to it. The little boy is beginning to build a wall between his Treasure Inside and his Head (his conscious self).



# Diagram Showing A Wall Forming Between The Head And The Treasure Inside

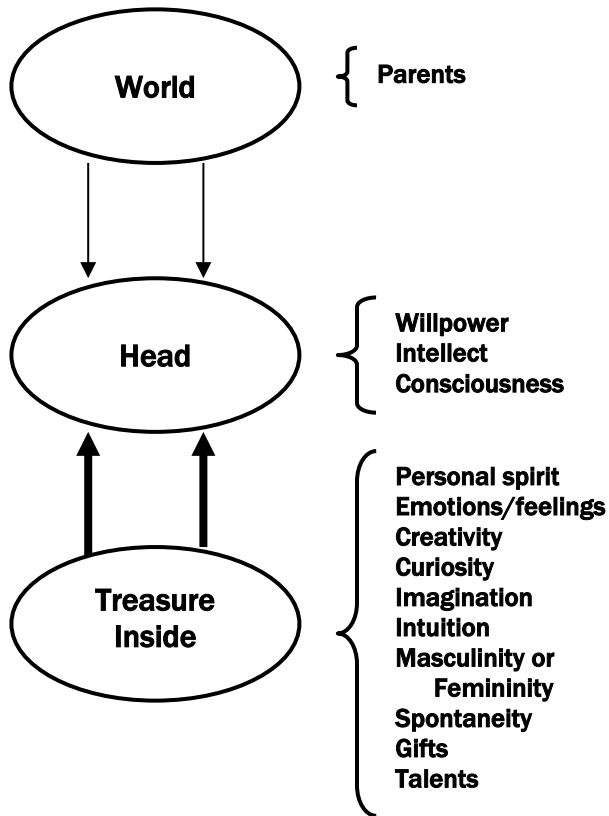


## **What Our Experience Should Be Like**

Janet is a small baby. She wakes up in the middle of the night, and she is hungry. "Hungry" is a negative feeling, and when babies feel unpleasant things, they cry. Janet's mother responds, and she is a good mother. She comes into the room and is very glad to see her newborn child. She picks Janet up, and finds out that her diaper is wet. She changes the diaper, and then she sits in a rocking chair and nurses Janet. While the nursing is going on, the mother looks into Janet's eyes, plays with her hands, talks to her, and sings to her. Being a Christian mother, she openly prays for Janet. It is a wonderful bonding moment. When Janet is done nursing, her mother picks her up and gently lays her in her crib. She gives Janet a big kiss, and tiptoes out of the room.

What's going on inside Janet? Now she is no longer hungry or wet. In addition she feels so good, because of having been close to Mama. When Janet listened to and responded to her feelings of hunger, there was a big pay off. She decides something like this (though non-verbally): "The next time I feel that uncomfortable feeling coming up from the Treasure Inside me, I'm going to pay attention and do the same thing again" (cry). Listening and responding led to good things!

## Diagram Showing This Growing Willingness To Express What Comes From The Treasure Inside



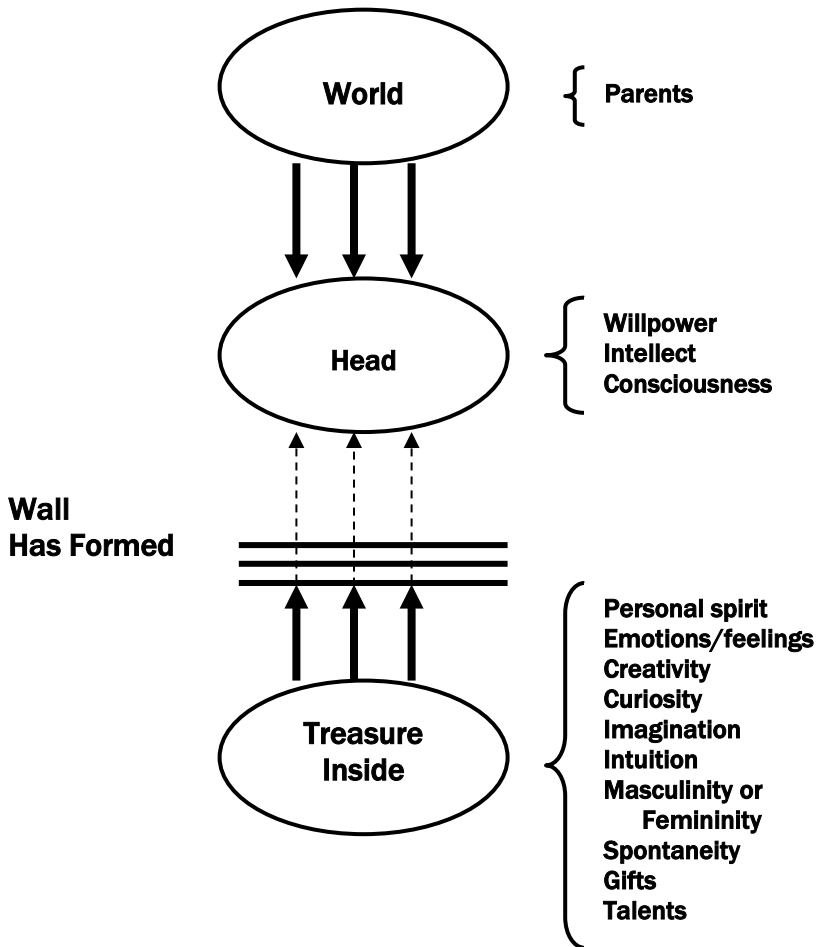
Janet's ability to sense what is going on inside her grows as a result of such affirming experience.

## **What Happens When We Were Not Heard**

Mary is also a small baby. She wakes up in the middle of the night, and she too is hungry. She responds to that negative feeling by crying. But her mother is a not a good mother. Mother has her boyfriend over, and they have been drinking. The last thing she wants to do right at that moment is to take care of a crying baby. So Mary's mother storms into Mary's room, rushes over to the crib, and screams, "I'll give you something to cry about, you little brat," and she smacks Mary on the bottom. Then Mother stomps out of the room, and slams the door.

What's going on inside Mary? Not only is she still hungry, but now she has a sore bottom. She has been traumatized, and that drowns out her hunger pangs. Responding to the uncomfortable hunger feeling by crying did not help. In fact little Mary is worse off than before she cried. So the conclusion that Mary will come to (again, not verbally) is that the hunger feeling coming up from the Treasure Inside caused trouble. When she responded to that feeling, bad things happened. Her conclusion is that what is in the Treasure Inside can be trouble. So a process of judging her Treasure Inside begins, and a desire to bury what she feels (the messages from her Treasure Inside) begins.

**Diagram Showing A Loss Of Willingness To Respond To The Feelings From The Treasure Inside  
--- The Building Of A Wall Inside.**



Interactions with the World happen a countless number of times to all little children as they grow up. The result of this process can lead to either growing in their ability to sense what is coming up from their Treasure Inside, or a growing tendency to repress those messages. If

enough repressing goes on, if there are enough events that invalidate what is coming up from their Treasure Inside, eventually they won't hear those inner voices anymore. They have lost the use of those valuable resources in their Treasure Inside. They have built a "heart of stone."<sup>4</sup>

## The Wall

God intended for us to be whole so that we can truly be like Him. We need all of the attributes that are in both our Head and our Treasure Inside. Neither part is bad, and neither part is superfluous. Sometimes we need to analyze a situation with our intellect and then simply go and do it. Sometimes we need to listen to the messages from our

**If there is enough repressing going on, if there are enough events that invalidate what is coming up from their Treasure Inside, eventually they won't sense those inner voices anymore.**

Treasure Inside and act on what they tell us. However, The Wall we have built interferes with our ability to hear these internal messages. The Wall wasn't supposed to be there, and you can see from the previous diagram that when The Wall is present our access to the Treasure Inside is inhibited. In this case we have to try to live all aspects of our life from our Head, and we may not even be aware that the Treasure Inside exists. Without access to those attributes inside, we fail in some aspects of our life.

For instance, a wife may be complaining that her husband can't communicate with her. She expects him to know what is going on inside her, yet she does not communicate her needs directly. Her husband is very frustrated because he is not a "mind reader." He asks himself, "How in the world am I supposed to know what she is feeling when she does not seem to know herself?"

The problem comes about because the husband is cut off from his Treasure Inside. In that place inside he does feel her pain and does know what is going on inside her. There is ongoing communication between her Treasure Inside and his Treasure Inside. However, the awareness of that information never makes it through his Wall to his conscious mind

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<sup>4</sup> Sandford, *Transformation of the Inner Man*, pp. 207-222.

(his Head). He becomes frustrated, and his wife does not feel heard. Because of the presence of The Wall in him, the marriage is much less intimate and rewarding than God meant it to be.

It is also quite likely that the wife also has a Wall, and therefore she too may not have a clear awareness of what her own needs are.

When The Wall is built, in a sense the person has buried his or her humanity.

**The Wall is a big problem for us, because it prevents us from being whole. We are unable to access those important gifts which are inside.**

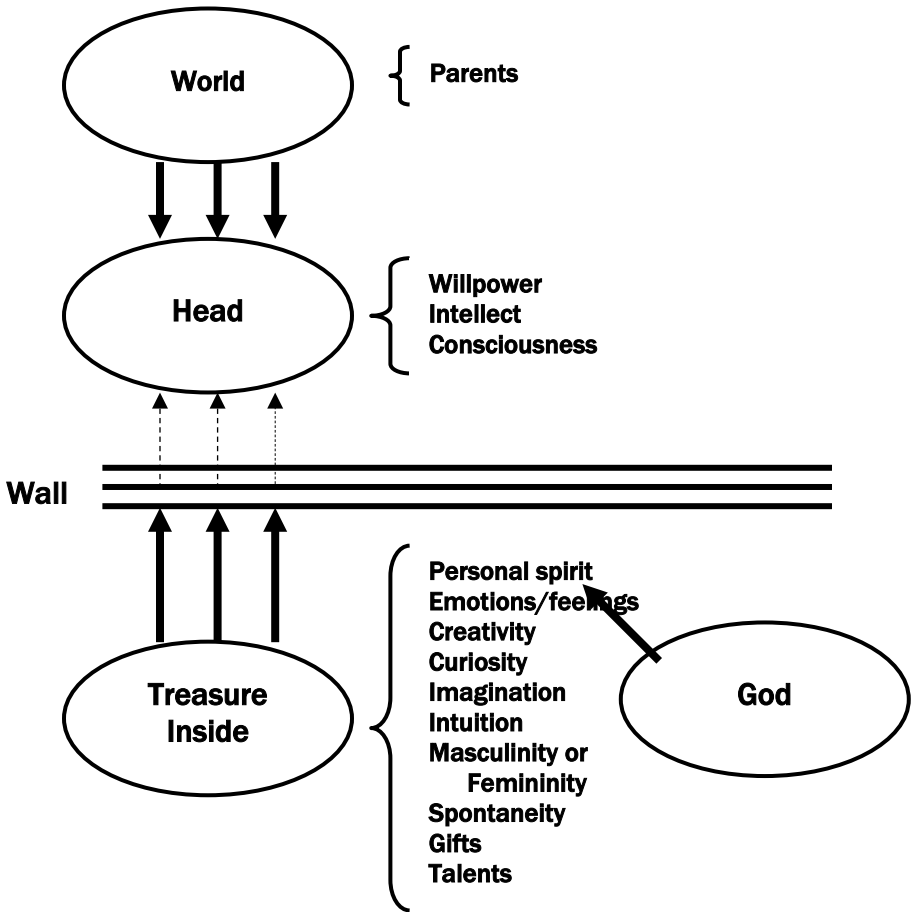
## Separation From God

The living Lord communes with our personal spirit. We are designed to have a personal relationship with Him through this part of our Treasure Inside. When we can hear God's voice, we will be reliably guided by Him and prevented from sinning. We will be able to discern Satan's traps and accurately identify the deceptions of the World. Satan loses.

However, when we have shut ourselves off from our Treasure Inside, we become unaware of God's presence. We are separated from Him by The Wall, and our ability to hear Him is impaired (sometimes totally)! This is the greatest tragedy that results from the building of The Wall. I believe that building The Wall is Satan's favorite scheme, because he loves to see us cut off from God. When we are cut off from God, we have to rely on our intellect, which is ill-equipped to discern good and evil, right and wrong. Satan can then lead us into all types of error. Satan wins.

Unfortunately, history is filled with examples of people who are cut off from their Treasure Inside. Some examples are the Crusades, the Inquisition in the Middle Ages, and the Holocaust. These tragedies could not have happened if people had been able to hear the living God, because the Holy Spirit would prevent them from hurting other people in these cruel ways. The Holy Spirit was in agony over the pain being inflicted on the victims, and spoke to the hearts of those inflicting the abuse. But The Wall in these perpetrators prevented the message from getting through to the conscious faculties in their Head. They were unaware of the pain they were inflicting.

### Diagram Showing How The Wall Cuts Us Off From The Living God.



In this diagram I am not implying that our personal spirit is God. However, for Christians it is true that God does dwell in our Treasure Inside.<sup>5</sup> Here I am simply illustrating the fact that though God does dwell inside us and speaks to us, we may not be able to consciously commune with Him because The Wall gets in the way.

<sup>5</sup> **John 14:17:** *even the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you, and will be in you.*



## Separation From Self

A second great tragedy that results from The Wall is a separation from ourselves, a separation of our Head from our Treasure Inside. The Treasure Inside is very important to us. The most obvious result of separation from self is that we are shut off from the benefit of all those attributes contained therein. In fact most of our personhood, most of who we are, is in our Treasure Inside. "We are much, much more than our conscious processes."<sup>6</sup>

But there is a more debilitating result than not being all we are meant to be. Being cut off from ourselves causes incredible internal pain. Our Treasure Inside is meant to be the best friend of our Head, and suffers greatly when cut off from this relationship. The pain comes about because we have decided that who we are in the Treasure Inside is not acceptable. In fact, we conclude that this part of us inside is bad! I call this internal pain the "**Big Hurt**," because it is the most excruciating emotional pain we experience.<sup>7</sup>

I will discuss more about the "Big Hurt" later in this chapter.

## Separation from Others

The Wall also affects our ability to have relationships with other people. It is the part of us that is sensitive and has compassion. It is the part of us which has relationship with another person. Real relationship is heart-to-heart (Treasure Inside-to-Treasure Inside), not Head-to-Head. There is actual communication that occurs at the heart level. Jesus could tell what was going on in peoples' hearts, and so can we. When we have access to this part of us, we can then feel what the other person is feeling. This sensing is called "empathy." Our personal spirit was given to us so that we can communicate heart-to-heart in this way.<sup>8</sup> However, if there

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<sup>6</sup> We have tremendous assets inside us. Dr. Daniel Siegel, a medical researcher says the following: "Huge amounts of evidence support the view that the 'conscious self' is in fact a very small portion of the mind's activity . . . most of the mind is nonconscious. To put it another way, we are much, much more than our conscious processes" (Siegel, The Developing Mind, p. .263). This statement is, of course, based upon scientific investigation, not Scripture. However, science and theology must converge if the science is solid; because good science only uncovers the truths about God's creation. In this case the evidence is so overwhelming that misinterpretation by scientists of this issue is unlikely.

<sup>7</sup> "They have come to understand that no punishment anyone might inflict on them could possibly be worse than the punishment they inflict on themselves by conspiring in their own diminishment. . . The punishment imposed on us for claiming true self can never be worse than the punishment we impose on ourselves by failing to make that claim" (Palmer, p.34).

<sup>8</sup> **Matt. 9:4**, *But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts?"*  
**Luke 9:47**, *And Jesus, perceiving the thought of their heart, took a little child and set him by Him.*

is a Wall inside, our ability to consciously hear what our personal spirit is saying is impaired, or perhaps completely blocked. If completely blocked, we are forced to try to figure out what is going on in the relationship with only our head. Consequently, our relationships are shallow. We cannot feel what others feel or sense what is going on behind the personality they present to the world. It is not possible for us to have intimacy in our relationships, because intimacy is only made possible by the heart-to-heart connection.

Other people who are sensitive to their own Treasure Inside will be able to sense that they are not connecting with us. We have them locked out. Our relationships are hollow and not very rewarding to either the other people or to us.<sup>9</sup>

## Men And Women Differ

Both men and women are wounded and react in the way I have been explaining. Both do whatever they can to stop the pain coming up from inside. However, God has so constructed men that they are more efficient at building The Wall.<sup>10</sup> Sometimes a man's Wall can be so impenetrable that he is totally unaware of what is going on in the Treasure Inside. Women are seldom able to accomplish this degree of shutdown. Given the same amount of wounding, women would also build a thick wall to stop the pain if they could, but they can't. They may hate themselves just as much, and they may be equally shut off from being able to live from the Treasure Inside, but they are less able to shut out the pain.

Men and women do not differ in what is in their Treasure Inside! Both men and women have the same attributes. What has often been labeled as "your feminine side," or "women's intuition" has been so labeled because these attributes tend to be outwardly evident in women. However, the main differences between men and women are not based on what is in their Treasure Inside, but rather on the thickness of The Wall that inhibits what is in their Treasure Inside from manifesting itself outwardly. Over the ages, men have demonstrated these "feminine" gifts. For example, men are just as intuitive and artistic as women. In past history most of the well known artists, sculptors, architects, musicians, and composers were men. The gifts were obviously there,

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<sup>9</sup> See **Endnote #9-3** for more details on how we communicate heart- to-heart.

<sup>10</sup> See **Endnote #9-4** for more details on why men and women differ in this area.

and in some men they managed to come out. Of course, the reason women didn't manifest those gifts publicly in the past was because until recently, they were prohibited by the culture from doing so.

## How Can You Know If You Have A Wall Inside?

Are you a human being? Then you have a Wall inside. For some The Wall is like the vault at Fort Knox – nothing can get in or out. For some it is like Swiss cheese – it is solid but has holes in it. For some it is like a screen door – there is some interference, but there are more holes than blockages.

How can you know to what extent your Wall is disabling you? You can tell by the fruit

**The main differences between men and women are not based upon a difference in what is in their Treasure Inside, but on the thickness of The Wall.**

demonstrated in your life. Often, if The Wall is big and thick, you may be unaware of the hurt in the Treasure Inside. You may even be unaware that something is missing. You may simply know that you are not very empathetic, or that you are not very spontaneous, or that you do not cry very easily, or that you cannot hear God's voice. Often the feedback of other people is necessary to bring to light what you cannot see. Often what you cannot see is obvious to those around you.

Since there are so many possible ways The Wall can manifest itself, I will not try to go into detail here. It is very important to realize that each person is unique. We were each created by God to be unique, and we each have our own life experiences. Consequently, there is no pat answer that fits all people. The only way to unravel this complex puzzle is in a living encounter with another person and the Lord. Only then can we identify the bad fruit and deal with The Wall. To be whole we always need to remove The Wall, and this should be the most central necessity in Inner Healing. Once The Wall is dismantled, the Lord is freed to be your Counselor, to heal you in the deepest places hidden inside you.

## How Can You Remove The Wall?

The Wall is made up of Judgments and Inner Vows. The Judgments are against yourself (your Treasure Inside), and the Inner Vows are decisions to not listen to the messages that come up from the Treasure Inside. For example, the little boy who skinned his knee feels pain coming from the Treasure Inside. That Treasure Inside is compelling him to do something that Dad disapproves of (to cry), and it thus threatens to cause him the loss of Dad's approval. Therefore the little boy judges that place, the Treasure Inside, as being trouble. He decides "I'm not going to be a wimp. I'm going to be brave. I'm not going to listen to the pain anymore." This is an Inner Vow.

**"The Wall" is made up of  
Judgments and Inner Vows  
..... against ourselves!**

I have previously discussed how to be cleansed of Bitter Root Judgments and how to renounce Inner Vows. You deal with these Judgments against yourself and the associated Inner Vows in exactly the same way that you deal with them in relationship with other people. First you need to forgive and be forgiven in order to stop the operation of God's laws (and to take away the power that drives the Inner Vow).

Second, you need to renounce the Inner Vow. For example, "In the name of Jesus, I renounce the decision that I made to never pay attention to my emotions."<sup>11</sup>

Finally, you need to restore the relationship, in this case your relationship with yourself (your Treasure Inside). Your Treasure Inside is fully human and is wounded by your rejection, and yet your Treasure Inside is a part of you.<sup>12</sup>

You need to restore this relationship in exactly the same way as you would restore a relationship with any other person. You need to be proactive and pursue the restoration. You need to persevere, and to correct immediately any future Judgments you make against yourself. And you need to spend time in relationship with your Treasure Inside (listening, valuing, attending to, protecting, nurturing, blessing). Relationships require time spent together, and interaction.

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<sup>11</sup> See Endnote #5-5 regarding the power of words.

<sup>12</sup> This relationship with ourselves is a bit of a mystery. We are "fearfully and wonderfully made" (Psalms 139:14). You are one person, and yet God made you in such a way that you can have a relationship with yourself. Perhaps one way to grasp this is to think of the Holy Trinity: Father, Son, and Holy Spirit. There are three separate persons, and yet they are one.

Bear in mind that your relationship with yourself is the most important human relationship you have. Being able to have access to those attributes in the Treasure Inside depends upon you having a loving relationship with yourself. Having a Wall inside interferes with your ability to hear God, to love Him, and to love other people. Therefore, if you are at war within yourself, you cannot possibly fully and freely love others.

## Loving Yourself

Removing The Wall and keeping it from being rebuilt requires you to not only tolerate your Treasure Inside, but to positively love yourself.<sup>13</sup> This is not selfishness or narcissism. It is obeying Jesus' second commandment to love others as you love yourself. He did not say to love others and hate yourself. He said this because you were made for love, and love must start with your Treasure Inside before it can be manifested outside.<sup>14</sup> God is love, and as you are changed into His image, love must permeate your being.

Loving yourself does not lead to selfishness. You become selfish when you are empty and needy inside. When you are needy, that need impels you to strive for more of what you are missing. That is the nature of any need. If the need is severe enough, you are compulsively driven to fill that empty place, even in unhealthy ways. That is when you become self-focused.

If right now I asked you for a glass of water, you would be pleased to give me one. After all, you have plenty to spare. However, if you have been wandering in the Sahara Desert for three days with no water, all you would be able to think about would be getting a drink of water. Your thirst would consume your attention, because you would soon die if you

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<sup>13</sup> **Matthew 22:37-40**, *Jesus said to him, "You shall love the Lord your God with all your heart, with all your soul and with all your mind. This is the first and great commandment. And the second is like it: You shall love your neighbor as yourself. On these two commandments hang all the Law and the Prophets."*

<sup>14</sup> When I accept that I am a needy person with legitimate needs, and when I am then diligent to fulfill my legitimate needs in legitimate ways, then inside I am satisfied, and so I have a surplus to give. I will then easily and spontaneously discover myself giving and loving. "Finally, nurture comes to us by our own cherishing of our own person. In this, we are not advocating narcissism. Rather, here is another true maxim: When we disobey the great commandment to love our neighbor *as ourselves* and cannot truly love being who we are, our spirit becomes so drained and empty, we develop ways to puff ourselves up in pride, braggadocio and in false love, to fill the vacuum. Whoever loves himself as he ought need not fear pride or selfishness. True love of oneself will overflow to others as naturally as a creek may begin to form a pond but, overflowing its banks, spill out to bless the earth beyond. We only love ourselves wrongly when we fail to love ourselves rightly" (Sandford, Healing the Wounded Spirit, p.25).

didn't get a drink. If you then found a single small glass of water, and I asked you to give it to me, it would be almost impossible for you to be big hearted and to let me have that glass of water which you so desperately need. You would be literally driven to be "selfish."

Similarly, if you lack love for your Treasure Inside, you are absolutely impelled to try to draw love out of others and out of life to fill the void. Then your need is so great, and the demand inside screams so loudly, you cannot hear or sense others' needs. You have no reserves of love to give them. You are "selfish."

Loving is an ongoing necessity, not a one-time event. Thus you need to walk daily, moment by moment, loving yourself. This is the only way to continue to dismantle The Wall and to keep it from being rebuilt. When you do actively love yourself in this way, you will find it easier and easier to hear your Treasure Inside, and you will discover that you are loving God and other people. You won't be trying to do this, you will do it effortlessly. You are loving them because you have a surplus of love in your Treasure Inside. The overflow of love is good fruit from a good root.

## The "Big Hurt"

When people judge themselves instead of loving themselves, they feel emotional pain. This particular sort of hurt is the most excruciating and debilitating emotional pain a person can experience. God made it to be so painful because He wants us to avoid doing this to ourselves. I call it the "**Big Hurt**" because it is so severe. This pain of separation from ourselves, from our Treasure Inside, is so pervasive and awful that we will do anything to get rid of it.<sup>15</sup>

For example, suppose your best friend no longer wants to do things with you. Your friend always used to be available to go places and do things with you, but now when you ask her (or him) to come over and visit, there is always an excuse. How would that make you feel?

**The "Big Hurt" is so enormous that it dominates our life. We will do anything to get it to go away.**

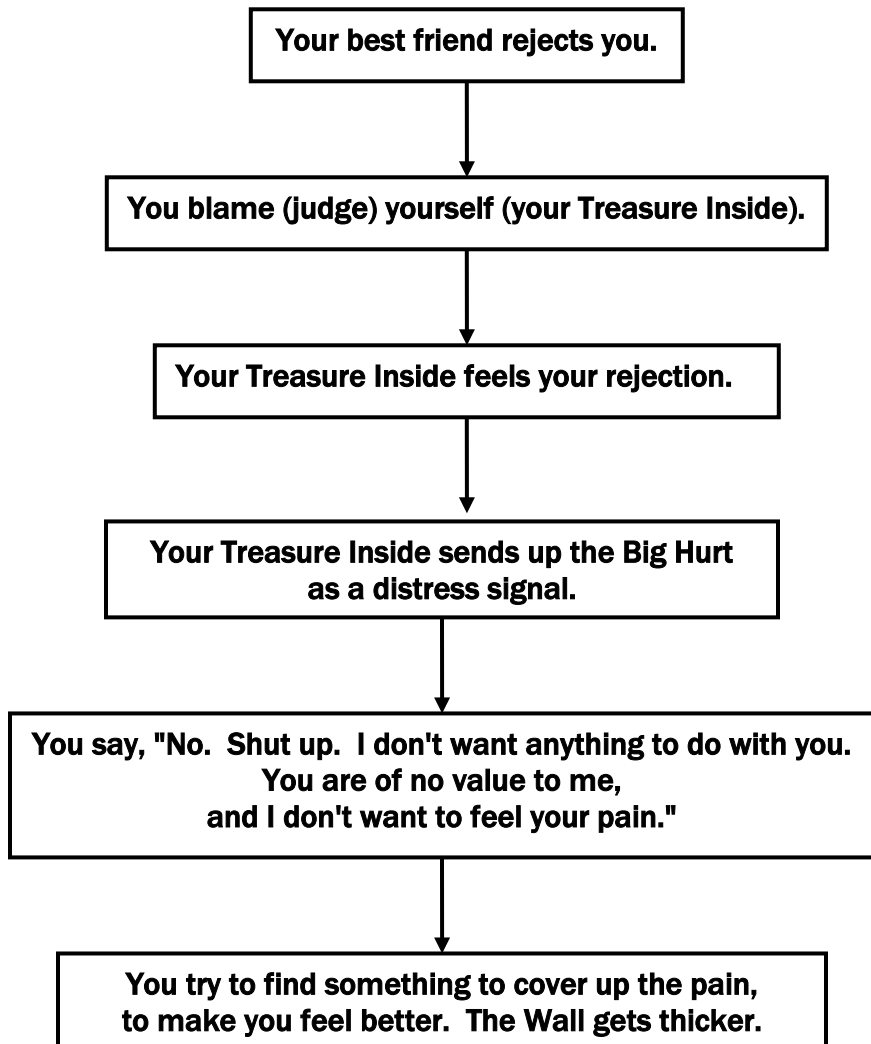
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<sup>15</sup> The Big Hurt is the pain that results from judgment of, and alienation from, our Treasure Inside. The pain is enormous because the offense is so great. Self-judgment is a huge offense, so the pain associated with it is huge.

**Take a moment and feel how that would make you feel.**

How would you describe the feelings? Rejected, abandoned, empty, unimportant, worthless, like "dog meat?"

### **Sequence Of Events When You Judge Yourself**



**This whole sequence happens in an instant. It is automatic and subconscious. You would only be consciously aware that it has happened when you feel the Big Hurt.**

## **Ways To Cover Up The Pain**

People are compelled into all sorts of behaviors in order to keep from feeling this pain of separation. Most addictions, codependence, and compulsive behaviors are attempts to dull this feeling. Addictions are behaviors or substances that we discover through trial and error that seem to reduce the intensity of the Big Hurt, and thus make us feel a bit better for the moment. However, because these things only cover the pain rather than fixing the source of the pain (the judgment of ourselves), we must constantly indulge in them, trying to obtain some relief.

The Big Hurt then dominates our life. We fear rejection from others, because being rejected triggers our self-rejection. We cannot have empathy for others because our inner pain is speaking so loudly that it drowns out any such soft and subtle emotions. We are truly disabled.

## **The "Big Hurt" Gives The World Power Over You**

When you are at war with yourself in this way, the World has control over you. It has control because the way people relate to you can trigger your self-judgment, and that brings intolerable pain. You become a people pleaser in order to avoid feeling the Big Hurt. On the other hand, when the war inside you stops, and you are then loving yourself, the World can no longer trigger the self-judgment. Then you no longer have to please the World to keep from feeling the pain of the self-judgment.

Therefore, only when it is safe inside you (you are loving your Treasure Inside) are you able to withstand the hurt and the evil that is in the world.

When your internal relationship is one of love and not discord, and you are determined to protect your Treasure Inside rather than

attack him or her, you are living the way God intended for you to live.

**When you are at war inside, you are controlled by the world. When you end the war and begin to live your life loving yourself, the world loses its power over you.**



And since the Lord dwells in your Treasure Inside, you can rely on Him to be your strength to keep you safe. Then you are safe from the fiery darts of the enemy. Then you have the resources to love others and to venture out into the evil world.

## What About The "Bad Part?"

I have been speaking of loving yourself (your Treasure Inside), but what about the fallen nature in each human being? Since we are sinners, there is also a "Bad Part" inside us. However, the "Bad Part," which some refer to as "the flesh," is not what I have been referring to as your Treasure Inside in my diagrams. Unfortunately, many of us have seen our Treasure Inside as the "Bad Part," and this perception has often been reinforced both by life experiences and by some Bible teaching. I will address this issue in detail in Chapter 13, "The Bad Part Of You." I also elaborate on the "Good Part" in more detail in Chapter 12, "The Good Part Of You."

Much of our trouble comes from confusing the "Good Part" with the "Bad Part." We need to distinguish the difference between these two parts, and recognize that they both exist. They are not one and the same. When we have judged ourselves and built The Wall, we have "thrown the baby out with the bath water." We have unwittingly thrown out the good with the bad.

**We need to recognize that there is within us both a "Bad Part" and a "Good Part" (our Treasure Inside).**

## Why Should You Want To Remove The Wall?

I have had numerous clients ask me why they should want to remove The Wall. After all, it keeps them from feeling emotional pain. One man in particular asked me this question, because he observed how his wife was blown about by her emotions. He, on the other hand, was able to stay cool in all situations. "Why would I want to enter her crazy world?" he asked.

This is a very important question that needs to be addressed. After all, when we have a Wall inside, we placed it there for a purpose - to

protect us from pain. I told him there were several reasons why he should dismantle The Wall:

1. **To have the hurts inside healed.** With The Wall in place, we can't tell where our wounds are. I will talk about this in detail in Chapter 11, "Emotions Are Your Friend."
2. **To have access to the resources** in our Treasure Inside. Otherwise we will continue to have a very limited ability to operate in those gifts.
3. **To be like Jesus.** Jesus didn't have The Wall inside Him.
4. **To obey Jesus.** Jesus wants us to be like Him; and so when we decide that we want The Wall dismantled, we will be doing what Jesus wants us to do. Jesus will be pleased with this decision and will direct our path in this quest.<sup>16</sup>

For this particular man, these were convincing, as he was a man who wanted to serve and obey God. He decided to cooperate with Jesus in the process of removing The Wall.

## Summary

For some reason God didn't chose to place your various gifts in one place inside you.<sup>17</sup> You need to become aware of the fact that there is a part of you, your Treasure Inside, over which you do not have conscious control. Unfortunately, our Western culture is very lopsided in that the Head is highly valued and the Treasure Inside is disvalued and distrusted. This is tragic, because your Treasure Inside is a part of you that you truly need in order to have intimate relationships with other people and with God. In order to have access to those attributes contained in your Treasure Inside you need to have an intimate, loving relationship with yourself. If you are presently unable to do this, there is a Wall of separation that needs to be removed. The Wall is made up of Bitter Root Judgments against yourself, and Inner Vows not to listen to that part of you. Only the blood of Jesus and the authority in His name can remove The Wall. Removing The Wall is God's plan for you.

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<sup>16</sup> The Bible says, "*Be holy, for I am holy*" (1 Peter 1:16), and *Just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love* (Ephesians 1:4).

<sup>17</sup> See **Endnote #9-1** for more information about our complexity as human beings.

**Key Concepts:**

- **First, you are restoring a living relationship (with yourself); and**
- **Second, next to your relationship with God, it is the most important relationship you have! All your other relationships are dependent on this one.**

**Some Helpful Notes:**

Jesus often taught in parables. He was trying to make intangible concepts real to His listeners, and stories or examples allowed His hearers to picture the truth in a tangible way. Diagrams can be similarly used.

In this book I am also talking about intangible concepts, and so I sometimes use stories, examples, or diagrams to help my reader grasp the particular truth.

Parables, examples, and diagrams have limitations. Each is generally meant to illustrate only one principle. When Jesus told the Pharisees that they were like "whitewashed tombs" (Matthew 23:27), He was saying that they were full of moral uncleanness. The parallel ends there. He was not saying the Pharisees were inanimate objects made out of stone, or that they had been ingesting dead men's bones.

In this chapter I have used diagrams to illustrate some principles. However, human beings are very complex, and these simple diagrams are not adequate to represent the whole of a person. It would also be inaccurate to say that my "Treasure Inside" resides in some specific anatomical area, like my big toe, or that my "Head" only resides in my skull. In fact, there is scientific evidence that indicates that every cell of my body is able to store information. My "being" is likely dispersed throughout my body. So when I talk about the "Bad Part" of me, or the "Good Part" of me, I am not implying those aspects of my being are located in some specific anatomical location.

Currently the image of God still exists in us, but simultaneously so does our sin nature. How can the image of God still exist in us untainted, and yet be mingled with our sin nature? Salt water might be a useful way of illustrating how this could happen. Imagine a glass of pure water sitting on a table, and next to it is a teaspoon full of salt. We can clearly see the separate components, and they could be easily represented in a drawing or photograph. Now suppose we put the salt into the water. If we taste any portion of the water, it will taste salty. The water molecules still exist, and so do the salt molecules. But because they are intermixed in a solution, to the eye the salt water looks exactly like the pure water did. We know the water still exists as water, and the salt still exists as salt; because if the water evaporates, every bit of the salt remains. Or if we run the water through a reverse osmosis filter, the water is again pure.

So please bear with me as I attempt to convey complex, intangible realities in a manner that will hopefully help you to grasp the truth.