


Why You Need to Look Inside and Unload

 by [Garth Hewitt](#)
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Our subconscious mind is like a backpack we carry around, full of stuff, everywhere we go.

But if you never turn inward, then you'll never sift through the contents and give yourself a chance to process and release. You'll never unload anything from your backpack—your stuff will just keep piling up and the load you are carrying will get heavier and heavier.

But you can't carry everything around.

The more stuff you are **holding on to**—experiences, emotions, memories... The more stuff you have pushed down... The more stuff you are carrying around in your backpack—the longer it will take for you to dig yourself out and to unload.

If your mind is always scattered, always running all over the place, and always fidgeting, then you never get the chance to look inside, and you never get the chance to unload anything. The heft increases.

Someone hurts you and you feel pain. This pain gets expressed through feelings like anger, betrayal, and sadness. Once the **emotions process and release**, the pain is gone. This is a healthy process. We run into problems when we don't allow ourselves to *feel* our feelings, and instead, push them down. We make a decision to hold on to them and deal with them later, or simply to hold on to them without any intention of ever letting go. We put our feelings—our *stuff*—into our backpack—our subconscious mind—and things just pile up.

If you keep putting things into your backpack, eventually some stuff is going to fall out. Your backpack gets overloaded and stuff that you've pushed down starts to come up, whether you like it or not. When this happens, it can create a lot of problems. Especially if you don't understand the process of how energy is moving through you, how your emotions are helping you to release tension from your subconscious mind.

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Having a **consistent yoga practice** will help you to sharpen your mind and better discern what is happening when emotions come up for you. Are you having a healthy emotional reaction to the present moment? Or, is the emotion that's coming up just old, stuck energy moving through you? If you're in **chair pose** and you start to feel angry and frustrated, you're not actually angry *at* the chair pose, or the person next to you, or the teacher in class, or the music that is playing, or the temperature in the room. Remember, your subconscious tension often has *nothing* to do with the present moment.

Have you ever witnessed someone reacting completely out of proportion to a situation? We've all had our moments. How about driving on the freeway, in heavy traffic, when you have somewhere to go? Road rage is a classic example of the mind-confusing, subconscious mental tension with what is actually happening in the present moment. Does it make sense that you would get angry, scream, and yell, and maybe even physically attack someone for a minor traffic infraction? *Or*, does it make more sense that in that moment of anger, sadness, fear, or frustration there was subconscious tension that needed to release and it suddenly came, flooding to the surface? The people around you now have to suffer as you use them to process your emotions and unload your stuff, in an unhealthy way, completely disconnected from the **present moment**.

If you are constantly bottling up your emotions and not feeling your feelings, then your stuff is going to pile up. It will take a long time and a lot of practice for you to release all of your stuff, but you need to start this process now and begin to unload your backpack. It's not going to get any easier the longer you wait. The stuff you are carrying around is making it harder for you as you move through your life, harder for you to connect with other people, to be in the present moment, and ultimately, to connect with your higher self and the universe. Start the process of **working out your stuff** as quickly as you can. You need to go through this process, get to the other side, and stop putting more stuff into your backpack.

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Get on your mat and develop a consistent yoga and meditation practice—this will help.

Find stillness and concentrate. Let the fire build. Let the mind turn inward. Sit in the **fire** and look at your stuff. Let it come up. **Breathe** into it and then breathe it out. Let it process. Let it release. *This* is the work on your mat.

Things start to get really interesting in your meditation practice once you clear out all of your stuff. When you dig yourself out you start to **tap into creative inspiration**, universal love, and your higher *self*. Your **intuition** becomes stronger, you start to gain insight into your true purpose, and your intuitive voice—previously obscured by all of the noise in your head—begins to grow louder. You start to see things more clearly. You start to move through life with less suffering. Great ideas start to move through you. You experience a sense of oneness and connectedness with the entire universe, and an overwhelming sense of compassion and kindness for all living beings. You are able to move through the world with greater ease, more awareness, and more connection to the present moment. This is the yogic shift. You become an instrument of change, a **beacon of light** in the world.

When you clear out some **space in your mind** you start to see where you are supposed to go, what you are supposed to do, and **who you are supposed to be**. You get to live the life you were always meant to live.

Photo by James Guiry

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