

A little known but common form of Abuse

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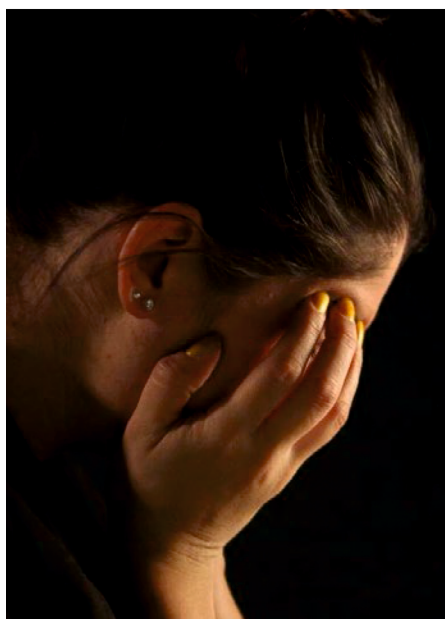
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Sexual abuse, emotional abuse by others are common social maladies. However, the most prevalent form of abuse - Self-abuse is rarely acknowledged and taken cognizance of. Self-abuse can take many forms and shapes. At the gross level self-abuse could mean - individuals denying their bodies' basic necessities such as minimal nourishment, food or adequate rest. The denial may arise out of a mistaken belief system that is ultimately inimical to the body. An individual dieting because of a belief that they are overweight (and this may be untrue) and denying rightful nourishment to the body is self-abuse. Not listening to the body and pushing the body to extreme levels of fatigue (through intense exercise or overwork) is another form of self-abuse.

Filling ourselves with negative thoughts and emotions, suppressing or not expressing our emotions creates a toxic environment in our body. Beating ourselves for no mistake of ours, undergoing extreme forms of self-guilt can create damage to the body. Although these are more intangible in nature such negative thought patterns, habits or conditioned behavior have an impact on the body and by going through these patterns

of behavior, we are subjecting ourselves to more extreme forms of self-abuse.

At a deeper level, not asserting ourselves, allowing others to ride over ourselves, rushing to judgments and conclusions, not following through on our passions or dreams is a subtle and powerful form of self-abuse. If we deny our dreams an expression one may think that the impact is minimal but in reality, such **subtle denials of ourselves have a very powerful impact on our body, mind and soul.** They rob us of the happiness that we could have created for ourselves and by denying this opportunity to ourselves, we are indulging in a deeper and more profound form of self-abuse.

In many cases self-abuse emanates because we have forgotten to listen to the inner voice of our body and soul. When we do not treat ourselves well, we do not treat others well. The root cause of most external forms of abuse starts with self-abuse. **Treat yourself with respect and gratitude and you will automatically do the same for others** and maybe abuse from this world could disappear just like another vicious disease - smallpox.