

# BECOMING WHOLE AGAIN

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**Finding Safety & Insight**  
In Today's Changing World



BlairLewis.com  
*Living with Freedom & Joy*

Written and Taught by Blair Lewis

# Part 3

## 9-5-5

### The Unavoidable Distractors and their Outcomes

- The Nine Distractors
- Their Five Psycho-Somatic Outcomes
- Their Five Psycho-Social Outcomes

1. Being in a helpless condition.
2. Lacking the ability to put our thoughts into action.
3. Being overcome with doubt and a lack of self-confidence that generates negativity to the point where we become suspicious of everyone and everything.

4. Becoming careless with our thoughts, actions and speech, thus multiplying our confusion and sense of helplessness.

5. Laziness that erodes self-effort and we feel like a failure.

6. Addiction to specific fascinations that cause us to lose our ability to withdraw from our impulses and sense pleasures – this drains our vitality and clarity.

7. Confusion and disorientation from the overwhelming drain of sensuality, we stumble from pain to pain and believe that only the sensory world is real.

8. Our inability to know the real meaning and purpose of practicing any self-improvement technique creates deep waves of agitation and frustration. We crave a lasting joy or salvation without having any clear idea of what this really means. We are at a loss to organize our life and put things in the right context.

9. We make some progress and then suddenly start sliding backwards into our old unwanted habits.

# The Five Psycho-Somatic Outcomes

1. Pain resulting from the strain and stress of trying to defend ourselves from the nine distractors. Thus, we feel stuck in a bad space; suffering with dejection.
2. Mental agitation arising from our unfulfilled desires. Tortured by the strong polarization between despondency and hope.
3. Causing the Limbs to Shake or Tremble; Hyperactivity of Limbs and Organs.
4. Unhealthy Changes in our Inhalation
5. Unhealthy Changes in our Exhalation

# The Five Psycho-Social Outcomes

1. Isolating from and Avoiding People
2. Doubt and Fear dominate our decision making
3. Analysis Paralysis – over thinking everything
4. Frantic Overwhelm – is this going to get worse?
5. Feeling over-committed leads to a “game-over” paralysis with projects and relationships...  
believing we are too late, too old, too stuck,  
or too broke.



– Intermission –

Maybe now is a time  
to discuss and explore  
these concepts with  
family and friends.

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