

Guy Armstrong
There Is No Short Cut
Emptiness

There is no shortcut.

We have to see this pattern [of habitual reactive emotion and behavior] again and again until we learn how to relate to it. With each moment of clarity, the pattern loses some of its power over us. So the path to freedom from karmic habits is to see them clearly with wisdom and not to act on what is unskillful.

Instead of following the old karma of the habit pattern, we can create new karma based on wholesome factors such as mindfulness, wisdom, renunciation and compassion. Under the influence of wholesome karma, the old painful habit starts to *fade* away. It comes less frequently and with less power.

In this approach, the reactive emotion doesn't need to be worked out, as some Western psychotherapies do, by revisiting past incidents, although psychotherapy may be helpful at an earlier stage. Rather the work of weakening the unwholesome reaction is done by mindfulness, wisdom, and compassion in the present moment.