

# Awakening Seminars

## AWAKENING NEWSLETTER # 35

### DEALING WITH EMOTIONS

***“There are emotions present, there is no problem with that. I don’t have to change them. I don’t have to make them go away, I can meet them as they are without judgment, and in that there is a discovery of the natural fluidity of all phenomena. Then emotions are just more phenomena, like weather, they can be huge or calm, but they are moving in the fields of what is always here. Then emotions no longer have the power to tyrannize us. They can make us very uncomfortable, but they are no longer in charge. They are still in charge if we are fighting them and denying them and dissociating from them, but if they are just the fluid movement, sometimes dramatic, sometimes ecstatic, sometimes horrific, then it is part of the mystery and wonder of our lives as incarnate beings.”***  
- Gangaji

Pesky things, these emotions. They just keep showing up despite our best efforts to control them, make them go away, or bend them to our will. If only they would obey us and behave as we think they should, then of course we would be happy. But there they are again, hurt, anger, grief, fear...

Let’s back up a bit. What are emotions really, these seeming hindrances to our otherwise rational lives? Quite simply, emotions are a form of intelligence. They exist for one reason - to be experienced and integrated, and in so doing, to make us more conscious and aware of who we are and how we operate.

Our culture esteems the analytical (masculine) over the emotional (feminine) and tends to value the mind over the heart. Emotions are seen as frivolous, vulnerability as weak - our national motto could be “No Fear”. When school budgets are cut, art and music are threatened while math and science are inviolate.

Our parents, likewise, will often emulate this prevailing disparagement of the feeling nature, with orientation such as, “if you’re angry your face will stay that way” or “you’re too sensitive.” We risk punishment or disapproval if we present ourselves as other than happy all the time. And so the battle against authenticity begins.

So in a myriad of ways we learn to be uncomfortable with emotional experience. We learn to see it as something to be managed, controlled, judged. Hiding our fears, hurts and shame seems like the healthy response. In the words of Wendy Strgar,



***Feelings are for many people a locked box; an experience that overwhelms and is difficult to express. We are taught in a variety of circumstances and for a variety of reasons to suppress our feelings. We learn to silence our feelings so well that the messages in our bodies are not even discernible. Suppressed feelings are not as invisible as you might think. They take on a life in our dreams and eventually become diseases in our bodies. Our inability to express our feelings cuts us off not only from our own experience but limits the connection we feel with the people we love most.***

This becomes problematic in a number of ways. First, we cut off a valuable sense of wisdom. If we have become acclimated to shutting down our awareness of fear, we will not be able to respond appropriately when real danger is present. There are situations in which the most intelligent survival strategy is to flee - if we think we need to ignore fear when it is present, we lose the valuable resource it can provide us.

And then there is the fact that ignoring, repressing, judging or avoiding feelings inside us doesn't make them go away, it just drives them into the unconscious where they continue to shape our perceptions and experience, only now beyond the realm of our conscious awareness. So we are less able to effectively interact with them. And in so doing, they will now have to seek expression by creating circumstances that cannot be ignored - illness, injury, relationship stress, depression.



And finally, it takes a lot of energy to oppose the natural flow of emotion inside ourselves. It's like trying to hold back the tides. As a result, when they do break through anyway, they often express themselves in a way that is distorted, self sabotaging, and ineffective. We find ourselves recreating unsatisfying conditions again and again and wonder "what is wrong with me"?

Try as we might, we cannot dissociate from feelings selectively - losing our connectedness with any of them inhibits our abilities to access all of them. As expressed by Kahlil Gibran,

***Your joy is your sorrow unmasked.***

***And the selfsame well from which your laughter rises was oftentimes filled with your tears. And how else can it be?***

***The deeper that sorrow carves into your being, the more joy you can contain. Is not the cup that holds your wine the very cup that was burned in the potter's oven? And is not the lute that soothes your spirit, the very wood that was hollowed with knives?***

### **An alternative...**

What we are talking about here is “unfinished business” Some things got activated in you a long time ago and were not allowed to complete themselves, and so they remain operative, unhealed, seeking expression so they can be integrated and bring you closer to wholeness.

They don't always feel good...true. But that's the case whether you are present to the pain or not. It's like having a serious wound - we can put a band aid on it and declare it healed...until it becomes so acute we are forced to deal with it. Or we can go to a health professional and have it properly cleaned and treated. This might involve some temporary discomfort, but will allow the wound to heal itself.

And so it is with our emotions. Completing the unfinished business of the past by experiencing now what could not be integrated then frees us from the power they have over us. Consigning them to locked dungeons and pretending we have dealt with them leads to all sorts of mischief. In this endeavor it is often wise to avail ourselves of the help available from those who understand how to navigate the deep waters of the inner world.

Begin to relate to your emotional experience with an attitude of meeting them and experiencing them fully, rather than judging yourself for having them. You might look at them as weather patterns. Sometimes stormy, sometimes sunny and warm, they bring a dimension to human experience that would otherwise leave us robotic. Our ability to experience and share our feelings is one of the most amazing aspects of our humanity.

***This being human is a guest house.***

***Every morning a new arrival.***

***A joy, a depression, a meanness,  
some momentary awareness comes***

***As an unexpected visitor.***

***Welcome and entertain them all!***

***Even if they're a crowd of sorrows,  
who violently sweep your house***

*empty of its furniture,  
still treat each guest honorably.  
He may be clearing you out  
for some new delight.  
-Rumi*

# AWAKENING



**Graduates of the Awakening Intensive have done the work of clarifying their own emotional experience and have found their way to authenticity. If you are tired of dealing with endless issues, if you are stuck in repetitive self sabotaging patterns, if you are ready to end the battle with yourself (by winning!) and make a massive transformative leap, this is what you are looking for. The next Intensive is Oct. 29-31. Contact Jason Brody, M.S. at 760-489-8087 or [jason@awakeningseminars.com](mailto:jason@awakeningseminars.com) for a free in-depth interview.**

*Some quotes from the last Intensive -*

*Wow! What a fantastic weekend! This has been a long journey to come back home. I see me for who I am. I have such inner peace it is amazing. I finally got it! I feel so free! I am a happy person! I feel light as a feather! I am beautiful inside and out, full of energy and strength, and SO thankful. Thank you again, Jason, for leading me to this wonderful place in me! – Beth, Flight Attendant*

*Thanks for the incredible Awakening! This weekend I got myself back. I had lost myself so long ago I completely forgot who I was. I had been suffering in the cycle of woe is me and not being able to identify why I kept repeating old habits and compulsions. I found some dark scary places and cleaned them. I found responsibility to my true essence, it had been waiting for me for all these years with all its gifts. Now I keep telling myself how much I love me, how strong I am. My life got perverted now its clean and crystal clear and strong. I became a man!– Kevin, Musician*

*This is so empowering! One of the most amazing experiences I ever had. The exercises blew my mind. I faced my difficulty in receiving love and I surrendered. I'm tired of asking for appreciation and approval, I'm tired of playing small. I have a power inside me, I'm not afraid anymore to let it out. I have found the warrior within I always knew I had! I am willing to step into that power! It is more powerful that I have ever known. – Mark, Case Manager*

*What an incredible experience, unlike anything I have ever been a part of. This journey took me deep under water. I like it! Its not so dark and scary anymore, I saw what has been holding me back all these years, the expectations I put on others, trying to get love and affection. I don't have that anymore – I'm happy and content where I am. I never before felt so free to just break out. – Eric, Personal Valet*

*I am so much more aware today than before I came. I used to be distracted, couldn't sit still. I had to beat everyone to the top of the stairs. Now I feel calm and quiet inside. I'm not envious anymore. I don't feel greedy, I'm happy, open to receive, not stuck anymore. – Jack, former Paramedic*

*I learned that I am loved and have always been loved. I see the bigger picture and am grateful for everything that has happened. Now I know that whatever happens, I can always be true to myself. I am fully connected to the source of power that is real and true. I am a warrior, I am strong and present and here and am ready to have a great time! - Davika, Craniosacral Therapist*

*I was getting littler and littler. Now I know where HOME IS. All my life I have been loving and giving but always felt the source was out there. I reconnected with the source of true love inside of me. Now it's my turn to grow and be free. I am complete*

*now, I know the pieces of the puzzle. It is so energizing! I close my eyes, and hear my voice, and feel at peace. Thank you for the key to my home. I am healed, and I am whole.*

*- Susan, Homemaker*

*This gave back to me my authentic self. For a long time I was turning outward taking care of everyone outside myself. What I learned was I am exactly perfect as I am, inside and outside. I saw the light and I went for it headfirst! I'm never going back to what I was. I am so excited! I now have a delicious succulent alive life that can draw in all the love and it starts with what's inside me. I am so delighted to be where I am! I feel enormous and expanded! - Kat, Operations Manager*

*I learned here why my relationships have not been satisfying. All love was conditional so I was not being myself, I was being whoever I was supposed to be to meet the expectations of others. Now I can be true to myself first and foremost and make me happy. That's the unconditional love I was looking for. I will never again be other than I am!*

*- Mark, Social Enterprise*

*I was lost, I found myself again. I felt oppressed, something was missing, I was incomplete and not whole. Now I know I am complete and I am enough. I can depend on myself and don't need to look for that outside me. I had lost that and it feels really good to have it back. I am free and peaceful and confident and light. - Marcie, Writer*

*My perspective has changed. I only had a vague idea of who I was when I came in but now it is an implicit understanding. I came here with grief and doubt, I can now live in gratitude for everything including the pain. - Rick, Research Scientist*

Contact Jason Brody, M.S. at [jason@awakeningseminars.com](mailto:jason@awakeningseminars.com) or 760-489-8087 for more information. Visit the website at [www.awakeningseminars.com](http://www.awakeningseminars.com)