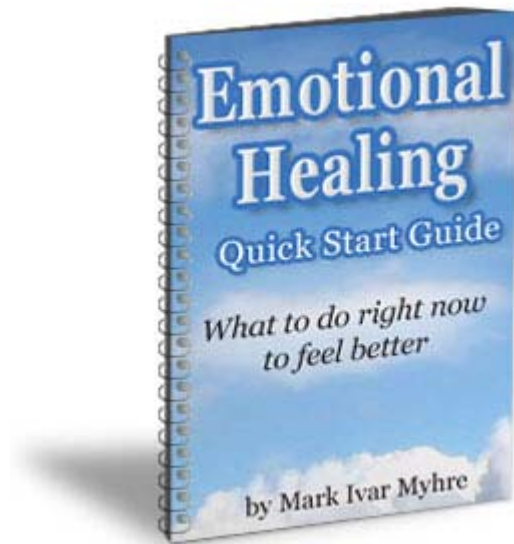


The Emotional Healing Quick Start Guide

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If you're troubled, bothered or suffering from emotional pain right now, then you've in the right place.

The Emotional Healing Quick Start Guide is specifically designed to show you exactly how to feel better - starting today.

by Mark Ivar Myhre
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The Value of Emotions

In a way, emotions are like a fiery racehorse.

Powerful; longing to be free. And ALWAYS craving motion. There's nothing like the thrill of jumping on the back of a stallion and going for a wild ride.

But if you keep your racehorse locked in the barn, it'll start kicking down its stall. If you walk into the space where you've confined the racehorse, it'll start kicking *you*.

If your horse is always locked up, life can seem pretty miserable. You'll get battered and bruised. And you'll end up believing racehorses are bad.

It's a responsibility to own a racehorse. It requires care and nurturing and time and effort and a commitment on your part.

It really boils down to the relationship you two share. Just like you and your emotions.

I don't know what kind of relationship you have with your emotions, but I can make an educated guess. Because I know how most people treat their emotions. It's an adversarial relationship:

"Emotions are bad and wrong and I'm weak and stupid for even having them and I'm going to do everything I can to not feel them. Especially the bad ones."

"Emotions are the enemy."

"I MUST learn to control my emotions!"

Because they've been battered and bruised. And they end up believing emotions are bad.

Emotions stand as a mystery to most people. Few give any thought to the matter at all, until those emotions rear their ugly head and begin attacking. Then they can become the most important thing in a person's life - but in a negative, detrimental way.

Besides ignoring emotions until they become a problem, few people see the **value** of their emotions. Usually, they're seen as something to be suppressed; and that's where the problems begin!

ANY suppressed emotion - even love, if not expressed - will potentially cause damage to you. If you stuff your love, it will end up hurting you. Maybe it already has. You can end up believing even love is worthless and a waste of time. But here's why emotions hold value:

1. Emotions stand as the greatest human gift.

All humans are born with access to certain resources. We use those resources to create our lives here on earth. We NEED those resources. And they're gifts - available to all.

Such as: The ability to perceive, and out of that perception, to conceive something new. The ability to make choice. The ability to love and to heal. The ability to imagine.

Of all the human gifts, none are more important - or have more impact - than the ability to create emotion. And out of emotion, to create a life.

Emotions are a blessing, not a curse. Emotions are a gift, not an embarrassment to be hidden away. Emotions make life worth living. And they NEED to be expressed! They NEED to be used. Just like that racehorse.

2. Emotions resemble a lens with which you sense your world.

You 'see' the world through your emotions.

Emotions stand as a lens between you and your world. So much of your personal reality is a product of your measuring and observing devices.

"I look through the glasses of anger, and I see an angry world."

"I look through the glasses of fear, and I see a scary world."

So often, it's like we've created a fog of unresolved emotion that surrounds us and greatly influences what we're able to sense in the world.

No matter how truly wonderful things get, if we're carrying a cloud of bitterness then we'll only feel bitter.

Emotions are an integral part of that lens that helps us not only to perceive reality but helps us to create it as well.

3. Emotions are a raw material of life.

Ever heard the expression, "Thoughts are things"? Lot of truth in that statement. But thoughts aren't the only 'things'. Feelings are 'things' too.

Actually, you use six raw materials to shape your own personal reality. Thoughts, feelings, and four others.

For more information on your six raw materials and how to use them, visit -

<http://www.create-reality.com>

Of all six raw materials, we most often neglect and deny our feelings. If you refuse to use your feelings in a constructive way, then you're automatically down to 86% of your potential. Because you're only using five of your six raw materials.

You handicap yourself when you refuse to feel. You achieve less. You create less. Your personal reality can only become so much. No matter how hard you work, you will accomplish less by not feeling. Or better stated: by TRYING to not feel.

4. Emotions are the main source of your power.

Emotions make you powerful. Losing touch with your emotions, however, creates powerlessness.

When water evaporates it gives off heat. Similarly, when emotions are felt and expressed and released, they give off power. Actually, in this case, it's the

FEELING of those feelings that creates the power. Not the releasing. Just like it's the thinking of your thoughts that create power, and not releasing those thoughts.

When you feel your emotions and express them (appropriately!) it always raises your resonance, at least slightly. And that increase in resonance makes you more powerful.

Power comes from feeling and releasing your emotions. Even the so-called 'bad' emotions.

Power is the ability to act. The ability to act comes primarily from thinking and feeling. Thinking and feeling create power. When you shut down your feelings, and rely only on your thinking, you've just cut your power in half.

Great power lies within love. Just as great power lies within anger and hate. If you're surrounded by feelings of despair, the solution lies with actually bringing those feelings closer. Embracing them. Drawing them into you, feeling them *cleanly*, and then they will naturally release after you've felt them.

If you don't bring those feelings closer, but instead 'dance around them' by *thinking about* and *interpreting* how much despair you have, then they will stay around. And you will not be able to tap into the power of the feeling of despair.

The key to reclaiming the power of emotion is to feel your feelings *cleanly*.

5. You need emotions to live.

Trying to live without feeling compares to trying to live without thinking. The more you shut either one down, the less alive you become.

But the emotions just keep coming, don't they? You can't *really* shut them down. Like army ants marching through the jungle - they will not be denied.

The more you try to control them, the more they'll burn you.

The message you keep hearing from society:

"don't feel your emotions!"

But you can't stop the flow. All you can do is create a gap - between you and your emotions. **Creating that gap shuts you off from your power, your creative ability and your aliveness.**

On the other hand, the more you feel your emotions, the more aliveness you feel.

Aliveness. Where you can't wait to jump out of bed and start the day. Where you joyfully interact with your world. where you just feel wonderful. Sadly, way too many people have forgotten how that feels.

How alive do you feel?

It's directly related to feeling and expressing and releasing your emotions. That's part of the value of your emotions.

Emotions are essential for life - and for aliveness. You could not live without them, even though many people try.

Again, the key lies with feeling your feelings without telling yourself a story about what those feelings mean. You don't need to justify or explain your feelings. They are way too valuable to need an explanation.

You simply need to feel them.

6. Emotions motivate you.

Why did you get up this morning? Why do you busily go about your day? Why bother to read these words?

If you stop and think about it, everything we do comes from the motivation and desire to feel a little better. Even if it's merely to reduce the guilt or the uncomfortability.

We're constantly engaging in activities that - somehow or another - we hope will make us feel better. Whether it's the 'carrot' of feeling pleasure, or the 'stick' of feeling less pain; we're always motivated out of our feelings.

All motivation sources itself in emotion.

7. Emotions provide a necessary pathway to personal growth.

You could easily make an argument that we're all here on earth to grow spiritually; to become more of ourselves. We're here to 'better' ourselves in some way.

How do you define that growing and becoming more? By developing principles and character? By evaluating life and forming decisions and choices of conduct? Learning to love; to give; to receive?

No matter how you slice it, you need your feelings to do any of those things. You **MUST** feel your feelings to grow and become more.

These certainly aren't the only reasons why emotions hold so much value, but they should be enough to show you - what you feel is important.

The more you value your emotions, the more you'll value yourself.

The more you value yourself, the more you'll value your emotions.

The Origin of Emotions

A wellspring of raw, emotional energy exists inside you.

There's a certain 'life energy' that bubbles up through your subconscious and flows into your solar plexus area. It doesn't originate in the subconscious, but does travel through it.

Think about it. You have a never-ending stream of life-energy flowing into you right now. It's *always* flowing into you. The flow is always on.

Your emotions manifest out of this energy. Everything you think and feel is sourced in this energy. It's easier to imagine the *thinking* part of the flow, because we're all familiar with the concept of our 'stream of thought' or our 'stream of consciousness'.

You know how you can never stop the thoughts from coming? Those thoughts are part of the flow.

Guess what? Feelings are also part of that flow! **You can never stop the flow of feelings from coming into you.**

Unfortunately, due to the demands of society, we've forced ourselves - through great effort - to separate ourselves from our feelings. So rather than feeling the pure, raw feeling that flows into us *all the time* - instead we experience a perversion of that flow. A perversion that we create.

All the painful emotional feelings you experience come from attempts to change, divert, or dam up the feelings that are *always* flowing into you.

It's not a matter of controlling your emotions. **Once the feelings have formed, it's too late to do anything but FEEL them.**

Please stop reading for a second and let that in. Once the feelings are there, the ONLY thing worth doing is to FEEL them! Not push them away.

If you want to END the emotional pain, you will never be able to do it by *manipulating* or *controlling* that emotional pain. Or trying to push it away.

Pushing it away from you, denying it, attempting to run from it... all those ways we currently deal with the feelings we don't want - only make the problem worse!

Instead, it's a matter of taking charge of the process.

By making the most of that raw, pre-emotional energy, by taking charge of the process, you develop a much healthier relationship with your emotions.

Don't control the emotions - take charge of the process instead.

Basically, this means to open yourself up to feeling whatever is there. Become an OPEN CHANNEL to each and every thought and feeling that comes up.

This does NOT mean displaying it to others! This does NOT mean dumping your feelings onto those around you... acting out whatever you 'feel'. That's melodrama, which has little realness.

(Melodrama also means being 'at sufferance' to your feelings. You suffer, and those around you suffer as well.)

Also, becoming an open channel does NOT mean using your emotions to manipulate and control others.

Instead, it means 'getting intense' so you can extract every last bit of goodness and power from WHATEVER you're feeling. Intensity is deep, not loud. True intensity often makes no sound, or very little sound. Intensity is a rush of energy, not a stage production. True intensity is a RUSH.

The ranting and raving you see in others (and maybe even in yourself) has nothing to do with feeling your emotions. That's a show. An act.

You might blow off some steam, but have you noticed? It always comes back the next day. Nothing gets resolved. That's how you know whether or not you're truly in touch with your feelings...

Whether or not the feelings resolve themselves.

Also, instead of a blustery display, some people will just plain shut down the flow altogether.

You know how some substances conduct electricity better than others? Copper is a great conductor because it allows electricity to pass through it easily. Your goal as a fully-functioning human being is to be like copper.

You want to *conduct* your feelings as easily as possible. On the other hand...

Plastic is a *resistance* to the flow of electricity. The more plastic, the greater the resistance to flow.

In the case of your emotions, 'plastic' refers to artificial feelings. Man-made feelings. Fabricated feelings. Examples include: victimhood, righteousness, guilt, most self-pity, franticness, imaginary fear, blame, and various other states.

They all come from telling yourself a story about your feelings, (rather than simply feeling those feelings.) Which creates resistance. And resistance is futile! (As the Star Trek saying goes.)

The less you block your true feelings, the better you'll feel and the more powerful you'll become and the more likely you'll be to get whatever you want out of life.

Your goal is to *reduce the friction* as your feelings pass through you.

To take charge of the process, first understand you really do have an emotional wellspring inside of you. Pretend it doesn't exist and your life can turn into a swamp, or a desert, or a raging inferno, or various other unpleasant scenarios.

In fact, why not stop for a moment right now - and get a visual image of your **'emotional landscape'**. How would you characterize your emotional state right now?

What has your bubbling flow of raw emotional energy created? The more clearly you can see where you are right now, the easier it will be to change it.

And in addition to visualizing your 'emotional landscape' you can also visualize your emotions themselves.

I call this 'objectifying your emotions'. Meaning, to see them as objects. For example, depression could be seen as a huge dark gray slug. Anger could be seen as a fire. Pity could be seen as a mushy, gooey, gushy slimy pit that you sink into.

Love could be seen as a silvery-white, thick viscous liquid you pour all over yourself. (Yummy!)

These are just my examples. Obviously, you'd want to come up with your own images. Just be careful not to take it too far. The point is to be able to move closer to them, to embrace them, to familiarize yourself with them.

And NOT to set them on the shelf and look at them!

Another point to keep in mind: that primal flow of energy that flows into you doesn't actually create anything on its own. **It's like sand in a sand box.** What it becomes depends solely on how we play with that sand. We mold and shape and build and create - out of that energy.

We start with raw emotional energy and turn it into emotion. Which in turn **ends up as the world around us.** Most of the process is done before it even comes to the surface. Remember, this life-energy flows through the subconscious mind first.

Your subconscious *changes* the energy before you even get a crack at it.

For example, if you're basically a pessimistic person, most of that pessimism starts before it even reaches your conscious mind! If you've ever 'just tried' to be more optimistic, now you know why it seems almost impossible.

Because usually we try to *control* our pessimism rather than going to the source of the pessimism (in the subconscious) and taking charge of the process that creates the pessimism in the first place.

An important point to keep in mind: **control is the *opposite* of creating.** Control blocks the creative process and locks things in place.

To work with the subconscious so as to make changes in the life-energy *before* it comes into the conscious mind, (to create vs. controlling!) visit -

<http://www.create-reality.com>

Another example of working with this powerful energy before it manifests into something you *don't* want:

If you're feeling a lot of fear or anxiety, most of those feelings come into being before they even reach the conscious mind.

Have you ever noticed how difficult it is to end anxiety? And you know how SO MUCH FEAR seems to come up just when you need it the least? There's a valid reason why fear and anxiety (and even panic) have become so present in the world.

And there's an effective way to deal with it. **At the source.**

For more information on reducing fear, escaping anxiety, and ending panic, go to

<http://www.reduce-fear.com>

To sum up this chapter:

- 1. You have a life-energy** that comes into you from somewhere beyond your unconscious mind. It initially comes into the unconscious, where it's filtered and colored and changed. Hard to work with it at this stage.
- 2. Then it enters into the subconscious mind**, where it's changed even more. (For example, it filters through your beliefs.) Good place to work with it!
- 3. Next, it enters your 'waking consciousness' through an 'emotional wellspring'** that exists somewhere in your solar plexus area. This is where your conscious choice comes in. At this point, the best thing to do is to FEEL whatever comes up, so it will flow through you. Rather than trying to control it.
- 4. The energy that comes into you through the emotional wellspring can be directed by conscious choice.** You *can* choose what to feel. Within certain limitations. The trick is, you must be willing to feel ALL your feelings. If you're only willing to feel the 'good' feelings, then you won't be able to choose what you feel. A paradox, I know.

The more you've opened up to the flow of energy - and just feel it so it will pass through you - the more powerful you become. And the more powerful you become, the more **impact** your choices have.

In other words, the process feeds on itself; to either make you more powerful (if you open up) or LESS powerful (if you've restricted your flow).

5. Finally, your life energy (from your emotional wellspring) manifests as the world you see around you.

The emotions we create (as a joint effort by first the unconscious, then the subconscious, and finally the conscious mind) are then either expressed or repressed by us. Either way, they eventually find their way into the world around us. They end up as matter.

You turn your life-energy into matter; a constructive, creative event. You turn energy into matter through the power of your emotions.

Seeking Emotional Balance.

An emotion is a 'package' of thoughts and feelings.

I know the words 'emotion' and 'feeling' are used interchangeably, but strictly speaking, an emotion is nothing more than a collection of *both* thoughts AND feelings.

The emotion of fear, for example, may hold various thoughts such as: *"I'm going to get hurt"* or *"I'm in trouble"* or *"I've got to get out of here"*.

It also holds various feelings such as *"I better run away"* or *"I don't like this"* or *"I'm feeling scared"*.

One particular statement can often be either a thought or a feeling. You can think about running away, and you can feel like running away.

When considering the emotion of fear, your package of thoughts and feelings are unique to you. They may be completely different than mine, or anyone else's.

The key is to honor them and bring them more into balance.

The way you achieve emotional balance is by thinking AND feeling.

Balance your thinking with your feeling. Everyone knows the value of thinking. Well, your feelings are just as valuable!

But rather than seeking emotional balance, we are taught, conditioned, threatened and cajoled to stuff those feelings down - do anything you have to do, just DON'T feel them!

Stuffing down your feelings or manipulating them in some way can be a hard habit to break.

In the meantime, here's one way to get started. Consider a topic that's giving you some amount of grief right now. It could be anything; coworkers, spouse, your kids, etc.

First, think all the thoughts that come up about the topic. Second, feel the feelings that naturally arise from those thoughts. Third, think about the feelings

you just felt. Fourth, feel what *those* thoughts bring up.

See how it goes? Just go back and forth. First, only thinking. Then, only feeling. Back and forth between thinking and feeling. If you practice this simple technique you'll find it helps clarify the issue and you'll understand it better.

Plus, you'll be practicing getting in touch with your *true* feelings. As we'll discuss later, most of what you're feeling may not be true feeling. This exercise will help you find and feel and release both your true feelings and those painful, fabricated feelings.

By going back and forth between your thinking and your feeling, it helps you find the *emotional balance* that's so important to living a healthy emotional life.

Emotions seek freedom, just like you do. They don't like being penned up. Once they sprout, root, and grow then they want to blossom and bear fruit... They do that by your expression of them.

Respect and honor your emotions - the same way you would respect and honor a beautiful wild stallion.

You might not be able to tame them, but you can learn to harness your emotions and make them work for you. Make them an ally. You don't have to end up battered and bruised.

You can drink from the well rather than drowning in it.

Emotions are the main source of your power - as essential as water.

Emotions make you feel alive.

Emotions add depth and richness to an otherwise gray world.

Emotions are a gift.

Emotions are a package of thoughts and feelings.

What Makes Emotions Good or Bad?

When dealing with emotions, we usually have fairly well-defined views of what makes an emotion good or bad.

Good ones are ones that make you feel good, and bad ones are ones that make you feel bad! No mystery there. It's obvious.

But is it really? I'd like to propose there are no 'bad' emotions.

Oh, sure there's plenty of painful ones. Plenty of uncomfortable, unpleasant ones. Plenty of unwanted ones, like little children; little orphans that no one wants.

And yes, we have 'homeless' emotions, too. All smelly and dirty, begging for your attention like bums on the side of the road with their 'Will Work For Food' signs.

("Just keep the windows rolled up, the doors locked, and look straight ahead... You'll be okay!")

But bad? No, they're not bad. Every real emotion has value. Might not be much. Might be hard to find. But it's there.

That homeless emotion you deny, the one so repulsive to you - even that emotion has a gift for you. That 'bum' emotion may be asking for a quarter, but it wants to give you a dollar.

That's not bad. That's called 'misunderstood'.

Of course, good and bad are subjective terms. They have no objective, precise values. Each of us determines whether something is good or bad.

Another commonly used classification of emotions is the continuum of 'positive' vs. 'negative'. Now we're getting somewhere! Everybody knows positive is good and negative is bad.

Uh oh. We've been down this road. If positive means good and negative means bad, then we're right back where we started from. We still have no objective, measurable standard.

Actually, all emotions are positive. And all emotions are negative. A simple riddle, with a simple solution.

An emotion becomes positive when you express it. That same emotion will become negative if you choose not to express it. That's the difference.

You determine whether an emotion becomes positive or negative. Even love and happiness, when unexpressed, become negative and destructive. While fear and anger, when properly expressed, do indeed become positive and constructive.

(A constructive fear might just save your ass - to put it very bluntly.)

Understand - you have a bubbling flow - a wellspring - of pure unadulterated energy that flows into your being. It's the 'precursor of emotion', you might say.

You choose - within certain limits - exactly which emotions you're going to turn this flow of energy into. Then, you get to choose without limits whether to express it or not. (And often we pretend we don't make those choices!)

That bum's got a dollar for you. And he's only asking for a dime. You created him. You gave him life. And now that torpid emotion wants resolution.

Express it. Let that homeless little orphan speak; give it a dime. Then take back the power you've given it, and take that dollar home with you. It's yours.

Every real emotion holds at least a little bit of power for you. (That's why they're not bad.)

Every real emotion, when properly expressed, raises your resonance at least a little bit. Even the 'negative, constrictive' ones.

Your job is to keep the cycle going. Good or bad, positive or negative, constructive or destructive, expansive or contractive. Whatever you want to call it, just don't bottle it up. As you express your constrictive emotions, you create the space for more expansive ones.

To express an emotion - FEEL it fully, and RELEASE it completely. Go into it, and walk out the other side. Take it into you, and then choose to let it go. 'Contract and relax.' Just like when you exercise. Just like when you breathe.

Better to feel painful emotions than no emotions at all!

That may sound odd, but let me explain. Those painful emotions exist as little more than an oil slick covering the surface of a pond. What seems so 'heavy' - really has less weight, and much less substance - than the positive, expansive emotions that ALWAYS lie on the other side of the painful, constrictive emotions.

Once you feel and release the 'painful' emotions, you open the door to your emotional wellspring. When you open the door to your emotional wellspring, a whole new world of feelings - a whole new world period - opens up.

What's Good About Bad Emotions?

At first glance, it seems many emotions can make you feel bad. Fear, grief, loneliness, depression, anger, hopelessness, despair; the list goes on and on.

How can these so-called painful emotions have any value at all? How can they be anything more than a curse - or a pest - to be eliminated with some sort of pesticide?

First of all, if you spend all your time fighting one or a few emotions, that's not good. Constantly struggling; endlessly battling; with *any* emotion - day after day, month after month, year after year, obviously holds little or no value.

So where's the bad, exactly?

There are no bad emotions.

But rather, there are plenty of *improper interactions* with emotions.

That's the difference. Just like motor oil is not bad; in fact it's become essential for much of society. But put a drop or two in your drinking water, and....

It's not the emotions themselves that are bad - it's hanging onto them that's bad. It's the relationship that can be bad.

A business alliance is not bad. But making those business associates move into your house; forcing those associates to tag along with you every time you run to the store for a gallon of milk; inviting them to take a shower with you; carrying them around in a wheelbarrow with you, well.... they'd start to seem bad pretty soon.

Especially if this went on year after year after year. And they never cleaned up after themselves! That's bad.

It's our relationship with those 'bad' emotions that creates the problems. Not the emotions themselves.

Emotions become bad when they don't leave. When they tyrannize us, that's bad. The tyranny is bad, not the emotion. Emotions become bad when we let them into our house and then lock them in the closet or hide them in the basement rather than showing them the door.

It's not the emotion that's bad - it's the way we handle it that may make it seem bad.

Your garbage isn't necessarily bad. Hey, you took what you wanted and discarded the rest. Deal with it. Handle it properly and your life runs smoothly. Let it pile up on the side of the house, however....

Handle your emotions properly, and they become less and less of a problem. Until they're no problem at all.

But where's the good?

Okay, maybe you can accept that touching, experiencing, expressing, and then releasing emotions isn't so bad. But what makes them GOOD?

Where's the value of fear, for example? What's good about anger? What useful purpose could loneliness possibly serve?

And self pity? Good grief!

While each of these emotions and many others deserve a lengthy explanation, for now let's look at some of the general characteristics of these 'no-good' emotions.

Constrictive emotions contain a message.

Those painful emotions can serve as a road sign to show you where you need to be headed (or what you need to avoid.)

They also serve as a feedback mechanism - letting you know the degree of balance in your life.

Emotions let you know if your life is working or not. At the very least they offer a warning light - a road sign - to let you know where something might be wrong.

Let's take one common example:

"I'm always scared."

Okay, what's the useful message here?

"I can accept that most of what I'm feeling is imaginary fear rather than real fear. But there must be at least a little bit of real fear that's activating the imaginary fear. Once I bleed off the imaginary fear, then I can look at the real fear. Maybe it's an issue about love or intimacy or responsibility."

I can then *take action* from the message I've learned. And my life will change for the better. (In a nutshell, that's the first part of the e-book on reducing fear.)

<http://www.reduce-fear.com>

Maybe you need to make a U turn. Maybe you need to take a detour. Maybe you need to stop and regroup and regroup. It could be any number of things.

Constrictive emotions add to our complexity.

A diamond in the rough doesn't look that special. It's just a little chunk of... what... is it glass? Is it a rock? You can't really tell. But start cutting the faces, and it takes on a whole new meaning. It starts to shine. It begins to dazzle.

Learn to handle that excess fear, for example, and you've just cut a new facet on that diamond. Learn to handle that fear, and you've become more of who you really are. You add a whole new facet to your life.

Constrictive emotions provide an outlet of expression.

Just like a light bulb expresses electrical energy.

Sometimes things just happen that engender feelings of anger. Sometimes we get hurt. Given the uncertainty of life and the endless scenarios that could happen, sometimes we need those unpleasant emotions as a channel for the thoughts and feelings that come up.

If someone cuts you off in traffic, what are you supposed to feel - gratitude?!!

When a loved one dies, what are you going to do with all the raw energy that emanates from that event? How could you not grieve? You're a human being.

Life demands our attention.

Sometimes the most appropriate response is rage. Sometimes you NEED to be outraged. But if you lock that rage in a closet, watch out! Like the forgotten potato salad in the back of the fridge, it WILL go bad.

Emotions are a package deal. Like nerve cells that bring us the full spectrum of pleasure and pain, so **emotions bring us a full spectrum as well.** The nerve cells that bring us so much pleasure can also bring us so much pain.

As humans, we're loved enough to have been given the whole range of emotions to experience. We were given all the tools. We've been gifted with all the emotions; to explore and choose for ourselves what we want to feel.

We have free will. How could we possibly develop our full potential as human beings without constrictive emotions?

We need the contrast. So we can make powerful choices.

Maybe part of the challenge of being human is to find the good in those 'bad' emotions.

Why Emotions Hurt

So much of the time emotions really do seem so painful. And the pain just goes on and on and on.

"I want to resolve these feelings but for some reason I never do."

"You say 'feel your emotions' - and I DO! But nothing seems to happen."

"Why is this happening to me? Why do I still feel so bad?"

Good question. -- The bad feelings keep happening to me and I don't know why. I don't know how to make them stop.

If you keep feeling the same feelings over and over - and nothing changes; it won't end - there's a reason why. It's not chance.

It's not cause you're bad and wrong. It's not because there's something wrong with you.

It's not because you deserve to suffer. God's not punishing you.

It's not because of the 'depression germs' or the 'anxiety germs'.

It's because we've all forgotten how to feel our feelings. We've been taught, conditioned, threatened and beaten until we shut off our feelings.

We learned to not feel our emotions because the world demanded it of us.

You were not allowed to express what you really felt. Starting at a very young age.

"Don't you cry!"

"Don't you DARE cry!"

"Don't you get mad at me!"

"You want to see what it REALLY feels like?!"

"Shape up! NOW!"

"What are you scared of? Good grief!"

"NOW what's your problem?!"

And on it goes. Maybe you never heard those exact words. Maybe you heard different ones. Or maybe they never said anything - you just picked up their beliefs and attitudes instead. But you understand the point...

Few and far between were the parents wise enough to allow complete and healthy expression of their child's thoughts and feelings.

Instead, we learned how to suppress, depress, repress - press in any number of ways - the natural expression of what we were feeling.

Our parents 'helped' us by not letting us express our emotions just as their parents 'helped' them.

Often it was well-meaning:

"I'm only telling you this for your own good!"

"Here, let me give you some candy so you'll stop crying."

Remember, a child is a sponge. We learned how unacceptable it was to express our emotions - usually before the age of five. Before our conscious mind had even developed.

At that age, we were operating mostly out of the subconscious mind. The part of us that questions nothing. It merely implements the instructions it's been given. Usually by God-like figures called 'parents'.

Like a good soldier, the subconscious always follows orders. (Until it accepts new ones.)

You were given a lot of orders as a child. Orders that you were UNABLE TO QUESTION. You simply carried out the orders.

Many of those orders concerned the necessity; the need; for survival purposes - to NOT feel your emotions.

Your life depended on you not feeling your true feelings. Or so it may have seemed.

"No, Mark. You're wrong. I DO feel my emotions. All the time. And it hurts like hell."

I hear you. I know what you're saying. I used to say it myself.

But what you're feeling is probably not real emotion.

You know how I know?

Because you can rarely feel a real emotion for more than a few minutes. Real emotions never just go on and on and on - with nothing changing.

It's impossible. You *can't* contain a real emotion for any length of time without 'tainting' it. When you hold onto it in ANY way, then it's no longer 'real'. It becomes a fabrication; a story. Or at the very least, it becomes twisted and distorted.

And that's all most people will ever know about their emotions - a twisted story; and they'll never know what it actually feels like to experience the wonder and joy and exhilaration of feeling their true feelings.

You can't store emotion in the back room and not expect it to not start smelling bad.

It's gonna stink.

'The stench of fear' - for example - is a very real metaphor. Fear does have a stench.

Remember that programming you got as a kid - to not feel your emotions? Well, you can't *really* turn off your feelings.

But you can manipulate them. You can't stop the flow but you can muck it up. You can make a mess of your emotions - a big mess - when you don't feel them and let them go.

See, instead of FEELING our emotions, we manipulate them instead.

One way is by pressing them down. De-pressing our emotions can lead where but to depression?

Or, we could blow them through the roof with mania.

Maybe we manipulate them some other way which might lead to anxiety.

Yet another way to manipulate our feelings is by trying to interpret them instead of just feeling them. We end up piling stories on top of stories.

For example, we may want to believe someone else is responsible for the way we feel.

"You made me angry!"

It's not possible for anyone to make you feel anger, or anything else for that matter. It's just not humanly possible.

We're not owning how we feel. We're giving our power away when we do this, and we make it certain the anger will continue.

"Cause it's NOT mine!"

Rather than feel the anger and release it, we start punishing the other person. Instead of feeling - we're blaming.

My favorite way to not feel my emotions used to be by analyzing them instead.

"Hmmm... I'm getting angry right now. Why is that? Am I really angry at Mom instead? Or is this coming from my subconscious mind or something? Cause I'm not an angry person. I wonder why they're intentionally trying to make me mad. They must have some agenda..."

I could easily get lost in the trap of trying to think my way out of feeling.

Piling stories on top of stories. Covering up the first painful story by telling myself *another* story.

And by the way - talking about feelings is not the same as feeling them!

The bottom line to all this manipulation - we have a secret agenda that we're not admitting. At the very least, we have the agenda of not being responsible for what we're feeling. Or maybe it's the hidden agenda of punishing and blaming another.

Either way, we end up with a twisted and distorted version of real emotion. Rather than drinking from the pure wellspring of raw virgin emotional energy - and gaining the benefit from it - instead I'm perverting it into something that is now choking me.

I've polluted the waters and now I don't know what to do.

It doesn't smell too good. I know that.

I've made a mess of things because of my subconscious programming that I don't even know is there.

I manipulate my emotions now because I grew up manipulating my emotions. It's all I've ever known - or it's all I remember. Now I'm sitting in a mess.

As a small child, I naturally felt ALL my feelings. I had to learn how to stop feeling and start manipulating them instead.

It wasn't easy. I had to fight my natural instincts. I WANTED to feel my feelings. All the time. They had to really work hard to get me to change. But once I did, I never looked back.

I forgot the power that comes from feeling and releasing my emotions. I forgot how strong they made me. Instead, I began to focus on making the best of a bad situation.

"I can still use my feelings to punish them. I'll get 'em back. I'll use my emotions to hurt them."

That's when it starts to smell bad.

You've been INTENSELY programmed to not feel your feelings. The positive intensity of emotion has been replaced by the intense desire to NOT feel. But the feelings keep coming. You can't stop them.

You can, however, separate yourself from them. You can create a wall. You can create a gap. You're over here, and the feelings are over there.

So often, we're not even aware of that gap; that wall.

If there's a gap and/or a wall between you and your feelings - then the feelings will just go on and on and never resolve themselves.

You can't get a handle on them. All you can do is watch helplessly as they seem to run your life. The wider the gap - the stronger the wall - the more helpless you feel.

What you're feeling then is no longer real emotion. It's become a twisted version of emotion. A false emotion, you could call it.

Most of what I used to feel was false emotion. A distorted version of pure emotion. Because I'd forgotten how to truly feel.

It sucked. No wonder I didn't want to feel it! And so the separation grew.

I fought off my tainted version of emotions because they were too painful to deal with. It seemed like the more I fought them, the stronger they got. So I had to fight harder.

It's a no-win battle and the only way to resolve it is to stop fighting. To stop manipulating and start feeling.

It's not going to happen overnight, but it can be done.

It's like relearning how to breath, or relearning how to blink your eyes. It's hard to explain exactly how to do it.

It can almost seem hopeless, but it's not. Just being aware of the problem can help to resolve it. And stop fighting the feelings. Stop telling yourself stories about your feelings, and just feel them instead.

Stop fighting your natural instinct, which is to simply feel your feelings fully, and then release them completely.

It starts with understanding the problem:

- 1. You've been programmed - intensely programmed - to not feel your emotions.**
- 2. The pure raw emotional energy keeps coming and coming. It cannot be stopped.**
- 3. You must do something with those feelings.**
- 4. Doing ANYTHING other than expressing - feeling and releasing - your emotions, creates problems.**
- 5. Emotions are your source of power. The more you deny them, the more powerless you become.**
- 6. Separating yourself from your feelings starts a painful downward spiral.**
- 7. Separating yourself from your feelings makes them seem more powerful than you, and makes them much harder to deal with. And it always creates pain.**

Bleed Off Your Excess Emotional Energy

Bleeding off the excess emotional energy that may be bothering you right now stands as one of the most important things you can do to start feeling better.

The more you release, the better you feel.

To help you do that, this chapter contains the three-step process that may be the easiest and quickest way to achieve emotional relief.

It's a way to start bleeding off the stories - the unresolved emotion.

In a way, our unexpressed emotions resemble a full glass of water that we carry around with us.

Because we constantly generate 'new' emotions from the raw emotional energy that continuously flows into us, the cup stays full. As we walk around with a full glass in the living of life, occasionally the glass is jostled and some of the emotions spill out.

And then we become what is (erroneously) referred to as 'getting emotional'. Such as, we explode in anger. Or burst into tears. Or get overwhelmed by fear.

Usually this happens at the most inappropriate times; such as when we're in the midst of interaction with others.

The best time and place to deal with excessive, unexpressed emotions is in the privacy of your own home (or car!) when you have time alone. Just like the best time to practice hitting a baseball is before you play in the big game, so the time to deal with your emotions is before you engage in the big game of interacting with others.

When it comes to bleeding off excess emotions, probably the single best way involves 'processing' your emotions - taking the time to sift through and examine all your thoughts and feelings on a particular issue, learn what you can, and then let them go.

'Processing' is like making lemonade out of lemons.

It's a 'value added' exercise, meaning you're taking a product or raw material (in this case unresolved emotions) and changing it to make it more valuable.

Making lemonade out of lemons creates value, just like processing your emotions creates value.

While anyone, even small children, can do the exercise explained below, many will resist. Why?

Here's a few possible reasons:

1. Don't want to admit a problem exists. Or if it does, it's a small one.
2. Don't see the value of processing.
3. Don't want others to see you doing it, or afraid they'll find what you've written.
4. Tried it once and it didn't seem to help.
5. TOO MUCH EFFORT!

And there may be others as well. If you find yourself reluctant to do this exercise, you may wish to look at your resistance and decide which is more important.

Who knows? This little processing exercise may just save your life.

You can accomplish many different goals with processing. In this case, the goal is to transfer excess emotional energy onto paper and ink. To wash away the froth so you can see what lies beneath.

In it's simplest form, processing involves writing out how you think and feel about something... *as quickly as possible*, without concern for grammar, punctuation, spelling and the like.

Dumping on the paper instead of dumping on your spouse, your coworkers, or the moron driving in the car next to you.

It's a way to pour off some of that water in the emotional glass you're carrying around with you all the time, so it doesn't spill out onto yourself and others every time somebody bumps your elbow.

A good processing experience can be like - dare I say it? - a very satisfying sexual experience. One that makes you a little worn out, but very content, and leaves you with a certain little smile that won't seem to wipe off your face.

It releases the excess energy to help you function better in your life.

In other words, it's a good thing!

To process your emotions, all you need are paper and pen. Rather than a fancy journal, I suggest using plain, cheap, copy paper for this exercise. The cheaper the better. The kind you buy for a few dollars a ream (500 sheets).

The reason for cheap paper is because you won't necessarily be saving what you write; in fact you'll probably want to rip it up when you're finished, perhaps even with a little gusto.

Step One - Write Fast And Furious

Once you get some cheap paper and some solitude, think about your biggest complaint/gripe, and go to town!

Write as fast and as furious as you possibly can. Write with abandon, with passion.

Write like your life depends upon you filling up those pages with words. If you don't know where to start, write "I don't know where to start..."

The only secret to processing the 'right' way, is that you have to actually do it.

Want some good sex with yourself tonight? Start processing. Write like a maniac until you're exhausted. Write until you can't write another word. Write till the well has run dry, and all the passion and emotion has drained away.

Step Two - Take A Pause

When you're finished, stop. Take a break for a while. Wait at least one hour before returning to read what you've written. Give things a chance to settle down.

Sometimes you may even want to wait a whole day. But do take the pause.

Step Three - Review Your Writings

Once you're refreshed and regrouped, then carefully read over what you've written. If you don't remember it, if it seems new as you read over it, then you know you did it correctly.

While writing, the idea is to go so fast you don't stop to think about what you're saying. You want to 'leave it all on the field' as they say in sports.

Processing your emotions by writing out on paper what you're thinking and feeling (without stopping to analyze those thoughts and feelings) may be the easiest way to bleed off your excess emotional energy.

Keep in mind that when you first sit down to write, you're likely to get a lot of fluff. But you can still learn something. The pearls of wisdom, if any, will most likely be hidden somewhere within the fluff.

You will learn more about yourself by processing.

In fact, the very definition of intelligence is to use your capacity to think and feel, and out of that thinking and feeling, to discover what is revealed.

And besides learning about yourself, processing is also an excellent way to bleed off the fabricated feelings - the painful feelings - that may be surrounding you like a cloud right now.

It can be especially beneficial for the feelings that just won't go away. For example, if you find yourself thinking the exact same thoughts... feeling the exact same feelings... day after day after day...

Processing provides a way to end that repetition. It's a way to stop going around and around with no end in sight. It's a way to escape from the hamster wheel.

One last point: you may want to tear up the papers when you're done. No sense giving someone else ammunition to use against you at a later date!

Journaling vs. Processing

Journaling, in one form or another, stretches back at least to the beginning of recorded history. Ancient Egyptian hieroglyphs, and even European cave paintings thousands of years earlier, could be considered a form of journaling.

The act of keeping a journal really amounts to anything you want it to be, but I consider journaling as careful and deliberate written records of the notable events in your life.

A journal records the events that stand out - that matter - in a person's life.

If you value your life, journaling provides a record of the events and emotions of the different phases you go through in your short existence on this earth. And if you don't value your life, journaling offers a chance to find what's currently hidden from view. So you can find your missing value.

Start a journal and you'll begin to uncover more of your value.

Processing also adds value to your life, even though it stands as a completely separate function. Processing is the act of quickly and spontaneously writing out your thoughts and feelings about a particular subject. It involves choosing a topic and then letting the random thoughts and feelings come up, as you record them on paper.

- While **journaling** offers a perspective over time,
- **processing** gives you a deeper perspective of where you are right now, in the present time.

You might say journaling gives you a wide horizontal perspective while processing gives you a deep vertical perspective.

Journaling provides a record over time: processing offers a record of the moment, on a deeper level than a journal.

A journal is usually stored and preserved and cherished; something you save for the future and refer back to on occasion. Processing papers usually last only a short time, and may be reviewed perhaps once or twice. After the information has been gleaned, the papers are usually thrown away.

(Or saved for future reference; to see how you've changed over time.)

A journal often consists of a fancy notebook; a nice book; a 'pretty package'.

Papers used for processing generally tend to be cheap typing paper, or any other scrap pieces of paper you find lying around the house.

Also, journaling usually involves a more 'scripted' style of writing. You think about what you're going to write. It involves conscious, deliberate thought.

Processing, on the other hand, is the complete opposite. You purposely don't think about what you're going to write down. Instead, you simply focus on the topic and write whatever pops into your head.

With a journal, you'll usually write neatly and carefully. With processing, you don't have *time* to write neatly. Punctuation and grammar and spelling don't matter. Instead, you're writing as fast as you can - to keep up with your train of thought and feeling, wherever it may lead.

The purpose of journaling -

1. To experience the joy and wonder that comes from recording and chronicling the events of importance to you.
2. To save that record for future reference.

The purpose of processing -

1. To bleed off excess emotional energy; especially the 'froth' that so often surrounds us. For example - the anger that boils over and spills out onto others, or the fear that so easily consumes us.
2. To learn more about yourself - such as your motivation, your payoffs and your hidden agendas. It digs beneath the surface and allows you to take a closer look at what's really going on inside you.

Journaling and processing both add value to your life. While they share certain characteristics, it's important to understand their differences. They could certainly be combined together, but you may find it more effective to process your emotions first, on separate sheets of paper, and then write down the main points in your journal.

Or, you could do it the way I've evolved to:

Using the same paper, first I'll 'journal' a little, then I'll process for a while. Then I'll go back to journaling. Then back to processing. It's like running for a bit, then walking some. Then going back to running. Then walking.

After many years, I've found this to be the most effective way for me to get my thoughts and feelings out on paper, and to learn from what I've written.

And to preserve my thoughts and feelings to review later, to see how I've grown and changed. (That's always nice!)

Turn Your Emotions Into Juice

A second way to bleed off any excess emotion involves changing the *energy* of it, by transmuting it into juice.

While 'transmuting emotions into juice' may sound a little weird, a little 'out there'... it's really a fairly straightforward technique that produces immediate benefits.

The word 'transmute' simply means to change the ENERGY of something.

In this case, we'll be changing the energy of our own emotions. It begins with finding or creating some 'quiet time' - time when you are alone and not encumbered with the demands of the day; when you can disengage from any potential distractions, since you *will* need to muster your powers of concentration.

Find a nice comfortable place to sit or perhaps lie down - whichever suits you best. However, you may wish to do it in your car, especially upon leaving work. (This is an excellent way to leave your work at the office!)

Like the first technique of processing, it begins by thinking of your particular source of discomfort.

Oh, you have more than one?

Well, what bothers you the most? That's always a good place to start! For point of example, let's say you're experiencing a ton of repressed hostility towards your boss. (Although keep in mind this will work for any emotion - loneliness, grief, anxiety, etc)

It can also be used when you can't even pin down the exact source of emotional distress. Like when you just feel 'yucky' and don't know why.

Anyway, **start by focusing all your energy and attention** on one emotion or on one particular situation (which usually contains multiple emotions). If it's anger, despair, etc. at your boss - imagine the situation.

Then think the thoughts and feel the feelings that come up.

Now start vocalizing - either talking out loud (if the situation permits) or by talking 'inside your head'.

What pisses you off? Say it. Say all those things you've been holding in. You know that constant conversation you've been having in your head? You know, the one where you tell your boss what you really think - the one that keeps repeating itself over and over but never gets resolved? Yeah, that one.

It's time to let it out. It's time to get excited about it. Pretend that you really DO explode. Work yourself into a lather. Feel it. Think it. Say it... with all the intensity you can muster. Tell that so-and-so what you REALLY think about 'em!

Once you're on a roll, **turn the words into raw sounds**. Animal sounds. Whether its groaning and moaning, roaring, wailing, shrieking, whatever, just get primal. Mouth the sounds that are beneath the literal words. (Perhaps only internally; you don't want to scare the neighbors.)

Actually, doing this technique in your imagination works at least as well as doing it out loud, since you are forced to focus more. (Although it is kind of fun - and certainly seems easier - to do it out loud!)

The idea here is not to create melodrama, but rather to CONDENSE the emotional energy that up till now has been running around like a houseful of cats. This technique is a way to corral that herd of cats.

So, begin with the words that express your situation. Second, turn the words into sounds that most adequately express those words.

You can also turn the image of your boss (following that example) into **colors**. Let the scene blur into the colors most likely to appear in a situation of this nature. Combine the wailing and moaning with, what - blues, reds, and grays? (Obviously, you wouldn't do the color part too intensely if you're driving down the road...)

Once the sounds and colors have peaked, **turn them into pre-verbal energy**. It's like you try to speak, but no sounds can come out. All you can do is feel the raw, primal, unspoken energy.

Feel the energy beneath the sounds and colors. Not only are you beyond words, but you're even beyond the guttural animal sounds you were making and the raw colors you were seeing just a moment ago.

Feel the energy that has been trapped inside of you for so long - just waiting for this chance to express itself! This step takes the most concentration and intensity.

This is where you turn inside. Whether or not you've been making noises out loud or internally, at this stage you turn it all inward and start going *deep*.

Once this silent energy has peaked, **the next step is to imagine the energy beginning to condense like dark beads of sweat**. Imagine this trapped primal energy as it begins to condense into dark, dank, droplets.

Imagine them forming throughout your body. Microscopic drops that, having an affinity for one another, begin to come together, forming larger droplets, eventually working their way through the pores of your skin.

As this dark sweat continues to form over you, sense it draining down your body. It continues to drain by your will, by your imagination, and by the force of gravity.

Squeeze it out of every cell of your body, force it to coagulate on the outside of the cells, and then demand that it drain out of your body. Imagine all the juice flowing completely off you.

(You *will* have to 'get intense' to do this technique most effectively!)

After you reach this point, you should, once again, (just like after processing) feel somewhat, um... content... relaxed... exhausted. In fact, you may want to lay back and smoke a cigarette. (I'm joking!!)

Keep in mind that while this yucky, vile liquid exists 'only' in your imagination, in one sense it is very real. Remember, it's had an enormous impact on you. Now you have the power to change it.

Change this emotional energy, and your world changes.

See for yourself. Just try it.

The key to this technique lies with your willingness to get intense. Your willingness to allow yourself to experience your emotions and your emotional situation AS INTENSELY AS POSSIBLE.

Usually, this stands as a problem for many people. Intensity scares us. Intensity takes us out of our comfort zone, it takes us out of control and places us in the unknown.

We're afraid if we get intense, that intensity may take over, and we won't be able to stop it. Don't worry. This technique is specifically designed to put YOU in charge.

Another reluctance may be because it takes effort. Perhaps a *lot* of effort. All too often, effort equates to work, and work is 'bad'... because we see work as something we 'have' to do, rather than something we enjoy doing.

Intensity forces us to think and feel. Usually it's to think and feel about things we'd rather not think and feel about in the first place.

By the way, intensity has nothing to do with getting 'loud'. The blustering display of emotions we're so used to seeing in others (and in ourselves), is a sign of melodrama more often than a sign of intensity. And melodrama never resolves anything.

This technique allows you to be accountable, and to be responsible for the emotional situation you've created. It's a way to take back your power.

While it does require effort, concentration, and intensity, the good news is that the entire technique can be done in a few minutes. Short and sweet. A burst of focused intensity, like a laser beam, that cuts through a lot of crap very quickly, and leaves you with greater peace and clarity, since you've released that intensity.

(Boy, will you feel released!)

Practicing the two techniques of processing and juicing your emotions can give you the breathing room you need to start getting serious about healing and working with your emotions.

The Next Step

Hopefully, you've learned something.

If there's one concept I'd love for you to take away from this e-book, it's that your emotions - your thoughts and your feelings - are the single most important thing in your life.

Work WITH your emotions, and nothing can stop you. Work against them, and you won't even get out of the starting gate.

They are the source of your power. They are the reason to live. They motivate you, they nurture you, they offer feedback. (Like nothing else can!)

They are a part of you. They are real. More real than anything you can see with your own two eyes. They matter. Just as you matter.

Nothing is more important than how you think and what you feel.

Nothing is more important than developing a healthy relationship with your thoughts and feelings.

That's what I hope to convey to you today.

And finally, here's a few resources to help you heal your emotional pain (and improve your life in many other ways!):

<http://www.create-reality.com>

<http://www.reduce-fear.com>

After you've 'processed' out your thoughts and feelings, the next logical step is to forgive yourself, so you can change:

<http://www.forgive-yourself.com>

And for help to remove the subconscious blockages, this audio meditation actually takes you *to* your subconscious mind, to the source of the problem:

<http://creative-visualization.com/removing-blockages.html>