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JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge

Jim was a participant in my two day seminar *Healing The Original Pain of Your Life*. On the first day he came to the difficult realization that he was still carrying unexamined and unhealed emotional pain from his past that was playing itself out in his life today. More unsettling still was how that unresolved pain had, in his parenting, already spilled over onto his children in ways that were misshaping, hurting and possibly even damaging them. That night, simultaneously overcome by both the anguish and guilt he felt in facing these unpleasant truths and his heartbreakingly deep love and concern for his children, he wrote the words below.

Thank you, Jim, for giving me permission to share it "with anyone else who could gain from my experiences".



A Father's Legacy to His Children

"I was a cripple — learn from me, how to walk — teach your children to run, so they may teach theirs to fly.

I was a dwarf — learn from me to rise and stand tall — teach your children to be pillars and they will teach theirs to be giants.

... Continued on next page

A Father's Legacy to His Children—continued

I was subdued by demons — learn from me to wrestle with your demons, teach your children to be human beings so that they may teach theirs to be angels.

I was overcome by darkness — learn from me to struggle towards the light, teach your children the glory of the light so they may teach theirs to become blazing suns.

My spirit was impoverished — learn from me to nurture your spirit, teach your children the strength of humility and they will teach theirs to inherit the earth.

I lost faith — learn from me to seek the truth and stand firm — teach your children that they are the children of God and they will help theirs to be worthy of the Kingdom.”



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The Tyranny of Niceness

"...Niceness fails to live up to its reputation. It does not make relationships easier, does not guarantee a stamp of approval nor improve the quality of life. On the contrary, niceness often causes confusion in relationships because of the dishonesty implicit in suppressing one's authentic thoughts and feelings. Being nice increases one's sense of alienation from oneself, by far the harshest consequence of all. Niceness detracts from one's quality of life by contributing to health and addiction problems that are an out growth of stressful internal conflicts. In contrast, any difficulties that occur in achieving the essential honesty of authentic acts and speech are overridden by the internal calm that prevails in its wake."

Evelyn Sommers

Tyranny of Niceness: A Psychotherapeutic Challenge

(courtesy: my colleague, Avraham Cohen)

OLD RECIPE, NEW RECIPE: THE KITCHEN OF GIVE AND TAKE

First you must climb into the battered old saucepan of love where you will marinate in the sauce of sex.



Then you shall be covered with the wine of faith, the oil of compassion and the salt of sin and suffering.



Now you are tossed in the pan of chaos and seared by the flame of truth.



You are carved by the knife of compromise and served with the spoon of duty;



On to the plate of acceptance and garnished with the herbs of humility.



At this point you may well say GRACE.



HEALING THE ORIGINAL PAIN OF YOUR LIFE

Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- unstoppable busyness
- workaholic tendencies
- constantly seeking the approval of others and fearing rejection
- explosive emotional outbursts with loved ones
- loneliness
- addictions
- family strife
- low self-esteem
- depression
- eating and sleep disorders

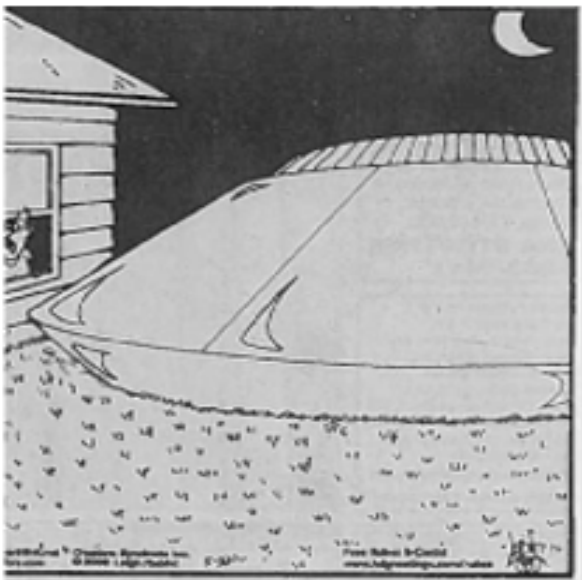
All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it. This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

**Cost - \$250.00 per person (deferred payment plan available)
bursaries available to those in financial need**

**If you have further questions or would like to register contact:
Craig Woods 604-649-7533 or by email at: joel.brass.seminars@gmail.com**

DATES: SATURDAY & SUNDAY, NOVEMBER 1 & 2, 2008

RUBES



"Don't be silly, Edith, of course I'm open to acquiring advanced scientific knowledge and gaining a deeper understanding of our place in the universe from a highly evolved race of beings... just not on my new lawn!"

