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JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge



I Couldn't Have Said It Better Myself So I Won't

Some of us, me included, like to put ourselves on the leading edge of our own wisdom, growth and spiritual freedom. This newsletter will contain the most alive, penetrating and truth-based pointers, promptings, teachings and practices to which I have been giving myself over lately. The source for all of them, for those interested, comes from a book called *Enlightened Duality* by a spiritual teacher named Lee Lozowick. The jewels of wisdom below are the work of one of his most devoted and eloquent students/disciples named M. Young.

I hope that you enjoy them as much as I have and that you allow them to take you to and keep you at your leading edge.

"There are 70,000 veils between you and Me, but there are no veils between Me and you." – cited from an extra-Koranic revelation

"Are you calm? Are you calm at the core of your being? Are you ever calm at the core of your being?"

"To be identified with the persona from a psychological point of view is death to the possibility of the Self."

"Compassion for ourselves and others begins to grow when we start to realize that we are nothing – meaning that our identifications are essentially empty. All the hours, days, years of licking our wounds, all those meaningless hurt feelings, all that self-importance and self-pity, when in reality we are less than dust. There is great freedom and luminosity in being less than dust, and only if we are less than dust can we begin to realize that we are made of the stars – the pure stars radiant and Organically Innocent.

continued

The precious time of incarnation in a human body is wasted indulging in those things that create an inner state of poison and negativity. It seems to take a very long time to become convinced that it is “me” not “you” who needs to be different. Only I can tend the inner garden. First, I have to drain the swamp and clear the land – the weeds and rotten trees, the skanky dead things lying about. Then I have to till the soil, find the seeds (they are given by Divine mandate, already present within us), sow the seeds, provide water and sun in the perfect proportions.

This all takes time and faith in the process; faith in the laws that govern gardening, and faith in the master gardener – that is, the guru. For a long time maybe it seems that we are only migrant workers apprenticing to the master gardener. In the best of all possible worlds, we find the master gardener and stop our migrations, realizing that the search is finally, irrevocably over and this is it. It is the end of the search, but it is not the end of the road, for the road goes on forever, except that at some point we can become free of over-weening ambition and the primal knot of survival. Ultimately we discover that the master gardener, the garden, the sun, the rain, the seeds, the soil and everything else is our very self. There is nothing else to achieve, get, know, do attain. There is only Just This, and out of Just This comes tumbling a cascade of beauty – that which we have always sought.”

“To what extent are you capable of solitude? Wisdom is the possibility of being more and more abandoned, more and more betrayed, more and more rejected and to feel more and more peace, more and more inner security.

Yet you know very well that the idea of being betrayed, criticized, denied is unbearable to you. This is a mark of childishness. The dependency on someone or the dependency of others and the inability to be alone are all a mark of childishness. If you accept this criterion, you will be able to assess and evaluate the level of your being. Am I capable of staying alone, feeling alone? Or is it unbearable? Alone, materially, physically or alone psychologically: nobody agrees with me, nobody understands me. Do I more or less suffer from it? It will always be more or less: more or less childish, more or less adult.” – Arnaud Desjardins

“An adult has less and less the need to have and finds increasing joy, fullness and security in being.”

“Only a child has emotion; the adult has *feeling*. This is a vital distinction. When emotion arises, and it always does, sooner or later, then emotion is what we work with to find the thread of what is true. Emotion is the arising moment of practice, and when it is accepted open-eyed, with innocence, Just This becomes the ground from which a true feeling may or may not arise. When clarity dawns, it brings with it the possibility of the wisdom quality, or true feeling, underlying any emotional state. What is the price of admission into the realm of clarity, vigilance, even faith, love and surrender? The relaxation and letting go of identification with the whole thing; in other words, surrender at the most basic level.

The only way out of the no exit stranglehold is to drop the identification with it – step outside of the entire picture and into a new frame. In any given moment, we can be different. We can move into another frame of reference; we can assume the character of the disciple, the devotee, the student, the practitioner at any time. We can return to the pristine sanctuary of the dharma. The grand design of Life is that, because of the fact of impermanence, everything can be different from one momentary experience of what is real to the next momentary arising. What is arising in this moment *is*, and in the next arising moment, it can change. That means: tomorrow is another day, so to speak. Consciousness never changes, but the *state* of consciousness can change, literally from one moment to the next.

In the inner solitude of the moment we can turn ever so slightly toward a simplicity of being, a not-knowing, a relaxation that is entirely non-linear and without motivation, and in that moment, as if by magic, the slate is cleared.”

HEALING THE ORIGINAL PAIN OF YOUR LIFE: THE INNER CHILD SEMINAR

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
- constantly seeking the approval of others and fearing rejection
- constant, unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- dependency on alcohol, drugs, sex or shopping as a mood- enhancer
- family strife
- low self-esteem
- depression
- eating and sleep disorders
- internet addictions

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 - \$350.00 + GST per person (deferred payment plan available)
bursaries available to those in financial need**

When: Saturday, June 24th, 2023

Sunday, June 25th, 2023

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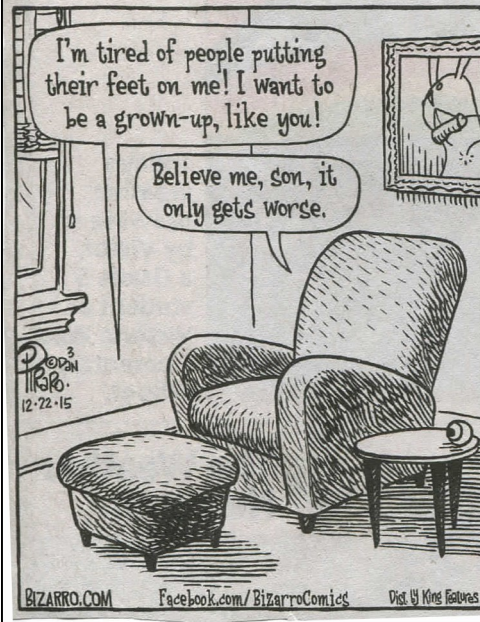
If you have further questions or would like to register contact:

Jason (seminar coordinator) at (236) 330-4703 /

seminarsjoelbrass@gmail.com or

Joel at (604) 535-4220 or (604) 732-9091

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