

Volume 6, Issue 2
Fall, 2022



JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge



Feelings: There is Nothing More Important in Determining the Quality of Your Life

Right from the start a correction is in order. Almost every client I have ever worked with unknowingly perceives themselves as human doings. They are performers, constantly being measured by the results they produce, always and forever having to prove their worth, their value, themselves. They are worried about making the next mortgage payment, car payment, food bill. Living in the thought streams of their minds they are always moving too fast to catch up with their human experience.

My first priority is to assist them in slowing down, slowing w-a-y down. The outer world operates in a New York City time zone. The inner world in a Newfoundland time zone. These ways of being are different, very different. So first from fast to slow. Then from an almost exclusive focus and preoccupation with outer to inner. From ordinary conversation to a conversation of depth. And lastly, and perhaps most importantly, an emotional and spiritual transition from the head to the heart, a distance that most clients soon realize is substantially greater than they ever imagined.

Then I usually lead by saying something like:

“Take a deep dive. Here and now extricate yourself from the circumstances, situations, events and relationships of your life. Just for the moment let go of the duties and responsibilities, the tasks and to-do lists you are always holding yourself accountable for. And now, only for the purposes of our work together, drop every role you are currently asked to fulfill. Only for this instant you are no one’s partner, no one’s mother, no one’s daughter, no one’s sister, no one’s boss or employee, no one’s friend, no one’s neighbor. Now as authentically and spontaneously as you can, with three selections, each of which can best be described in one word depictions, I have one single question for you to address as honestly as you can:

continued

“WHAT ARE YOU FEELING AND I REALLY WANT TO KNOW?”

Why such a huge emphasis on feelings? Because our inner emotional life is where we live. Feelings are the principle driving force of our lives.

Feelings and our need to experience certain feelings and not others explain every single motive, desire and activity we pursue in life. Why do I want a relationship so badly? Because I want to permanently feel a certain way and I imagine that is the way to attain it. Why do I pursue career advancement, success and money so fanatically? Because one day in the future I want to permanently feel a certain way and I imagine these are the means to attain it. Why do I want to have children or don't want to have children? Because I imagine I will be feeling a certain way down the road.

And on the largest scale of world events, why and how does Putin justify the mass slaughter and brutality of the invasion of Ukraine? Because he (representing the people of Russia) wants to feel a certain way – more safe, more secure, less threatened. Will that actually happen even when he destroys an innocent people and country next door? No, it will not. Does he believe it will? Yes, operating out of pathological self-interest and unconsciousness, he absolutely does.

What We Are Holding Inside Colors Our World: Suppression and Denial

“The experience of any feeling has never killed anyone. The suppression and denial of feelings certainly has.”

The difficulty and challenge of feelings is that generally speaking we are out of touch with a great many of them that remain dispatched to the storehouse of our being. If we are carrying feelings that are not in accord or directly contradict our self-image and how we must be perceived by others, we will banish them from awareness. If we are packing around difficult, threatening and painful feelings, uncomfortable and extremely unpleasant ones that ask us to admit to and confront truths that we would rather not know, we will banish them from awareness. Suppression and denial work quite well...until they don't. And where have all of the feelings gone that we don't want to feel? To our astonishment absolutely nowhere.

They are in our bodies – symptoms, aches and pains that seem to just land on us; ailments and unwanted physical conditions that have no known origins. They are in our minds. Our minds are never still, rarely peaceful, filled with an endless barrage of judgments, worries, self-recriminations and dreadful projections of the future. They are in our stress levels. We're on edge, too busy, too rushed, everything is too much. They are in our fearful dreams and disturbed sleep patterns. When was the last time you had a deep, restorative night's sleep? And perhaps most despairingly they are in our relationships. In spite of our deep desire for only love and harmony, we experience conflict, tension, confusion, anger and even hostility.

Deep Inner Work

The hallmark of inner work is the willingness, under all circumstances and situations, to take responsibility for our own consciousness and our entire inner reality which ensues from it. On this level of maturity and humility, there is *the awareness that all negative feelings, to repeat all negative feelings, are our own problem* and there is no longer looking outside of ourselves for their resolution. We let go of the illusion that others are the source of our happiness. With ownership and the display of this kind of spiritual and emotional depth and sincerity over time the intrepid, persistent client comes to the most profound lived realization of all: Peace comes with total inner surrender to *what is*.

******* NEW SUPPORT GROUP FOR ALL PAST INNER CHILD SEMINAR PARTICIPANTS
AND CURRENT CLIENTS *******

**WEDNESDAY NIGHTS AT 7:00 PM
IF INTERESTED CONTACT JASON AT 236-330-4703
307-2001 WALL STREET
EAST VANCOUVER
LOOK FOR JASON BAIRD ON THE INTERCOM**

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, March 25th, 2023

Sunday, March 26th, 2023

www.joelbrass.com

info@joelbrass.com

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

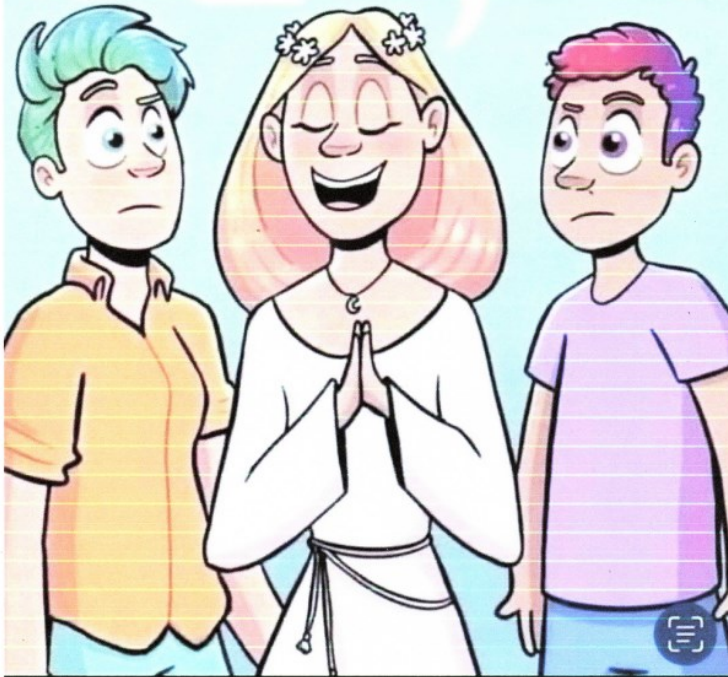
Jason (seminar coordinator) at (236) 330-4703 /

seminarsjoelbrass@gmail.com or

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

For Private Individual or Relationship Therapy, contact Joel at (604) 535-4220 or (604) 732-9091. All Sessions Are Being Conducted Remotely.

Since I've had my spiritual awakening, I
could finally put my ego aside...
And now, I am so much better than all of you



CORNERED

12-13 © 2013 Mike Beliveau/Dist. by Universal Uclick www.cornered.com
cornered@gmail.com



"Having you move back in has been a real picnic for us, too. I can't wait until you have adult children of your own."

