

Volume 2, Issue 2

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The Earth School

Every day of my working life I see and work with human beings who are suffering and in pain. Usually it is the case that either life has brought them a series of unwanted and difficult circumstances and conditions or they, themselves, have made choices (ways of being or operating that they may not even be aware of) that have caused or contributed to their own and others' suffering and pain. Life has become unhappy and often unmanageable. All personal resources seem to have failed. There seems to be no way out or around or through.

To me, these are critical rites of passage in the emotional and spiritual journey of a soul through time. It is in these crises that we are forced to grow. We must change. In some significant emotional or spiritual way we must be someone new, someone we have not been before. We must see or do things differently if we are to ever find meaning and even value in the adverse circumstances and conditions that have been presented to us. We must heal ourselves if we are to stop hurting ourselves or others. We must find our way in an unplanned and uncharted land.

It is my belief that human life is a school and that all of us are its students. The curriculum we will be asked to master in the Earth School (credit goes to Gary Zukav for this way of putting it) can be very challenging, at times even seemingly impossible to succeed at. Yet it is my belief that the curriculum, though mysterious, is not random. It is chalk full of lessons tailored uniquely for each of us to rise, expand, heal, release, grow and find greater love and peace to give and to receive. It is my belief that it is these lessons - the mental, emotional and spiritual choices we are making in the classroom while living - that is the deepest purpose for our being here. We have chosen this particular school to get the best education we can get.

Perhaps the best received newsletter to date has been the one containing, one of my professional role-models and mentors, Sheldon Kopp's, *Laundry List Of Eternal Truths* (see January, 2007 Volume 1, Newsletter 11 on my website). It is a wonderful source of wisdom and guidance for trying to find our way in the Earth School. In his later years, as his own life became more and more spiritually-based, he wrote one last, lesser-known list. I find it more inspiring than the one he composed in mid-life. I present it to you lovingly now to help you through the more difficult aspects of your higher education.

JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge

A Street Guide to the Higher Power Within Us

- 1. No matter how well our lives are going, there will be times when we ask ourselves, "Is that all there is?"*
- 2. When you think the meaning of life has been lost, what you need to find is yourself.*
- 3. Everyone feels lost and alone at times.*
- 4. The fulfillment we need lies buried deep inside us.*
- 5. Where are you in your life?*
- 6. Why aren't you more like yourself?*
- 7. If we endure the holy insecurities, we can find the higher power within us.*
- 8. No one else can find your higher power for you.*
- 9. When you follow your heart, you will find your way home to your true self and the people you love.*
- 10. The traveling and the sense of arrival are inseparable.*
- 11. To live your own life, you have to create your own story.*
- 12. If you withdraw from others for a while, you can discover who you are that they aren't.*
- 13. Making an inner journey is a risky business—it can transform your life.*
- 14. The solitary path to the depth of our souls leads us to the edge of our aloneness and back to a place among others that is truly our own.*
- 15. Every soul has its own shadow side.*
- 16. In the dark night of our souls, we can begin to see the sparks from the higher power within.*
- 17. Trying to will ourselves to be different won't work.*
- 18. The only victory lies in surrender to oneself.*
- 19. All of you is worth something, if you will only own it.*
- 20. Accepting our weaknesses frees our strengths.*
- 21. We all experience predicaments that make us feel upset and unprepared.*
- 22. Every crisis presents a crossroads, and paths open up we may never have seen otherwise.*
- 23. Whether or not life is fair is irrelevant.*
- 24. Asking, "Why me?" is useless. The only question that counts is, "Where do I go from here?"*
- 25. What if God doesn't want us to be caged in our lusts, but to be free in them?*
- 26. Then whatever goes on in our imaginations is nobody else's business.*
- 27. We want so much to seem normal and nice, we're tempted to hide the very things that make us singular.*
- 28. The false images we create to conceal our real selves from others may fool ourselves as well.*
- 29. Until we realize that the monster of others' expectations is just a paper tiger, we remain threatened by their concepts of who we ought to be.*

31. We must know what we feel, say what we mean, and do what we say.
32. Why would God make us all so different and then allow only one way to serve Him?
33. When we act in accord with both our heads and our hearts, everything we do becomes a form of prayer.
34. Whatever we are undertaking at the moment is the most important thing we can do.
35. True hope is possible only after we experience true despair, facing all the little deaths in life and the great death that awaits us thereafter.
36. Feeling fully alive doesn't depend on what we believe in, but on how we experience each great and small moment in our lives.
37. God dwells wherever people let Him in.
38. We can let Him in only where we really stand, where we live a life that is truly our own.

- All God's Children Are Lost, But Only A Few Can Play The Piano:
Finding A Life That Is Truly Your Own

Sheldon Kopp



HEALING THE 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, JULY 12 & 13, 2008

Vancouver counseling office address:

**Hycroft Centre
Suite 117 - 3195 Granville Street
Vancouver, BC V6H 3K2
604-732-9091**

Surrey counseling office address:

**1521 161B Street
South Surrey, BC V4A 9W3
604-535-4220**

Check out Joel's Web Site at: www.joelbrass.com

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