

Volume 4 Issue 7

January, 2019



JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge

## Reissued by Client Demand



### **LONELINESS: OUR GREATEST FEAR AND A PORTAL TO PEACE**

"When we are alone and quiet we are afraid that something will be whispered in our ear, and we so hate the silence and drug ourselves with social life."  
Friederich Nietzsche

"Risking loneliness to achieve the sense of oneness with oneself we call solitude is essential if one is to survive the Middle Passage."  
James Hollis

As a psychotherapist for the past thirty-five years, I am included on a daily basis in peoples' greatest fears. Which ones do you think are the most common? Which send shivers down our spines? If you think the answer is the fear of dying and death, I actually rarely hear that one. The fear of rejection? Now you're getting warmer. The secret, private fear of feeling unworthy, inadequate or not good enough? This is one of the most common for sure.

I have learned that to discover what most frightens another I must listen for what is hidden between the lines of what they are saying. I must listen for what they are not saying. Like the references to Lord Voldemort in the Harry Potter book series, I try to discern that which is so anxiety-provoking that it cannot and shall not be named. In doing so I have concluded that it is the fear of ultimate loneliness that is our most fundamental terror.

Even admitting that we are lonely is a difficult or even embarrassing act for a lot of people. The trepidation around experiencing it is so powerful and all pervasive in our society that many, for the life of us, can never spend a single moment being still or silent. We cover up our fear of stillness by making certain that we are incessantly busy and leading our life at a breakneck speed. We've become the Mad Hatter from Alice In Wonderland whose approach to life is summed up by his personal mantra: "I'm late. I'm late for a very important date. I have no time to sit and wait. I'm late!"

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We cover up our fear of silence by talking just for the sake of it, by keeping the interpersonal space between ourselves and others cluttered and overflowing with words, no matter how superficial or devoid they may be of real connection or self-disclosure. We cover up the fear of stillness and silence by immersing ourselves in the most popular addictions of our culture - materialism, hedonism and ego worship. We cover up by clinging to terrible relationships and constricting professions rather than risk the consequences of hearing and following our soul's pleas.

Who lies underneath this massive attempt to avoid? As one of my clients put it: "Just plain little ol' me." And what's underneath our unwillingness to spend time with "just plain little ol' me"? The unspeakable fear of being lonely. Of being helplessly alone. And, paradoxically, at the very same time, of making a real connection with our selves.

## **SOLITUDE : THE CURE FOR LONELINESS**

Marianne Moore, an American poet, has written very wise words on what constitutes the most powerful and effective way out of the fear of loneliness by stating: "The best cure for loneliness is solitude".

Solitude is the willingness to risk going into the seeming vacuum or abyss that we unconsciously believe lies beneath the insane merry-go-round of our ways of living. It is the gentle, deliberate seeking or renewal of a relationship with one's natural self. It is the willingness to create space and time for the discovery or renewal of a relationship with a Transcendent Force or Presence in our world. You might say that we must have the courage to risk immersing ourselves in stillness and silence in order to overcome our fear of loneliness. Without this courage, we will perpetually live in the disorienting and vacuous condition of self-alienation and disconnection, in my opinion the most prevalent disease of our modern world.

By courageously walking through the portal of loneliness, we can come to a place where we do not feel alone even when we are by ourselves. Rather we can come close, very close to who we really are. This is a place where we can know personally and indisputably, in a way that seeking it in the affairs of the world can never show us, that we are whole, perfect and loveable creations, at one with everything and everyone. We can know in the only way to ultimately know anything, *in our actual experience*, "... what our ancestors knew, that the darkness is luminous, that the silence speaks."

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# **DOWN THE RABBIT HOLE : TAKING ON THE DEEPEST HEALING OF YOUR INNER CHILD AND AGGRESSIVE / DEFENSIVE EGO CONSCIOUSNESS A One Year Program in Emotional Healing**

*"We carry more emotional pain and fear than we know. True, deep and lasting emotional healing is going into this pain and fear and healing it with love."*

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

The emotional pain that we carry must find some screen upon which to project its shadows; some place to land or outlet to keep itself at bay. Like the ignored and dusty boxes we store in the basement of our homes, we try to make sure that their contents do not invade the sanctity of our living space by trying to keep them out of sight and straining to maintain our residence several floors above.

This One Year Program is for those individuals who have grown exhausted or despondent in their efforts to avoid that which emotionally has already been accumulated and boxed up inside them. With unparalleled support and sometimes gentle and at other times rigorous guidance, participants will begin to track, explore and release the emotional pain of their lives - the pain which lies behind, beneath and around their symptoms, wounds and repetitive, self-defeating issues.

The fundamental principles of this inner work can be stated as follows:

- "You can't heal what you can't feel"
- "You can't feel what you deny is real."
- "The way out is the way in."
- "What you resist, will persist."
- "Feelings have never killed anybody. Repressing them have caused many to lose their lives."

Invariably many of the shadows and emotional pain circuits that we are enslaved by are the results of wounds incurred in our family of origin or during those early years when we were abjectly vulnerable and defenseless. Learning how to truly become a nurturing and committed inner parent for the young person who lives inside you still will be the irrefutable path and sign that your deepest emotional healing is taking place.

**FORMAT:** 6 experientially-based weekend workshops spaced approximately 2 months apart beginning April 27/28, 2019 ; buddy system; weekly support group meetings (highly recommended)

**COST:** \$1650 + G.S.T. (payable over the course of the year)

**To register:** Contact Catriona, seminar coordinator, at (778) 773-2726 or [seminarsjoelbrass@gmail.com](mailto:seminarsjoelbrass@gmail.com)

# UPCOMING SEMINARS

## 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.

**DATE: SAT / SUN, MARCH 30 & 31, 2019**

## RELATIONSHIPS: THE WORK OF LOVE

In this seminar we examine ourselves as the perpetrators of pain. We examine the myriad flight and fight responses that we have employed to keep from our hearts and souls the very people we say we want to love, the very people who have committed the "crime" of loving us. This most certainly could include our love interest but we will also examine our relationship with our father, mother, sister, brother, son, daughter and past loves to discover the ego patterns that have run us and our relationships into the ground.

We begin to move from being baffled, righteous, or victimized by our love lives to taking 100% responsibility for the state that our most significant relationships are in. All of our dynamics and imposed barriers to real intimacy, committed love and monogamy are faced.

Only then can we discover and examine the components of a healthy, loving and mutually beneficial relationship. Only then can we discover that with courage, vulnerability, honesty and humility, we can begin to experiment with laying down our survival-oriented, fear based ego patterns and establish an entirely new base from which to interact with the people of our lives.

**DATE: SAT / SUN, MAY 25 & 26, 2019**

**COST - \$275.00 + GST per person (deferred payment plan available)  
bursaries available to those in financial need**

**If you have further questions or would like to register contact:  
Catriona (seminar coordinator) at (778) 773-2726 or  
email: [seminarsjoelbrass@gmail.com](mailto:seminarsjoelbrass@gmail.com)**

