



An Eschatological Laundry list: By Sheldon Kopp (1974)

Eschatological - definition - of or pertaining to final things

As a 23 year old undergraduate student in the study of psychology I had become totally disillusioned and forlorn because I could not find in my course content anything close to the purpose and meaning for which I had chosen psychology in the first place - the profound and mysterious ways and understandings of the heart and soul of mankind. I was mired in the mandatory focus on "cats and rats and stats".

It was Sheldon Kopp's ground-breaking book "If You Meet the Buddha On the Road, Kill Him!" and in it, like a buried and beautiful treasure, that I found everything I had been looking for. With an old-fashioned pen, paper and envelope I hand wrote Sheldon at his Washington, D.C. address sharing my lament and asking for his advice.

About three weeks later I received his hand-written response back. His core message back to me was: "If you love something deeply and truly enough, never abandon it". This April I will be celebrating 40 years in private practice and facilitating Weekend Intensives. To honor Sheldon I am reproducing the list of his Eternal Truths which comprised the final couple of pages of his book.

A Partial Register of the 927 (or was in 928?) Eternal Truths.

1. **This is it !**
2. **There are no hidden meanings.**
3. **You can't get from there to here, and besides there's no place else to go.**

4. We are already dying, and we will be dead for a long time.
5. Nothing lasts.
6. There is no way of getting all you want.
7. You can't have anything unless you let go of it.
8. You only get to keep what you give away.
9. There is no particular reason why you lost out on some things.
10. The world is not necessarily just. Being good often does not pay off and there is no compensation for misfortune.
11. You have a responsibility to do your best nonetheless.
12. It is a random universe to which we bring meaning.
13. You don't really control anything.
14. You can't make anyone love you.
15. No one is any stronger or any weaker than anyone else.
16. Everyone is, in his own way, vulnerable.
17. There are no great men.
18. If you have a hero, look again: you have diminished yourself in some way.
19. Everyone lies, cheats, pretends (yes, you too, and most certainly I myself).
20. All evil is potential vitality in need of transformation.
21. All of you is worth something, if only you will own it.
22. Progress is an illusion.
23. Evil can be displaced but never eradicated, as all solutions breed new problems.
24. Yet it is necessary to keep on struggling towards solution.
25. Childhood is a nightmare.
26. But it is very hard to be an on-your-own, take-care-of-yourself-cause-there-is-no-one-else-to-do-it-for-you-grown-up.
27. Each of us is ultimately alone.
28. The most important things, each man or woman must do for themselves.
29. Love is not enough, but it sure helps.
30. We have only ourselves, and one another. That may not be much, but that's all there is.
31. How strange, that so often, it all seems worth it.
32. We must live with the ambiguity of partial freedom, partial power, and partial knowledge.
33. All important decisions must be made on the basis of insufficient data.
34. Yet we are responsible for everything we do.
35. No excuses will be accepted.
36. You can run, but you can't hide.
37. It is most important to run out of scapegoats.
38. We must learn the power of living with our helplessness.
39. The only victory lies in surrender to oneself.
40. All of the significant battles are waged within the self.
41. You are free to do whatever you want. You need only face the consequences.
42. What do you know...for sure...anyway?
43. Learn to forgive yourself, again and again and again and again.

From 'If you meet the Buddha on the Road Kill Him' By Sheldon Kopp, Sheldon Press, London 1974 (pages 165-167).

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 20/21, 2024 ; buddy system; weekly support group meetings (highly recommended)

COST: \$2100 + G.S.T. (payable over the course of the year)

To register: Contact Jason, seminar coordinator, at (236) 330-4703 or seminarsjoelbrass@gmail.com

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

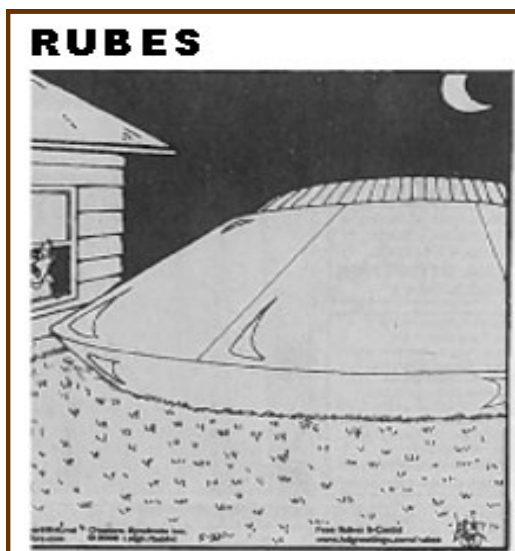
All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it.

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, February 17th, 2024—Sunday, February 18th, 2024
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



"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!"

