

Senses of the Soul

Emotional Therapy for Strength, Healing and Guidance



*To all who feel!
May we live in
gratitude for life's
every high and low, and
find the way to transform
pain into peace.*

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A Handbook for Handling Emotions: How to Work with This Book to Work with Your Feelings

I was feeling bad. That was not unusual; there was always a reason to be down on myself. This time it was that I had broken a promise and betrayed someone very important to me. A dark weight hung on me for months, with no relief. I decided to take counsel from a woman whose understanding of things I had come to respect. She helped me identify the bad feeling as guilt and suggested self-forgiveness as a remedy. It was such a relief to name *what* I was feeling, *why* I was feeling it, and *what* I could do about it to feel better. My mind now had a clear task it could understand and solve. Even better, in the future, I could use my knowledge of the nature of mistakes to learn to make corrections and move through similar situations more quickly. It seemed that bad feelings had a positive purpose. “Yogi BhaJan called emotions the senses of the soul,” she told me. For a yoga master to give such a title of honor to what I understood to be unwanted weaknesses served as a koan—a puzzle—I have spent 15 years of personal and clinical practice trying to solve. What I have found is that emotions are an essential part of our very accurate sensory system; they are a source of information to avoid trouble, heal the past, and help access the peace and happiness that are the goal of every being. This practical understanding has brought such relief to every client and student with whom I have shared it, I now offer it to you with great hope for the help it will bring.

This book is a complete training in the benefits and use of your emotions. It contains both the information and the practical experiences you need to change and grow. Although some terms and concepts I use are also used in religious contexts, none of the information in this book requires a particular belief or spiritual viewpoint. My approach is, if it works, use it! Some ideas may be new to you, but they are all based on ancient, time-tested techniques applied to universal human conditions. In fact, many traditions and cultures have used techniques like these for thousands of years, and the simple, effective body-mind techniques have passed “clinical trials” with millions of people. The exercises are

more relevant today than ever—pressures are high, and high-tech medicine that may fix our body has not soothed our souls. An open mind and a willingness to confront your own experiences with greater self-awareness, and perhaps some kind patience for yourself, are all you need. Gather your own conclusions through your experience.

This emotional training is designed for you to work steadily through each chapter from beginning to end. Since they all work together, becoming intimate with each emotion and its benefits stepwise has proven to give the best results. Chapter 1 offers a new way to look at what emotions really are. Chapter 2 deals with how to use those emotions to serve you. Chapters 3 and beyond explore the particulars of the main emotions, which are presented in a sequence that will help you build your skills sequentially. Of course, we all have our particular challenges and predominant emotions, so you may want to go right to the chapter dealing with your current feelings. If you then continue to work through every chapter in the order presented, you may find it all makes more sense, and you will gain the most benefit. In most cases, relief is immediate.

Get the Full Benefit from this Book—Experience It!

This is a workbook to be used, not just read. Designed for self-study and life-enhancing inner work, it is a combination of information and direct engagement. Information becomes knowledge when you internalize it through experience, but it becomes wisdom only when you live it. The concepts are important and helpful, but the practices will make all the difference. We are all self-contained, self-healing units, designed to solve problems and use challenges to become stronger and reach our full potential for happiness. Due to the poor and misinformed habits we acquire along the way, it takes some retraining to find and use the inner guidance you were born with.

Each set of ideas is followed by exercises structured to help you understand the material through your own experience. You will get immeasurably more benefit from this book by doing each exercise, which will typically have three elements. The first we call Getting Peaceful, which is a simple form of mindfulness while sitting still. Try it at the end of this introduction.

From that calm foundation, you'll begin instructions for a certain breath pattern, hand position, arm movement, mental focus, and sometimes a sound to vocalize. These exercises produce a balanced condition enabling you to more effectively deal with emotions. Specifically, they enhance clarity to help you know what you are feeling, give you the strength to handle those feelings, and offer the insight to understand what you need to do to feel better.

After these first steps, you will sit quietly and use your heightened self-awareness to learn about yourself. Most of the exercises continue with instructions to help you recall memories

or visualize things, perhaps through a guided meditation or an inner journey. Many people find that as they gain skills, they begin doing the guided process during the exercise itself. You may be prompted either way; find what works best for you. A simple way is then given to finish each practice with a few deep breaths and stretching to slowly come back to activity.

You may wonder how you will be able to follow a lot of detailed instructions with your eyes closed. There are several ways to do this. You may read the first step, close your eyes, and imagine it; then read the next, close your eyes, and imagine it; and so on. Although this method works, the interruption can be distracting. It would be better to read through all the instructions for an exercise first, including the entire guided meditation. As you read, imagine and feel each part of the instructions. Then go back through the exercise meditatively from memory, opening your eyes to read and remind yourself of the next step as needed. Don't stress to get it just right; your own improvisations will be valuable. Of course, the easiest and most enjoyable way is to use the audio recordings offered with this book—just listen and follow along.

There are different learning styles, and some people are not visual learners. Even if you are not a visual learner, please do give the visualizations a chance; it may just take time to get used to it. You may also find that adding other sensory information, like sound and touch, enhances the visual experience.

Approach your study as a regular practice: find a reliable time and a place that is quiet and undisturbed. Read the text and then do the accompanying exercises. Have a notebook available to record your insights, which will prove more valuable than the advice anyone can give you. You will find a Self-Study section at the end of every chapter with suggestions for a daily practice that will maximize your understanding of the material and the benefits you will gain.

Be Responsible for Your Feelings

I have used every technique and idea in this book personally and with hundreds of people. Although it can be a bit scary to allow and work with strong feelings, I have never seen anyone hurt or worsen in the process. In fact, I have yet to see anything other than relief and gratitude, help and improvement, and permanent, positive, "lifesaving" changes. These results are why I want to share the concepts and exercises with you. Use them in your way, at your pace; if they don't serve you, retain your power to stop at any time. If you open a big issue that has lain dormant and then begin to pay attention and feel again, it can be intimidating. Your work will never create trouble; rather, it will reveal what has been there in need of attention. I assure you that you can handle it all; you are greater than your feelings, and they will serve you when you take conscious control of them. The goal is complete safety to be you and to handle all that this world brings you. We are all on

a journey that includes learning to take better care of ourselves. Taking responsibility for our circumstances and taking initiative to improve those circumstances are vital steps that accelerate progress. You can do it, one feeling at a time.

If you do this work sincerely, it will bring you healthy changes physically, mentally, emotionally, and spiritually. It will, I hope, upset the status quo wherever it is not working for you now. That, in turn, will bring improvements to your moods and habits, relationships and environments. Your efforts can change things for the better, but old habits—even the dysfunctional ones—are comfortable. Like starting a new job, changing your habits can be both exciting and unsettling. Central to this entire work are the importance and value of listening to yourself and trusting what you hear. That's the only way to know your own limits while engaging yourself fully in transcending them. You alone can monitor and protect your sense of safety and adjust your activity accordingly. Thankfully, the age of blindly following anything is coming to an end. There is more benefit to taking full responsibility for yourself than to blindly following anyone else's advice. If you proceed with responsibility, then all success will be your achievement. Be courageous to experiment and grow.

I advise against the use of recreational drugs or the misuse of prescription medication while doing this work. Not on moralistic or fearful grounds—they just don't lead to permanent sustainable peace, nor do they solve problems. They complicate and confuse the task of figuring things out, and in extreme cases, they have caused harm when used in conjunction with transformational work. Largely used to feel good, they distract or mask what you actually need to be feeling in order to help yourself, and they can end up numbing your sensory equipment. If these drugs are dear to you, be open to losing interest and need for them as you develop your ability to feel good from within. However, you can safely do all of this work while on properly prescribed medication. In fact, many people have worked with their doctors to gradually reduce their meds as they feel better. Whatever your situation, you are in charge of your wellness.

Tim Tries It

I hadn't cried in forever. In this work, I have found myself exploring emotions that I had numbed and kept hidden so well that I didn't know they were there. The most surprising experience is that allowing them didn't kill me, nor did it take from me. But it did make me much more centered, clear, focused, and coming back into my own power. It worked for me to feel, to practice the meditations, and to read your notes to gain new insight about what my feelings are up to.

Getting Peaceful

Getting Peaceful is the basic practice we will use before every exercise in this book. Refer back to this section as often as needed until the practice becomes second nature. Getting Peaceful is basic mindfulness, a way of training yourself to be more aware of what's going on inside yourself and around you. Awareness is what solves problems. Learn to come easily into a mindful state to use with these practices or anytime you need some peace.



Getting Peaceful

Find a space to sit quietly at a time when you won't be disturbed. Sit comfortably in a chair with your feet on the floor or on a cushion with your legs crossed. Close your eyes and become quiet and still. Breathe slowly and deeply through your nose. Be aware of the sensations in your body. With each exhale, release tension throughout your body. Enjoy the full breaths and let them bring reassurance that all is well in this moment. Allow your body to be your own private place of safety, a cozy shelter from all that is outside yourself. Feel the chair or floor that holds you and accept its support and the stability it brings you. Let your breath, body, and the entire earth give you safety and strength. When you are calm and focused, and proceed to the next step in the exercise.

Beginning Your Practice—Tuning In

You will find that tuning in is indicated after Getting Peaceful only some of the time. This indicates that the practice that follows is an original kriya or meditation as given by Yogi Bhajan. And the practice of Kundalini Yoga as taught by Yogi Bhajan® always begins by tuning in. This simple practice of chanting the Adi Mantra 3–5 times aligns your mind, your spirit and your body to become alert and assert your will so that your practice will fulfill its intention. It's a simple bowing to your Higher Self and an alignment with the teacher within. The mantra may be simple but it links you to a Golden Chain of teachers, an entire body of consciousness that guides and protects your practice: *Ong Namō Guroo Dayv Namō*, which means, *I bow to the Infinite, I bow to the Teacher within.*

How to End

Another tradition within Kundalini Yoga as taught by Yogi Bhajan¹ is a simple blessing known as *The Long Time Sun Shine song*. Sung or simply recited at the end of your practice, it allows you to dedicate your practice to all those who've preserved and delivered these teachings so that you might have the experience of your Self. It is a simple prayer to bless yourself and others. It completes the practice and allows your entire discipline to become a prayer, in service to the good of all.

May the long time sun shine upon you

All love surround you

And the pure light within you

Guide your way on.

Sat Nam.

Breath & Bandhas¹

Kundalini Yoga incorporates profound pranayams throughout its practice. Understanding and mastering the breath is an important part of successfully practicing any Kundalini Yoga kriya. We have provided the descriptions of three of the most basic pranayams in the practice of Kundalini Yoga but as you work through the meditations and kriyas, please read the instructions for the breath carefully.

Long Deep Breath

To take a full yogic breath, inhale by first relaxing the abdomen and allow it to expand. Next expand the chest and finally the collarbones. As you exhale, let the collar bones and chest relax first, then pull the abdomen in completely. The diaphragm drops down to expand the lungs on the inhale and contracts up to expel the air on the exhale.

As you inhale feel the back area of the lower ribs relax and expand. On the exhale be sure to keep the spine erect and steady.

Breath of Fire

This breath is used consistently throughout Kundalini Yoga kriyas. It is very important that Breath of Fire be practiced and mastered. In Breath of Fire, the focus of the energy is at the solar plexus and navel point. The breath is fairly rapid (approximately 2 breaths per second), continuous and powerful with no pause between the inhale and exhale. This is a

¹ Adapted from *Kundalini Yoga Sadhana Guidelines, 2nd Edition*.

very balanced breath with no emphasis on either the exhale or the inhale, but rather equal power given to both.

Breath of Fire is a cleansing breath, renewing the blood and releasing old toxins from the lungs, mucous lining, blood vessels, and cells. It is a powerful way to adjust your autonomic nervous system and get rid of stress. Regular practice expands the lungs quickly.

Cannon Breath

Cannon Breath is a powerful continuous and equal inhalation and exhalation through the mouth, similar to Breath of Fire, but through rounded lips instead of through the nose. Very cleansing, this breath is invigorating, energizing and rejuvenating.

To consolidate the energy at the end of a kriya, many will call for a Cannon Fire exhale, which means we suspend the breath on the inhale and then use a single strong exhale through the mouth like a Cannon.

Bandhas

Bandhas or locks are used frequently in Kundalini Yoga. Combinations of muscle contractions, each lock has the function of changing blood circulation, nerve pressure, and the flow of cerebral spinal fluid. They also direct the flow of psychic energy, prana, into the main energy channels that relate to raising the Kundalini energy. They concentrate the body's energy for use in consciousness and self-healing. There are three important locks: jalandhar bandh, uddiyana bandh, and mulbandh. When all three locks are applied simultaneously, it is called maahaabandh, the Great Lock.

Jalandhar Bandh or Neck Lock

The most basic lock used in Kundalini Yoga is jalandhar bandh, the neck lock. This lock is practiced by gently stretching the back of the neck straight and pulling the chin toward the back of the neck. Lift the chest and sternum and keep the muscles of the neck and throat and face relaxed.

Uddiyana Bandh or Diaphragm Lock

Applied by lifting the diaphragm up high into the thorax and pulling the upper abdominal muscles back toward the spine, uddiyana bandh gently massages the intestines and the heart muscle. The spine should be straight and it is most often applied on the exhale.

Applied forcefully on the inhale, it can create pressure in the eyes and the heart.

Moolbandh or Root Lock

The Root Lock is the most commonly applied lock but also the most complex. It coordinates and combines the energy of the rectum, sex organs, and navel point.

Mul is the root, base, or source. The first part of the moolbandh is to contract the anal sphincter and draw it in and up. Then draw up the sex organ so the urethral tract is contracted. Finally, pull in the navel point by drawing back the lower abdomen towards the spine so the rectum and sex organs are drawn up toward the navel point.

Other Tips for a Successful Experience

Prepare for your practice by lining up all the elements that will elevate your experience: natural fiber clothing and head covering (cotton or linen), preferably white to increase your auric body; natural fiber mat, either cotton or wool; traditionally a sheep skin or other animal skin is used. If you have to use a rubber or petroleum-based mat, cover the surface with a cotton or wool blanket to protect and support your electromagnetic field. Clean air and fresh water also helps support your practice.

Practice in Community

Studying the science of Kundalini Yoga with a KRI certified teacher will enhance your experience and deepen your understanding of kriya, mantra, breath and posture. Find a teacher in your area at <http://www.3HO.org/ikyta/>. If there isn't a teacher in your area, consider becoming a teacher yourself. There are Aquarian Teacher Trainings all over the world. Go to www.kundaliniresearchinstitute.org for more information.

Chapter One

The End of Emotional Suffering: A New Understanding of Your Emotions

Listening: A Problem and the Cure

Sometimes the best advice is the hardest to hear. We don't like anyone telling us what to do, especially if something difficult is required. It's worse when the message delivery is loud and harsh or dark and cold. But without that early warning, lesson, and correction, the agony of figuring things out from the after-the-wreck debris involves far more pain than listening to and obeying the teacher in the first place. This is the situation with emotions: They are an internal source of guidance. Whether sweet or sharp, they are relentless taskmasters; they are mentors that we may resist but that persist until we obey what is best for us. Cooperation with this intuitive wisdom is a skill that we all have and must develop in order to free ourselves from suffering.

I listen to people for a living. They bring me their problems, plans, hopes, and fears. They open their hearts and let me look inside their lives. They are often embarrassed by "what a mess" they are, but I let them know that though most of us manage to look fine, we all have an inner world that is often dark and difficult to navigate. They may come to me thinking that I will listen and give wise advice, but I just teach them to listen to themselves. That's

where the answers are to be found. There is no authority other than you, no one who knows you better or who could have your best interests in mind. But your results and ultimate success all depend on what you are listening to.

When we are young, we are taught to listen to those we depended on and to obey the prevailing truths. We inherit a set of stories from our personal and collective history. What we come to be constantly listening to is a limited set of thoughts and feelings that become habitual and that define our reality. What we hear first from others we then come to repeat and believe: "I messed up. They don't like me. No one loves me. I'm not good enough. It'll never happen. I can't do this." These thoughts bring feelings of frustration, anxiety, embarrassment, loneliness, and despair that feel so real and become so habitual, we call it reality. There are two ways we get lost. The first is by not listening to and trusting ourselves, and the second is by listening only to the mind. When you learn instead to listen to your heart, to your Self, to your soul, to your emotions, you'll hear a very different story. That's where the truth is—it's where the answers are, where your answers are.

Emotions are a direct line of connection to your heart and soul. But they are intense, and they require your interpretation. By consciously listening to your feelings, even when they are unpleasant, you will discover what is wrong, what you need, and exactly what you can do about it.

Emotions are a direct line of connection to your heart and soul. But they are intense, and they require your interpretation. It's not an intellectual understanding; rather, it is an intuitive sense that we can all awaken. By *consciously* listening to your feelings, even when they are unpleasant, you will discover what is wrong, what you need, and exactly what you can do about it. When you respond not from the emotion but instead act through your consciousness—even though what needs to be done is daunting—you take care of yourself and handle your life. This restores Confidence and then Trust in yourself, even when these have long been lost; by listening to your emotions, you will be able to handle whatever life brings.

When you learn to listen to your heart—and everyone can—you will immediately hear a story that is very different from the one the mind has been repeating. You hear things more like, "I am beautiful. Everything's just fine. Relax and enjoy. I love you." This book is all about listening to *that* voice. When you know how to do that, things work out. You live with yourself 24/7 for your entire life, so it's time to work things out in that relationship. As in any relationship, it takes lots of quality time—paying attention, communicating, and listening.

The 15th-century master Nanak wrote a mystic poem to describe the benefits of listening within oneself and to encourage us to do so. He used the word *soo-nee-eh*, which is better translated as "Deep Listening." He taught that Deep Listening helps you easily focus; brings truth, patience, grace, and wisdom; destroys pain and error; makes the unknown known to you; reveals your path; is power; is worship; makes you a saint; and makes you God. Deep

Listening means quieting the mind and listening with all of your Self. The heart speaks with a different language—a nonverbal language that includes the sensations of your body, the feelings of your emotions, and the inkling of your intuition.

Emotions: Misunderstood Friends, with Benefits

How much of your time is spent doing what you can to be happy? And how much time do you spend unhappy? Seeking pleasure and avoiding pain is the main purpose in all you do, as has been true for people throughout history. But look around at human suffering: Why aren't we better at solving it by now? I'm not asking you to solve world hunger, war, and all disease; but why can't we solve the pockets of misery in our own lives? If we were all to do that, we would have world peace.

Most of human history has been focused on the problem of suffering. Religions have been founded on it, and the booming market that is self-help books, workshops, and retreats depends on it. We have gained great understanding of the body, have long pursued spirit, and are now scientifically probing the mind in order to gain well-being. But our self-understanding cannot be complete, nor can it advance in the pursuit of happiness, without expertise in dealing with the fourth cornerstone of our human "equipment" and experience—that is, our emotions. Emotions are the last frontier of self-awareness, our least understood faculty.

As modern Americans, we vigorously seek pleasure and avoid pain; we've never been more "full yet so empty." We are the most medicated, obese, and depressed generation in modern history. Chances are that each of us has enough of what it takes to survive—more comforts and resources than most humans have ever enjoyed—and yet our problems persist. The conclusions from our life of abundance couldn't be clearer: physical comforts don't guarantee happiness. Even in the best of conditions—beautiful house, perfect mate, beautiful life—we can become caught in the web of thoughts and feelings that create *unlimited* suffering.

Most people find that emotions bog them down. They think if only they could live without emotions, life would be so much easier! Unfortunately, I've found that when people try to eliminate their emotions, those emotions just get worse. Suppressing emotions doesn't work, and ignoring how you feel eventually makes you feel worse so that you usually end up in Depression. It's never the person or thing that's really the problem; it's the internal condition called "how you feel" about it all that creates or destroys your happiness. Emotions remain our least understood and most poorly used personal faculty. It may surprise you to discover that emotions are actually an indispensable key to resolving human suffering. Pain is part of life, but suffering is optional. Your personal pain actually contains the remedy to your suffering! So, it's time to learn how to use these "problematic" emotions as they were intended—to help you see the source of pain and guide you into peace.

You may be drawn to this work for several reasons. You may have the occasional “bad day” or bothersome incident and want to get over it. Or you may have persistent unpleasant emotions that seem inescapable. You may have shut down your feelings to survive and gone numb from lack of use, but now a desire for Love and Joy requires that you awaken. You may have suffered trauma, and that pain holds you back. You may have done a lot of work on your past and are now ready to leverage that to an even higher well-being. Perhaps you’d like a powerful set of tools to help others with their pain as part of your teaching and healing work. Whatever the reason, we all need a better working relationship with our emotions than that built by cultural misinformation and unskilled use. Remember that humans had hands long before they could use them with the skill of an artist or the capacity of a builder. Just so, work steadily and be patient on your way to advanced emotional skills.

The work in this book will help you experience a radical improvement in your relationship with your emotions, as well as a dramatic decrease in the time you spend feeling bad. You’ll find an empowered new concept of emotions, practical information on how to use them, and simple techniques to safely resolve heavy feelings so you can feel relief and live lighter. Although you must do the work for yourself, know that you have the support of time-tested wisdom and the successful trials of many people—some of whom share their stories here. Ultimately you will learn to trust yourself—yes, to trust your feelings, too—and you will learn that you have all you need within yourself.

Happiness Is Your Natural State

I don’t consider Happiness to be a distinct emotion; rather, it is the experience of one or more emotions that are enjoyed and seen as positive. This experience can vary greatly from person to person and from time to time. I have come to enjoy Sadness as a rich, bittersweet longing of my heart. Pain “for a purpose,” like sacrificing for a greater goal, can bring happiness. More typically, however, security, tranquility, affection, and most pleasurable sensations are the kinds of conditions in which people will say they feel happy. By this definition, *finding happiness* is a matter of experiencing these “positive emotions.” But I don’t consider any emotion as being “better” than another; clearly there are more painful ones that cause suffering, while others are part of a higher quality of life and are thus more preferred. These “higher” emotions naturally arise and flourish, always available, whenever the heavier emotions are resolved. Thus, Happiness is your default experience.

When I was young, I read spiritual books that said Love, Joy, and Peace are the background energy that pervades the universe, always present and available. This sounded nice, but seemed as mystical and far-fetched as psychic powers. Maybe some had experienced that feeling, but what about us regular, troubled people? Well, 30 years later, I am a believer—not because of indoctrination or faith, but from my own experience. Actually, I’m not a believer; I am an experienter. All that good stuff is there for me, as long as I have taken

care of anything that interrupts my ability to enjoy it. I’m not saying I don’t have dark times, but they are now the exception rather than the norm. Years of work to understand myself and how things work not only inside myself but also here on earth have paid off. I encourage you to continue your work to clear the remaining obstacles to the flow of your Happiness. In time, life will shift from pain with intermittent periods of relief to serenity with occasional challenges. Can you imagine reaching an inner stability such that nothing could disturb your inner peace? That can occur when Happiness is no longer dependent on circumstances; it can happen when Happiness is internally controlled! If that sounds to you like a distant reality, know that it once seemed so to me as well—but feeling is believing. It can happen to you when you are clear and strong, and that takes some personal training.

The concepts in this book can change everything about how you use emotions, gain control over your life, and enjoy an ever-increasing happiness. But it can’t be done simply by reading and thinking it can happen. You must practice and experience directly. You can read about an exotic paradise, watch a movie, and even imagine you are there, but until you have the direct living experience of being there, you don’t really know it. This is your life, not mine. They are your feelings; no one made you have them. They are your problems; no one is going to solve them for you. Likewise it is your sweet victory to claim, your success to enjoy, your bliss to relish. Once you have achieved that for yourself, nothing can take any of it away. The ideas and practices in this book have helped all who have used them. With a little guidance and support, you too can have your heart’s desire.

Throughout the book, I’ll share some information, and then I’ll invite you into a practice. As David Gonzales wrote in *Deep Survival*: “You think you know what you think, but you really only know what you feel.” You must have your own experience in order to learn.

Here is your first experience—a brief visit with a few key emotions. The following exercise is typical of the experiences offered in this book. For maximum effect, read through the entire process before you begin; then, if you need to check and read the next instruction, it will be brief and less interruptive. (Remember: Following the recorded version is the easiest way to go.) As explained earlier, the exercise has three main elements. The first is always Getting Peaceful (page xi), which prepares you for the experience to follow. The second is an exercise (or set of exercises), using breath, posture, and sometimes sound. If you are new to this type of exercise, it may feel awkward at first. Just remember, these are all thoroughly time-tested practices; simply relax and follow the instructions as you allow yourself to have the experiences they are sure to bring. You will then be able to use the clarity and fortitude the exercises produce for the third element—the guided visualization. The imagery in the visualization is designed to reveal the wisdom and answers you need, which is always with you—these techniques just help you to hear it.



A New Relationship to Your Feelings

1 Begin with Getting Peaceful (page x).

2 Long Deep Breathing. Focus on your breath. Feel your belly rise and fill out. As the belly reaches its limit, expand the ribs and chest. Continue filling and finally “top off” the lungs with a slight lift in the clavicle and shoulder area. Slowly reverse this, releasing the shoulders, allowing the chest and ribs to contract next, and then smoothly pulling the belly backward. Continue this rise and fall of the breath like a wave. Once you have it going calmly, count to 8 in a steady cadence as you inhale, and similarly take a full 8 seconds to exhale. It may help to have a ticking clock to pace yourself. Continue this deep, measured breathing for a full 5 minutes. Then move on to the scenarios in the guided meditation.

3 Use Your Senses: Picture This.

- a. Recall a fond memory from childhood. It can be anything important to you that felt then—and feels now—warm and sweet. If nothing comes to mind, focus on someone or something you like or love a lot. Just relax and enjoy the thoughts and feelings, while letting everything else in the world be unimportant for a full minute. Don’t care about anything but the pull toward that wonderful experience or deep love of yours. Enjoy this feeling for a few moments or minutes as you wish, then take a deep breath. As you exhale, let the memory go.
- b. Turn your attention to your immediate senses—a sound, smell, or bodily sensation. Focus minutely on just that sensation. Get curious and explore it. Use that initial sense, other senses, and your mind to gather all the information about it that you can. What might you do with this information? Might this sensation motivate you to take action? Are you drawn to want more of it or to get away from the objects of your attention? When you have explored that sufficiently, take a deep breath and clear away those thoughts and feelings.
- c. Imagine you are driving on the freeway in heavy traffic. Check the rearview mirror, the side-view mirrors, your speed, the cars to the side, the road ahead. How do you feel? Now imagine you are driving at night or in the rain. Are you worried and tense, or are you wide awake but relaxed and confident? Once you have felt this clearly, let it go with a deep breath.

- d. Remember a time when something bothered, irritated, or frustrated you. Go through the event in detail and feel it all over again now. Feel your energy shift inside. Can you name any physical sensations that arise? Do you feel like you want to do something about it? Observe carefully for a minute or two; then wash these images away with your breath.
- e. Think of a time when you confidently handled a lot of demands, like a gym workout, fully participating in a conversation of varied ideas, or a time working with great productivity and accomplishment. Take note of your body and any subtler feelings. Enjoy this fully for a minute or two. Carefully observe the sensations in your body and the emotional sensations.
- f. Pull back from these experiences with a deep breath. Can you recall each of the five experiences again at once and feel the many contrasts and differences?

You Have Control! With this guided meditation, you have proven that you have control of your emotions by way of your thoughts. In each step, a suggestion was made, but then you chose the thought—a memory is one type of thought. That thought created an emotion that you felt, partially in your body but also more subtly in what we could call your “emotional body.” Because you didn’t have to deal with much outer stimulation for each step, you were more easily able to work with your emotions. Of course, it’s harder to focus this way when someone is in your face and the situation is dire, but we do learn to crawl long before running a marathon. These simple skills of awareness and conscious guidance that you just practiced can be developed into great expertise: you can learn to master the equipment you have. Do you find it surprising that what you felt in the first scenario is a facet of Sadness and Grief, that the second and third are examples of your Fear working, and that the fourth and fifth are two of the many forms of Anger? As you move through this book, you will find that emotions all have a painful side you don’t like, as well as an invaluable service you need and enjoy.

Sometimes we operate under the misconception that we can control the circumstances of the outside world. What we can do is control our inside worlds. That is a gift given to us. And that is where we must start.

→ Yogi Bhaian

Emotional Liberation: A Very Practical Goal

Freedom is a deep, fundamental, even primal need: freedom from restrictions and to do as you like; freedom to be in your body and to experience happiness; and freedom to be yourself. But life, relationships, gravity, your body—everything comes with restrictions. The trick is to experience freedom within the limitations of the world. You can’t be free of pain entirely, but you can be free of self-created pain and limitations, free of mental and

emotional suffering, and free to grow, excel, and be victorious over any challenge—you can even be free from the fear of death. The old preacher used to say, “Everybody wants to get to heaven, but nobody wants to die.” But when you are truly liberated, you experience

Emotional Liberation means learning to use your sophisticated, powerful, life-enriching emotions to create safety and then confidence, and to eventually know and love yourself completely.

heaven on earth. And emotions can help get you there.

Emotional Liberation is not about getting rid of emotions. Yes, emotions are unwanted sometimes, especially when they make life hard by making you feel bad and do things you later regret. But you no more want to deaden or rid yourself of your feelings than you want to lose your five senses: sight, sound, smell, taste, and touch. Emotional Liberation means learning to use this marvelous, sophisticated, powerful, life-enriching equipment to create safety and then confidence,

and to eventually know and love yourself completely. Only then can you live fully and freely. That is Liberation.

Emotions: Why You Have Them, Why You Need Them

You have five senses that get you where you need to go, help you avoid potentially harmful things, and guide you toward perceived good things. When injured, your sense of touch demands your attention—you follow the pain to the problem, figure out what’s causing it, and begin to remedy it. When you solve the source of pain, you are rewarded with being comfortable again. *Pain brings your awareness to harm so you can stop both pain and harm.* Although we may not like painful nerve signals, it’s detrimental to ignore them. And we certainly don’t consider blaming them, do we? So, why do we blame our emotions?

Emotions are a parallel sensory faculty. As such, they provide situational information designed to protect your body, mind, and heart from harm. Emotional pain—just like physical pain—is meant to get us to stop, focus, and attend to a situation. However, because we have many more judgments and reactions to emotional pain, we tend to ignore, override, or let the emotional pain compel us to do more harm. But what would happen if we listened to the pain and let it show us the cause?

Emotions are just as accurate as nerves. They just take more awareness and skill to interpret. Medical science has helped us more accurately connect pain to remedy; now we must similarly learn the best responses to emotional pain. Don’t judge or question your emotions; instead, seek their source and their solution. The emotion of Fear, for example, alerts you to a threat to your well-being on some level. When you follow that feeling to the source of your discomfort and deal with it, Fear, having done its job, subsides, and you feel safe and comfortable again. However, this simple purpose of Fear is interrupted when we don’t work with this emotional information, when we ignore our fears rather than address them.

Whereas the five senses are mostly limited to physical reality, your emotional senses work with the mind to address the much larger world of thoughts, dreams, impressions, and projections of the past and future that are unseen and unlimited by time and place. Because of our inability to “locate” emotions in the same way that we can “locate” pain in time and space, emotions seem unreal and unreasonable. And yet, this same quality is the source of an inherent capacity to guide us through unknown territory, to access more than the mind can know. Emotions are a component of intuition.

Emotions bring a vast amount of information, all in one instantaneous feeling. The meaning and significance of a person, thing, or situation are unique individual perceptions based on countless past experiences. A hundred different people can all see the same thing but “feel” a hundred different ways about it, resulting in very diverse stories, each of which is an absolute reality to the viewer. Our past perceptions, captured and conveyed as feelings, determine how we respond and interact. “A picture paints a thousand words” is a truism that reveals how much data can be compacted into a single image—just check how much larger a JPEG file is compared with a DOC file. Now imagine someone you strongly love or hate; notice how all the many years of memories instantly arise and merge into a unique gut feeling about that person. This gut feeling, in turn, determines how you behave with that person. Just as one image contains a thousand words, one feeling contains a million pictures!

Emotions heal trauma. A normal day brings challenges, small and large, that disturb your pursuit of happiness and shape your future approach to things. Most lives contain disappointment, hurt, loss, betrayal, danger, hard choices, upsets, and shocks of all kinds. The earlier in life or more unprepared you are to handle those shocks and the more intense the invasion of your peace and sanctity, the deeper the impact is on your personality and behavior. That lasting mark is called *trauma*. Emotions have the remarkable ability to help us optimally navigate trauma in real time, to learn from past events so that we can better handle similar ones in the future, and to heal trauma-induced dysfunction.

Your emotions exist to guide and heal. As loyal messengers, they persist even when ignored. A cut to the skin can heal if you work with the body’s ability to repair it by keeping the cut clean and protected. Before infection was understood, however, many people died from such simple wounds. Similarly, we have a healing mechanism for trauma, but how to work with this healing system is not widely known or taught. Rather than learning and growing stronger from trauma, the negative effects snowball from one violated generation to the next. But now it is time to heal—and our emotions will show us the way. Let’s explore these concepts directly.



Your Sensory System: Feeling for Information

Begin with *Getting Peaceful* (page xi). Then proceed with these visualizations.

- a. Imagine you're in a dark room with no sight, no sound, and no ability to feel, touch, or taste. You can't interact with your environment at all. Just try to be there. How do you get anywhere? How do you know where you are? Imagine going through your typical day tomorrow the same way, with none of your five senses. Impossible!
- b. In the same dark room, imagine you now have only the sense of touch. Feel your skin and the temperature and movement of air around you. Just allow these sensations to exist as pure data. If it gets too cold or too hot, then so be it. You simply have that information coming in, but you have no preference for anything. You don't have any preference for what you feel.
- c. Now add the dimension of all five senses, picking up real-time information about each while still remaining dead to reaction. Absolutely nothing matters; you just take it all in like a computer. Imagine going through your home and your day with all your senses but no sense of it all. You don't prefer anything; you don't reject anything. It's just like a TV with no one watching. It is just data. Does it feel more peaceful or dead? Is it a bit familiar or very foreign to you?
- d. Relax and let go of all the sensations and breathe. In a moment, you will flash your eyes open just long enough to take a "snapshot" of whatever object your eyes meet, without holding back any reaction. Go! Now, close your eyes again. Holding that picture in your mind, what do you feel? Is a sensation generated in the body somewhere? Examine and describe that sensation. Notice how with every piece of data that comes in, you have a reaction.
- e. Again, open your eyes to look at the same object, but this time hold your gaze on it as you let all your feelings about that object flow as you continue to look at it. No thoughts or words—just feel what you feel about the object. Your feelings are so instantaneous and move so quickly that it's almost hard to keep up with them. You can feel information about the object faster than you can think about it.
- f. Now shift your focus to another object. No words! What do you feel about that object? Notice how much information there is in that one picture. This information moves fast and can be overwhelming. Just let the mind relax; be quiet and just observe. Now move to a third object. Remain closely aware.

Can you feel, in your body, whether you have a mild attraction or repulsion that changes from one object to another?

- g. Close your eyes and picture in your mind your mother. Feel the flow of information, the variety of pictures, the feelings, your history and understanding of her, and the sum total of her effects on you up to this very moment. Inhale deeply and wash it all away.
- h. Now picture in your mind a person you fear or loathe and allow all that to flow again for a few moments, just as you did in the previous step.
- i. Finally, picture in your mind a person, animal, or place in nature that you adore. Just let the richness of that thing that you love come in to you. Let it touch you deeply. Let your felt information flow.
- j. Inhale deeply and hold a few moments. Exhale with a sigh and shake your body all over for a moment.

Sensory System Groundwork. Write a few notes of your experiences. Reread the paragraphs before this exercise. This is just a little groundwork to help you marvel at this thing called your sensory system and how vitally important your emotions are. As soon as you sense something external via senses or internal via thought, an emotional component is there, adding information, responding or reacting. The emotional component makes life rich; so, don't go around blocking it out. All living things seek more pleasure and less pain. These things we call *feelings* were developed to detect and navigate to achieve that end. An insect has feelers to know what it's running in to; we have feelings to know what we have hit, how to recover from it, and how to avoid that pain in the future. When we steer clear of all that unnecessary pain, happiness naturally fills the void; we feel good.

The Purpose of Emotions

Emotions are the part of your sensory system that brings in information about how things are going for you. Their purpose is to let you know what's blocking your path toward increased wellness and what to do to move toward that well-being. When emotions achieve this purpose, they give you positive feedback. You feel better!

Thus, the purpose of emotions is to help successfully guide you through life by doing the following:

- Sending** you messages about how things are going for you
- Bringing** you information, remedies, and solutions to avoid or diminish suffering
- Giving** you the appropriate energy to take action
- Rewarding** you with well-being, happiness, and fulfillment

Emotions Revisited: They Hurt in Order to Help

The purpose of emotions is quite different from what most of us believe or experience. Your “heavy” emotions come uninvited. Just when all is fine, they show up and spoil your day. They seem uncontrollable, unreasonable, and cruel. They lurk around for years; then suddenly, they arise, stir up the past, and cause trouble. An incident from years ago leaves a strong, lasting mark that changes everything for the worse. A memory makes life a living hell long after the event is over. No relationship is trusted after that betrayal. No place is safe after that accident. Life is forever clouded by that loss. You wonder whether you’ll ever feel good again. But emotions are also a most valuable and powerful gift.

The times we live in demand greater refinement and skill in using our emotional faculties to survive and thrive amid life’s pressures. When environmental changes create pressure, a species must adapt in order to thrive. If that species cannot change to meet the times, some or all are weakened or die. You—we all—are currently under such pressures: the accelerating pace of life; the tremendous volumes of constantly streaming information; 24-hour news and overstimulation; constant change; instability; diverse ideas, opinions, and choices; diminished privacy and downtime; great and swift consequences to mistakes; less time to relax and more difficulty doing so. These “new normal” conditions create a constant demand on the human nervous system, which evolved in a much calmer rhythm. But we all have the tools to cope, if those tools are applied correctly.

Here’s a breakdown of how we experience the heavy emotions (negatively), along with why they work that way (positively).



Emotions don’t feel good . . .

“Anxiety, depression, and anger are no picnic; they ruin my day, my health, my life. I just want some peace, not pain. I’d like to get rid of them forever.”

. . . because emotions feel bad to get your attention.

Just like ambulances are loud and flashing so that we’ll get out of the way faster.

Lesson: You only feel pain when there is something to gain.



Emotions can’t be trusted . . .

“I have irrational fears from my past, unnecessary jealousy, shame for my body, inappropriate outbursts of anger, stupid fears of tomorrow. I give up and feel helpless. How can I believe that mess of mixed messages?”

. . . because you don’t know yourself well enough to trust your emotions.

Emotions arise always and only in response to some need you have. However, you may not understand the connection between the emotion and its purpose. We have been misinformed and untrained in the purpose and language of emotions, and mistrust is a common reaction to things we fear or don’t understand. In any relationship, trust and confidence are gained through communication and by gaining familiarity. So get to know yourself and your emotions and then build Trust in both.

Lesson: Your emotions are *right*, even when they are wrong.



Emotions won’t quit . . .

“Sometimes my emotions get stuck, keep coming back to torture me, beat me up, and wear me down.”

. . . because emotions are loyal friends; let them help you.

Emotions are loyal servants of your happiness. When something’s not right, they have a job to do, and they won’t quit until things are better. Just as an alarm rings until help arrives, memories and feelings return when improvement and healing are still needed. Peace returns when the work is done.

Lesson: Emotions persist because they insist that you get better.



Emotions cause trouble . . .

“Emotions make me mess things up. They make me do things I regret, like hurting others, destroying relationships, avoiding action, and missing good opportunities.”

... *because emotions demand change.*

When something isn't working right in your world, you may not know it or may have ignored it, but your protective emotions sound the alarm to wake you up and get you figuring it out. When you take care of it, emotions leave you in peace.

Lesson: Emotions are not the problem; they point to the problem.

Emotions are out of control . . .

"My emotions take over like some alien in my body; I feel like their slave."

... *because emotions require your guidance and conscious cooperation.*

Like wild beasts, emotions need training and direction to harness their power and become refined workhorses for your wellness. You can be their master, but you must understand their job and let them do it. Emotions do arise automatically from our instinctual animal nature, but that primitive relationship can and must come under your conscious control.

Lesson: Emotions are controlled by your awareness.

Emotions change rapidly and unpredictably . . .

"I feel like I'm on a roller coaster: up, down, and jerking me this way and that. I loved you yesterday; I hate you today. I liked my job, but then I quit when I got mad. I lost my confidence, and now I'm scared to try. I am so sad over losing my lover, I can never be happy again. I did feel good; why can't I get it back?"

... *because emotions respond immediately to changing conditions.*

Life is a constant flow. Your needs change, and the circumstances around you are in flux. When you work well in real time with your feelings, they have the most up-to-date and relevant information for you, so that you can be in the moment and take care of it. Even emotions from a distant memory mean there is something needed now.

Lesson: Emotions indicate real-time needs that must be addressed.

Emotions wreak havoc with my energy . . .

"Fear makes me run around crazy. Next thing you know, I'm depressed and then so angry, I pick fights with everyone. Now I'm just sitting around sad and lonely."

... *because the amount and kind of energy emotions bring, they provide direction and motivation to do what is needed to resolve them.*

Fear gives you the energy to wake up to danger, Sadness slows you down so you can let go, and Anger brings the intensity to act with Strength. The right kind and amount of energy needed for the solution are built into every emotion.

Lesson: Emotions bring you the right energy for the job.

Emotions are a weakness . . .

"I've been told, 'You shouldn't be angry, don't be scared, there's no reason to be upset, don't feel bad, you'll get over it, be nice, smile. Don't be emotional, keep it together.' Everyone knows that emotions are bad."

... *because the power in emotions can help or harm, depending on how wisely they are used.*

When emotions are misunderstood and misused, their intended benefits are replaced with harm. When you experience the pain, persistence, subjugation, chaos, and damage of emotions, they certainly do weaken you and may seem a liability. Strength results from the wise use of energy, and you can learn to use yours. Your feelings are real to you. No one can fully understand your experience and why you feel what you do, so no one can tell you what you should or shouldn't feel.

Lesson: Emotions are a source of wisdom, strength, and healing.

The specific advantages that emotions give you, when used well, perfectly meet current pressures. Seen and used in these new ways, our emotional liabilities become tremendous assets—just in time!

Dinosaur or Adapter: Which Will You Be?

Emotions evolved from our instincts, from the period when humans had to instantly call on past experience in order to survive. But when emotions are used that way today—like an animal—we create drama, trauma, and most of what appears in the news cycle, entertainment, and media. To automatically attack when angry, mate when horny, withdraw when hurt—all without thoughtful awareness—makes us animals on two legs, subject to unplanned and undesired consequences.

You have that animal reactivity, but you also have a most sophisticated sensory system designed to avoid suffering and to guide you to ever-increasing peace. This equipment includes your five senses, plus your somatic body awareness, intellect, emotion, meditative mind, and intuition. The collective information from all of this is currently increasing in sensitivity as an adaptation to social and environmental changes. Emotions are vital to your survival, and upgrading how you use them is essential to living either in Stress or in Peace.

A Sensory System will develop, a new system where the individual will find him-or-herself complete. It will be automatic that one will find satisfaction through the self-sensory system, which people will develop in the coming 50 years... And the sensory system which will develop automatically out of us will be our archangel protecting us and glorifying us...

Our creativity will be our sensory system. And through this sensory system we will be overflowing with energy, touching the hearts of people, and feeling their feeling, and filling their emptiness. We will act great and our flow will fulfill the gratefulness in the hearts of others.

→Yogi Bajan, from *The Aquarian Teacher*

Let's explore the purpose of the sensory system to imagine how emotions have evolved, so we can continue to advance in our skills and consciousness.



The Development of Your Sensory System: A Guided Journey

1 **Start by *Getting Peaceful*** (page xi). Then quietly look into the darkness behind your eyelids and creatively imagine each state of sensory awareness below.

- a. You are unformed, undifferentiated, boundless, pure energy. Part of everything, knowing all without any thought, pure existence, no effort, desire, or action. What is it like to just Be, without any restriction, preference. You think nothing but are aware for everything. You are complete.
- b. After eons, you seek and form. You are a rock on the newly formed earth. Whatever consciousness you can imagine is in solid massive mountains, unmoving for millions of years. No senses, thoughts, or sensations. This is the extreme opposite of your pure energy state. However, all of that former being and consciousness is there in every swirling atom of you as a rock. You're in darkness with no feeling, no touch; there's no stimulation at all—it's just void. You have no sensory input or mental processes. This is very different from what you are used to; as a rock, you are aware of existence, but nothing more. There is no striving; you exist like this for millions of years. Recall that previous state of pure energy and compare it with this experience. Feel a connection and a longing to return to it, as well as a "desire" to evolve into a more active state that is further removed from the previous boundless state.
- c. After tens of millions of years, you find yourself effortlessly floating in fluid. There's life in you, and you want to keep it. To survive, you need the right conditions. So, from being completely unaware of your surroundings, you now grow this amazing ability to sense temperature and pressure. You notice that if things get too hot or too cold, it's not good for you. You seek a certain temperature and pressure that is just right for you. This is the ancient beginning of your sense of touch, as well as your reaction to (or "feelings") about things.
- d. Much later, you are a primitive organism that needs nutrients from the environment. Maybe they come through a simple opening or just through your cell walls. You notice that some items that come into you are favorable, while others are harmful. Done with wasting away in harmful conditions, you develop a preference for and the ability to move toward the sweet bath

- of chemicals that sustain you and away from the bitter acidic waters that weaken you. This is the beginning of taste, as well as of hunger, needs, and desires.
- e. Now you find you are a complex deep-sea creature in the dark, deep sea. You have additional life-prolonging sensors to help you find the ideal conditions for growth and to avoid perishing. To sense those beneficial and toxic substances early and pursue or avoid them, you have developed the ability to taste at a distance—the beginning of smell. You can also feel vibrations of food or danger at a great distance—this is your early sense of hearing.
 - f. Now you find yourself able to detect light and dark shades close by. Then comes distance and color. This changes everything. You see things at a distance and with such detail. So much information about things coming at you—friend or foe—means you can travel fast and far with safety. You explore the world and find greater delight. You learn faster. You feel your brain growing more complex to process all that information. You have vision.
 - g. Now you are on land. You have many more needs to maintain this animal body and to reproduce. The environment is complex and dangerous; there are others like you, as well as many more unlike you, and they are all competing for their needs. It is complex to navigate through and survive these environs. Over millions of years, your desire to get what you need and avoid harm has developed the five senses, along with feelings like Fear to warn and Anger to attack. Notice how closely sensory information is linked to automatic emotional response. These feelings hold a vast amount of information from your past.
 - h. Fast forward through many species. Now you are an early Neanderthal. You live socially as a survival advantage, and it's very complex. Survival is no longer just about getting food for yourself; it now depends on working within the group and discerning subtle signs, like a lifted eyebrow or a hand gesture. Your emotional response to your senses is so sophisticated and complex that you know the difference between a "huh" and a "heh"—one tone means all is well, and the other means trouble is coming. The five senses and the dozens of emotions and thousands of thoughts help you read subtle clues of acceptance in the clan, receptivity of mates, changes in weather, and habits of food sources. But the advantage of this tangle of elaborate internal feelings has become a challenge as well. For example, you may react with an uncontrollable burst of fear or rage that can bring unanticipated negative results.
 - i. Another half-million years of human development pass like a dream. You are here in your present body. Just imagine the vast bank of experiences you have within you: thoughts about the past, present, and future; ideas, visions, and fantasies; things that have never really been. Every one of those

- thoughts, real or imagined, has a feeling component. It's a powerful and tricky way of knowing about the world. Survey what it is like to be you, a summary of the experiences of this lifetime, all that you have seen and felt. Bring it all to one crystallized summary of how you feel about yourself. How do you feel about your life?
- j. Now look forward from where you stand. It has been eons since you first moved from energy into form. You can conceive and begin to perceive that formless state, perhaps even remember it. Something in you longs for it. You are so subtle that you can feel that same consciousness that has been the constant witness to this entire process. Your most advanced skills are ready to be used to navigate this world with great safety, ease, and joy. Your thoughts can find peace by connecting you to the energetic source that you share with all other material objects and beings. Your soul developed these emotional sensations to guide you from suffering to peace, back home. A strong or uncomfortable emotion is simply a road sign: "Danger, stay away from this hazard," or "Pay close attention here," or "Take action immediately." The sign is not the problem; it is a blessing. You have become the wise person, the sage, the seer. You are now ready to read these signs, know what they mean, and use them to steer clear of harm to the body, heart, and soul. You now cultivate a healthy relationship to your own self-care.

② Inhale deeply, relax, and slowly come back to the present as you open your eyes.

③ **Capture Your Gains.** Take your time to recall and record any important impressions from the experience. What do you see in the relationship between the physical senses and your feelings? How do they work together, and do they do so well or poorly? How can they serve you better?

Emotions Serve the Challenges of Our Times

From this view of the evolution of emotions, we look at their continued refinement in our times. Beyond our animal components of feeling and instinct is the human mind, which has brought about most of humankind's progress in the past several millennia. Intellect, reason, and science have produced greater control of our environments and broader access to physical comfort. Though much suffering remains due to unequal access to resources, there is also unprecedented abundance. And yet, even in the face of such broad-reaching prosperity, preventable, self-created suffering has risen. As Albert Einstein said, "We can't solve problems by using the same kind of thinking we used when we created them." The mind has created as many problems as it has solved; the mind is not enough. Stress, exhaustion, and depression indicate that we can't use the mind alone or in the old way to address the amount of suffering we have created.