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JOEL BRASS AND ASSOCIATES LTD.

# The Growing Edge

## AUTONOMY

*“Autonomy is pure independence. Where you need absolutely nothing from anyone or any structure. Where the attention, opinion, or demands of others does not sway you from the Truth and alignment with your own depth.” – Lesley Skylar \**

There are times in almost everyone’s life where you hear an unmistakable call from your deepest self, your truest nature. You are being asked, in no uncertain terms, to stand on your own two feet. It arises from your soul only and no other. No one else hears this call. It is as unique to you as your fingerprint. Few, perhaps no one, will understand, agree or support you if you adhere to this summons arising from a place you do not know, but are asked to trust. This can often represent a crossroads or defining point in a life lived. This is your invitation to becoming a truly autonomous being; a person who lives, speaks and acts in congruence with Who and What you really are. Yet sadly most turn away from this beckoning from their deepest and truest self. The heights seem too high. The dangers too great. The anticipated loneliness too severe. Why do we choose self-abandonment and even self-betrayal over our own authenticity, autonomy and freedom?

### The Hall of Mirrors

#### Who Do You Think You Are and Where Does Your Sense of Worth Come From?

Imagine going to a carnival and entering a Hall of Mirrors. As you enter, you can see that there are three very distinct mirrors from which you can choose to seek your reflection and know Who and What you are. Each mirror has its own name. The first one to potentially gaze into is called the **Horizontal**. In this mirror you can be given your identity through the eyes and acceptance of other people and the world.

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There is an enormously long line-up of fairgoers waiting to see their image in front of it. So many that you wonder whether you'll ever get your turn. Far fewer patrons are standing in front of a second mirror right beside the first which has the title the **Internal**. This mirror shows you what's in your Heart. You can stand in front of this mirror to see your image relatively quickly as there are far fewer interested in looking here. And finally there is but one single, solitary person standing in front of a third mirror named the **Vertical**. In this mirror you will see and know Truth. Because there is no one waiting for this mirror, you can gain access to it immediately and any time you want.

Each mirror reflects back to you an utterly different sense and view of yourself. And, as much, what you believe you need for your worth, identity, happiness and everything you are looking for in life. The choice is yours.

In the **Horizontal** axis of life you live for the approval, favorable view and validation of others as the axis of your self-worth. It is the often unconscious or semi-conscious but consequential choice to fuse or merge with others and have the tribe, family, religion, organization, partner or friends in your life bestow upon you your identity, worth and security. Though on the one hand it has the seeming benefits of you never having to stand alone or go within to sort out or discover who you really are, it has the serious and crippling disadvantage of being dependent on external and forever changeable forces and factors for your life-line. Even the smallest commitment to self-inquiry will show you that if you need others to mirror Who and What you truly are, your experience of your self and life will be that there is no Ground of Being underneath you. You are seated on an endless, destabilizing and eventually sickening roller coaster ride. This ride is comprised of others who, knowingly or more commonly unknowingly, insist that you stay on their ride and jump through their hoops at the cost of being your truest, deepest self. Or you will do this to yourself, by abandoning or even betraying yourself and adapting, conforming and giving away your power to be liked and accepted in exchange.

True spiritual and emotional autonomy requires the maturity, the courage and the trust to get off this roller-coaster ride. To follow what Truth guides you to do, what is in integrity and what feels right from the deepest part of you. To befriend and be led by the **Vertical** alone - the wisest, clearest, most real spiritual Voice within you, a Voice which is the most intimate, personal Friend you will ever know. Unless and until you can do this, you are not free. You are bound in an illusion of separateness and dependence.

*"To discover our true autonomy is the most challenging thing a human being can do. Because in order to discover our autonomy, we must be free from all external control or influence. This means that we must free our mind from all that it has collected, all that it clings to, all that it depends on. This begins by realizing that we are in a psychological prison created by our minds. Until we begin to realize how confined we are, we will not be able to find our way out. Neither will we find our way out by struggling against the confines we have inherited from our parents, society and culture. It is only by beginning to examine and realize the falseness within our minds that we begin to awaken an intelligence that originates from beyond the realm of thinking.*

*True autonomy arises when we have broken free of all the old structures, all psychological dependencies, and all fear. Only then can that which is truly unique and fearless arise within us and begin to express itself. Such expression cannot be planned or even imagined because it belongs to a dimension uninhibited by anything that has come before it. True autonomy is not trying to fit in or be understood, nor is it a revolt against anything. It is an uncaused phenomenon. Consciously or unconsciously all beings aspire to it, but very few find the courage to step into that infinity of aloneness." - Adyashanti \**

\* Lesley Skylar and Adyashanti are non-dual teachers of enlightenment

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# 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, OCT. 20 & 21, 2018**

## 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, DEC. 8 & 9, 2018**

**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)**



