

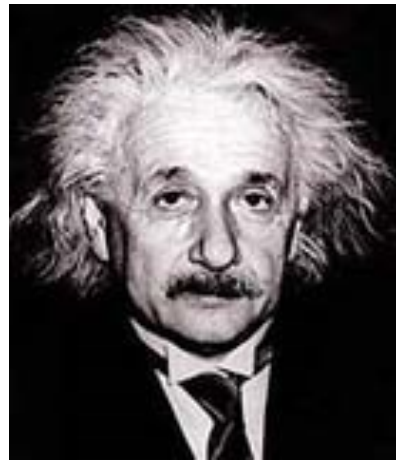
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JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge



Changing The World Begins With You

Albert Einstein famously remarked in a conversation with Werner Heisenberg, “You know in the West we’ve built a beautiful ship, and it has all the comforts. But actually the one thing that it doesn’t have is a compass and that’s why it doesn’t know where it’s going.” This paradox of our times was propounded by the Dalai Lama when he said, “We have wider freeways but narrower viewpoints. We have taller buildings but shorter tempers.” Will Smith said that we spend money we haven’t earned on things we don’t need to impress people we don’t like.

And it’s phenomenal how the same technology that brings us close to those who are far away takes us far away from people that are actually close. 30 billion WhatsApp messages are sent per day, but 48 % of people say that they feel lonelier in general. The paradox of our times is that we have more degrees but less sense. More knowledge but less judgement. More experts but fewer solutions. It was Martin Luther King Jr. who said that the irony of our time is that we have guided missiles but misguided men. Have you ever found it perplexing that you’ve been all the way to the moon and back but you struggle to start a conversation across the road or across the bus?

It’s amazing that Bill Gates was known as the top earner of 2015 with a wealth of \$79.2 billion but one in four CEOs claims to be struggling with depression. Do we actually thrive on this paradox?

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Is it that this paradox actually makes the media interesting, it's what makes journalism interesting, it's what makes politics interesting, it's what makes television interesting? Is this paradox actually what we feed off and what we live off and what we talk about and discuss in our circles? Doesn't it seem that we've tried to clean up the air but polluted our soul, we've split the atom but not our prejudice, and we're aiming for higher incomes but we have lower morals? So how do we bring a change?

Well, it starts with us, each of us pressing pause, pressing reset, and then pressing play again. Taking a moment to become more conscious, taking a moment to become more aware, taking a moment to really reflect on the consequence, the implication of a misplaced word or an unnecessary argument that we all know we didn't need to have, or to speak to someone just slightly differently in a different tone, in a different voice, with a different empathy, with a different perspective. Just to really connect with people on a different level.

This, thinking out loud, started from Albert Einstein when he actually said that the problems we have today can't be solved with the same thinking that we used when we once created them. We need to research alternative teachings and dig deep down into these ancient books of wisdom. We need to go back to understanding if there's anything written in those creased pages of time that can actually reveal more knowledge and more wisdom of how we can transform our experience of life today. Otherwise, this paradox means that every step forward we take, we're taking three backwards every time.

Jay Shetty

<https://www.youtube.com/watch?v=8CNRAY73ZxI>

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UPCOMING ONE YEAR PROGRAM

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 in April 23 and 24th, 2016; buddy system; weekly support group meetings (highly recommended)

COST: \$1650 + G.S.T. (payable over the course of the year)
some subsidies available to people in financial need

To register: Contact Reena Taank , seminar coordinator, at (604) 689-4532 or seminarsjoelbrass@gmail.com

UPCOMING WEEKEND SEMINAR

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 28 & 29, 2016

