



Teaching Stories



Black Wolf / White Wolf

An old Cherokee is teaching his grandson about life:

"A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf will win?"

You might heard the story ends like this: The old Cherokee simply replied, "The one you feed."

In the Cherokee world, however, the story ends this way:

The old Cherokee simply replied, "If you feed them right, they both win." and the story goes on:

"You see, if I only choose to feed the white wolf, the black one will be hiding around every corner waiting for me to become distracted or weak and jump to get the attention he craves. He will always be angry and always fighting the white wolf. But if I acknowledge him, he is happy and the white wolf is happy and we all win. For the black wolf has many qualities – tenacity, courage, fearlessness, strong-willed and great strategic thinking – that I have need of at times and that the white wolf lacks. But the white wolf has compassion, caring, strength and the ability to recognize what is in the best interest of all.

"You see, son, the white wolf needs the black wolf at his side. To feed only one would starve the other and they will become uncontrollable. To feed and care for both means they will serve you well and do nothing that is not a part of something greater, something good, something of life. Feed them both and there will be no more internal struggle for your attention. And when there is no battle inside, you can listen to the voices of deeper knowing that will guide you in choosing what is right in every circumstance. Peace, my son, is the Cherokee mission in life. A man or a woman who has peace inside has everything. A man or a woman who is pulled apart by the war inside him or her has nothing.

"How you choose to interact with the opposing forces within you will determine your life. Starve one or the other or guide them both."

–Cherokee Story

The Guest House

**This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.
Be grateful for whatever comes.
because each has been sent
as a guide from beyond.**

— Jellaludin Rumi,

translation by Coleman Barks



Maybe

There is a Taoist story of an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad luck," they said sympathetically. "Maybe," the farmer replied.

The next morning the horse returned, bringing with it three other wild horses. "How wonderful," the neighbors exclaimed. "Maybe," replied the old man.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy on his misfortune. "Maybe," answered the farmer.

The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out. "Maybe," said the farmer.

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 18/19, 2020 ; buddy system; weekly support group meetings (highly recommended)**

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

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

Vancouver counselling office:

**Hycroft Centre
Suite 117 - 3195 Granville St
Vancouver, BC V6H 3K2
604-732-9091**

White Rock counselling office:

**1521 161B Street
South Surrey, BC V4A 9W3
604-535-4220**

www.joelbrass.com / counsellingbc.com

UPCOMING WEEKEND 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, MAR. 28 & 29, 2020

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 30 & 31, 2020

**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**