

Volume 4, Issue 2

April, 2017



JOEL BRASS AND ASSOCIATES LTD.

# The Growing Edge



## Words of Wisdom For Your Journey

When I was a young psychotherapist in training one of my most inspiring mentors and role models was a man named Sheldon Kopp. His book *If You Meet the Buddha on the Road, Kill Him!* made me want to dedicate my life to the art and craft of escorting people in their emotional and spiritual healing. More than anything, he taught me to know, trust, and embrace the depths of my own human experience to guide others with theirs. I can't tell you how many times throughout my thirty-three years of practice that have I thought of Sheldon and other mentors and returned to their words and love for clarity, comfort and guidance. Some of his words appear below in the form of his funny and profound list of eternal truths. I share them with you once again so that they might help you too on your journey through life towards the light.

### *Eschatological Laundry List A Partial Register of Eternal Truths*

1. *This is it!*
2. *There are no hidden meanings.*
3. *You can't get there from here. And besides there's no place else to go.*
4. *We are all already dying, and we will be dead for a long time*
5. *Nothing lasts.*
6. *There is no way of getting all you want.*
7. *You can't have anything unless you let go of it.*
8. *You only get to keep what you give away.*
9. *There is no particular reason why you lost out on some things.*
10. *The world is not necessarily just. Being good often does not pay off, and there is no compensation for misfortune.*

continued ....

## *Eschatological Laundry List—continued*

11. *You have a responsibility to do your best nonetheless.*
12. *It is a random universe to which we bring meaning.*
13. *You don't really control anything.*
14. *You can't make anyone love you.*
15. *No one is any stronger or weaker than anyone else.*
16. *Everyone is, in their own way, vulnerable.*
17. *There are no great persons.*
18. *If you have a hero, look again; you have diminished yourself in some way.*
19. *Everyone lies, cheats, pretends (yes, you too, and most certainly I, myself).*
20. *All evil is potential vitality in need of transformation.*
21. *All of you is worth something, if you will only own it.*
22. *Progress is an illusion.*
23. *Evil can be displaced but never eradicated, as all solutions breed new problems.*
24. *Yet it is necessary to keep on struggling toward solution.*
25. *Childhood is a nightmare.*
26. *But it is so very hard to be an on-your-own-cause-there-is-no-one-else-to-do-it-for-you grown up.*
27. *Each of us is ultimately alone.*
28. *The most important things, each person must do for himself.*
29. *Love is not enough, but it sure helps.*
30. *We have only ourselves and one another. That may not be much, but it sure helps.*
31. *How strange, that so often, it all seems worth it.*
32. *We must live within the ambiguity of partial freedom, partial power, and partial knowledge.*
33. *All important decisions must be made on the basis of insufficient data.*
34. *We are responsible for everything we do.*
35. *No excuses will be accepted.*
36. *You can run, but you can't hide.*
37. *It is most important to run out of scapegoats.*
38. *We must learn the power of living with our helplessness.*
39. *The only victory lies in surrender to oneself.*
40. *All of the significant battles are waged with the self.*
41. *You are free to do whatever you like. You need only to face the consequences.*
42. *What do you know... for sure... anyway?*
43. *Learn to forgive yourself, again and again and again...*

*- Sheldon B. Kopp*

*If you Meet the Buddha on the Road, Kill Him!*

# The Transfer of Trust

## From Seeking Happiness, Peace and Safety from the World to Finding it Within

If you pause long enough and really think about it, from whom or what do you seek your happiness, peace, safety, and self-worth? An honest self-inquiry will show you that you believe you gain these things from outside of you – from the world and from other people. For example, the world values you and pays you for what you do and this gives you a sense of security. Other people, like your family members and friends, approve of you and love you and this makes you happy. Once you have enough money and enough people who let you know that you are a good and fine human being, as conventional thinking goes, you will know peace. From the time you were a child, utterly and completely dependent on others for your survival and worth, you have been fixated on the **HORIZONTAL** to validate you and show you who you are. As the adult you are today, you are, almost certainly, still doing the same.

We remain enslaved by externals – job and financial circumstances, other peoples’ opinions and love as the singular mirror reflecting our fundamental identity and value back to us .

However, the very nature of the **HORIZONTAL** is that it is and always will be *changeable* and *unreliable*. A family member, for one reason or another, may withdraw their love and support or not offer it in the first place. A very good friend will move on or move away, or over time you may feel differently about them. A job will be down-sized or lost. The supply of money and work, as it always seems to do, flows and stops, flows and stops. Even your own body, because that too lives in the **HORIZONTAL**, will inevitably deteriorate and lose its vitality, attractiveness and reliability. If your happiness, peace, safety and security are based exclusively on the **HORIZONTAL**, you are in for the experience of an endless roller coaster ride through life, or to switch amusement park metaphors, a swirling, frantic “unmerry-go-round”.

Fortunately there are two others realms in which you can truly and deeply know happiness, peace, safety and self-worth, but they require inner work to get there. The first is the **INTERNAL**. This refers to your honest and real relationship with yourself. Can you develop a solid self-love, self-understanding and self-acceptance which remain totally independent and immune from all of the fluctuations that external events and other people are prone to? And, as important, can you develop a *knowledge, relationship and trust* in the **VERTICAL**, by whatever name and presence you know it, – God, Jesus, spirit, Universal Intelligence, Love, Peace, or Higher Power – that can permanently raise you above the battleground of the Horizontal and give you a fundamentally different and constant experience of a trans-worldly inner peace and happiness that has absolutely nothing to do with anything or anyone outside of you?

Using *A Course In Miracles*, *The Way of Mastery* and the teachings of Adyashanti and any private devotional, spiritual practices and paths of the participant, we will shift together in our ability and willingness to trust and access the **INTERNAL** and the **VERTICAL** as that which gives us the rock upon which to stand and be in life.

**FORMAT:** 6 experientially-based weekend workshops spaced approximately 2 months apart beginning in April 29/30, 2017; buddy system; weekly support group meetings (highly recommended but not required)

**COST:** \$1650 + G.S.T. payable over the course of the year. Financial assistance available for those motivated but without the means. No one will be turned away.

**To register:** Contact Carmen, seminar coordinator, at (604) 785-5652 or [seminarsjoelbrass@gmail.com](mailto:seminarsjoelbrass@gmail.com)

# 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, MAY 27 & 28, 2017

**COST - \$275.00 + GST per person (deferred payment plan available) bursaries available to those in financial need. To register contact:**

**Reena (seminar coordinator) at (604) 689-4532 or email: [seminarsjoelbrass@gmail.com](mailto:seminarsjoelbrass@gmail.com)**

## RELATIONSHIPS: THE WORK OF LOVE

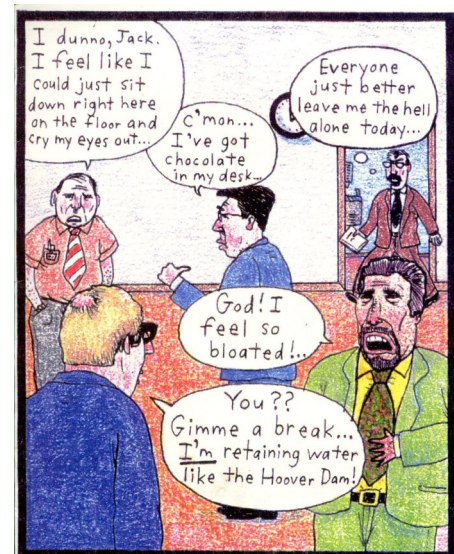
In this seminar we examine ourselves as the perpetrators of pain. We examine the myriad flight and fight responses that we have employed to keep from our hearts and souls the very people we say we want to love, the very people who have committed the "crime" of loving us. This most certainly could include 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. 2 & 3, 2017



"Bad news, its curiosity"



**Female Fantasy #27:**  
Men would have to go through P.M.S., too.