

Volume 4, Issue 3

September, 2017



JOEL BRASS AND ASSOCIATES LTD.

The Growing Edge



Love The One You're With

Only Love Heals

I want to impart something to you that I consider important and extremely useful. The words and practice herein contained I have found to be an amazingly simple and reliable portal to inner peace – something you, me, and our fellow brothers and sisters on planet Earth can't get enough of. Interested? Read on.

Here is the simple truth that will move you most expediently through absolutely **every** unwanted and unwelcome feeling, state or condition you may descend into. It works like a charm with every single one of the so-called negative feelings or states. It works with anxiety, fear, sadness, anger, hurt, shame, pain, guilt and grief. It works with jealousy, nervousness, despondency, disorientation, loneliness and discouragement. Here is the simple way to “pop”, like a floating bubble, any of these inner feelings or states that seem to plague and torment you.

Love it. That's right. Love it and love the person who is experiencing it. Love it. Accept and embrace the feeling or state. **Whatever arises, love it.** If you truly love it, it will leave you and disappear as the ephemeral illusion that it always was. Every time.

There is however one more aspect of this practice of self-love that must be considered. Though love may be simple, for most human beings, for reasons too complex to go into here, it is not easy.

continued ...

For love to be love one of its uncompromising requirements is *the utter and complete relinquishment of judgment*. If say I want to release the anxiety I feel, I cannot hold a shred, a sliver, a single solitary speck of judgment for it. I cannot resist it or distract myself from it in any way. I cannot, for example, try to medicate it away, eat it away, run it away, work it away, TV it away, drink it away, sex it away, holiday it away, humour it away, intellectualize it away, read it away, rationalize it away or even meditate or yoga it away.

You see these activities and approaches can all be subtle forms of resistance and distraction. And, in the inner world, whatever you resist will persist and get bigger. Another way to put this is that **all defenses that I employ to seemingly protect me from my own feelings and experience ironically increase those very same feelings and experience**. No, I must acknowledge the feeling. I must accept the feeling. I must have the feeling. And then I must love the feeling.

The first step in this process, often the most difficult, is my willingness to let go of even perceiving the feeling as unwanted, negative or bad in the first place. After all, it is really just a feeling, is it not? Who decided to label and treat some feelings as good and others as bad? Some as positive and others as negative? Some for which I place a check mark in the box; others with a black, bold X?

In many cases you may not at first be able to do this practice by yourself. This is where the love of another like a guide, dear friend or totally trusted family member can come in handy. Someone who can love you for parts of you that you, by yourself, cannot. Someone who can love, accept and embrace your feeling or state for you until you can catch up and do it for yourself.

Finally there are often times when no one is around or no one who has the depth and skill to enter your inner world and be with and love that which is arising there for you. Then it can be helpful to sincerely appeal to and receive a trans-human Love, an unconditional Love that can only come from God or Jesus or Spirit or Truth or Higher Power or Yahweh or Buddha or angels or a beloved and departed family member, ancestor or master.

Love is simple and everywhere. It is your very being. It is your birthright. It is as natural and effortless as breathing. Allowing it, accepting it, receiving it, and surrendering to it, and perhaps most challenging of all – feeling like you deserve it, can be the biggest impediment on the path to inner peace. This is what makes it simple but not necessarily easy.

What if, to paraphrase the poet T.S. Eliot¹, the end of all of our seeking is to return to the person you always were and will be and to love yourself for the first time? Loving exactly what arises in you from moment to moment? Could enlightenment be not the seeking or ascent to a higher state of consciousness but being *totally O.K.* with all of your humanity?

¹ “We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time”.

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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. 28 & 29 2017

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

**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**

MISTER BOFFO



BIZARRO

