



TRANSFORMATION

through

YOUR EMOTIONS

**Spiritually Expanding
Through Understanding and Working
with your Emotions**

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INTRODUCTION

The catalyst that began my journey to become a shamanic naturopath was in 1961 when I was 10 years old. Anxious about being late home, I stepped out of a bus and ran across the road. A car turned quickly from in front of the bus and hit me, flinging my body onto the footpath where I was left lying unconscious.

From the spiritual realm, I saw my body lying on the footpath. Another part of me continued running, still with the intention of getting home quickly. A large bright "being" met me and said I needed to go back to my body. I didn't want to go back. The "being" told me that it was important for me to go back as I needed to do work in healing. I was picked up and carried back to my body. As I entered my body, I became conscious.

Then in 1975, two days after turning 24, I sensed the Divine calling me to a commitment to follow a spiritual path and to study naturopathy.

In 2003, my intuitive or creative art opened to a different path. I sensed that healing energy could be embedded into the artwork of symbolic shapes to transform lives. I created a set of 30 transformational healing cards (*Heart Healing Symbol Cards*). They act as keys for harmonising the vibrations and stimulating the natural self-healing to create fulfilling lives. More information on the shamanic *Heart Healing Symbol Cards* can be found at www.hearthealing.com.au.

Towards the end of 2007, I began writing *The Power of Your Spirit*. The book covers the three-fold nature of our whole being—that is, our spirit, our soul and our physical body—and the functions of each part.

Contained within the pages of *The Power of your Spirit*, are spiritual forces of healing and transformational energy. Energy is transferrable. This is what makes distant or remote healing and the power of prayer possible. History records many examples of healing energy being transferred. One example is found in the Bible: "*Handkerchiefs or aprons were even carried from his (Paul's) body to the sick, and the diseases left them.*" The same healing power, as in hands-on and remote healing, is present in *The Power of Your Spirit*. The book also includes many of the shamanic practices to allow us to move with joy and freedom in the spiritual realm.

This book, *Transformation through your Emotions*, enables you to discover and use the powerful 'golden' keys *within* your emotions to traverse the gateway to transformation. Wisdom can be found within our emotions. *Transformation through Your Emotions* will show you how to unlock the hidden treasures of your emotions to become more aware of the divinity within you.

Embedded in this book also are the transferrable divine powers for healing and transformation. They are found in the images of the *Heart Healing Symbol Cards*. To *activate* and receive the power for releasing trapped emotions and energies is through a choice or intent that you, the reader, can make.

Do you know that you do not need to control your emotions to spiritually expand? Uncomfortable emotions are extraordinary opportunities to harness your Divine powers in the here and now.

It was a Monday morning and the day looked as though it could be a quiet one in the clinic. After driving my granddaughter, Tahlijah-Rose to school, I continued on to the post office to send mail to my publisher.

I was observing my feelings of irritability and lethargy. I felt bored with having a quieter outlook for the day in the clinic as well as having completed some editorials and workshop material.

"Okay, let's address the emotions I am feeling," as I settled into my meditation time. "Boredom, would you show yourself as an image for me to communicate with you?"

Emotions are not *only* feelings. They are energies or powers in motion.

There is always the choice to ignore or suppress the uncomfortable emotion, or to open to receive the emotion's powerful message.

Boredom manifested its image as a man who had very little vitality. His head was hanging down. He was not the type of energy I would enjoy being around.

"Thank you Boredom for being in my life. What is your message for me?" I asked.

"With no energy going out, none can come in. You need to work on your next book. That's what this space in the clinic has been created for."

In that moment of hearing the Divine message through the emotion of boredom, I felt light and energised. The power or energy within the *signpost*—boredom—had achieved its purpose and, in the present, was now no longer needed. The *feeling* of boredom had been transformed into the power of enthusiasm.

EVERYTHING IS ENERGY

Mental, emotional and physical aspects are all energy, like every single thing in the universe. E-motions are: *E* for *Energy*—in *motion*. These *energies in motion* are not only feelings that we could struggle with. Consider beyond your feelings to the concept that the emotions are spiritual energies, powers or "beings". Enthusiasm was the power or "being" on the *flip side of the coin* to boredom.

Our struggle is a mental one—the struggle is in resisting spiritual powers and energies. In resisting spiritual powers, we never win. Why? Because it is not a contest or a battle. The *power* within the uncomfortable emotion is a force getting our attention to bring us its flip side of tremendous insight and a greater experience of spiritual power.

Time alone cannot heal the memories of distressing experiences. They can be so painful that we've been pushing them down and out of our conscious

mind. The pain in the subconscious mind continues to cause us emotional, mental, spiritual and physical problems.

“Problems cannot be solved at the same level of awareness that created them.” Albert Einstein

Being raised by an abusive, alcoholic father was my learning school; my nest of spiritual opportunities. Through the “nest” of pain my spiritual life has developed. I addressed my emotions by asking the Divine for the message that the circumstances and emotions were teaching me. My enlightenment didn’t come by developing skills or strategies to cope with these emotions. That’s what we do when we think emotions are just feelings that we have to learn to control. That’s what we do when we do not know that there is a higher and more powerful way. That’s what we do when not realising extraordinary transformation comes through hearing the messages of the emotions.

We can all hope that in discovering the key to transformation through our emotions, our emotions will not bother us again—ever! A part of me desires that. A part of me can still hear that internal voice:

“If I were more spiritual, I wouldn’t feel pain and confusion.”

“If I were more spiritual, anxiety and anger wouldn’t be experienced.”

“If I were more spiritual I would get my act together quickly.”

I can promise you that there will be a time when our humanness will not be bothered any more by our uncomfortable emotions. When we are dead!

Emotions will always be with us while we are alive here on earth.

Emotions are powerful messengers intended for raising our vibrational frequency to experience more of our spiritual nature while here on earth.

We can tend to see the feelings as obstacles to spiritually expanding and could then choose to ignore or suppress the feelings. The following is a fable pointing to the value within obstacles.

THE OBSTACLE IN OUR PATH

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying on the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand!

*Every obstacle presents an opportunity to improve our condition.
(Author Unknown)*

Obstacles are friends and teachers. You will be learning *how to* befriend the *energies* and *powers* of uncomfortable emotions—disguised as obstacles—to expand more in who you are.

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TRANSFORMING UNCOMFORTABLE EMOTIONS

We can say. 'I want to get rid of an emotion, e.g. anger, fear, anxiety.' This is a normal reaction to discomfort; but what if the power within the emotion was giving us the opportunity to expand more in the spirit? What if we experienced more power and insight way beyond our imagination? What if the uncomfortable emotion was in fact a "wise being" cloaked in this discomfort and was announcing the way for us to enjoy more of our heart's desires?

Here is a meditative exercise for you to experience your beliefs and emotions about what seems to be obstacles in your life. Read through the shaded exercise first and then close your eyes to experience the following:

Allow yourself to imagine you are travelling along a path toward a particular destination. Take your time. You are feeling free, happy and peaceful as you journey along ...

In front of you is a bend in the path and, as you turn the bend, you come across a huge obstacle preventing you from reaching your destination.

What are you feeling now? Sense the depth of the emotion. Feel these emotions and attempt to name them, e.g. anger, frustration, fear, helplessness, numbness, discouragement.

Do you perceive the obstacle as either good or bad?

There is *power* and *energy* in the obstacle. If the obstacle was a huge log, what could it be used for? Building a house, making furniture, a bridge, a fence, garden mulch ... What other ideas for using the log are coming up now for you?

Is the log bad? Is the *log* bad for *being across the road*?

Now if the log was an emotion, e.g. fear, frustration or sadness, in your journey of life, what are you feeling and thinking about this? Do you perceive the *uncomfortable* emotion as good or as bad?

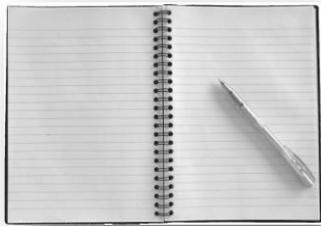
The further on you read you'll begin to discover new and astonishing power, but for now write down your thoughts and experiences of this exercise in a journal.

Enriching Your Experience (Through Journalling)

Do you desire to experience the depth and wealth of your spirit? It is difficult to know the limitlessness of the spirit realm from in-the-box thinking that doesn't really believe. Then, what you read will be an idea. Mental activity prevents assimilation. You can instead have a captivating *experience*. Spirit has made such an experience possible for you. This experience is called *walking in the spirit*.

Here is a way to begin. Rather than attempting to understand the concepts, *feel* into the meaning of the words. As you read, take in fully, gently and carefully what you are reading. While you read ... *p a u s e* ... occasionally,

taste it and digest it as you read. Listen from within; perhaps ask questions; wait to hear the answers. Move on to another passage when you have sensed the heart of what you have read. You may have read very little. This type of communion with your spirit is not judged by how much you read, but by the way in which you read. You will not be skimming the surface, but plunging deep within the treasures of the spirit of the words. You will not be reading this book to learn or to gather information, rather you will be reading to turn from your mind to your inward part—your spirit—to experience the presence of Spirit. This is not so much *thinking about* what you have read, but *feeding upon* what you have read to be nourished in all parts of you.



While you are reading, notice what you are aware of with your thoughts, emotions and ideas coming to you, and write these in your journal. Watch the enlightenment with the communication between your mind and your spirit as you journal. Your spiritual experiences will be so much richer. The witness, the aware part of you, communicates to your mind and as you physically journal, your experience is being *grounded* into this reality. By practising to ask questions, you open to an

enriching spiritual experience. Just begin the journaling and notice what happens.

Awareness—Am I in the Head or in the Spirit?

When we perceive emotions as bad, we can attempt to control them. I discovered early in my clinical practice that clients used suppressive means, e.g. foods and lifestyle patterns to control their uncomfortable emotions, and yet, ironically, it increased their emotional distress as well as causing mental, spiritual and physical disturbances. *The effects on our whole being in using suppressive means to control emotions will be covered later in the book.*

The mind perceives the emotions as 'obstacles'. And look, let's face it, our mind will repeatedly voice its opinion that the uncomfortable emotion is an obstacle or hindrance and is the enemy. These uncomfortable emotions are there for us to ... *p a u s e* ... to notice the voice of the clever, controlling, 'I know best' mind. And as we choose to switch from the logical mind to listening from the spirit, we will obtain the message or information *within* the emotion for powerful transformation. *Awareness* is the key to walking our spiritual path. Awareness is *the* key to enlightenment. Awareness *is* the solution to all that we desire.

Three sisters

Three sisters ages 92, 94 and 96 live in a house together. One night the 96 year old runs a bath. She puts her foot in and pauses. She yells to the other sisters, "Was I getting in or out of the bath?" The 94 year old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses. "Was I going up the stairs or down?" The 92 year old is sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful, knock on wood." She

then yells, "I'll come up and help both of you as soon as I see who's at the door."

As we are using awareness we know when we are listening to the *head* or the *spirit*. 'Am I in the head or in the spirit?' 'Am I going towards or away from spirit?' 'Am I thinking from in-the-box or out-the-box?' Only from the spirit can we see rightly. If unsure as to whether we are in the head or in the spirit, we can say 'I choose to be in the spirit' and spirit will support our choice with awareness.

The Cloaked Wise Being

Hidden secrets are *cloaked* in what appears, at times, foolish. In the spiritual realm things are usually opposite to our human perspective and logic. We often see life as a mirror reflection.

Looking in the mirror, we see our right eye on the right side in the mirror—but when we look at a person their right eye is on our left side.

A mirror's reflection, as with the spiritual realm, is usually opposite to what we *think* we see. Life can be an illusory mirror—appearing backwards or opposite.



The spiritual school is where we get the 'test' first and then we can glean its lesson.

In flowing with this premise, we can ask powerful questions when we become aware of resisting what we perceive. The hidden secrets are revealed when we choose to search for them *within* the obstacle, e.g. 'log' or emotion. This learning opportunity appears foolish. However, as we search out the hidden meaning, and thus the force or power within the obstacle, we experience the breakthrough of light, freedom and ease. We see from another perspective.

Optical Illusion



What word do you see?

If we think of darkness—the 'bad' things in our life—as now **GOOD** (as in one view of the word in the optical illusion), we can draw out the light from the perceived EVIL (as in the other word in the optical illusion).

Another way of looking at this optical illusion is that darkness and light are energies. However energy is neither good nor bad. Energy is neutral. How we *use* the energy determines its usefulness. We can view the energy of emotion as bad because we are confusing it with the reaction or behaviour that might follow. 'Anger is bad because I have been hurt by people who *feel* angry or I have hurt people when *feeling* angry.'

Think of a hacker, perhaps the serial killer of 1888—Jack the Ripper. We can view hacking as bad. It has been surmised that Jack the Ripper was a butcher. This same *energy* of hacking could be used by a surgeon or a tree removalist. The

energy can also *cut away* or *prune* those habits or patterns which are no longer useful in our life. *How* we use the energy determines its detriment or benefit.

When we view emotions as serving a very useful opportunity for our enlightenment, and obtain its message, we live more fully with enthusiasm, joy and peace.

The word: **L I V E** is spelt backwards in the above optical illusion. Evil is the reverse of live. In the darkness, that we might judge as being evil, *is* the hidden wisdom and light. All things work together for our good. All! Everything that happens has a miracle inside of it. *Every* emotion has a gift of aliveness.

To *live* spiritually means we die 'daily' to experience rebirth to new and higher frequencies of transformation. The dying 'daily' is a choice to move from our 'head' being in charge (controlling the emotions), to enter the amazing freedom of living now in the power of the spirit. Am I in the boxed thinking of the head or in the infinite possibilities within the spirit?

Pushing away the *darkness* pushes away the keys to enlightenment. Then, the *energies-in-motion*, rather than raising our spiritual vibration are suppressed and become trapped in our body. This causes the cells and tissues to *move* in ways that create dis-ease. *Releasing the trapped emotions from the physical body is covered later in the book.*

EXPERIENCING THE WISE MESSENGER

So, let's 'be' in a place to experience the knowing of a wise messenger. By taking the time to become familiar with the characteristics of our messengers, the next time the emotions surface we will know more quickly the type of message being given. For example, after I met Anger as a "being", I soon learnt what a delightful, watchful and protective being "he" is for me. Knowing *Anger* as being the *prime mover* in my life, I know the message is about taking action. After becoming aware of having an internal hissy fit, I ask for the message from Mr. Anger.

Since there are many emotions, the time spent to meet the "beings" and discover their in-depth natures, is well worth our effort and time.

Before we begin to experience the messenger, let me alert you to the idea that, while doing the process, there is likely to be resistance and varying emotions surfacing. We might be tempted to *give up* when we hit the 'boulder'. Stay with it and observe, remembering that the gift of the Divine 'gold' is hidden *within* the discomfort. The obstacles are for alchemical changes—changing our 'base metals into gold'. The wisdom within the obstacle is the key for opening doors into realms that were *previously* inaccessible. Nothing in the world compares to this priceless treasure. Its loveliness holds power, strength, joy, riches, honour and fruitfulness. When we allow the learning we cease trying to fix the mental, emotional and physical symptom—that is the teacher, messenger, 'obstacle'. We are walking and flowing in the spirit. The glorious possibilities and potentials of this spiritual realm are where miracles are created.

Because these learnings are so awesome, it will be beneficial to keep a record to refer to later; perhaps a journal solely for the emotions.

Here is a way to meet the powerful being within our uncomfortable emotion.

How to meet the powerful "wise being"

Become aware of an emotion, perhaps a main one in your life.

On a scale of 0-10, with 10 being the worst and 0 being nothing, what number would you say the degree of discomfort with the emotion is? And now, ask:

"If the emotion presented itself as an image for me to communicate with, what does it look like?"

Trust that whatever image or impression is coming is the right one. Be aware of your varying emotions. These feelings might be your survival patterns to protect you from the discomfort. Just observe the feelings; perhaps jot them down.

This energy or "being" within the emotion came into your life for a reason. On one level you *did* agree to have the "being" make its presence known. So thank it for being in your life. This might irk you; but what have you got to lose in thanking the "being"? Why not give gratitude regardless of how you feel. Express yourself, e.g. "I'm unimpressed with you. I want to run. You've caused me a lot of suffering, but I choose now to thank you, without yet knowing the benefits."

Has the image now changed a little? What number on the scale of 0-10 is the intensity of this emotion affecting you *now*?

Offer the emotional "being" a gift. This is not an intellectual gift—its not love or peace. *Seeing* the gift as an *object* is more useful to gain further understanding of the message. Let your spirit come up with an image. A picture is worth a thousand words and can have an energy about it which may include love or peace. Sense the *image's* reaction to your gift. Rarely do these precious "beings" receive appreciation for all the help they are offering.

Now you can ask the *image* for its message. You could ask:

"What is it like to experience the message this *Emotion* is presenting?" or "What is your message to me?"

Wait for 30-60 seconds. The answer you receive could require further questioning for greater unfolding of its meaning. Ask for more insights. Are you stuck with what question to ask? Then ask:

"What is the best question to acquire the depth of power in the answer?" or "If the *blinkers* or *curtains* were lifted from my eyes, what would I see?" Wait quietly again to receive the answer.

When you feel complete with the insight, wait to receive a precious gift from your new ally. What number, 0-10 is the feeling now?

Then journal your experience.

Imagine having the choice, in the near future, to go *inside* and have a *look* at this "being" again. We are likely to be surprised and feel very nurtured with the energy of protection the *wise one* has towards us. We don't have to feel the emotion to decide to have a *look* at the "being".

HOW TO WALK IN THE LIGHT OF YOUR SPIRIT

Receiving insight, which is being *enlightened from within*, you feel incredible. Right? This inner *light* has illuminated you and you can feel light, free and rejuvenated.

Illumination requires *action* for walking in the *light of our spirit*. As we put our insight into practice, we are *acting* upon insight; we are stepping into the Light. Then and only then is more light given for the next step. It looks like this:

Light–step–light–step–light.

Reminding a tired client to continue having mini rest times, she told me she had been so very busy with the end of the financial year matters and also having a staff member away. However, this is her pattern and always has been. There will always be a reason to not act upon the inner knowing.

Knowledge never changes anything in the world. *Acting* upon the knowledge makes the changes, and then another insight is given for the *next* step. Light–step, light–step, light–step.

Insights are received through many sources, e.g. reading or in our meditation time. There will come the time; the ‘dark time’—which is always an opportunity or the *call for action*—to *apply* the insight. Do you recall the feeling of lightness and expansiveness when you received insights? Imagine now the beginnings of *darkness* coming, and a thought drops into your mind to apply your recent learning. And as you apply the insight, you experience a new dawning for another amazing step. This is transformation rather than fixing and repairing the symptoms of dis-ease. Symptoms are another form of the messenger which arises when not acting upon our knowing.

This empowering little phrase can be repeated several times:

Light–step, light–step, light–step.

The phrase helps to remind us to take action in the light of what we know *when* the ‘darkness’ is experienced. We are then walking in the power of our Light and discovering what mastery means.

3

UNIVERSAL SURVIVAL PATTERNS

MASTERY COMES BY SURRENDERING

We do not need to *control* our emotions or our survival patterns of flight or fight to have mastery. If we do try to control the emotions, the emotions will have mastery over us.

Mastery is *surrendering* to allow the Master (our spirit) to rule in our life and then we expand even more into who we are.

We consist of a spirit, a soul and a physical body. The soul (personality, ego)—located between our spirit and our body—consists of our will, our mind and our emotions. Our emotions link into our spirit.

Our *soul* has a will so at any given moment we can, with awareness, choose to move towards or away from divinity. Am I going up the stairs or down?



EMOTIONS—TWO SIDES OF A COIN

Emotions are like the two sides of a coin. Heads and tails make up both sides of a coin. Consider the head side of the *emotional coin*, as connecting with the spirit. Think of the tail side of the *emotional coin* interacting with the soul, i.e. will, mind and emotions.

The *head side* of the *emotional coin* is where we meet the spiritual *wise being* to radiate more Light.

On the *tail side* of the *emotional coin*, the mind perceives the uncomfortable emotions as bad or negative feelings. In ignoring or suppressing the perceived negative emotions, such as anger, fear, sadness, the energy moves into the physical body causing the tissues and cells to *move* in ways that create dis-ease. We are moving further away from the original divine message.

That is, the messenger is now speaking to us via the physical symptoms of dis-ease.

The first message is a nudge from the spirit through our intuition. A stronger nudge is through our emotions. Then if this message is suppressed, it can manifest as physical symptoms—the messenger is giving an even stronger nudge.

Messages are not always given through discomfort. Insights come with pleasure and pain.

Accepting the duality brings harmony and opens us to areas we could have denied,



rejected or dismissed. Pains that may have been suppressed from trauma and injury are waiting to be healed and transformed into miraculous power.

Virtues—Spiritual “Feelings”

The power of your emotions is for experiencing the gift of all the emotions and ultimately to eat of the ‘fruit’ of the *tree of life* which are the virtues of love, joy and peace. Virtues are spiritual fruits, unlike the human feelings which fluctuate according to thoughts or circumstances. If something happens in our favour, we could feel happiness—a *human* emotion—but this is different to the *spiritual fruit* of joy. The spiritual fruits or virtues are constant, irrespective of circumstances. Virtues cannot be mimicked or earned. Virtues are within us to just *experience*. Virtues arise out of awareness. Further on there will be exercises for you to use awareness to experience these virtues at will. Then when circumstances appear to go awry, in your centre, you can experience peace or any ‘needed’ virtue in the moment. You will know of the amazing potential of wealth in embracing both sides of the *coin* of your emotions since the spiritual virtues are your natural state of being.



In rejecting the *tail*—that is, our perceived negative emotions—we reject the spiritual wealth and power of the *Head*. In moving through the *coin of emotion* to the higher spiritual plane, we meet the messenger within the emotion—“Prince Charming.”

KISSING THE TOAD

***Sweet are the uses of adversity,
Which like the toad, ugly and venomous,
Wears yet a precious jewel in his head.***

William Shakespeare

The ‘toad’ is not the emotion—the ‘toad’ is our belief that adversities and the uncomfortable emotions are ugly and should be squashed by the mind’s rulership. If we are willing to *kiss* the ‘toad’ goodbye to controlling the uncomfortable emotions, and we embrace the emotion, we discover “Prince Charming.” Mwah!

Ted Andrews in *Animal-Wise* speaks of the animal totem, the toad, which reminds us to use our inner resources now and we will be blessed with solutions to problems. In using all of our resources in our endeavours and conflicts, the toad embodies the promise of success and achievement. Toad teaches us to see things more clearly. We can only see clearly and rightly when seeing with the spirit. *Am I seeing with spirit’s eyes or the perspective of human eyes?*



TRANSFORMING THE POWER OF FIGHT, FLIGHT OR FREEZE

Each one of us has patterns to cope with fears about our survival. We react because we are coming from the hindbrain—the reptilian brain.

Survival patterns are fight, flight or freeze. All of us, including our parents, use these patterns. The patterns help us to survive, but if we become *stuck* in a pattern, our mastery and our sense of safety are limited.

In the world of our relationships there are heaps of *mums and dads* that represent the universal **concept** of the *patterns used to control uncomfortable situations*. Our parents are not the cause of our discomfort; they represent a picture of the collective group of humanity's survival patterns. If we take the behaviours of our parents personally and feel injured, we are reacting from our hindbrain like our parents were doing.

Think now about which survival patterns mum and dad mainly used. Fight, flight, or freeze. If it was *fight*—they might have used aggression, intimidation, anger and criticism. We felt injured. If it was *freeze*—our parents may not have been present; may have felt helpless, hopeless or powerless. We could have perceived our nurturing needs were unmet. And so we felt injured. If it was *flight*—they ran away, ignored, denied and used other avoidance tactics to sidestep change—we felt injured. And guess what? We developed our own survival patterns and continue to use them whenever threatened by others, using our parent's patterns.

Every time we come across one of these fight, flight or freeze patterns, our original wounding can be triggered. Our upbringing was the groundwork for us to now learn to choose mastery; to learn how to respond to the different survival patterns in the world using a higher way. What survival patterns do you commonly use? Fight, flight or freeze? We will use all of them, but in particular circumstances, we predominantly use one. If you have siblings, what patterns do they most commonly use? Write the survival patterns in your journal that you, your parents and your siblings use. Is a pattern emerging? Are you beginning to understand the reason for people's reactions?

We want to move beyond the mind's patterns of survival. The brain patterns of survival are always going to be an option. Alternatively, we can learn to use the fight, flight or freeze—not from the reptilian brain—but from the spiritual 'brain' to discover what the awesome wisdom and power is in the situation. Until we face our emotions and our survival patterns of behaviour, the *mums and dads* are going to be in our face.

Reactions

People react without thinking. Why? When sensory information reaches the brain's *grand central station*—an egg shaped structure called the *thalamus*—the data is relayed to an almond shaped structure called the *amygdala*. The amygdala is the *fight or flight* part of the brain involved in emotional processing and memory to protect us. By comparing incoming data with its library of emotional memory, the amygdala will decide if the situation is a threat. If there is a threat, it quickly *emails a memo* to other departments of the brain, to move us into survival mode. Stress hormones then flood our body to prepare for

immediate reaction. This happens before the information is sent to our logic or thinking brain.

The amygdala acts as a subjugator. Fortunately though, the flood of chemicals required for an immediate reaction does not persist—they disperse within three to six seconds. This is wonderful news because it gives us time to choose to enter into the realm of *stillness* in the spirit. A deep breath takes four to six seconds and, within that time, the chemicals have already dispersed. The chemicals are an opportunity to motivate us to open to Spirit. The *pause*, by taking a deep breath, allows us when interacting with other people, to gather more information other than what our memory bank is reacting to.

Imagine now what it would be like to practise *paaaaausing* when we feel the tell-tale signs of wanting to react inappropriately to a situation and regretting it later.

As with the emotions, the survival patterns are also like the two sides of the coin—the soul or human ‘tail side’ and the spirit’s ‘head side’ of the coin. Without choosing the higher way of the spirit, our mind will go into its default patterns for survival.

Following are some different perspectives or spiritual counterparts to the survival patterns:

Fight: Here we want to defend our position. We express fear through the emotions akin to anger. Anger is intended to be the mover for either moving our *position* or moving our *attitude*. We can choose to *act* or *move* appropriately when prompted by our inner Wisdom. We can ask: ‘What is the wisdom that *Anger* wants me to hear and then act upon?’

Flight: We want to run—escape from the discomfort. This is a magnificent opportunity to gain further enlightenment. Where do we run to? To Spirit. Anywhere else is unsafe and we will need to run again and/or keep running because all these *mums and dads* are surrounding us. A symptom of flight, which can be suppressed anger, is depression. By returning to the feeling of *anger*, we can ask: ‘What is the wisdom that *Anger* wants me to hear and then act upon?’

Freeze: The mind goes blank, still, immobilised in fear. What is the spirit counterpart? *Stillness*. As soon as we become aware of the *freeze* pattern in the mind, we will know that the most important factor in the spiritual walk is stillness, or non-action, in the spirit. We can ask: ‘What is the wisdom that I can hear and act upon?’

Often in our lives when we have a wonderful ‘light bulb’ moment, we think this glorious enlightened state is going to last forever. Then the next day it seems gone. This is because the ‘light bulb’ experience was a ‘taste’ of the completion after we have taken action. *Acting* upon the insight keeps the inner Light shining out.

Here’s a way for our true nature to shine. When we begin to take other people’s reactions personally we can remember they are using a survival pattern and we are not *their* problem. They, like us, when reacting in survival mode, are caught up in their own little world of feeling unsafe. When we recall this insight, we can pause and hear from within as to how to respond. Our compassion could

flow naturally from the spirit because, being enlightened in the moment, we can truly understand the other person is not enlightened at that time.

If we do *react* to their behaviour instead of acting from our insight, we can still choose to have compassion for our self, knowing that we are even now learning to *allow* our true spiritual nature to radiate out. We do this with awareness by listening for the insights within the 'problem' and then choosing to *act* upon the insights.

Our *mind* can ask 'Why have I got this problem?' Meaning: 'Where did it come from?' 'Who or what event caused it?' Finding an answer to these questions might soothe the mind.

The answer will not help us to move through the *gateway* of the spirit. Only the enlightened word—the spiritual wisdom found *within* the 'problem' will enable us to move through the *gateway*.

Am I saying that we should never gain understanding as to why we have an allergy to cats or why we have low self-esteem, and discover it was because of a traumatic event? No I am not. This information could still be useful for a healing session, however only when inspired by *receiving* the *wisdom—seeing from the spirit*—can we have the opportunity to move *beyond* healing to experience transformation.

Inspiration does not bring transformation. *Acting* upon the inspired word brings the transformation and freedom in the spirit. And as we *act* upon the inspired word we are stepping through the *portal or gateway* that leads to new beginnings and further transformation.

Obstacles are disguised gateways to a deeper spiritual path.

Chapter 4 describes the *spiritual gateway*, located at the base of our brain, to access magical power and freedom in the spirit realm.