

Emotional Integration

Emotional Integration is to consciously feel and observe an experience, most of the time, one of suffering. It is the process of fully experiencing our emotions, which dissolves their power over us. Our thoughts and emotions are born from the body, the heart and the mind. The result of this process is to sit in the true self, living without drama, on the path to enlightenment.

The Four States of Being

1. Breathe (Physical)

Breathe deeply. Don't force the exhale, just let go and let it flow naturally, all the way out. Pay attention, be at rest. Continue conscious breathing throughout the process.

2. Inhabit (Vital)

Be aware of an emotion you are feeling, or have felt lately. If it's an emotion you just want to work on, set up a fantasy where the emotion comes. If you can't feel it, pay attention to what is preventing you from feeling it. If you can trace it back to abandonment, rejection or guilt, good. If you can't that's ok. Breathe in the experience.

3. Feel (Emotional)

Sit in it. Don't resist it. Allow yourself to feel it so deeply that you become the emotion. Let it overwhelm you, crush you. Breathe the pain. Just for a moment at the end of each exhale, you will find peace. Eventually, this peace will begin to seep into all of your breathing.

4. Observe (Mental)

The pain starts to dissolve. Pay attention to something long enough, and it becomes consciousness. Observe until you are conscious that there is nothing left. Get to the point of compassion, where you know it was just an experience. Breathe wisdom, the wisdom of knowing you created everything in your life. You still feel the emotion, but you are less and less attached to it. Now, as you are rising into the true self, you can observe your human self feeling this emotion, but it doesn't affect you. It's like watching someone else in a movie—you feel compassion, but you're not suffering so much.

These four steps are done at the same time, as one event. Breathe in the emotion, inhabit it, feel it. After it begins to fade, then you can do the mental observation of understanding that the emotion is based on attachment. Mourn what you are attached to. And then enjoy its presence purely.

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As you go through the process, you will begin to remember other events as a result of which you felt the same emotion. Jot them down briefly; more work to do here another time. Later, do the integration on these prior events to release your hold on the emotion. We learn from our earliest moments of life to have particular emotional responses to events. As we integrate all emotions through related events, we break this conditioning, so that the next time a similar event occurs, we don't attach drama to it. So we correct our attachment to emotions tied to the past, and correct our attachment to emotions that will arise in the future.

Three Major Families of Emotion

The three major families of emotion are guilt, rejection and abandonment. All other emotions can be traced back to one of these. For example, if we are angry, it might be because we feel rejected by our children when they don't follow our advice. Grief over the death of a loved one, or divorce, sits over abandonment. Fear relates to all three families. So, tracing your emotions back to one of these three expediently gets to the root of our suffering.

Wisdom

Pain and pleasure is in the human, happiness and suffering is in the Soul. To the Soul, it is not good or bad, it is just an experience. Pain and pleasure are natural manifestations, or by products of happiness and suffering.

The events and people we experience in our lives are results of the Soul's requirement for experiences of suffering, all as part of our path to enlightenment. We ask for everything between lives. But we forget about this, and spend a lot of energy resisting everything that is difficult and unpleasant. The wisdom we breathe in is simply this—I am grateful for the experience. It is allowing me to work through my karma, or it is allowing the Soul to experience through dharma. And, maybe even more difficult, I am grateful to the person who has brought this lesson to me.

Every time we resist the lesson, the Soul will continue to find a way to bring the lesson. If we ignore the lesson when it manifests at a small level, the Soul will bring the lesson again, at a more intense level.

The result of this wisdom is the ability to simply observe our emotions, without allowing them to affect us, to have power over us.

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Integration Creates Power

The ultimate expression of power is vulnerability. Suffer everything through integration, and the power of events over your emotions dissolves away. A good example of this can be found in martial arts. If an opponent pushes against you to move you off your center and you forcibly resist, your resistance gives your opponent power over you. However, if you take one step to the side, without resisting, your opponent's own force will guide him past you, throwing him off balance.

It also follows naturally that your power over others increases, without you having to do or say anything. Many times people react negatively to us because at a deep level they can feel our guilt, rejection or abandonment. They just want to be loved also, and our feelings can spark a need in others to "protect" themselves. Your higher level of consciousness, the simple happiness of trusting life, will have a positive effect on events and people in your life.