

4. WORKING with INTENSE EMOTION - GUIDED MEDITATION (1 of 2))

00:00:00 Okay.

00:00:01 So, let's do it.

00:00:04 Okay.

00:00:05 Okay, so take a moment to stretch up and settle in and focus for just a second on physical

00:00:16 relaxation into the posture.

00:00:23 Okay, we're going to start by working in the fierce, sad system.

00:00:43 So at any given instant, there'll be exactly one of four states, just fear, just sad, both

00:00:56 or neither.

00:00:57 We're going to ignore everything else.

00:00:59 We're just going to penetrate that one system of affective somesthesia.

00:01:06 My way of talking make sense?

00:01:08 Well, until the last two words.

00:01:10 I know what you meant.

00:01:11 I know, I know.

00:01:12 That's Greco-Roman for emotional type body sensation.

00:01:18 Thank you.

00:01:19 I love it though.

00:01:20 I know.

00:01:21 So, I'd like you to note fear, sad, fear and sad, or none, one of those four.

00:01:33 You want fear and sad or both?

00:01:36 Just use fear and sad with a Boolean and operation.

00:01:42 We'll get the four logically possible states of the fierce sadness system.

00:01:50 Any questions about that?

00:01:52 Okay, good.

00:01:55 Out loud?

00:01:56 Yeah, for starters.

00:01:59 Fear and sad.

00:02:03 Fear and sad.

00:02:08 Fear and sad.

00:02:13 Fear and sad.

00:02:19 Fear and sad.

00:02:20 Okay, good.

00:02:22 Now go to mental labels.

00:02:24 See the labels rather than speaking them.

00:02:46 Is it still mostly both at the same time?

00:03:03 Yes.

00:03:04 Okay, good.

00:03:05 Now we're going to work just with the fear.

00:03:13 I'm assuming that there is one or more areas of local intensity for the fear.

00:03:19 Is that correct?

00:03:20 Yes.

00:03:21 Is it one or are there several disconnected?

00:03:25 There's probably one primary one that spreads out and has little branches to it, and then

00:03:32 there's a little bit of a journey to a secondary one for the most part.

00:03:38 Okay.

00:03:39 So the primary one spreads branches.

00:03:42 The primary one is right at the center of my chest, like right in between my rib cage.

00:03:50 How broadly are the branches spread through the body?

00:03:56 It kind of comes down around to the side and in there, but it kind of spreads out a bit

00:04:03 like the core, the center is kind of there in a kind of big, odd shape, and then there

00:04:11 are ways in which I think it kind of reaches subtly, like subtle veins kind of going out

00:04:18 around to the middle of my back.

00:04:21 Okay.

00:04:22 Excellent detection skill.

00:04:24 I'm assuming that the subtler ramifications are of less intensity?

00:04:31 Absolutely.

00:04:32 Here's what we're going to do.

00:04:35 We're going to just work with fear.

00:04:36 Each time you note sad, I would like you to zoom out to the subtle ramifications, focus

00:04:43 on them only.

00:04:44 Every time I note sad?

00:04:46 I'm sorry, every time you note fear.

00:04:48 Go out to the subtle ramifications and work towards perfect equanimity with those subtle

00:04:54 sensations.

00:04:55 Because they're subtle, it may be possible to have complete openness with them, even

00:05:00 though you can't do so with the local intensities that are at the epicenter of it.

00:05:07 So we're going to use the zoom out option on the noting.

00:05:11 You're going to zoom out to cover the subtle spread and work towards perfect equanimity

00:05:19 with that.

00:05:20 And don't concern yourself with the local splash at the center at all, just with the

00:05:26 global ripple in a rhythm with the mental labels of fear.

00:05:34 Any questions about that?

00:05:36 No, you want me...

00:05:38 I'll just repeat it back.

00:05:41 I'm going to keep noting fear with mental labels, but I'm going to, when I note fear,

00:05:47 zoom out to the subtler tributaries, so to speak, of the experience of fear in my body,

00:05:57 not tuning into the main Grand Central Station part of it.

00:06:05 That's perfect.

00:06:06 And by mental label I mean think toward fear, to indicate that that's the flavor.

00:06:13 And then you zoom out, and then I'm just going to have you do that on your own for a few

00:06:18 minutes.

00:06:19 To show that one, that you are focusing on that.

00:06:48 I want to do that pretty good.

00:07:06 Is there any hint of flow in the global spread of the fear?

00:07:14 It's pretty fluid?

00:07:15 Yeah, it flows.

00:07:18 It's interesting.

00:07:22 I tend to be flowy in general, but when I worked with this, at first I got little hits

00:07:29 of nausea.

00:07:30 I started to feel a little nauseous.

00:07:31 Other flavors.

00:07:32 Yeah, and then a little ticklish, but if I just kind of kept with it, those would just

00:07:38 stay.

00:07:39 They dissipate.

00:07:40 So you're able to get the global component in the fear flavor to flow.

00:07:51 Can that flow spread into the local intensity so that you get a local global flow with the

00:07:58 fear?

00:07:59 You know, I think I started to naturally start to do that, and I think that's when the nausea

00:08:04 started.

00:08:05 I think my body...

00:08:06 Let's go for local global flow now.

00:08:08 So that means you'll remember that there's, in my standard formulation of the noting technique,

00:08:14 you remember zoom in, zoom out, zoom both ways.

00:08:17 So we're going to zoom both ways, out to the perimeter, to the weak sensations there, and

00:08:23 ride the momentum of the flow that's there, and simultaneously zoom into the core intensity

00:08:30 and see if you can get them to get that local splash, global ripple.

00:08:38 While keeping the zooming, so simultaneously.

00:08:40 Yeah, you're zooming in and out, into the core, out to the perimeter, and you're doing

00:08:46 that precisely to facilitate the spread of the global flow into the local intensity.

00:08:57 So the awareness is moving in and out.

00:09:01 In and out at the same time.

00:09:04 You have a phrase that you came up with.

00:09:06 Sliding.

00:09:07 You're going to slide in both ways.

00:09:08 You're going to slide out with your awareness and let it facilitate a global circulation

00:09:14 of fear, and you're going to slide in and let that facilitate a local circulation of

00:09:21 fear.

00:09:22 So you get both the intense areas and the peripheral areas as a single fear flow.