

## \*5. WORKING with INTENSE EMOTION - GUIDED MEDITATION (2 of 2)

00:00:00 Able to get a little sense of that?

00:00:24 Oh yeah.

00:00:26 So that's a catharsis, a releasing of fear.

00:00:32 It creates this kind of center of this, it's kind of a deep joy that kind of comes up the

00:00:40 center but then I get really hot.

00:00:43 Yeah, let the joy be there, let the heat be there.

00:00:46 These are all reactions to the catharsis.

00:00:50 And if the heat produces more fear, then just dissipate that in the fear.

00:00:56 Accept that we're going to let go of the fear now and go to the sadness.

00:01:01 And don't have to be a rocket scientist to figure out what we're going to do.

00:01:05 Same procedure, start with the periphery of the sadness flavor, work with that, see if

00:01:14 it's amenable through a zoom out process to an experience of a global flow in the sadness.

00:01:24 If that's feasible, do that and then go in and look for the local flow in the epicenter

00:01:31 and you're going to get a local global flow in the sadness if indeed that's sort of doable

00:01:37 at this time.

00:01:38 I'd like you to explore the doability of that with regards to sadness.

00:01:44 Just give it some time.

00:02:07 Ever able to get a little hint of that?

00:02:10 Yeah, since the sadness doesn't have the same vein network of spread, I just kind of instead

00:02:18 of, since I didn't quite have the subtle area, I just went around the boundaries of it.

00:02:24 That's exactly correct.

00:02:26 That corresponds to the subtle, it's just less widespread.

00:02:30 That was a good move.

00:02:31 I just made the boundaries soft and then treated that like...

00:02:34 That's right, that's what I would have had you do.

00:02:35 So you're able to get a little sense of that.

00:02:38 Yeah.

00:02:39 Okay, good.

00:02:40 Now, I'm going to have you do a fairly intricate concentration where you're going to attempt

00:02:54 to experience simultaneously a kind of river of fear and a kind of river of sad that flow

00:03:08 through each other, interpenetrating without interfering.

00:03:16 So it's almost like...

00:03:17 Could you say that again?

00:03:18 Oh yeah, right.

00:03:20 There's the sadness flavor and it's a sort of like giant liquid drop that's sort of expanding

00:03:27 and contracting, right?

00:03:29 Right.

00:03:30 And there's the fear flavor and it's a giant liquid drop doing the same essential dance.

00:03:34 Right.

00:03:35 Now, you know how in a ghost movie you see that the ghost can walk through the wall,

00:03:46 right?

00:03:47 Right.

00:03:48 The ghost passes through the wall, the wall gives no resistance.

00:03:53 Now imagine you didn't have a ghost and a wall, but you had two ghosts and they were

00:03:59 both doing their own thing, but they could pass through each other without disturbing

00:04:06 each other when they occupied the same place at the same time.

00:04:13 So you're going to have these two ghostly waves, one flavored fear, the other flavored

00:04:19 sad, and they're sort of dancing, except unlike physical dancers, parts of them, even all

00:04:26 of them can occupy the same place.

00:04:31 So they're constantly waving and the waves pass through each other without disturbing

00:04:38 each other, without developing pressure areas where they would clash.

00:04:44 Does this metaphor make sense?

00:04:47 Yeah.

00:04:48 Have you attempted to do this with the fear and sad?

00:04:52 Not in this, not this round.

00:04:54 This may be the part of the missing piece, because you could get them individually to

00:05:00 flow, but then the next step is collectively to flow.

00:05:04 Because if they both flow at the same time, interpenetrating wherever they need to without

00:05:10 interfering, then they won't multiply together into overwhelm.

00:05:19 So the ability to have more than one flavor and to separate the flavors, have all the

00:05:26 flavors flow, and then have the flow fields interpenetrate without interference is a sequence

00:05:33 that I take people through when they're going through big challenges that are polychromatic

00:05:45 body distress, meaning a lot of different colors in the body.

00:05:50 Then we need to train the colors to flow through each other.

00:05:54 It's an interesting intimacy between them.

00:06:02 It's like they're dancing through each other as well as with each other.

00:06:07 And to the extent that they're both flowing, you'll get an even more powerful flavor of

00:06:14 purification and hopefully a significantly deeper sense of relief.

00:07:14 Okay, good.

00:07:25 How's that coming?

00:07:28 Good.

00:07:29 Good.

00:07:30 Good in what sense?

00:07:35 When I can allow them both to share the same space and I'm recognizing how I've been keeping

00:07:46 them separate and keeping that line between them, and when I allow them to just kind of

00:07:52 do that, the kind of joy I talked about before with the fear, a very intense version of that,

00:08:01 and then it kind of seems to ignite this PT-like energy up the body and it gets very hot.

00:08:08 So you're getting hot and rapturous with fear and sadness.

00:08:14 Yes, I am.

00:08:16 This is what most people would say is rather counterintuitive, but your facial expression

00:08:21 proves it.

00:08:22 Yeah.