

3. WORKING with INTENSE EMOTIONS ~ Shinzen Young guides Stephanie Nash

00:00:00 It's interesting too because when I had a physical issue a year ago where I had excruciating
00:00:16 pain in my body, what happened was it felt like my skin all over my body was burned,
00:00:22 was singeing very hot.
00:00:24 And the neurologist and everybody said it was probably in response to the pain.
00:00:28 They said it's just your body's in an alarm alert mode.
00:00:31 That's getting activated by this fear.
00:00:33 So like I have that in addition, so you're talking about hot, you know.
00:00:40 I've got that on the outside, this kind of singeing.
00:00:44 That will definitely, that directly corresponds with the intensity of the feeling.
00:00:51 So that's enough, isn't it?
00:00:54 It's a lot to work with, but actually I need a little more information.
00:01:01 Do you think that it's interacting with subtle levels of talk or image?
00:01:12 Very very subtle.
00:01:13 What do you mean interacting?
00:01:14 By that I mean that the fear and sadness might be intensified by subtle subliminal activations
00:01:29 of visual or auditory thinking.
00:01:33 What I think is happening, and this is just having been working with it now for a while,
00:01:38 I think it's like if there's a deck of cards that's all the images and thoughts that we
00:01:43 have in a pool that one hit something and it went down and if there were like little
00:01:50 shavings of metal, I'm sorry I went back away from deck of cards, little shavings, all of
00:01:54 those came up and each one of those is an image or it could be image or talk stuff,
00:02:00 but it's just like, and so you might get little flicks like of popcorn, but it might not be
00:02:04 enough to go, oh yes, that's when I was five.
00:02:09 That's exactly what I mean by that.
00:02:10 And when that comes up it can poke, it can, it can kind of like add a little

bit of a

00:02:17 wood shaving to the fire, but it's like the feel called that up and then that might poke

00:02:25 in the feel a little bit, but if I stay with the feel they just kind of hang out.

00:02:30 So the answer to the question is yes, there is interaction with subtle image, which is

00:02:38 significant, and also characteristic of catharsis, although it may primarily come up as body

00:02:46 feel flavors, subliminal auditory and visual thinking often enters into the gestalt, especially

00:02:56 the visual, because people don't usually hear hell, they usually see hell, although in theory

00:03:06 you can hear it too, but image space is where the monsters are that might be linked to all

00:03:14 of this.

00:03:15 So that gives me some of the more information that I need.

00:03:20 Okay now believe it or not, yet more questions, okay, because well, because we've got to see

00:03:25 what's really going on and I don't.

00:03:28 You're doing your house.

00:03:29 Yeah, well you interviewed me.

00:03:30 You're doing your house MD.

00:03:31 This is called differential diagnosis baby.

00:03:32 These are my huge diagnostic skills.

00:03:42 Okay so, let's see here.

00:03:51 Have you ever had the experience of having strong fear that was pervasive through the

00:03:58 body so dissolved into flow that it no longer caused you suffering?

00:04:06 Yes.

00:04:07 How about sadness?

00:04:09 Have you ever done that?

00:04:11 Okay, so then you've already done what we're going to be working towards.

00:04:15 We're going to be working towards that experience yet again, because it's a matter of, I mean

00:04:24 basically, what, let's see, one, two, three, four, maybe there's four kinds of human beings.

00:04:34 I mean there's a lot of ways to classify humans, right?

00:04:38 But maybe one way to classify all human beings is there's most human beings who have never

00:04:46 had the experience of physical pain flowing so completely that it turned into a flavor

00:04:54 of catharsis rather than a flavor of suffering.
00:04:58 Most humans have never had that experience.
00:05:01 So that's most humans.
00:05:03 Then there are the humans that have at least had that experience once.
00:05:12 Then there are the humans that have had that same experience but with regards to rage,
00:05:19 terror, or grief.
00:05:22 That's a whole other thing than physical pain in terms of what it's like when that breaks
00:05:28 up.
00:05:29 So we've determined that ...
00:05:30 And I think harder.
00:05:32 Incomparably harder.
00:05:34 Because pain is just pain.
00:05:37 The emotional sensations have been honed by evolution to grip us and control us and distort
00:05:44 us.
00:05:45 They've been honed by evolution for that task.
00:05:48 That's what hell is.
00:05:50 Hell is rage, terror, grief, shame, flavors that have become so activated that they're
00:06:00 able to convince you that not only will this be all you ever experience from now on, they're
00:06:09 actually able to convince you that you never experienced anything else.
00:06:14 They have that much distorting power so that it seems like eternal in both directions.
00:06:21 That would be hell.
00:06:25 Purgatory is when you've experienced those sensations enough that they can't cause that
00:06:33 illusion anymore, but they're still there and you're working with them.
00:06:38 And then the threshold between purgatory and heaven is when it turns into flow that we've
00:06:50 been talking about.
00:06:52 So believe it or not, one other question, besides fear and sadness, are there hints
00:06:57 of any other flavors in there?
00:07:00 Like anger or shame specifically?
00:07:03 I've actually looked specifically for them.
00:07:06 I think the shame flavor can ...
00:07:12 Like if something happens in the extra world that embarrasses me, I feel that shame and
00:07:17 that can trigger all this.

00:07:21 Is it part of the present gestalt, the shame flavor, or is it pretty much we're dealing

00:07:27 with sad and had?

00:07:31 If we call fear had.

00:07:33 Just for alliteration.

00:07:34 I know, I'm going to go for it.

00:07:41 Because there's mad, sad, glad, and had.

00:07:45 You're changing my feel flavors here.

00:07:47 Don't worry.

00:07:48 It's okay.

00:07:49 They'll come back.

00:07:50 I'll get back to hell soon.

00:07:51 Okay.

00:07:52 Here's what's interesting.

00:07:53 You know that heat I talked about in the body?

00:07:57 It shares territory with shame and embarrassment in terms of the flesh.

00:08:04 And so it can trigger it.

00:08:07 So they all kind of interlinked in that way?

00:08:11 It's all information that I need to do the guidance.

00:08:18 And I think I have enough.