

## 6. WORKING with INTENSE EMOTIONS – Discussion & Alternative Strategies

00:00:00 I'm recognizing how I've been keeping them separate and keeping that line between them

00:00:18 and when I allow them to just kind of do that, the kind of joy I talked about before with

00:00:25 the fear, a very intense version of that and then it kind of seems to ignite this kind

00:00:32 of PT-like energy up the body and it gets very hot.

00:00:35 So you're getting hot and rapturous with fear and sadness.

00:00:42 Yes I am.

00:00:43 This is what most people would say is rather counterintuitive but your facial expression

00:00:49 proves it.

00:00:50 Yeah.

00:00:51 Okay, good.

00:00:52 It's really interesting though because as it does I find myself wanting to comment on

00:00:56 it and I'll go off and talk and then it loses it a little bit.

00:01:03 Yeah, it's got to be done purely in the body.

00:01:07 Because the comments and then you know.

00:01:11 It does trigger some little topics to go, this is all about it.

00:01:15 That's right, but your use of practice allows you to stop that and not sort of go down in

00:01:19 that.

00:01:20 Well plus there's motivation to kind of stay with this.

00:01:25 It's intrinsically rewarding.

00:01:27 Now next step, see if you can have the fear and the sadness dancing with and through each

00:01:34 other with your eyes open.

00:01:37 And you may find defocusing the eyes initially helpful.

00:01:46 So we can maintain it somewhat into a more ordinary experience.

00:01:55 It's interesting when I am, as I kind of go in and out here as I do it, and I'm going

00:02:05 to talk while keeping my eyes open, but I'm getting to where I'm honing in on the one

00:02:13 specific place in the body they both share in a powerful way.

00:02:18 And if I can just kind of keep track of flow there, letting it be, whether

it's the red

00:02:23 or blue, you know, it kind of helps me maintain it with my eyes open more.

00:02:32 Good.

00:02:33 Now see if you can keep some contact with that even after we make some eye contact.

00:02:42 It may be a little trickier.

00:02:46 This is what we just did here is probably one of the missing pieces of the solution

00:02:58 to the situation that you described.

00:03:00 I'm not sure it's all of the missing pieces.

00:03:02 I've got a few other ideas besides this.

00:03:08 But I think for this session.

00:03:09 This is a good one.

00:03:10 For this session, one epiphany is worth the price of admission.

00:03:17 A little bit of money on the table.

00:03:23 You haven't done this before, this theme of different flavors.

00:03:27 Well, I remember interdigitation was a word you used to use.

00:03:31 And what's so interesting is as soon as you guided me on this, I thought, I'll guide

00:03:36 somebody else in this.

00:03:38 I didn't think of it for me.

00:03:42 I was just too busy.

00:03:43 Oh, you remember to do this.

00:03:45 You remember to get the flavors to do this.

00:03:46 Oh, I'll have other people do this.

00:03:49 Right, but you didn't remember that you could do it for yourself.

00:03:51 I was just, my circuits were just so full, I guess.

00:03:55 Well, you know, that goes to a very general principle in the way I set up my approach

00:04:02 to meditation, which is that the assumption is that when people face real challenges,

00:04:12 even people without a background in practice, if you interactively guide them, will be able

00:04:17 to have pretty dramatic experiences pretty consistently.

00:04:21 Dramatic, positive experiences.

00:04:26 It has also been my experience that people that are quite good at meditation, when they're

00:04:32 faced with real life challenges, can easily forget.

00:04:37 But all you need is somebody to do this.

00:04:39 And it's like, oh yeah, I knew how to do that.

00:04:43 And then now you're set.

00:04:45 This is one session.

00:04:48 We don't need 20 years of therapy here.

00:04:50 It's like, okay, now you sort of know what to do.

00:04:53 So I think that's excellent.

00:04:56 But I will, for subsequent sessions, remind me that I had some other ideas of, well I

00:05:04 can actually just tell you.

00:05:05 Just tell me now and then I can always replay it and go, remember you had this and this.

00:05:09 So the other thing is that, okay, one missing piece was, well, the two flavors have to simultaneously

00:05:17 flow and through each other.

00:05:20 Another possible missing piece is that you're getting significant interaction with subliminal

00:05:29 thinking.

00:05:30 And you might want to look in that direction.

00:05:34 And the way you look in that direction, what I was going to have you work with is a special

00:05:39 exercise that, with all the years we've done, I'm not sure we've ever done this one, but

00:05:45 I'll ask you.

00:05:46 Have we ever done noting feel sources?

00:05:51 What that means is, I have you note if there's no fear, you say no fear.

00:05:57 If there is fear but it's not triggered by anything you're aware of, you say just fear.

00:06:02 And then you specify if the fear has been triggered by fear from image, fear from talk,

00:06:08 fear from sound, fear from sight, or fear from touch.

00:06:12 No, we haven't done that.

00:06:14 We've mentioned fear, I call that noting feel sources.

00:06:18 And feel can be generic or specific.

00:06:22 That was the next thing I had in the hopper to try after this.

00:06:26 Because what may be happening is that you're getting significant triggering from other

00:06:32 senses that are activating the fear in real time.

00:06:37 And usually what, you know how I always say, okay, what is science in a nutshell?

00:06:43 How much of what, when, and where, interacting in what ways, and changing at what rates.

00:06:48 Typically I emphasize the what, the where, and the rates of change.

00:06:58 But some of the special techniques are designed to elucidate the interactions, specifically

00:07:05 what's triggering what.

00:07:07 And I find that when people are going through significant intractable fear experiences,  
00:07:13 or emotion in general, but especially fear, literally a few minutes of noting what is  
00:07:21 triggering that fear in terms of the broad sensory categories.  
00:07:28 So we can now detect no fear, fear but not triggered by anything, okay, no fear, fear,  
00:07:35 fear from image, fear from talk, and especially subtle image and subtle talk, the subliminal  
00:07:41 stuff.  
00:07:42 The way you know that's happening is you get a tug towards image space or a tug towards  
00:07:47 talk space, no content awareness at all, but the next instant there's a spike in the fear  
00:07:54 in the body.  
00:07:55 Now you know that the subconscious mind...  
00:07:56 I'm quite aware of having that.  
00:07:58 Yeah, the subconscious.  
00:07:59 Well it turns out if you ask yourself, if you constrain yourself in real time to know  
00:08:06 did it come from image, talk, sight, sound, or the physicality of the body, because it's  
00:08:11 got to be one of those five, that keeping track of the whole system, somehow that vastly  
00:08:21 reduces the overwhelm.  
00:08:23 So when you're doing that, you're zooming out, for example, and for me I'm less aware,  
00:08:31 I can tell when I've gone to image space, but I'm not seeing tangible image at this  
00:08:37 time.  
00:08:38 And I'm aware of talk.  
00:08:39 That is a sign of subliminal and hence highly significant activity.  
00:08:45 And I'm aware of that with talk, and with talk I can hear a little more of a rumble,  
00:08:49 but I still can't.  
00:08:50 So do I have awareness equally distributed between image and talk?  
00:08:57 You don't have to actually worry about how to distribute your awareness, because most  
00:09:02 people discover they know as soon as you give them...