



## **Caring for Our Emotions**

By Phil Golding

There is a way to overcome emotional pain and to deal effectively with the ongoing circumstances around us. Often we think that people and circumstances around us have to change before we can rise above our pain, but we are far less dependent on such things than we think. In addition, gaining more independent ability to heal our emotional pain gives us more power to deal positively and effectively with life around us.

Rarely in our life do we experience being loved unconditionally. This is the reality of human confusion and limitation. We cannot control the misbeliefs of other people, but we can make a choice to love ourselves unconditionally. But here again we run up against our own human confusion and limitation. We have become habitually and blindly convinced that we should reject ourselves. We need to recognise that this self-rejection is an insidious form of violence that poisons our whole society.

Many of us deny our self-rejection by blaming others for our emotional pain. Nevertheless, the root of blame is non-acceptance of our humanness and our essential worth as a human being. When we deny our own humanity, we are then naturally prone to deny the humanity in others.

This self-rejection becomes a barrier to facing our negative conditioning and the emotional pain it causes. The problem, therefore, essentially lies with the way we sum up every situation. It is about what we believe each event means in relation to our own worthiness. When we suffer, we are unwittingly summing up these situations in ways that cause our own pain. Our ongoing confusion then causes us to hang onto this pain, because we don't understand that it is self-inflicted. As a result of this unconscious self-abuse, we do our best to avoid looking into ourselves. When we do, we are beaten up by our own self-rejection. In order to function, we keep ourselves continually distracted in an attempt to avoid feeling this self-inflicted pain.

This is a very important concept that requires a lot of thought.

As a result of our lack of awareness of what we are doing to ourselves, we look for the cause of our pain in the things that are happening around us. We think it is the way others treat us, or the things we miss out on, or the thousand other things in our lives that “appear” to be causing our pain. All the while, the pain is really caused by what we think of ourselves in relation to our daily circumstances and conditions. This is why blaming the world never seems to resolve anything. This is why, as human beings, we feel so vulnerable at times. Of course we need to deal with the various matters that confront us in our daily lives in order to protect our livelihood and wellbeing. Being able to manage our own affairs effectively and peacefully, however, totally depends on how deeply we understand that our worth as human beings is without question, no matter what the circumstances or conditions. When we understand this fundamental reality, our deep primal fear of being cast out and deprived of love subsides. We are in love all the time, because we live and function within the embrace of our own loving regard for ourselves. We have woken up a greater dimension of ourselves that has the power to be the representative of Universal Love to our own vulnerable human-selves.

When we are practicing self-acceptance, we are able to recognise that any thought that is not about loving ourselves unconditionally is confusion and should not be believed. Self-rejection is like the confusion of a child still learning about life. As a parent, we are not going to take for granted everything our five-year-old child says to us. Children naturally get confused, and so do our adult minds, because most of our embedded programming occurred when we were children. We are all still learning about life. This learning does not stop just because we walk around in adult bodies.

Observe, without judging, how a small child thinks, and you will gain more of an understanding of what is going on in your own subconscious mind when it emotionally reacts.

With self-acceptance, we learn to step back enough to see our emotional vulnerability for what it is—a scared, confused child needing help. Instead of rejecting and condemning this child, our confused, vulnerable, and hurting human-selves, we can instead have compassion for our own emotional pain. It is then easier to sit with it, to be with it, like we are gently holding this vulnerable child within us. We learn to not believe in the confused thoughts that want to attack ourselves or others, just like a hurt child lashing out. We instead recognise the fear and pain behind the anger and confusion. With this awareness, we can explore our vulnerability with activities such as writing our

thoughts and feelings out in our journal, talking it over with a friend/mentor/counsellor, and reading some self-help material. As we are caring for our inner-child, our humanness, with self-acceptance, compassion, and self-responsibility, the blocked up emotional pain can be more effectively freed and safely released. It is easier to let the pain naturally flow and then let it go. Self-rejection and another one of its counterparts, self-pity, are transformed into self-care, and essential form of personal responsibility. Emotional healing is then going to naturally occur. By caring for ourselves in this way, we are providing for our vulnerable child-self, who is still alive in our memories, the love, acceptance and nurturing that we needed when we were that child.

Emotions themselves cannot harm us, no matter how intense they may be. As human beings, we are designed to feel. What does the harm is self-rejection, which increases and prolongs the pain. With self-acceptance, the pain is reduced to its proper proportions, and allowed to be released and healed. Not only that, we are then able to learn and grow as a result of the experience. It is our conscious-awareness that grows, and it is our conscious-awareness that provides a secure environment for our human minds and bodies. With such an empowered awareness, life is no longer a problem, but an opportunity.

A growing understanding of the importance and self-acceptance and self-care is essential for releasing that emotional dam that tends to build up inside us, threatening to spill over. The cycles of stress build up and break down can be avoided. This awareness is essential for the reprogramming of our minds that can be done once this build-up of emotional pain is released.

Once the more intense emotional pain is released, an increasing awareness of the self-attacking thoughts that drive the pain emerges. As we continue on with our new “lifestyle” of self-acceptance and self-care, we learn to hold all thoughts up to the light of the reality that we are worthy of love no matter what. We can then ask ourselves, “Am I loving myself with this thought, or am I attacking myself?” We are soon able to identify a self-attacking thought whenever we feel ourselves caught in emotional pain. As a result of this growing awareness, we naturally begin to change the nature of our thoughts. We take more care to treat ourselves with loving kindness. Inevitably we increasingly feel more positive and at peace. The experience of increased self-control, or self-mastery, as it is sometimes called, also arises from this awareness. We can actively and consciously do something positive about our painful emotions.

This is not some hocus-pocus mystery or magic trick. This is the physics of love. Love heals and brings all things into harmony. Hate, driven by fear and confusion, wounds and destroys. Real Unconditional Love, however, is no simplistic bit of Hollywood fluff. It requires some real wisdom and dedication to learn how to live it, but live it we can.

Our own emotions are telling us all the time what sort of internal environment we are creating for ourselves. It is here that we discover what we really can control in our lives. Potentially we have complete control over our own minds, regardless of our circumstances and conditions. Any step toward making this personal potential real is a step toward peace, happiness, and fulfilment.

By making the practice of self-acceptance and self-care our new lifestyle, our emotional pain becomes less scary and more approachable, more understandable. As we continue to observe the confusion within our own minds by listening what our own emotions are telling us, we come to realise how much we are hurting ourselves with our own self-attacking thoughts. We realise that we spend so much time obsessing about what we think others are thinking about us—all negative of course, or so we think. In reality, it is our own minds playing out a self-created drama in our own heads, which most often has no basis in reality. We begin to really see the emotional consequences of our own thoughts. This can be an uncomfortable realisation, but when we remember to accept our humanness, we realise that we are not bad, we just get confused and this confusion can be overcome.

It is much easier then to see how to appropriately deal with any negative situation that is still occurring in our lives.



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