

Self Created Health - workshop with Richard Gordon:

Saturday 17th September 2011:

This workshop is a way of determining what emotional causes are, processing and releasing them.

There are 7 steps - 9 discovery questions.

When you use these questions do not be creative. There is a reason why they are made this way. Please follow the sequence. Ask them the way they are if you want to be successful. Do not talk to people about their story, do not elaborate. This whole process should take 5-20 min. make a list of words as you go along that describe the emotions. Highlight the ones you feel are the strongest and have the deepest impact.

7 Steps:

- 1) Discovery - understanding the emotional cause
- 2) Release - techniques to get emotions out of the system (never enough)
- 3) Insight - realizing that you did this to yourself
- 4) Remorse - feeling bad that you hurt yourself
- 5) Forgiveness - powerful release
- 6) Self Love - happens automatically after step 6
- 7) SELF LOVE - higher self, spiritual love

By this time your symptoms are either gone or will act as a barometer for when you are not dealing with this issue.

Step 1: Discovery:

Begin asking, "What is the problem?" This gives us a title to work with.

- 1) When did it all begin? Time frame.
- 2) What are the symptoms? (describe in detail) (e.g.. my shoulder hurts: describe how, in what way, etc. Write down every word, exactly how they are saying it. The words provide the clues to the causes!)

3) What emotions do you feel as a result of having the condition? (write down verbatim exactly what they say)

4) What judgments do you have about the condition? (its bad, wrong, shouldn't be there, I hate it, etc..) (The emotions you don't want to feel are those you will feel physically)

5) What does the condition keep you from doing? (e.g.. from standing up straight, being confident, move freely, etc.) (we are translating emotions into symptoms)

6) What does the condition cause you to do differently or how does it affect your life? (a variation of question 5)

7) Imaginary Physiology - What do you imagine is going on in your body? (like a picture, cartoon, a dream image - e.g.. like someone keeps stabbing me with a knife, like someone is standing on my shoulders or twisting my stomach, etc.) (If people don't understand what you mean ask: If you imagine someone or something was doing something to your body, what would they be doing?)

8) What impact does this condition have on other people? Who else is affected and how? (use this question if you are stuck)

9) How would your life be different if you were well? (use this question if you feel you don't have enough info)

Ask yourself / a client all these questions. Take your time. Pull it out from them. All the info you can get. Write it down. Then ask the following:

- If you go back to around the time of (when it began) was there a situation that had some of these components? Something that had a lot of deep emotional power / impact?

Go one by one through the list that you made with all the highlighted words:

e.g...: Did you feel "helpless"? "That it would never get better"? "That you were being stabbed in the back"? etc...

Give them back the "big ones" that they gave you. And when they say: Oh yes! and acknowledge it check it on your list. Go for the smaller ones afterwards.

It usually takes 5-20 min. to get to the emotional cause. If you stay on target! Don't chit chat. Stay focused.

Go through the responses. See if they fit. Then ask:

- What do you do with these emotions?

Most times people say: These are emotions that I don't want to feel. I don't let myself express them. Then you say: Maybe that's why you feel them physically!

If the client does not want to tell you what the emotional cause is don't worry. As long as *they* know what it is about. if they feel it is too personal its ok. You can still work through it.

When asking questions to a client do not put words in their mouth. Let them describe. If you want more info ask more elaborate questions. Do not suggest unless you feel very inclined to do so intuitively.

The more emotion a person feels about the problem the easier it is to figure out.

Go back to the time the client has mentioned that the symptoms started. Ask about the emotions that the client has mentioned about his/her problem. e.g.: "Did you feel insecure at that time"? "Did you feel sad"? "Did you feel like a failure"? etc... If the person acknowledges most of these things were present at that time, then you've got the right time / cause!

Remember: whenever we suppress our emotions our body expresses them!

Cancer patients who express anger live the longest! Express active emotion. Suppressed or repressed emotions often cause symptoms.

Often a significant emotional event takes place around the time that your symptoms start.

Step 2 - Release:

Release is not the transformation.

We have been trained as a culture not to express anger. But anger will find a way to bubble up if you don't express it.

How to process old anger:

Be willing to feel the intensity of it. You want to *spend* the emotion as fully as you can. 2 techniques to do it on your own:

1) Write an angry letter. How intensely you feel it, what emotions you felt because of it. Pour yourself out. *Feel* it. Fold the letter up and hide it. A symbolic gesture of what we do with our emotions. Pull it out next day. Reread it. Feel it. Add to the letter and make it stronger. Express it. Hide it the second time. Next day reread it - feel it fully. Make a decision that you want to be done with this emotion. Burn the letter! Feel the intensity of letting it go.

We build identity over old anger. It is a challenge to let it go. Release never feels like its fully done. No matter how much release you do it will never feel enough.

2) Step 1: Go back in time. Quiet meditation. Imagine you are going back in time to when the problem happened. Play the event through step by step. Maybe first make clear notes about how it all happened. You can watch the *You* going through it all and feel the intensity. Feel it fully. Step 2: play it through again with the anger how you would have liked it to be expressed. Let the younger You express the anger how you would have done it. Bring it to life! See yourself in front of the person you are angry at. Bring the adult you in to assist you if necessary. Step 3: the person you are expressing it to listens and cares! Create a space in the meditation where this can happen. Imagine that there is an eggshell around the person that hurt you who won't listen. Crack the shell and see the beautiful real person underneath. The one that will listen and care and apologize. *Hear* that person listening, caring and apologizing to you! Step 4: Create a new past! What would you ideally have liked to happen? Create that new past. That new vibration. And *feel* it!

Processing Hurt Wounds take time to heal.

Exercise to release old hurts (sadness):

Turn on a timer for 20 min. exactly. In those 20 minutes *feel* the hurt as deeply as you can. After 2-3 min. you will find it really hard to force yourself to stay hurt. When the 20 minutes end then completely drop it. Go into a different state of mind. After that: *nurture* yourself. Spoil yourself. Have a warm bath, lay in the sun, read a good book, etc. Make a plan for what you want to do to be good to yourself. Nurture yourself for *1 whole hour!*. The nurturing is the most important step in this process.

Another feeling is **Shame**. You cannot process it like anger or hurt. Because it was not yours to begin with. Was never true. You realize who it was that made you feel shame and you get angry at this person. In a meditation take a bag of crap and walk up to this person and give it back. This is yours! I want to give it back. Its ok to give back because you are not wanting to hurt this person just to release yourself from the emotions. Shame means that somebody else made you feel sub-human

Guilt: its easy to blame yourself, take in all this anger that doesn't belong to you. You need to turn the guilt into anger and process the anger. You can always turn guilt into anger if you really look for it. Guilt is anger you feel you have no right to express. If a dog runs under your tires and you feel guilty, explore all the kinds of anger you are not letting yourself feel.

If someone gets hurt:

- first care for them, their wounds, etc.
- then let them process the experience, go through it emotionally

- then let them look at the responsibility

Like when a child gets hurt, do not scold first and blame them for not being responsible. This is the wrong step and does nothing good.

You must do the steps in the right order for it to be helpful!

When dealing with health issues you are mostly going to see *anger* and *hurt*. Most common.

Inflammation = inflamed emotions

All these conditions that end with "itis" = inflamed = emotions that are not expressed

Hurt and *Anger* are root emotions. Will almost always be underlying.

Step 3 - Insight:

I'm doing this to me.

If you do this step without the first 2 its being very cruel on yourself. If the first 2 steps are done first this step feels good. Natural.

You realize you've been doing this to yourself (and maybe to others!)

Very destructive to beat yourself up about this if you haven't gone through the first 2 steps.

If someone abandoned you, you will go on to abandon yourself. If someone hurt you, made you feel shame, you go on to do this to yourself and perhaps other as well.

Step 4 - Remorse: key step!

Let yourself feel bad for how you hurt yourself. Feel genuinely sorry.

Take responsibility for what you have been doing to yourself. Use 5-10 minutes to take it as strong as it will go. Feel it as deeply as possible.

Forgiveness is so powerful if you have remorse. If no remorse, forgiveness is hollow.

Not like: "I'm sorry *if* I hurt you". But "I'm sorry *that* I hurt you! !

Step 5 - Forgiveness: (5-10 min. on average)

"I'm sorry, please forgive me, I love you!" - from Ho'oponopono

Here's how to do it with power:

1. Feel the depth of remorse -
2. Imagine you have a conversation with yourself. *You* are sitting in front of *You*, and tell yourself:

"I'm sorry, please forgive me, I love you".

The one across from you says the same. Really feel it. Take turns repeating it many times until you intuitively feel its time to take a step forward. (You will know inside you when it is time to take the shift. If not, just take a chance and after a while it will ring true.)

Then you say: "I forgive you, I love you." The other You is still saying "I'm sorry, please forgive me, I love you". Go back and forth for a while until it feels natural for the other You to also say "I forgive you, I love you."

Go back and forth saying, "I forgive you. I love you."

End up with dialogue just becoming: "I love you." "I love you."

This has now automatically becomes **Step 6 - which is self love**
You will also find it very giving to use QT sending love in this step.

Step 7 -SELF LOVE:

The self love becomes overwhelming. So powerful that you cannot contain it. It becomes love of your higher self. Spiritual love on a deeper level.

You can experience a level of self love that is off the charts!

That is the purpose of this workshop: to turn stuck emotions, transform them into spiritual self love.

(Comments from Richard):

Worry is due to anticipating anger in the future.

Work with the anger.

How to work with an overwhelming fear:

Have a Plan C. Write down what would be your worst case scenario and what you would do if things got to this. Write it down. Don't expect to ever use it but write it down and keep it hidden away somewhere. Good "release" for fear!

If you leave your process "unfinished" you can always go back and start right from that step where you left it. Its ok to stop and come back later. Its like having a map. You will always know where you are in the process. Having a map is extremely valuable. Some people may not be ready right away to let it all go and move through all the steps in one go.

The "discovery" part is easier to begin with working with a partner, but when you practice and get experienced you will find you can easily do it on yourself.

On the discovery questions: if you can't really find out when your problem began (time frame) don't worry. The clues will be in the other answers.

You may end up being able to use your condition as a communication system with your higher self. You may not get rid of your condition but can use it as a barometer for when there is something you need to look at.

Purpose is to end up feeling glad you have had this condition for what it has taught you!

Numb feelings or when you are not able to feel any strong emotions around your issues = because you have chose not to open up to the emotions. You might not be ready to look at it.

This is mostly a self process. But you can use this in terms of working with clients as a "coach". Do not call yourself a "therapist" but in coaching terms it can be very giving to use this process with clients.

The person that you are working with just needs to know that you will listen and care. Not everybody is willing to open up.

Empathy skills when resolving a conflict: Listen with care. Repeat back what the other person says. Use *feeling* words not *judging* words. Go through a few rounds this way taking turns in doing the talking. You will end up understanding where the other comes from. Just caring and listening. Practice saying loving things and having your partner repeat them. Then try expressing difficult emotions.

Sociopaths: feel no remorse, empathy or compassion. You can't work with people like this. Best to walk away. Sociopaths are like this because they were wounded, while psychopaths were born that way.

People need to build on their compassion and empathy, that is what is going to shape the future. We need to care about our impact.

Some people identify themselves by their condition. Do not want to let go of it. Because what then? Who am I then? Unknown is always scary. Some people are never going to want to use a process like this. Some people are just not into spiritual growth.

The process works! It will take you as far as you are willing to go with it.

Sunday 18th September 2011:

Deal with the anger towards others first. Save anger towards yourself for last. If you only take it out on yourself its too big to swallow.

The negative ego: self importance (feeling better than others, more entitled to, etc.) and self pity.

1) Overt self pity we are all aware of.

2) Most insidious: martyrhood!

See red alarm lights flashing whenever you go there!

There are some qualities to martyr hood:

- misunderstood or unappreciated
- unfairly treated
- overburdened
- innocent of wrong doing
- hopeless
- helpless

You cannot do effective processing when you are in that state!

Look at: who did you the most damage in your life and it was caused by someone in martyr hood. Being a martyr is a form of self pity. Stop it. Its a choice to stop going there. Antidote: Move into love and gratitude!

Internally based self esteem - built on internal qualities within yourself and not based on outer things.

It is primarily built on 4 components:

- self honesty
- self integrity
- self responsibility
- self trust

We all need to be emotionally self honest with ourselves. Be respectful.

When you are dealing with the emotions - go back to the time when the conflicts/problem happened. Feel the emotions as you were that person THEN. Not now. Now may be fine. You may be feeling fine with that person now but you weren't then. Go back to that time.

When you are dealing with a person that is especially difficult, know that you are seeing only their shell. Underneath that shell is the beautiful inner person that really is. Everybody has a shell.

When you are really upset, how nice are you to yourself? Cruel? Abusive? That's part of the insight. The person that did this to you is a reflection of how you treat yourself.

