

Volume 6 Issue 7
September, 2024



Running From Ourselves

Most of us think we know ourselves pretty well. After all who else lives more of the time with ourselves and as ourselves than we do? Who else sees us operate in a vast array of circumstances, situations, relationships and challenges than we do? The idea or insight that we are running from ourselves much if not all of our lives appears to be absurd, irrelevant, even stupid. But that is exactly what I am asserting we constantly do in this newsletter.

We will not face ourselves. We are not prepared to slow down enough, go inward and get to know ourselves deeply. What do I mean by facing and knowing ourselves? For example, realizing the significant difference between how we present ourselves on the outside — our “Facebook” self-image that appears so attractive, so perfect, so put together and our private subjective inner reality. It might reveal our buried and disavowed insecurities, fears, hurts, shame, self-judgments, pettiness and minor and major relationship grievances and resentments.

Many of us carry more fear and emotional pain than we know or can even conceive of. Who wants to face any of that? Why not just have a few beers, smoke a joint, work out, watch Netflix, have sex, or compulsively remain on social media? What benefit would this have to us or anyone else? It almost certainly would not be easy, pleasant, comfortable or flattering.

Why face ourselves? Because there is a deep, unrelenting

Continued on next page

JOEL BRASS & ASSOCIATES LTD.

The Growing Edge

Running From Ourselves —continued

spiritual and emotional need inside each and every one of us be real, to be that-which-we-are rather than pretend to be that-which-we're-not. To be without pretense, cover up, guile, defense or manipulation. To be whole, transparent and authentic and, perhaps most of all, to know and actually experience that we can be **accepted** and **loved** for "just being me". Why? Because we are so, so tired of running in the same spot, of fiercely relying on ourselves alone to sort out our own problems, of trying to dig ourselves out of a hole and using a shovel to get out. Getting out is forever out of the question if we continue to run from ourselves.

Turning Around to Face the One in the Mirror

The willingness to turn around and face the man or woman in the mirror, almost certainly staying there longer and going deeper than we ever have before, requires maturity, character and courage. Often called Shadow Work, over time, slowly and progressively, accompanied every step of the way by the love and skills of a trusted guide or therapist, everything that we have rejected in ourselves, been ashamed or embarrassed by, felt that no one would stay by our side if they knew this about us, is brought to conscious attention. The myriad, intense and endlessly repeated ways that our early familial and social conditioning has formed and imprisoned us is felt and worked through so that slowly and beautifully the natural being, the natural self, the natural child, call it what you will, can emerge. The high, painful cost of being the divided self, knowing on some deep level of our being that we are hiding from others and, most impactfully from ourselves, can be seen and felt as showing up in our physical health, anxiety, depression, addictions, self-defeating life-style patterns like compulsive busyness and restlessness and, very obviously, in our conflicted and unhappy relationships.

Deep inner work (and I've seen it many times with my own eyes) can be the equivalent of a re-birth, the phoenix rising from the ashes, the release of a bird in a cage, a new lease on life.

Is it a walk in the park? No. Is it quick, easy and simple – in and out like a visit to the dentist? Hardly ever. Is the Shadow and buried emotional material easy to like, understand, tenderly accept and love? Certainly not at first. But to paraphrase Scott Peck from his seminal book on inner work *The Road Less Travelled*, deep psychotherapy/self-inquiry/inner work is the equivalent of voluntary anguish. It's just that the only alternative is continuous, daily *involuntary anguish*. So we all get to take our pick.

Or finally to paraphrase another pioneer and maverick, poet and composer of song, Leonard Cohen: "It is only in our cracks that the light can come in."

White Rock counselling office:

1521 161B Street
South Surrey, BC V4A 9W3
604-535-4220
info@joelbrass.com

www.joelbrass.com / counsellingbc.com
All psychotherapeutic work is currently offered only virtually

UPCOMING SEMINARS

HEALING THE ORIGINAL PAIN OF YOUR LIFE: THE INNER CHILD SEMINAR

Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- constantly seeking the approval of others and fearing rejection
- constant, unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- dependency on alcohol, drugs, sex or shopping as a mood-enhancer
- family strife
- low self-esteem
- depression
- eating and sleep disorders
- internet addictions

All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it.

This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

DATE: SAT / SUN, OCT. 26 & 27, 2024

RELATIONSHIPS: THE WORK OF LOVE

In this seminar we examine ourselves as the perpetrators of pain. We examine the myriad flight and fight responses that we have employed to keep from our hearts and souls the very people we say we want to love, the very people who have committed the "crime" of loving us. This most certainly could include our love interest but we will also examine our relationship with our father, mother, sister, brother, son, daughter and past loves to discover the ego patterns that have run us and our relationships into the ground.

We begin to move from being baffled, righteous, or victimized by our love lives to taking 100% responsibility for the state that our most significant relationships are in. All of our dynamics and imposed barriers to real intimacy, committed love and monogamy are faced.

Only then can we discover and examine the components of a healthy, loving and mutually beneficial relationship. Only then can we discover that with courage, vulnerability, honesty and humility, we can begin to experiment with laying down our survival-oriented, fear based ego patterns and establish an entirely new base from which to interact with the people of our lives.

DATE: SAT / SUN, NOV. 30 & DEC. 1, 2024

**COST - \$350.00 + GST per person (deferred payment plan available)
bursaries available to those in financial need**

If you have further questions or would like to register contact:

**Jason (seminar coordinator) at (236) 330-4703 / email: seminarsjoelbrass@gmail.com or
Joel at (604) 535-4220 or (604) 732-9091**

