

Volume 7, Issue 1

January, 2025



JOEL BRASS AND ASSOCIATES LTD.

# The Growing Edge

## NO LONGER RUNNING FROM OURSELVES: Part II

(to read Part I **RUNNING FROM OURSELVES** go to my September, 2024 Newsletter Volume 6, Issue 7 first)

*“All of humanity’s problems stem from man’s inability to sit quietly in a room alone.” – Blaise Pascal, Penses \**

*“Perhaps the deepest reason why we are afraid of death is because we do not know who we are. We believe in a personal, unique and separate identity --- but if we dare to examine it, we find that this identity depends on an endless collection of things to prop it up: our name, our “biography”, our partners, family, home, job, friends, credit cards...It is on their fragile and transient support that we rely for our security. So when they are all taken away, will we have any idea of who we really are?*

*Without our familiar props, we are faced with just ourselves, a person we do not know, an unnerving stranger with whom we have been living all the time but we never really wanted to meet. Isn't that why we have tried to fill every moment of time with noise and activity, however boring or trivial, to ensure that we are never left in silence with this stranger on our own?” – Sogyal Rinpoche*

continued ....

*“Not fixity  
Not movement  
Not ascension  
Not descending  
At the still point of the  
Turning world  
There the dance is. And there’s only the dance.”* – T. S. Elliot

“Rest the mind frequently today, as often as you remember, and notice as you take a moment to do nothing and to think nothing that you exist.

Notice that nothing needs to be done for this one magnificent fact to be true. Nothing needs to be thought to realize this truth. The fact of existence already is. It is now. It is true. It is complete. And take a moment to thank consciousness for the gift of your existence.”

Stop. Silence. Stillness. Emptiness. Slowness. Space. Stop. Presence. Calm. Peace. Quiet. Stop. Being. Awareness. Consciousness. No words. No thoughts. No activities. – these are the dimensions of consciousness and the moments in life that terrify us the most. If you don’t believe me, check it out for yourself. How long can you go without thinking, speaking or doing? I ask again: How long can you go without either thinking, speaking or doing? What is there when these obsessions are laid to rest even for an instant? What feelings, states and sensations rise up in the body and the mind in even drawing near to the “still point of the moving circle”?

But all of that which is pointed to in the paragraph above is also what irresistibly, magnetically draws us. It is the deep intuitive suggestion that who we are in our essence is way, way more than what we have always taken ourselves to be. That the body/mind I have labelled all of my life as “me” is somehow known as just a “pinprick of consciousness”, a shoe that I have been wearing that has always pinched and felt slightly too tight, a profound and kind of silly reduction of that-which-I-am.

If we really stop running from ourselves and stop and then stop even from stopping, we can ask ourselves questions like:

- “What is here when there are no thoughts?”
- “What is here between thoughts?”
- “What is it that has just become aware of thoughts?”

In the absolute “stillness of the moving circle” it can come to us, it can be suggested and maybe on occasion actually experienced, that there really is a “far shore”, a higher Self, a spiritual Home, a timeless and unlimited True Nature beyond our assumed personhood, vastly beyond the mind and the body that we see in the mirror.

As an ancient spiritual instruction states Ponder this very deeply: We are seeking the presence of our own absence. It seems to be the pre-requisite to knowing our true Reality, to waking up from the “me” I think I am.

# 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, MAR. 15 & 16, 2025**

## 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.

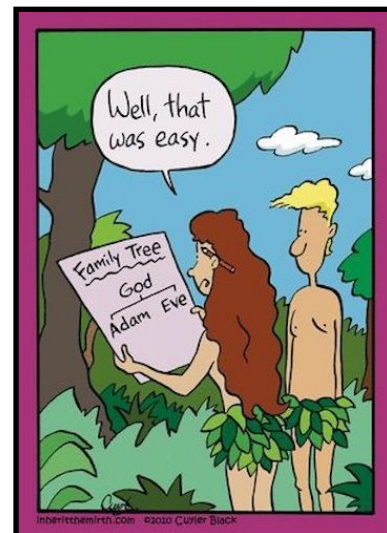
Only then can we discover and examine the components of a healthy, loving and mutually beneficial relationship. Only then can we discover that with courage, vulnerability, honesty and humility, we can begin to experiment with laying down our survival-oriented, fear based ego patterns and establish an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

**DATE: SAT / SUN, MAY 24 & 25, 2025**

**COST - \$400.00 + 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 or  
email: [seminarsjoelbrass@gmail.com](mailto:seminarsjoelbrass@gmail.com)**



# **DOWN THE RABBIT HOLE : TAKING ON THE DEEPEST HEALING OF YOUR INNER CHILD AND AGGRESSIVE / DEFENSIVE EGO CONSCIOUSNESS A One Year Program in Emotional Healing**

*“We carry more emotional pain and fear than we know. True, deep and lasting emotional healing is going into this pain and fear and healing it with love .”*

It's in our bodies – symptoms, aches and pains that seem to just land on us; ailments and unwanted physical conditions that have no known origins. It's in our minds. They are never still, rarely peaceful, filled with an endless barrage of judgments, worries, and self-recriminations. It's in our stress levels. We're on edge, too busy, too rushed, everything is too much. It's in our fearful dreams and disturbed sleep patterns. When was the last time you had a deep, restorative night's sleep? It's in our relationships. In spite of our deep desire for only love and harmony, we experience conflict, tension, confusion and even anger.

The emotional pain that we carry must find some screen upon which to project its shadows; some place to land or outlet to keep itself at bay. Like the ignored and dusty boxes we store in the basement of our homes, we try to make sure that their contents do not invade the sanctity of our living space by trying to keep them out of sight and straining to maintain our residence several floors above.

This One Year Program is for those individuals who have grown exhausted or despondent in their efforts to avoid that which emotionally has already been accumulated and boxed up inside them. With unparalleled support and sometimes gentle and at other times rigorous guidance, participants will begin to track, explore and release the emotional pain of their lives - the pain which lies behind, beneath and around their symptoms, wounds and repetitive, self-defeating issues.

The fundamental principles of this inner work can be stated as follows:

- “You can't heal what you can't feel”
- “ You can't feel what you deny is real.”
- “The way out is the way in.”
- “What you resist, will persist.”
- “Feelings have never killed anybody. Repressing them have caused many to lose their lives.”

Invariably many of the shadows and emotional pain circuits that we are enslaved by are the results of wounds incurred in our family of origin or during those early years when we were abjectly vulnerable and defenseless. Learning how to truly become a nurturing and committed inner parent for the young person who lives inside you still will be the irrefutable path and sign that your deepest emotional healing is taking place.

**FORMAT: 6 experientially-based weekend workshops spaced approximately 2 months apart beginning April 26/27, 2025 ; buddy system; weekly support group meetings (highly recommended)**

**COST: \$2100 + G.S.T. (payable over the course of the year)**

**To register: Contact Jason, seminar coordinator, at (236) 330-4703 or [seminarsjoelbrass@gmail.com](mailto:seminarsjoelbrass@gmail.com)**