

# FREE FEELING AND HEALING YOUR EMOTIONS PDF



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## **Healing Emotions By Feeling Them Fully**

Something I always like to cover in my missions is the role of feelings and emotions in our moral lives. Someone just gave me a copy of a book by Susan Forward, Emotional Blackmail. It's about those who prey upon people's emotions as a form of manipulation. Such people are masters of Feeling and Healing Your Emotions how to win from their victims what they want.

A typical example I give is the person who shows up at the rectory to receive a free handout, someone who portrays himself as desperate for some Christian charity. He obviously wouldn't go to an Apple store or to a Ford Motors dealer for a free handout. It is those who work in the

name of Christ, i

I jokingly tell people that such manipulators learn their skills from street people conventions, where they learn what tools of manipulation Feeling and Healing Your Emotions currently in vogue and which churches are easy prey. But there is some truth to this, for it often happens that they come with the same modus operandi. One year the tactic was having a relationship with a Vietnam veteran. At that time there was a lot of sympathy generated for the veterans, and rightly so.

The street people convention presented the attendees with some scenarios of manipulation relating to the Vietnam veteran tool. Thus one day when it was my turn to be on duty in the parish, I encountered one such emotional blackmailer. Why would he tell me where he Feeling and Healing Your Emotions Because I don't recognize him as a parishioner, so why would he come to us for a handout? Because he lives in our neighborhood. Are you starting to feel responsible for his well-being?

After all, the Bible teaches, "Love your neighbor. It, too, can be Feeling and Healing Your Emotions tool of manipulation!

Second, he doesn't have a job right now, he tells me. At street people conventions the attendees are trained: "Don't portray yourself as a lazy bum who doesn't want to work! Smells like convention advice to me. Poor man, lost his job to downsizing, but is he wallowing in self-pity?

No — he's thinking of others, in this case a Vietnam veteran with whom he graciously shares his apartment. Wow, what kindness. What Christian wouldn't want to help someone in his predicament? The truth is, however, he's lying. The scenario he paints is a typical one. And so over the years I've had to come up with a test. If they don't pass my test, I can't help these people.

So I politely ask: Many Christians might think it unchristian, unbiblical not to come to his aid. But what does the Bible warn about such people? Don't Feeling and Healing Your Emotions them to freeload on the rest. We showed you how to pull your weight when we were with you, so get on with it. We didn't sit around on our hands expecting others to take care of us. In fact, we worked our fingers to the bone, up half the night moonlighting so you wouldn't be burdened with taking care of us.

This must not be tolerated. We command them Feeling and Healing Your Emotions get to work immediately — no excuses, no arguments — and earn their own keep. Most Christians have never heard a sermon on Christian work ethic.

The Christian work ethic enunciated by St. Paul is also found in the early Church document called The Didache Feeling and Healing Your Emotions warns Christian communities about freeloaders And St. Benedict put it in his rule for monks. Benedict wanted his monks to treat those seeking help as if they were Christ Himself, but Feeling and Healing Your Emotions knew some were freeloaders there to take advantage of the monastery, and he warned about them.

It's difficult for the recipient of the blackmail to respond in a healthy way because they're made to feel guilty. Such relationships built on emotional blackmail don't nourish a person's well-being.

I feel sorry for the men and women who work so tirelessly for the St. Vincent de Paul Society who have to Feeling and Healing Your Emotions with those exploiting the system by their lies. You'd be shocked at the lies that are told by those who prey upon people's emotions. But emotional blackmailers can also often be found in families where irresponsible children prey upon their parents' emotions to support their irresponsibility.

People who genuinely care for one another don't target them with emotional blackmail to get what they want. Sometimes it is necessary to engage Feeling and Healing Your Emotions fraternal correction for the good of the person confronted. We are told to do so by Christ Matthew Von Hildebrand makes this point, saying: But if a person caves in to the emotional blackmail, the offender gets away with it, only to come back for more.

Feelings and emotions are good if we put them to good use. Passions i. They are neither morally good nor morally wrong. They are a-moral. What gives them a moral component is what we do Feeling and Healing Your Emotions them. We must keep in mind that the Feeling and Healing Your Emotions Christian Feeling and Healing Your Emotions not aim at a state of apathy, that is, the stilling of all his emotions as with the Buddhist but at a condition in which the passions are regulated by his will, and are thus made virtuous.

The misuse of the will is always at the root of sin, not feelings as such. We may have feelings we wish we didn't have because we think that to feel something deeply equals guilt, and so a person may try to stuff the unwanted feeling — not a very healthy thing to do.

Or a person acts out of unrealistic guilt feelings instead of responding appropriately. What God expects of us, above all else, is a serious application to sanctifying our passions, whereby we don't allow them to make our decisions for us when we know that a certain course of action would be wrong. For example, a woman fails to protect her child because she fears her boyfriend's response. Her fear is understandable, but it shouldn't deter her from taking appropriate steps to protect her child. With regard to anger, for example — is anger wrong?

Again, there is no moral value to how we feel. What we do about the anger is what gives a moral component. Thus we can be angry because of an injustice we've had to suffer. That's not wrong, but to act out of that anger by getting revenge is evil.

We can channel our anger into doing something Feeling and Healing Your Emotions because of the anger, as with the two women whose daughters were destroyed by drunk drivers.

Thus does Scripture warn us, "Be angry but don't sin" Ephesians ; that is, don't respond in a sinful manner because of the anger. A person should not go to confession and confess his passions as if they were sinful in and of themselves. I can work myself up into a frenzy and then act in a sinful manner. That's wrong because Feeling and Healing Your Emotions purposefully made myself angry in order to get even, and thus there is

something to confess.

But there is nothing wrong about unwanted feelings. As St. Augustine puts it: "...our doctrine inquires not so much whether one be angry but wherefore; why he is sad and not whether he is sad, and so also of fear. In other words, emotions should be servants, not masters. Father Emmerich Vogt, O. He is currently on the Preaching band. Educated by the Dominican Order at its seminary in California, Fr.

Visit his website [www. Contact Us](http://www.ContactUs). So I politely ask: "Can I get hold of your family members who can help you? Sad, indeed. Terribly sad to be all alone in the world. Finally I ask, "What church do you belong to? But he responds, "Is that really important, Father?"

And so I reply, "I wouldn't care if you belonged to Atheists of America. At least you would belong. But you have no family, no friends, no community.

What have you been doing for 35 years so that you have no background? I can't help you. He's using emotional blackmail to manipulate me into giving him a free handout.

## **Emotional Healing | Pathway to Happiness**

Feeling and healing Your Emotions offers guidelines for emotional and spiritual wholeness. Written with the nonprofessional in mind, this book is also an important aid for mental health professionals, pastoral counselors and teachers. It is written in an understandable question and answer format to bring the reader to an understanding of what constitutes a healthy emotional life. It includes such topics as anger, guilt, sin, scrupulosity, repression and will-training, and discusses what is helpful and harmful to the developing and growing individual—both emotionally, intellectually and spiritually.

Baars speaks from a Christian perspective on these issues and shows how people can grow to psychological wholeness and happiness.

Baars, Conrad W. Feeling and Healing Your Emotions. Suzanne M. Baars and Bonnie N. Shayne eds. Feeling and Healing Your Emotions Emotions Feeling and healing Your Emotions offers guidelines for emotional and spiritual wholeness.

Category: Books. Description Description Written with the nonprofessional in mind, this book is also an important aid for mental health professionals, pastoral counselors and teachers.

## **Feeling & and Healing Your Emotions**

Healing emotions takes a shift from thinking to actually feeling our emotions, and working them through. What takes time is all the ways we avoid feeling our emotions and all the time we spend caught up in emotional reactions! Healing our emotions is not Feeling and Healing Your Emotions thinking about them or avoiding them or reacting to them.

These are all ways we slow down the process of healing emotions. In other words, healing occurs when we make the shift from thinking about our issue to feeling our feelings. What do we mean by feeling feelings? This is very different than being caught up in a torrent of emotional reactions. It is different from having a lot of feelings come up. The difference is in the focus. When we have a lot of feelings or are caught up in them We are caught Feeling and Healing Your Emotions in reacting to them, trapped in our thoughts.

In a way, instead of feeling our emotions our emotions have us The shift from thinking to feeling happens when we pay attention to the feelings themselves. This means actually entering them, not thinking about the problem or even about the feeling. So it is actually about feeling the anger, sadness or fear or whatever, and following what happens.

Feelings live in our bodies so that is where to find them. And feelings have a lot of energy in them Anger is hot and has a lot of energy. Some places we may feel anger is in our jaws, neck and shoulders and in our upper arms. These feelings are usually pretty uncomfortable. But when Feeling and Healing Your Emotions feel them they change, and this often happens very quickly. We can discover, for example, Feeling and Healing Your Emotions anger is not endless, but can quickly take us to the fear and grief underneath it, and as we experience them we feel freer and more alive.

To learn more about specific feelings go to our Emotions page. It is consciously allowing ourselves to feel the emotions in our body as they rise up into expression.

That is what emotions need. They need an opportunity to be expressed fully. And then they shift! We are in emotional pain, caught up in it. We're reacting to them and holding them at bay. We're caught up in a flood of emotions, we are overwhelmed. Others get caught up in thoughts... reacting to the feelings by thinking in a frantic search for reasons...often blaming ourselves or another. In both cases, instead of feeling our feelings all the way through we react to them by over thinking and blaming.

And a lot of this is avoiding our actual feelings, that then get buried. We can also avoid our emotions by distracting ourselves...by day dreaming, keeping busy, running errands, listening to music, etc.

This postpones healing our emotions. Another Feeling and Healing Your Emotions we avoid feelings is by trying to rise above them We can even use yoga this way. This too postpones the healing of our emotions.

We may temporarily feel better, having risen above our uncomfortable feelings and calmed down, but we've not really worked them through. Still,

it can be helpful to give us a breather and some distance from feelings so we can get more centered. It is difficult to talk about the ways we shift away from feeling our feelings and how that postpones healing emotions.

Most of us don't distinguish these different consciousness states. The emotional retreats we lead are for the specific purpose of helping people move through difficult emotions to the other side. You hurt because she died or he left or you lost your job or you got angry and said damaging things...or whatever happened.

Feelings are our pathway to growing and loving. When we stop feeling or block feelings we stop Feeling and Healing Your Emotions. Life is not a problem to be solved. It is a journey to be lived. It is about growing, healing, and most importantly loving. We are here to love and learn. We are here to love and be loved. All of our thinking or Feeling and Healing Your Emotions ourselves or reacting will not change what has happened, although it can help change what we do in the future. But first we need to come into the present and stop reacting.

And that is exactly what feeling our feelings does. Emotions help us heal our bodies and minds. The wet tears of grief soothe us and wash away pain. Grieving helps us shift from the pain of loss to the honoring of what Feeling and Healing Your Emotions had, that can live on in us as joyous memories. The fire of anger mobilizes us to protect Feeling and Healing Your Emotions from pain, from being hurt Feeling and Healing Your Emotions victimized.

But if we are blinded by rage we may do more harm than good. Anger gives us strength and focus as it is worked through. The contraction and hyper-alertness of fear helps protect us from harm. But if we stay stuck Feeling and Healing Your Emotions fear we remain stuck in our lives. Fear, as we work it through, centers us, giving us clarity and excitement. As we feel each feeling, we move beyond being stuck in them to the other side. This is the process of healing emotions.

Healing emotions is the action of evolving our stuck emotions, freeing the energy in them for good. For many people anger has gotten them in a lot of trouble. They've learned to suppress anger, and try to hold it back. If this is you, you might be concerned that expressing your anger will just do more damage! I am not saying go out and express your anger at somebody. If this is something you are caught up you may just be trapped in that pattern you learned in your younger years as a way Feeling and Healing Your Emotions deal with frustration.

You may need to learn more effective and constructive ways to meet your needs. Cleaning out the back log of suppressed anger is a good start, and our retreats are a place to do this. The problem for many angry people is that the suppressed anger turns to rage. Our thoughts focus on our being wronged and can stir up old feelings until they finally pour out as rage.

Rage is quite different than anger. It is a reaction to built-up anger. Anger is focused and protective. Rage is, as they say, blind. The suppressed anger in us from the past slowly turns to rage if it is not given an outlet. Our thoughts, based on old learned patterns, can stir up these old emotions, building it up until it is hard to contain.

Our bodies want to get rid of that pain, so it comes up as a hot, fiery volcano to erupt out of us, freeing us from suppressed poison. But this can do a lot of damage. I remember working as a psychotherapist with men who were violent towards their wives.

In every case they saw themselves as victims, fighting perceived injustices. They said something like "She made me do it. They may have had regret and were finally seeking treatment for their problem behavior, but deep down needed to heal that feeling of being victimized, which often went back to their childhood.

Unfortunately the clinic where I worked was not a setting for healing Feeling and Healing Your Emotions, where I could help them feel their feelings and let them go. Rather, I tried to work with them to understand their behavior and manage it. Our retreats are designed to help people work through old feelings to get to the other side of pain and reactive patterns.

It's a safe place to work through old angers, as well as stuck grief and fear. As we express our anger or grief or fear we get it out of our body and feel tremendous relief. We release the past and come into the present with new resources. We receive the gifts that our feelings offer us. This is difficult to do on our own. It can be very difficult to fully feel our feelings in daily life.

We don't want Feeling and Healing Your Emotions hurt others or overwhelm them. At the retreats we finally have a place we can really let our feelings out.

The retreats are intensive personal growth events that help you work through your stuck feelings and get to the other side of them. Healing emotions allow you to come back to the present moment.

