

Summary of CD Talk:

Track 1:

To understand our emotions, we need to know why we do any action. What motivates us to do something?

1. We do something to derive pleasure out of that action.
2. We do something to avoid pain.

There is also a reaction to the action. If there is physical danger we either Run or Fight or “Flight or Fight”.

Emotionally, we have four levels of responses besides a Fight or Flight reaction response:

1. **Fight** – Fight or **Defend** our actions if criticized. [*Reactive Response: Respond hastily to the situation*]
2. **Flight** – Avoidance or **Withdrawal** from a situation. [*Reactive Response*]
3. **Conscious Response** – **Evaluate** the situation calmly and make an appropriate response intellectually.
4. **Intuition** – The answer comes from a deeper level. The experiencer just knows that that is the answer and that it comes from the Universal Mind. One must learn to recognize Intuition as this is the best response to develop.

How does one develop Intuitive response? {7:14}

- Let Go of things and stay in the present moment.

Emotions not dealt with and are pushed aside because one does not want to deal with it:

- Every thought, every emotion is a chemical reaction. If it is a negative chemical reaction, it will affective the body negatively; it will remain in the subconscious mind.
- Undealt with emotions intensify with each reoccurring similar situations, [Pain Body].

Pain Body: {9:01}

Eckhart Tolle says the Pain Body is issues that one does not deal with and they accumulate and become bigger and eventually overwhelming.

Do not try to avoid the Pain Body. It actually feeds on the negative energy and just wants more of it.

Abused children many times become abuser of children as adults. That’s the Pain Body feeding on negativity!

The Emotional Toxicity in time will build up and will affect the body. Symptoms of Emotional Toxicity that have not been dealt with are:

1. Lack of Enthusiasm.
2. Fatigue
3. Depression

One need not place emotion when one gets angry. If one gets angry, let it go! Don’t brood over it.

What are Emotions? {11:35}

Emotions have three levels of expression:

1. The Thought.
2. Chemical Reaction.
3. Sensation in the body.

When faced with an uncomfortable situation we do one of three things:

1. Brood over the situation [*Fight*]
2. Avoid the situation (but you are not feeding it.) [*Withdrawal or Flight*]
3. Face it!

Summary of CD Talk:

Track 2:

Be a Witness: {14:31}

To get rid of unwanted emotions: Face it. Be a Witness! If you are bored, notice that you are bored! Take responsibility. Don't blame anyone or the situation. Just notice and see where that thought takes you without expecting an outcome.

Break the cycle of: Thought – Emotion – Sensation.

Observe or be a Witness at any of the three levels: Thought – Emotion - Bodily Sensations.

It's easier to Observe or Witness emotions at the Bodily Sensations level. It's hard to be a Witness to emotions in the heat of the moment; the mind is not calm and intuitive. Witnessing thoughts is hard because are vacillating going from one thought to another. So be a Witness to emotions at the Bodily Sensations level.

{17:06}

To elimination negative emotions (anger, resentment, etc) one should:

1. Scan the body
2. If you feel a sensation somewhere in the body, stop. Be aware of the sensation. Breathe & Exhale on that part of the body.
3. If you don't feel any sensation on the body, observe the Palms of your hands. Look for tingling, coldness, heat, etc.
4. If no sensations in the palms, observe the Breath & Exhaling.
5. When an emotion does arise, don't blame anyone, yourself or the situation.
 - Take full responsibility by saying, 'I'm angry.' 'I'm feeling some emotion.' 'I'm uncomfortable.'
 - You don't have to name it or give it a label. Naming the emotion only intensifies it.
 - Don't say 'I am angry because . . .' 'It's somebody's fault.'
 - Then be a Witness to that sensation and observe it. Detach yourself from that emotion. Say to yourself it is not you and just observe the sensation.

Track 3:

Guided Practice Session on getting rid of unwanted emotions.

Track 4:

Question and Answers session.

