

The Awareness Foundation Newsletter

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Transforming Negative Emotions From dark to light

*What is sadness, depression, boredom, anxiety, loneliness and fear?
What are these emotional feelings?*

We are sentient beings, which means we are capable of great perception and feeling. More than this, we are in fact supersentient beings born with pure feeling.

Human beings have a range from crude dark feelings to their opposite of light refined feelings, depending on the evolution of the soul.

Pure feelings known as innocence, trust, joy and love which are our natural and eternal state, are always present in this NOW-moment but are deeply buried beneath surface shallow emotions. Paradoxically, it is through these very emotional body that we start transforming and awakening what has always been present – pure feelings known as tranquility, peace, love, joy, contentment and innocence.

Our evolution of memory (past) contains every experience ever experienced imbedded in the subconscious memory. Our many lifetimes on earth carry a staggering amount of stories that color our perceptions, thoughts, and thus, contribute to our emotional body. Any experience that we made real to us personally is stored in the subconscious storehouse and reflects how we view life. The subconscious mind cannot tell the difference between the real and illusion and so manifests whatever we believe (story) happened. These stories are impressions that bombard our brain with thoughts. These thoughts, in turn, create a motion of energy in the body known as emotion (sensation).

We react to these emotions so unconsciously, initially, that we are literally caught in them prior to our awareness of them. We are literally, at this stage, living an unconscious life.

The good news is this, that the moment we commit to making these reactionary emotions more conscious, in other words, we are willing to become aware of them the moment they happen, we start to refine the feeling until we eventually start living from pure feeling. In short, it is called the awakened life.

Our natural state is pure feeling, which can be witnessed in babies, but the moment the ego sets in through past memory and identification with the name and body, the dark side starts taking

place such as possession, me and mine viewpoint, neediness, demands and even temper tantrums.

Since our natural state is pure feeling and therefore love itself, then the more love is shown to the child, the lighter becomes his/her expression.

Most people are not in touch with their true-feeling-nature at all. In fact, they associate feeling with their emotional states of sadness, unhappiness and negative thinking. This is a common viewpoint and belief that emotions are feelings. **Emotions are sensations in the body such as tremors, shakings, flushes, sweatings and so on.** They are triggered by thoughts of past stories -- stories that the subconscious doesn't want to let go off.

It is imperative to understand that emotions are not pure feelings and therefore are not our natural state. Our true state is pure feeling known as trust, love, contentment, ease of being, comfort and so on. Yet, in our identification with the dream world we have taken to be real, we associate feeling with emotional pain.

When we start understanding this aspect of our feeling nature, we start to awaken our inner knowing and begin to see that self-consciousness, fear, discomfort, sadness and general unhappiness **are acquired and therefore NOT real.** The word 'acquired' means that it is not our natural abiding state of being. They are acquired through our identification with loss of love and security. However, we can't help this acquisition because we can't help identifying with what we perceive to be real.

We start to transform these emotions the moment we ALLOW ourselves to see their illusion based on our story. We cling to our story because we are seeking love, comfort, reassurance and security. We want others to understand us and listen to us. If they don't, then we start complaining, nagging and controlling until we get the attention we want. This attention we get proves to be contrary to

what we really wanted and so we are caught in a vicious circle called – emotional dysfunction.

The fact that our initial entrance into life is filled with stories of pain and emotional suffering, we create unconsciously, an awareness of dread (coined by Dr. Carl Jung). This dread is also known as a feeling of emptiness. **This emptiness carries with it a subtle (and sometimes obvious) feeling of guilt.** This guilt is not based, necessarily, on something we did. It is a sensation of feeling less-than or as if we are being bad, missing something or not feeling good enough. Oftentimes experienced as a sinking feeling.

This ‘feeling’ is a natural result of not knowing one’s true nature of pure feeling. In other words, we are unaware of our true nature as Pure Feeling Being. The paradox is this – pure feeling is a field of knowing space, a feeling of expansion, a connection, an inner knowing of oneness. When we are happy; so happy that we are no longer self-conscious, we experience love as a connection with all life. However, when the egoic ‘feeling’ takes over, we become contracted and small and everything becomes personal again combined with a self-created image of smallness. Thus, when we are faced with a ‘feeling-knowing’ of space, we become frightened and lost. We do not know what to make of it because we had believed we are small separate beings.

The feeling of space, which we naturally are in truth, had become our great fear due to the ignorance of our true nature. We develop a fear of death, which will haunt every sleep-and-waking moment of our life, unconsciously. It is this fear that creates anxiety, stress, tension, contraction and nervousness.

The emptiness we feel is not a vacuum but the unrecognized vastness of our true being. And, since we do not know who we are, we feel lost.

We are Supersentient beings capable of awakening this dormant pure feeling through knowing two things only. These two

things are so obvious that upon hearing them we say, “*Of course, I know all this!!*” The point is not knowing the words intellectually but *feeling* them. When we experience these two obvious facts as a *feeling-knowing* in our heart then we awaken pure feeling. The following are the two facts that transform us when we can feel them in our heart as the truth of being. They are:

First, the fact that we know we exist. If you are asked, “*How do you know you exist?*” the response might be, “*Of course I do know!*” but fail to see that the one who knows is not your ego, it isn’t memory, thought nor emotion but the knowing in your natural state of pure feeling.

Second, it is the obvious fact that NOW is all there is eternally. There is no other moment than NOW! Yet it is not a time that can be measured...it is an eternal unchanging NOWness!! Imagine if you know this fact consciously and deliberately, how grand your life will be!? Then all past will be past, gone, kaput, history, swished away and so will the future, since both only exist as imagination and memory.

We know these two facts because it is our natural pure feeling. Yet, we deny them and live in time-consciousness. Therefore our job to awaken will demand of us...

1. To see how we are denying our natural state through seeing what we are telling ourselves subconsciously.
2. Through the willingness to face what is obvious and live from it knowing there is no other choice if we are to be fulfilled beings.

What are the stages?

All evolution of soul goes from darkness to Light; from crudeness to softness; from fear to Love. The movement goes from head to heart.

Our 'growth' happens as we become tender, gentle, open, strong, invulnerable and straightforward with innocence and yet filled with power and clarity.

What we start realizing is what we had always known in our heart, for instance, the fear of loneliness was the other side of oneness; the emptiness that terrified us was our vastness; the neediness for love and resultant dysfunction was nothing more than our inability to love ourselves.

The first stage of darkness is the unconscious emotional reactions that are triggered by another's statements or actions (physical, verbal or nonverbal).

This reaction is unconscious because it is frozen in the subconscious mind as a story of neglect, guilt, fear or rejection of self. So, the first stage is this...

1. Thought and reaction (unconscious) = guilt
Guilt projects and blames others for its emotional feeling and thus create a desire for self-punishment through self-or-other sabotage.
2. The willingness to take responsibility and forgive oneself. This is usually a big step that already requires a dedicated soul towards truth of one's being. If this step is not taken then the dysfunction escalates to the point of violence, disruption, sabotage and mental illness. The lack of taking self-responsibility combined with self-forgiveness can lead downhill.
3. Through willingness to take self-responsibility and combined with self-compassion (forgiveness) leads one to understand the power and freedom of the subconscious mind. The subconscious mind is a storehouse of memory and creates both our world and our body. It is also creator so that whatever we desire we create, consciously or unconsciously. This is the law of attraction. Our world is exactly what we have believed to be

true. We have the power to re-create the world and ourselves through our perception.

4. Finally, we come to awaken Supersentience and come to know directly the oneness of all life. We see clearly that...

Loneliness is a fear of Oneness.

Feeling lost is the fear of finding oneself.

Emptiness is a fear of fullness.

I recall my own experience of pure feeling when I kept asking myself “*who am I?*” and no reply arrived except the space of my being.

Then I reverted to the magical question, “*What am I?*” “*What am I?*” After eliminatuing every conceivable answer as either incorrect or only partially right, I persisted with the question, “*What am I?*” again and again. The answers progressively came from an ever-deepening levels of consciousness until finally a time arrived when I could answer no more and conscious thinking ceased. In this ceasing to think I was left with only one thing – **pure feeling!!** Then what I referred to as a ‘click’ occurred. My mind stretched to ‘click’ into another reality (another dimension) and ‘I’ seemed to rise, to be above my body so that I could observe myself and all my activities. I could see myself lying in bed, I could see myself getting up and going to the computer writing down what has transpired. My viewpoint was from pure feeling above my physical human. It was so clear that I was not my emotions, reactions or even actions. I ‘just was and IS!’ The experience only lasted a short while but the fact that ‘I AM’ pure feeling was indisputable, a fact of every human being. This taught me more about the human mind and emotions than anything I could have studied for many years. It was so obvious and clear that all emotional suffering was self-created as a need for love. I had realized one outstanding fact...

You don't need to change anything

There is nothing wrong with you...

You just need to love yourself!

All emotional pain is not only self-created but it is also held-on because it is a seeking for love and security which do not exist. **Inner security and love exist only in Pure Feeling.** Pure feeling is a KNOWING beyond the intellect. It is just like you know you exist and yet it is not a thought nor an intellectual conclusion...it is a knowing beyond doubt.

At this point, through self-compassion and self-responsibility we have turned the tables to see the real TRUTH – Oneness, Love, True Nature and fullness of Being.