

Opening The Heart

by [Doris Jeanette, Psy.D.](#)

Opening the heart is a real event, an energy event, an emotionally healing event. This emotional health material guides you into your own heart so you can achieve emotional wellness, self actualize and fulfill your purpose in life.

You can be strong, healthy and happy. I strongly suggest you listen to the audio material with the sounds of my voice for complete healing. My comforting, calming voice and physical presence on the tapes or CDs touch you and affect you.

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There are 3 e books put together to make one e book called Opening the Heart.

FEELINGS. THE SOURCE OF AUTHENTIC LOVE

[Doris Jeanette, Psy.D.](#)

Chapter 1

All of my life, I have been on a journey - headed for freedom.

Lusting to love myself.

Wanting to feel alive and present for all of my precious moments.

Wanting the freedom to be who I truly am outside in the world.

Wanting the freedom to expand and create and become all that I can become.

Wanting the freedom to founder and fall.

This is my desire and my passion. Freedom.

This is my core and this is my essence.

Freedom. The freedom to be me.

Whatever your desire or longing or need, know that it can be fulfilled. You can be fulfilled. For whatever unhappiness, pain, loneliness or symptom that you may have is caused by the lack of integrity in your life. It is caused by not knowing who you are and not being true to who it is that you really are.

I have developed a conceptual model to help you become more aware of and look at the difference between the defensive you and the real you. The defensive you is learned. The real you is your natural, powerful, flowing self.

We are all born real. All of us, almost all of us, as infants are pure. We are real. We have real thoughts, we have real feelings. Our being is natural, it is spontaneous, it is flawless and it is beautiful. Our authentic energy is the source of our true, real power.

All of us very soon, sometimes not so soon and sometimes very soon, after birth, build up this wall of energy all around us. Just try to imagine your wall of energy or feel it. We build up armor, a wall, around us to protect us from anything that is different from us or anything that is harmful or anything that hurts our feelings or anything that abuses our system in even tiny, little ways.

Imagine that real part of you that is encapsulated right now inside this wall while all the rest of the world exists all around you. See it and feel it.

What you might want to do to make it clearer is to draw it on a piece of paper. Draw a circle in the middle and put real in the middle. This is where your real power lives. You have real thoughts, real feelings--the real you lives in the middle. Now, draw a dotted line circle pretty far away from that real self. This is the defensive wall that you have built around you.

To make it simple, I have divided the two defensive states into two categories. One is controlled and the other is out of control. So, on the right, write controlled. This person is rigid. They have no emotions. This person is super responsible. They are somewhat of a tight ass. They do everything that is right and everything that is good. I am going to use stereotypes and caricatures to make this character- image- wall come more alive for you.

Controlled energy is epitomized by the white, straight male. The person who does everything right in our society. For example, the three-piece business suit man, the therapist that has all of the answers and the other professionals that live their lives exactly the right way. These people are very controlled.

On the out of control side, or the left side, you have a person who is hysterical, who is crazy, who is irresponsible. This person does everything wrong. They are considered bad. Again to use stereotypes, this would be something in the area of being a female, being gay, being black. This includes any area where there is an out of control element.

Looking at these two defenses, which are what they are, they are equally far away from the real self. Moreover, both are equally inauthentic. There is no difference in how inauthentic the controlled self is as compared to the out of control self.

Most people in a relationship are literally attracted to the opposite. In other words, if I present myself primarily to the world as a controlled person, then I will hook up with someone who is out of control in some way. Although, the truth is, each of us have this control and out of control parts to our personality as aspects to our psyches.

The controlled person primarily uses denial as a defense mechanism. They judge themselves and they judge others. That is the way that they keep themselves controlled. They put the brake on their energy. They don't allow themselves to move. That is the reason rigidity is the primary result.

The out of control person is someone who exaggerates their emotions and their feelings so that they become bigger than life. They put an accelerator on their energy. They move too fast so they become out of control. The out of control person uses guilt as the primary way to control. They feel bad about who they are and what they are. In addition, society agrees with them.

You could say that a controlled person or the controlled part of you, at any moment in time, is being controlled by your left brain and it is affecting the right side of your body.

You could say that the out of control person and the out of control part of you are being controlled by your right brain at any given moment in time.

What you want, of course, is not to be controlled by the right hemisphere or the left hemisphere. What you want is not to be controlled by any part of the brain at all. What you want to do is move into that real part of you, where your feelings live and the part of you that lives in your body. What you are after is to access that real powerful energetic part of you that is behind the wall.

Every person walking around has both a controlled part of their personality and an out of control part of their personality. What we want to find is that real part of us that has the true power that is real flowing energy.

There is no real power in the three-piece business suit man. You may think he has a lot of power, but he has none. You can know that by just imagining what he is like at home with his family or what he is like when he tries to make love, for example. There is no flow in his body; there is no love in his heart. He is not a flowing, loving human being, which is what a real person really is.

If you get this important, simple, energy concept that I am talking about, it is truly revolutionary. What I am saying is that controlled behavior is as inappropriate as the out of control behavior. Both are equally controlled and both are equally out of control and every single one of us have both aspects of this learned behavior in our own psyche. All of us control ourselves and all of us have out of control parts of our personality.

What you want to see is that the controlled person is just as out of control with his or her behavior as the out of control person is controlled by their behaviors. Both of these states are unhealthy and both are equally inauthentic.

If you let this new concept sink into your mind, you begin to see your world entirely differently. Good and bad no longer exist. Therefore, judgment and guilt disappears. It becomes much harder to blame outside forces. You have to take responsibility for your own way of defending and creating your own image in the world.

Notice that you can be just as controlled by praise as you can by criticism. You need to be aware that being a good boy or good girl is just as detrimental to your health as being a bad girl or bad boy.

When someone says “good boy” and praises you, you become extremely controlled. This makes you seek love, by seeking praise and approval. Those of us that have grown up being good boys and good girls are just as controlled as those who have not been so good. We are trained to please others instead of ourselves.

So, look at praise differently. See the controlling aspect that it has over your life. You can learn to not let praise ruin your life.

What you see is that both of these defenses are lies; they are not true. Any degree of unhappiness or human suffering that you have is due to the fact that you are lying about what you are feeling and who you are and what you want to do with your life.

The real you is in direct contact with reality. The real you is in contact with the earth and the planets and the rest of the universe. The defensive you is not real. It is not true. It will become more and more obvious to you the difference in energy that is flowing and healthy and the energy that is controlled and out of control.

The difference between these two states is the difference between night and day. As time goes by, you will become more and more aware and more and more conscious of when you are in the real state and when you are in the defensive state.

Defensive energy is very different; it is jerky, it is irregular, it is constricted and it does not flow. You don't feel good around someone who is controlled or out of control. You don't feel good at all, you feel bad. You may feel scared; you may feel alienated or unhappy. You will begin to notice the difference in the feelings between healthy and unhealthy states.

The natural process of life is what you can trust. When you know the natural part of you, then you know the part of you that you can trust. This part of you is really powerful.

Think of yourself as a seed. Everything is a process. Think of yourself as a seed, to help you feel more a part of the process of the earth. A seed, when it is planted in the earth, is nothing.

A seed, any seed, is planted in the earth. It needs fertilizer and it needs water and it needs sun. and it needs a lot of time to grow because there are many different stages before it even sticks its head up through the earth. Then, once it sticks its head up through the earth, it has to keep growing.

The seed is now a little plant that needs more sun and it needs more water and it needs more time before it reaches its harvest. Before it bares its fruit; before it gives you food and before it becomes beautiful to look at.

So, think of yourself as a seed and think of yourself as a creature that can grow and unfold naturally into who and what you really are.

Try to remember that everything is a process. Don't focus on the end of the road; don't focus on your goal. What you want to do is enjoy going along in your own pace and in your own way. You are looking for your natural rhythm. You are looking for your own flow of energy that is not too fast or too slow.

You achieve that by learning to live in the process. You learn to trust the process and you learn to live in process. The goal or the product is not that important. What are important are the little steps along the way.

Even getting lost and going in different places and coming up with different things; is what gives you the riches of life and the creativity of life. Begin to trust your unique process and to live in the process and begin to enjoy it.

There will not be any doubt that you can trust the real part of yourself. You cannot, of course, trust the illusions. You can't trust the ego. I use the word ego to mean the defensive self. The ego is lying to you. The ego is an image that is not real. It is the outside wall around the real you.

You cannot see other people's defenses until you see your own. Once you begin to see your own defenses, you begin to see through other people's defenses. As you relax into your real self you become increasingly comfortable in all your interactions with people.

Just imagine what it is like to be in an elevator with people. Most people hold their breath when they are in an elevator. Remember what it feels like when you are standing with several people in an elevator.

People are uncomfortable. They don't want to admit that they are uncomfortable, but they are. So, you can begin to notice your own discomfort and as you notice that and release that, you begin to see other people's discomfort. In addition, you become less and less critical as time goes by.

Looking at the two defenses, let me just mention a word about depression and anxiety because these are the two bigness.

The anxiety is usually the controlled person and they operate out of constantly judging themselves or constantly judging others. That is what causes you feel anxious around them. You would be anxious, of course, if you were constantly making judgments about what you are doing. Judging what you are wearing, what you are saying and all of that kind of stuff.

The depressive person; the depression is caused, primarily by guilt. The depression is nothing mysterious whatsoever. It is simply the depression of your true, real feelings.

Whenever you don't allow yourself to feel your feelings, what ever they are; whether it is hurt, hate, fear, love, joy, desire or pain. When you deny your feelings and repress them, depress them; you obviously create massive amounts of chemical changes in your body and massive amounts of unhappiness inside your self.

Look at all of those feelings, and I am speaking of the human level. There is fear, desire, hate, love, hurt and joy. If you learn to feel the real feelings and allow them to surface inside you and not repress them or deny them, there will be no cause for any depression. Moreover, if you don't judge them, there won't be any cause for anxiety.

So, Judgment and Guilt are two things you can begin to wipe out of your life as soon as possible.

Let me just say a little bit more about control so we will begin to see it for what it is. Control is anything we use to avoid reality at any given moment in time. By that, it can be anything. You can take the best intentions in the world, such as becoming healthier and happier, and make that a control issue.

For example, if you are in therapy or in some sort of healing process, you can take that and say, I have to heal myself. I have to become healthy and I am doing the right thing.

You become controlling with yourself about doing the things you “should” do or are supposed to do, to heal yourself. Whether it is to be more spiritual or to control your diet or control your exercise. Therefore, you are controlling yourself in order to become a certain way.

You begin to recognize control by the energy behind it. You cannot recognize it by the content. The content is full of lies. Your ego tells you stories. It is not truthful with you.

Control is a mechanism that you use to force yourself to go too fast or too slow. Or in a direction that you don't want to go. You begin to notice it by the feel of the energy and not by the content of what it is saying.

Your ego may say to you, “Let's go swimming tonight.” You say, “Do I feel like going swimming tonight?” “You should go swimming tonight, you know how much you would love to go swimming tonight.” “But, I don't feel like going swimming tonight.” The ego insists, “oh, yes you do!”

So your control can be very subtle and very insidious. Begin to notice your ego by its energy so you can stop controlling yourself. Another example is you can pretend that your feelings are not hurt when they really are hurt. You can pretend that you are not afraid, when you really are afraid.

I assure you that it is a given that every one of us, is afraid. Every single one of us is afraid. This is a given.

You also can pretend and exaggerate that you are more upset than you really are. You can react to something as if it was the worst thing in the world and it really isn't the worst thing in the world.

When I was working out my relationship with my mother, one of the things that I realized with her was when I tried to resolve past issues with her. She turned whatever I brought up against herself. She said, "Oh, what a terrible mother I am. What a horrible mother I was to you" which, of course, was not true. And this behavior completely avoided the real situation with me.

What I needed was someone to relate to me as a real person. I needed a real mother to relate to me as a real child. When my mother attacked herself, she was copping out on me. She was not taking responsibility for herself. She was saying what a terrible mother she was, instead of meeting me as an equal and dealing with how I had felt hurt and betrayed by her.

This is the out of control, depressed and guilty reaction. She wasn't being a real person who said "I am sorry. Let's deal with this. Let's talk about it. Let's relate to each other and come to know each other", which thank God, we have been able to do since I first approached her with my real feelings.

Let me say a word more about "feeling sorry" for ourselves. That is what I just described with my mother. This is a terrible thing that most of us spend a large amount of time involved in. Most of us spend hours and hours, years and days feeling sorry for ourselves.

Real tears are quite different from "feeling sorry" for. When we feel sorry for ourselves; we wring our hands and go in circles. We feel as if we are not worthy. We feel less than someone else or something else. We feel like a victim. We feel as if there is nothing that we can do about our situation. or we feel as if there is something inherently bad about us.

I felt that for years. No one ever told me that is what I was doing. I thought I was emoting and feeling in therapy, but that is not what I was doing. I was wallowing in self pity. It is needless pain. It is meaningless pain. It is pain you do not want to involve yourself in because it will not

release itself and not make you feel any better. You will only feel worse after “feeling sorry” for yourself.

When you are feeling real pain, you will release that pain and you will feel relieved. There will be lightness and there will be energy flowing in your body that was not flowing there before. Bottom-line is that you feel good after crying. This is how you can tell; “feeling sorry” for yourself form the real pain.

Let me speak also to the difference between feeling and thinking. You can never think your way to any feelings, ever. Thoughts and feelings are two separate phenomenon.

Thoughts generally occur in your head. They occur in your brain, probably and sometimes perhaps, in your mind as you start to free up your creativity. Thoughts are usually and frequently obsessive.

Know that if you think of a thought more than three times, you are obsessing about it. If you have a problem, you think of it once to know what to do. Twice to consider your possibilities. And the third time to solve it.

End of chapter 1.

Added notes: To learn more about how to tame your thoughts, study Dr. Jeannette's holistic psychology [CD, “Tame Your Thoughts.”](#) available at <http://www.drjeanette.com/cds.html>

For more information about how to live a guilt free life and how to free yourself from mental judgment study Dr. Jeanette’s holistic psychology lecture on [“Guilt and Judgment” CD](#) or write her at <mailto:drjeanette@drjeanette.com> For private consultations, professional development or training, Call: 215-732-6197

[To get a weekly reminder to believe in yourself and love yourself, Sign Up for Dr. Jeanette’s free newsletter, The Vibrant Moment.](#)

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Chapter 2

Get comfortable, relax and lay down. First, I would like you to breathe and be aware of how important breathing is. Breath is life. If you are not breathing, you are not living. It's as simple as that. When you breathe you, exchange energy with everything that's around you.

Hopefully there are plants around you, as well as trees. When you breathe you are exchanging energy with your planet, with plants, animals and people in your environment. Therefore, the more you breath, the more you access this part of you that we are talking about. The real you.

When your walls start coming down, or start opening up you will start to exchange more energy with other real people. That's what closeness and intimacy is all about. So, just let yourself take a deep breath and hold it and then, slowly let it go.

Take another deep breath and hold it and slowly let it go. Just breathe deeply and easy as you relax and notice yourself. Notice your physical body. Notice your body lying there on the floor or bed or sitting in a comfortable chair. Notice what part of you is not relaxed. Notice the part of your body that is relaxed.

And definitely notice your judgments. The analytical mind is constantly commenting on everything you are doing. Try not to judge your judgments. See your thoughts, know them, feel them, smell them, taste them and let them go. Let yourself become aware of your physical body and breathe into your body. Let your judgments pass by.

Put your awareness into yourself and feel your body. Now let your awareness rise above you and outside of you. Then look down on your body. What do you see? Begin to notice without judgment. Again, if judgment comes into your mind, as it is likely to do, smile at it and let it go.

Take your time. Don't worry about the worry, that's the way to get it off the loop. Just let it go, let it be. Tell yourself there is nothing you can do wrong. Keep breathing. Right now there is nothing you must do and nowhere you must go. Just let everything be. Just let yourself relax.

Keep breathing and come back down into your body and take another deep breath. Take a very deep breath. Hold it and slowly let it go. Take another deep breath, hold it and slowly let it go. Take another deep breath, hold it and slowly let it go.

Now what I want you to do is go inside yourself. You may find a baby, a little girl or a little boy. I want you to see if you can find someone who is younger than seven. Go inside yourself and notice the first image you see of yourself when you were younger.

You may be a little boy, you may be a little girl, and you may be a baby with just sensations. You may have a real memory of a life event. You may see a photograph or you may imagine something.

What I want you to do is go with the first thing that comes into your awareness. Take the first image you get of yourself when you were little. See that. Look at it. Feel it. Notice where you are and what you are doing. What are you wearing?

When you see yourself, notice how you feel toward yourself. What is the true feeling you have of this representation of you that you have in your mind's eye? Notice that feeling and be aware of it. Or notice the lack of feeling and be aware of that.

Now I want you to see if you can access that part of you that is critical of yourself. Feel, see, smell that part of you that would be critical of your little boy or your little girl or your baby. Feel the part of you that would find fault with him or her. Find the part of you that might be cold, critical, rejecting and not loving toward your emotional self.

See if you can access the critical part of you that would judge that little boy or that little girl. See and feel your self-criticalness in your body and notice the thoughts that are going on in your head. Acknowledge that

part of yourself. Then, let that critical person go. Tell them to leave. Tell them you don't need them anymore. Send them away. Send them outside the room. Take another deep breath, hold it and slowly let it go.

Now see if you can access that part of you that tends to feel sorry for yourself. Sometimes it's your mother, but sometimes it's your father. That part of you that says, "What a poor little thing I am." "What a poor little child that is." Look at her. Maybe she's been abused or hurt or she's got a runny nose so she looks ruffy, or scruffy or overweight.

Sense the part of you that feels sorry for yourself. Access that part and feel it. Feel what it feels like to feel sorry for yourself. "She doesn't have anyone. No one really loves her. No one really cares about her." Feel that part of yourself.

It may be in the form of yourself. It may be in the form of mother, father or some other authority or adult in your life at some point. Now send that person away. Tell that person to go. You don't need feeling sorry for yourself energy so send that person away.

Take another deep breath and hold it. Slowly let it go. Let yourself relax even deeper. Let yourself enjoy these delicious feelings of being relaxed in your body-- not having to do anything right now except be there with yourself. Enjoy the pleasant sensations of being relaxed and not having to worry about anything right now.

Now, I want you to access the part of you that is a loving adult. The part of you that is firm. This part of you does not have to know all the answers, but this part of you does have to have the intent to love you unconditionally. Find the part of you that would love me, that part of you that loves others. See the part of you that gives other people room and space and time.

Feel the part of you that has the ability to love unconditionally. As I said, this part of you does not have to have all the answers. He or she does not always have to know what you are doing, or how to do it. All you have to do is love, be open and be firm. Be willing to be there with yourself. See if you can feel the loving part of yourself. Access that part of you. Breathe into the loving part of yourself.

Now what I want you to do is bring back that image of that little boy or little girl. I want you to see what you are wearing and what you are doing. Just see your little emotional self as clearly as you can. Imagine that you are describing this little precious person to me in detail.

I want you to access that part of you that is loving. In your mind's eye see your loving self; actually walk into the image with your little boy, little girl, or your baby. Then I want you to see what happens. See if you can let go of control and let it happen. Let the image move without you controlling it. (Long pause)

Whatever happens, allow it to happen. If you are having difficulty, there is a good chance that the critical part of you has come back in or the feeling sorry for yourself has come back in. If it has, see if you can send it away and access the other loving part of you.

What I want you to do is ask that little girl or little boy what they need or want from you. I want you to listen. I want you to actually listen to what they say. Don't tell them what to say, listen to what they say. (Long pause)

See if you can give them what they want, what they need, do so. It must be honest and truthful because you are meeting them on an equal basis. You are not superior to them, neither are you inferior to them. You are meeting them open and real, on an equal basis.

They will not trust you unless you are really truly equal with them. That's how you can tell if you are really equal with them. So your goal is to develop a trusting relationship. To do this you must be equal with your own real self, you must be real. If you can honestly give them what they ask for. Do so now.

Make them a promise about when you will come back and what you will do in the future. The more often and the more frequently you can come back and get to know yourself, the faster you will become secure and meet your emotional needs. Consider ten minutes twice a day to help you make progress.

Now say goodbye to this little boy or little girl. Now that you promised them when you are going to come back and what you are going to do. You must keep your promises or you will not be developing trust.

Some of you may need to leave your child there. Some of you may need to take your child with you. If your child is in a dangerous situation, then you need to take them to a safe place.

You may need to bring your child into your heart, bring him into your current home, or leave her in some imaginary place that is safe. Or you may need to leave your child where he is or she is if it is safe place. Do what is appropriate.

Listen to your child and do as needed. Then say goodbye. Put them in a safe place and allow yourself to come back to me. Stay relaxed. Stay still. Stay breathing and allow yourself to come back to me.

Okay continue to take deep breaths. What I want you to know that this little person inside of you is a reality. They have a reality separate from you. It's is a part of yourself that you are severely rejecting and have neglected.

It is a part of you that you have encapsulated within this armor that we were talking about earlier. What you want to do is get to know this part of you and love this part of you and to listen to this part of you.

Don't be critical of yourself if you have difficulty. All this means is that you are alienated from yourself. You are far removed from your own real self. Don't judge yourself about that. What you need to do is become more conscious and aware of the critical parts of you that is hurting you. And the self-pitying parts that are keeping you from knowing your own real self.

This real part of you is a vital part of you because it is a gateway to your "being ness" in the world. This emotional self will lead you to the gateway of your soul. Your emotional self is where all of your real power lies. You need to discover this, so that you can let yourself flow spontaneously in life. Allow yourself to trust the information you just gained from your emotional self.

Everything that came up inside of you, thoughts and feelings, sensations or struggles that you had or even the difficulty tells you information about yourself. It is not something to judge. It is information for you to know where things really are and what you need to do.

What you want to do is allow this little girl to become a part of your life, to become a spontaneous being in your heart and soul. To love is literal. It is physical. It is a reality. Let yourself know and feel your own experience. It is okay to love your self. It is okay not to be trapped in criticalness and guilt.

Most of you probably found your hurt child. This child needs to feel safe and loved. If the child didn't come to you or trust you, it is because you are patronizing or critical. If you have a baby inside of you, there will be only sensations and, of course, you will need a lot of loving and nurturing. If that is the case, you do not have verbal thoughts and verbal images.

What you will find is that everyone needs to work on birth experiences as well as all the different ages. Trust your own flow, they will come up as they need to. The little girl that came to you now is where you need to focus right now. It is where your emotional being is in need of being loved, right this minute in time. It is a part of you that has been neglected and rejected and needs to be loved and nurtured.

All this really means is that you need to pay attention to your self and give your self what you need and want. It is not like a bottomless pit and that here is no hope of ever fulfilling your needs.

Everything we need, everything we want is wonderful. It is exactly what we need. It is exactly what we need to give our self in order to be happy and healthy. Try not to judge your judgment and your criticisms of yourself. All of us are critical and all of us are evolving.

While you are lying there feeling relaxed and okay about your self. Take another deep breath, hold it and slowly let it go. I want you to imagine your own child or if you don't have a reference for that within yourself, imagine someone else's three year old. The child, the natural spontaneous part of you before you got stuck in time, before you got hurt. This is before you separated yourself from the world.

Find the part of you that's spontaneous, natural and real. I want you to feel that part of you. Feel what a natural, happy; loving three year old is like. Feel them in your heart and feel them in your body.

They are full of joy, full of love. They trust everyone and everything. They love to be touched, they need love. They also love to love, feel that part of you. Just imagine what this bundle of energy and bundle of joy feels like in every cell.

Imagine your real spontaneous child, who is free. See that. Smell it. Taste it. Know it. Feel that part of you. Now this is your job. Your job is to be there with yourself and stay with yourself so that you can set this part of you free. See this very best childlike part of you. Know it. Feel it and love it. This is your vital energy that will come into your body, as you love yourself more and more.

Again, take another deep breath. Allow that part of you to go where it needs to go or let her or him stay with you. Then come back to me again. The only thing your child really needs from you is love.

Love is not an action, it is not doing something. Love is a feeling. As you become more gifted at loving yourself unconditionally and listening to what you need and want, you will become better at accepting your imperfections. The real self is not ideal or perfect.

The real self is not what we always wanted. We don't always want to hate our mothers and be angry and upset and feel the things we feel. There are many things we don't like about the world and the people around us that we have never allowed ourselves to feel.

What you want to do is love the emotional part of you no matter what comes up and what is true. Accepting what some people may call the negative side of you or your negative feelings. They are not negative. That is only our judgmental mind that puts them in that category or that space. They simply are.

Whenever our feelings have been hurt we feel angry. When someone doesn't give us what we want we get upset no matter what. So we have a lot of feeling responses that don't make sense and don't fit into our civilized society. You must give yourself permission to feel your real feelings and let them be okay.

As you begin to develop more and more unconditional love for your self you will find that it feels good to spend time with your self. It feels

good to know who you are and then you start to feel good. That is how it works. That's why it works. It actually feels good to get to know who we really are and it feels good to send love toward ourselves.

Don't judge yourself about your lack of unconditional love. It isn't like other people have been doing it for years and years and you missed out on it. Unconditional love is a new, highly evolved place that our planet is moving toward.

It is not like our parents could do it, or it was done centuries ago, it is new. So you are in the forefront of loving yourself and making this a more loving planet for all of us.

When you are developing a more loving attitude for your self, feel free to use the Earth as a resource. Use the spirit world as a resource, any loving presence that you have met anywhere in your life or anywhere in the universe use that presence to help you.

Pull loving energy to you, bring it around you to comfort you, nurture you and love you. Protect yourself with love. You can use me and my voice and any other loving experience. The reality is that you can indeed trust yourself and love yourself. You are indeed worthy of love; you deserve this sweet loving energy.

Together we will make this planet a safe place for children. A safe place for our soft, open, loving, feeling, being to exist. The part of us that feels, the part of us that is feminine, the part of us that is different. This is the part of us that we need to embrace and need to love. This emotional, feeling part of us will inherit this Earth.

We can live together on Mother Earth in peace and harmony. Anything you can do to love yourself or another is going to advance our entire planet. We are creating new models of loving as we go along.

Loving yourself and being who you really are is what is required for your own survival. It is also what is required for our planet to be inhabited by people who are loving and beautiful and going to take very good care of it. We can help Mother Earth continue to exist for a long, long time.

Being a real person is the only way that you can be in contact with what is real outside of you. So being who you really are is the only way to be in contact with reality. And, if you are not in contact with reality, it stands to reason that there is no way that you could survive. You are bound to become extinct. You will evolve down some dead end chain that leads you astray.

The journey you are on is the most exciting meaningful rich experience you will ever have in your entire life. For it is your life. It is your work of art. You can create exactly like you want. You have a big humongous canvas and you can paint whatever you want on it. Your Life is a canvas and you are the painter.

End of Chapter 2

Added notes: Please consider writing as a means to finding your inner strengths. Writing is a great process itself and serves as a reminder of what is real, sane and important. For more help with your [Inner Critic](#) and with writing, study Dr. Jeanette's CD with Emily Hanlon, best selling author and writing teacher. Find your voice, your creative voice.

Write down what you just experienced. Begin writing now.

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Fear. the pathway to freedom and joy.

by [Doris Jeanette, Psy.D.](#)

Chapter 1

Fear is what people usually say stops them from doing the things they want to do. Fear could possibly be your friend instead of your enemy. So what I would like to do is try to get you look at fear as a friend rather than as your enemy.

Most people usually deny their fear. Many people are non-conscious when they are afraid, and that's what defensiveness is all about. That's what the tension in your body is all about. The tension in your body is fear that is not moving. It is fear that is frozen in a form. Fear is actually frozen in your body. It is frozen in physical form.

So, the biggest culprit to fear is denial. Most people deny their fear. Therefore, the first step in consciousness, in resolving your fear and learning to let it go, is to become aware of how frightened you really are.

The tension that is in your body is fear. That is literally what fear is. It's tense, tight, constricted energy in your muscles, in your skeletal system, in your brain, in your organs. Fear is literally the tension that's in your body.

There's another form that fear can take in your body, and that is a lack of tension. In other words, fat, or mush, or lethargy is also fear. A lack of tension, a lack of being-ness, as it is, is a lack of energy in the body. This lack of energy is fear. If there's too much energy, or not enough energy in the body, that's fear and or anxiety.

You can look at those two forms of fear (too much or too little energy) as two kinds of defenses. The tight, rigid body is a controlled person. The lack of tension is more of an out of control person. You can see those two positions as if they are two major defense patterns. The controlled person is tight and rigid, with no feelings. They are super responsible, sexually repressed, feel superior to other people, and very controlled. That person has their brakes on and they're very guarded.

The out of control person is usually more panicky and more hysterical. They have the accelerator on. They are moving too fast. Their gas pedal is down and they are racing over the cliff. Or their energy might be scattered.

Of course, each and every single one of us, in our psyches, has both. We have a controlled person who's tight, and we have an out of control person. Usually what happens is when you let go of the controlled part of you; you find the out of control, panicky part of you. This is because you have denied this part of you for your entire life.

Most people are not aware and haven't been aware of how frightened they really are. So what you're after is to let go of your control and find out what is really going on inside of you.

Once you stop denying your fear, you will probably find panic.

Panic is exaggerated fear. It's not a real fear. Panic is bigger than life. It's out of control.

When we're overwhelmed, we experience racing thoughts and exaggerated feelings and we experience helplessness. We think there is nothing we can do. The fear is so big; it seems like there is no way to solve it. It's an insane kind of fear. It's panic.

Our society has a lot of panic energy in it. Movies have a lot of panic energy in them. The news media forecast have a lot of out of control energy in them. As a result, we have panic energy in our psyches.

In truth, there are very few true emergencies in life. So if you feel that you are panicking, you are doing that probably because you've been denying your fear. In other words, if you deny your fear, you are highly likely to panic.

If you are not paying any attention to what you're really frightened of, and you are not aware of the feelings that are really going on inside of you, then panic happens. You are likely to have a panic response.

You think that the world is going to end and it's all over, for sure and for good. So the panic response is a natural response that comes because you've been denying what you were feeling. You've been denying the real fear. Therefore, panic mode is something you go into automatically when you've been denying what you're afraid of.

So what happens is you will flip-flop back and forth between the denial and the panic and the denial and the panic and the panic and the denial. That's pretty much how society operates most of the time.

You do not want to do that because you do not have to do that. What you want to do is to find your real fear. You want to find the fear that is inside of you and the space that is real. You want to find the real part of you. Your little boy or your little girl that is really afraid, frightened, that has been neglected and been rejected by you.

I, myself, think that we're all alike. I think that we're afraid of some of the same things. Our fear may take very idiosyncratic forms because of our past learning history, but if you stop denying your fear, I think that you'll find that you are afraid of letting go of control.

And you're afraid of being abandoned, and not being loved. In addition, you are afraid, as I am, of not being able to get what you need and want from the world and the people around you. I think we're all a lot alike.

The way to become more aware of your fear is to look into your body; into your physical form. If you look into the part of you that's tight or tense, or overweight, you begin to put your awareness there. Then you will find some answers to what you're afraid of.

What you want to do, of course, is let both the controlled and the out of control states of mind, go. The difference between panic and real fear is one of location. Panic is a thought process that is out of control.

Literally when you're panicking if you will get into it and become more and more aware of it, you'll find that you're having racing thoughts. You're having out of control thoughts and you're literally telling yourself frightening things.

You're telling yourself terrible, horrible things that are going to happen. Of course, if you're listening to these thoughts and you begin to believe these thought then you panic. So, panic is a thought process, it's not in the body.

Fear, on the other hand, is a feeling that is in your body.

So, that's something that can be reassuring and calming to you. Fear is a feeling that occurs in your body. The controlled and out of control states are states of mind. They're not really in the body. They're thought processes.

When a person is panicking, they're not in their body, and that's the reason that body awareness is so important in over coming panic.

As you start to become aware of yourself, you may find yourself driving in a car and biting your finger. In other words, you're driving your car and biting your fingers. And you say, "Oh, my,. I am biting my finger. What am I feeling?" As you start to feel what you're feeling, you'll be feeling some sort of fear.

On the way here today, into the studio, the bus driver, the trolley driver actually, was a bundle of nerves. He was biting his fingers as he was driving the trolley. You look at him and you know that he's frightened.

Now if I were to go up to him and say, "Are you afraid? What are you afraid of?" He would say, "Nothing." He wouldn't have any awareness whatsoever that he was afraid. But, his body was telling me that he felt insecure and uncomfortable and frightened of something.

What he's afraid of is not something that's happening right there on the trolley with him bringing me to the sound studio. What he's afraid of is some deep feeling inside of him. He has some insecurity inside of himself. So, that's how you can come to know what you are afraid of. Your body will tell you. You can come to know exactly what is frightening

In addition, it's important to look at the difference, not only between fear and panic. Panic, being a high-pitched anxiety, but the difference between fear and anxiety.

Fear is a normal, healthy thing. It is a normal phenomenon of any organism.

Anxiety on the other hand is a maladaptive response to something you've learned in the past. It is not normal, it is not natural, and there is no reason one should ever have to live with any sort of anxiety whatsoever.

Take an example of a fire. We always have a healthy fear of fire, it keeps us safe. There's a healthy fear of falling off a cliff that keeps us safe. These healthy fears keep us from doing things that would actually cause us harm.

A normal state is one in which we're relaxed. Most people think of being relaxed as if it was almost a drugged state, but that's not being relaxed.

Being relaxed is the normal state of the organism. It's the maximum efficient state of the organism. This means you have no tensions. You have a normal, healthy state of arousal, but there isn't any anxiety.

You're relaxed, and you'll be ready to respond to anything that happens in your environment, whether it's dangerous or whether it's pleasurable, you'll be able to respond to it appropriately.

An anxiety state is one in which you're fearful of something happening. Anxiety is a place where we have developed fears around situations that are not truly dangerous, or at least are no longer dangerous.

For example, we may be afraid of being abandoned, but yet we are with someone who is very loving. We may have a fear of harming ourselves, when now we are perfectly capable and able not to harm ourselves.

We may have a fear of drinking too much based on our learning experience, and of course anyone has the ability not to drink too much.

Therefore, the difference between fear and anxiety is that one is maladaptive and the other is adaptive. In other words, there is a real fear that is adapted and helpful to our survival.

Anxiety, of course, is completely useless. There is no reason that anyone on the planet should have to live in a state of anxiety. Anxiety can be eliminated because it's based on faulty learning.

Our autonomic nervous system has been classically conditioned, as it were, to respond in fear to a situation that is truly not fearful, or is no longer fearful, even if it once was.

In a situation, such as if there was a fire in the building. A healthy fear would get you out of the building, but a panic would trap you in the building. Of course, denying the fire was there would not do you well either.

So, the healthy fear, the normal fear, is what you want to become aware of within yourself. Usually it takes the form of the little boy or little girl in side of you that's fearful.

If you are in tune with the emotional part of you, you will begin to immediately know where your fears are. Your fears are literally locked in your body, and they can be literally released.

What you want to do is get yourself, in the awareness state, where you have red flags that go off that tell you, you're fearful.

Most of us are so dead, or so numb, or so unaware, we don't have any cues or ways to help us become more conscious. So you need to develop ways within yourself, such as red flags that go off that tell you you're not breathing for example.

Breath is one of the sure signs of becoming unconscious and one of the sure signs that you're not living. Like the bus driver I was talking about earlier. He's not aware he's not living. He's not aware he's not breathing. He's not relaxed when he's driving his trolley.

Now, he could be relaxed, enjoy the scenery, and enjoy the people. However, he's just on automatic. He's being pushed through life by his thoughts. As a result, he's biting his fingernails.

A sign for me to know when I'm afraid, or going conscious or becoming anxious is my body temperature. It drops. I know when I start to get cold, because I'm usually a very warm blooded, hot individual, that I'm going unconscious. I'm stopping my breath, which makes me unaware what's happening. This is one clue that I'm becoming afraid.

So, start to know yourself and develop very physical things that give you feedback to tell you that you're afraid. Fear propels us into an unconscious state. Unconsciousness to me is equivalent to not being aware of your body. Not being aware of the physical and emotional feelings that are inside of you at any moment in time signals unawareness.

When you grow unconscious, you're blocking all that important data and information out and of course, you don't want to do that. You want to know all the information available to you.

Awareness is precisely what you need to know in order to move, to release and to transform fear into aliveness. A helpful analogy about waking up to our fear and to our feelings is a frost bitten hand.

When your hand is frost bitten, there are no feelings at all in it. You're numb. When it's dead; it doesn't hurt at all. Of course, the hand is close to death.

However, if you warm your hand up slowly and gradually, it starts to hurt like hell. This pain, this hurt tells you that you are returning to life. What is true for your emotions is true for your body. As your hand thaws, and your fingers become more flexible and more real, is when you start to hurt. When you start to become aware of your body, and aware of your fear, you start to hurt. It's inevitable.

You will hurt emotionally and you will physically hurt. If you're not feeling the tensions that are in your body, how can it possibly hurt you? So, it only starts to hurt you when you start to feel it.

In other words, only when you become aware of how tense you've been holding that muscle for 30-something years, does it start to hurt you. So, hurt is the first sign of consciousness. Hurting is the first sign of waking up and becoming aware.

Therefore, when something starts to hurt you, you want to rejoice. Rejoice in that awareness that you are physically and emotionally becoming alive.

You want to move toward hurt and pain, not away from it.

Our natural instinct of course is to withdraw from it. Alternatively, when we're hurt, we might attack. That's the autonomic nervous system's response where we're stuck.

We tend to withdraw or attack. What we want to do is move beyond that and use our consciousness. Use our evolutionary mode to move into a more advanced stage of awareness and being.

You can move toward the pain, instead of away from it. You can move into the fear rather than withdrawing from it. You can see it for what it is, and start to live through it and transcend it. So, what you are doing now as you go along is that you're becoming more conscious and more aware of when you actually are in a fear state.

So, any controlled, superior, self righteous state is not something you want to spend time in. The inferior thoughts, humility thoughts, deprivation state is also a state you want to avoid. It's a fear state. All unreal states are fear. It's very simple in that way.

A real hurt in life is what propels us to either wake up and feel or to become more defensive and dead. Some of us choose to become more alive at that point, because we do have a choice. And some people become less alive.

Many years ago when I suffered a loss and I experienced a great deal of hurt, the hurt just came pouring out of me. It was like a death fugue in a way. The hurt came pouring out of every pore. After the hurt was released, what I became aware of was this amazing fear that was inside of me.

All of my life, I had denied my fear. I had been the kind of person that projected it onto my spouse or my lover. I thought they were the ones that were afraid, and I was not. I thought fear was a sign of weakness.

When I was hurt and I was left alone, I finally let go of my controlled state. I let go of my perfect, good, little girl. That's when I experienced the out of control state. Just what I was telling you about.

I had studied learning theory, so that's how I came to know that a real fear was in there somewhere and that the anxiety was not something I had to live with.

When I was looking for my real fear, what I found was a six year old. It was my six year old, who was terrified in my home. When I let go of the controlled part of myself, what I experienced was the panic. I was scared to take a shower. I was terrified.

I had this out of control, terrified feeling that a rapist was going to come into the shower, and of course, mangle me and destroy me, and torture me and kill me. No amount of rational reasoning would stop that fear.

If it had happened to anyone in the world at any time, or if it had happened to anybody in the city ever, at any moment, it of course, could possibly happen to me.

So no amount of reasonable talking to myself could quiet that fear down. So, what had happened is that I had denied my fear and then I experienced this out of control phenomenon. I think rape is a very common fear for women. So looking for my real fear, what I found was a six-year-old little girl who was terrified in my house.

wasn't very fond of her at all when I found her, I didn't like her. I wanted to strangle her actually, because I didn't like the fact that she was afraid.

But I had no choice at this point. I either was going to deny the fear more, which was going to create more problems and more distance for myself. Or, I was going to have to deal with my little girl who was scared.

There was nothing else that was going to help because there were fears inside of me and feelings inside of me that I was not addressing and dealing with. Whatever they were, I really didn't know at that time.

However, I decided that I didn't want to live for the rest of my life with out of control fears in the shower. So, I decided that I had to do something with this little girl, so I confronted her.

I confronted her in the hallway, in front of the red mirror. I was looking at myself and she was a gangly, skinny, little thing. I had her grabbed by the waist, dangling off my left hip. I didn't love her, I couldn't hold her close. I didn't really care for her at all.

But I was finally dealing with the reality of the part of me that was afraid. So as I stood there talking to her I decided that I had to take her fear seriously, and I had to listen to what it was that she actually afraid of instead of denying it or exaggerating it.

She had a hard time talking to me because I had always rejected her so much and shut her out so much. I had not listened to her. Instead, I had always made fun of her fears. So naturally, it took her a long time to tell me that she was afraid.

She was simply afraid to be there alone in that house. So what I did was, I took her fear seriously.

The first thing I did was get a burglar alarm. I installed the fanciest, best one I could find so that she could feel more peaceful. Taking her seriously also meant that I was going to give her the comforting and love and support she needed. She was afraid someone was going to hurt her.

In reality, I was the one that was hurting her, because I was not listening to what she needed and what she wanted in terms of feeling safe or secure, in center city Philadelphia.

I decided to take my fear seriously and I decided to protect her, literally, in terms of a burglar alarm. In addition, emotionally I was going to be with myself and accept my fear state. I was going to accept my feeling state, and to be loving and nurturing toward my emotional, authentic self.

I share that with you to give you an idea of how the denial leads into the out of control stuff. The way out of this mess is to deal with the real fear because we can manage and we can handle whatever is real.

As you know an out of control fear is bigger than life. None of us can do anything about it. It's hysterical, it changes, it's crazy, and it's insane.

But you can do something about the real fear.

All of us are terrified of some basic, real phenomenon. You want to look for what your real fears are and address them.

You don't have to have answers and solutions for them. All we really need to do is to calm and comfort ourselves through these real fears. Then they will be faced and they will be transformed.

So now you're aware that you're afraid. You're becoming aware of when you're controlled, and you're becoming aware of when you're in a real state.

What you have to do at this point is to take responsibility for what you find. You're responsible for everything you've created.

You're responsible for the defensive state; you're responsible for your real state. This is the part that's difficult. It requires us to completely grow up and to completely take responsibility for everything.

I feel this frequently about being in my world, this planet, on this earth at this moment in time. I see the pollution and the destruction and the war.

I say, "I'm not responsible for it being there, so what do you want me to do about it?" "But all of us are responsible, because all of us are here.

All of us have to clean up the trash and clean up the war, and clean up the planet. We all have to take responsibility for everything that is in our awareness.

Everything that is in our consciousness, everything that is in our world is in our consciousness. It is a matter of physics.

You can take every person you know and grab them up in your hand. Then take them and throw them down on the street. What you throw down on the ground is what's in your psyche.

Every drunk, every street person, every three piece business suit man, every person you hate, every person you love, is in your psyche.

It's all a part of you. All the things that are in your world are in your consciousness. They're the same. Everything that's in my consciousness is also in your consciousness.

So all of us have to take complete and total responsibility for what we have created in our world, both inside and outside of ourselves. We have to own it all.

We cannot project even a single smidgen out on anyone else if we want to access our authentic powers and energy. To project blame or give credit or responsibility to someone else makes us weak.

We cannot blame our parents, society, men, women, lovers, children, or anyone else. This is the point where it is hard for all of us. It's when we give up being a victim.

It's giving up being a victim to anything. It's where we truly take credit and take responsibility for our defensive state as well as our real state. We take responsibility that we've created this controlling person, that we've created this panicky person.

We begin to be responsible for all the mess we've created. What you will discover is that these two states the real state and the defensive state, are very different. They're like the difference between night and day.

And at any moment, you can start a sentence in one state and end it in another. It's very fluid. Our energy changes moment by moment.

I can get frightened in a millisecond and become unreal and withdrawn. There's nothing static about it. We're constantly moving in and out of these being and non being states.

What I'm saying is at this moment is, you must take sole responsibility for the person who is creating what you are doing at any moment in time.

Whether you're flowing or not, is entirely up to you.

This is extremely important, to own this and to take responsibility for this. This means completely giving up being a victim to anything.

Being a victim is in the lining of your stomach. It's very infiltrated into your body. Yet, you cannot place blame on anyone else. Neither do you want to blame yourself. It's equally important not to blame yourself.

Self-blame is an avoidance of feelings and is as destructive as blaming others. Do not blame yourself, but take responsibility for what you have created. There's no one else on the planet that makes you behave the way you do.

When you're defensive, it's because you were defensive. It's because you are avoiding how you really feel. It does not matter what anyone is saying to you, what anyone is doing to you, or what ever you think is provoking you.

Or whoever you think is making you do it, all of that is completely a waste of time. Therefore, you must take responsibility for the fact that at any moment in time, you go into a controlled state, and you do that because you want to avoid the feelings, your real feelings.

You need to become aware that when you become critical, either blaming yourself or others or when you become panicky, you're doing that because you want to avoid the real stuff.

You are avoiding the real fear, the more vulnerable stuff, and the stuff that's harder and more difficult to admit.

There is a principle that reinforces what I've just been talking to you about, a psychological principle that it is as certain and reliable as gravity. And that is, **If you are being critical of anyone in your outside environment, you're also being critical of yourself.**

When you're being critical of anyone else in your world; you're being critical of and judging yourself first. Now you may not think that's true, but as you become conscious and aware, you will discover that it is indeed true.

You are the only one who is controlling you now. If you're praising yourself to control yourself, or criticizing yourself to get control, either one of these ways have the same results. The good girl, the bad girl, the good boy, the bad boy, they are all ways of controlling yourself.

So allow yourself to take complete responsibility. Any judgment originates within your own psyche at this point in your life, as an adult. So that's how you are going to resolve it. You don't want to project it out on other people; it's a waste of time.

Imprint that indelibly on your mind, and don't ever forget it. Because it will save you much, much time and energy. There is no such thing as anyone or someone else making you become defensive.

You become defensive because you want to avoid how you are feeling in the moment.

End of chapter 1

For more about how to tame your thoughts study Dr. Jeanette's holistic psychology principles CD, ["Tame Your Thoughts"](#).

For more about how to [Eliminate Judgment and Guilt](#), Study Dr. Jeanette's CD on the topic.

For more anxiety help study the CD, ["Healthy Ways to Reduce Anxiety."](#)

CDs Available at [Holistic Psychology, Self Help Shop.](#)

Fear. the pathway to freedom and joy.

by [Doris Jeanette, Psy.D.](#)

Chapter 2

How you are feeling in the moment is frequently triggered by past learning experiences. This applies to your family that gave you these tender buttons. They call them buttons. You know, you pushed my buttons. Your family gave the buttons to you.

Buttons are sensitive areas inside of you. They are precisely the points and places that you have always avoided feeling.

I am speaking of your fear.

The fear that is locked in your body is literally in your cells and in your stomach and your muscles and your skeleton and your brain and in your vagina.

This fear and anxiety stuff is everywhere, the toenails, everywhere. It has infiltrated every part of your being.

This is what the buttons are. If you want to release them then you must feel it.

Be glad you have buttons and be glad that someone is pushing them. Don't waste any more time being defensive. It is completely and totally a bunch of hogwash to waste any time being defensive.

Because, what you want to do is allow yourself to feel those wonderful feelings that you have been avoiding all of your life.

That is the only way that you are going to release your fear. It is the only way you are going to get rid of your anxiety and fear.

You want your buttons pushed.

You want someone to push your buttons. It is the only way that you are going to get rid of your insecurity, your fears and your doubts. It is the only way you are going to become more secure and loving with yourself.

You can enter these insecure, fearful, little feelings and allow yourself to release them. Experience them and express them. That is what's going to get rid of them.

Almost always, these feelings are painful. They are feelings of helplessness, impotency, inadequacy and failure.

We have judged ourselves or our families have judged us or society has judged us. The source is, at this point, that we judge ourselves for having these feelings.

If we did not judge ourselves, we would not have a problem. It wouldn't even come into our awareness. It wouldn't bother us a bit. So, once you tackle the source. Once you tackle and allow yourself to feel these real feelings they change and move.

For example, the real fear of being inadequate. Or the real fear of being hurt, the real fear of helplessness, the real fear of being alone, the real fear that no one really loves us for ourselves. Or they only love us for what we do for them or what we can be for them.

Once we feel these real fears inside of us, these core, elementary fears, then we can begin to change them.

Then we can begin to let ourselves know the fear that is there, the hurt that is there, the anger that is there, the hate that is there, the desire that is there, the love that is there and the joy that is there.

These are all real feelings. When you feel these feelings in your body, in your heart, this moves the energy. The stagnant, controlled energy that is locked in your body will no longer be present. It will move.

If you allow yourself to feel inadequate, what you are doing is you are allowing yourself to enter that vibration. That is all it is. It is nothing strange. It is just a form of energy. It is a vibration.

Feelings are vibrations that literally run through your body.

If you allow them to run through your body without stopping them, there would be no problem.

Unfortunately, we have a whole bunch of years and years and years of these feelings stuck inside, where they become stagnant. Thus, they are frozen in our cells and frozen in our body for 40 years or so.

What you want to be able to do is this; feel your helplessness and let that helplessness within you move that energy throughout your entire body.

That is where it must move. It must literally flow through your body.

When you feel, you feel it in your whole body.

You don't feel it just in one muscle where it is stuck. You begin to feel it there and that is the source of it and as you feel it, then it moves through out your whole body.

It is creative energy. Feeling is a creative energy that literally moves through your body.

It is a physical movement, it is not mental.

Of course, if you were completely synchronized, which very few people are, then you would feel hurt physically and emotionally simultaneously. Very few people feel hurt and cry the moment they feel hurt.

As you get into the swing of this feeling thing that is what will happen to you. You will feel the physical pain and it will run through your body at that moment in time, the two will happen simultaneously.

Emotional and physical responses will be in tandem.

Let me give you an example of literally feeling some of the awful, shameful feelings that are stuck in the body. Our physical body has been hated by about every source there is in society.

Most of us carry a tremendous amount of shame inside of our body.

That is why we are so uncomfortable with our body. We don't know what to do with it. That is the reason we hide it and don't live in it. It is because there are a whole lot of uncomfortable feelings in it. Shame is one of the awful ones that are in our body.

I was a radical feminist for awhile. That was my defense against how I felt about being a woman in this society. I would act like I didn't care about what men would say or do as I walked the streets.

I had an attitude or defensiveness and that protected me from how I was really feeling in my body. As I let go of being defensive as a feminist, I began to be soft and to feel what I was really feeling.

This situation actually happened to me in Philadelphia, right off of Rittenhouse House Square.

I was walking on 18th street. It was summertime and I was in little shorts and a little tank top and I was wearing no bra, which I usually don't wear.

And feeling like I usually feel, which is free and easy.

I was walking down the street and this carload of men drove by and they yell out the window. What sounded to me as if it is all kinds of awful things.

I don't even know what they said, but it was stuff that would make me respond in some way, form or fashion.

This particular time, because I was in the process of trying to stay open, I didn't have my typical defensive response. I didn't get tough.

What I did was I let that hurt, that impact, that stimuli hit my heart. And I let myself feel it. It was like an arrow that flies into your heart and hurts. The arrow is lying there killing my heart.

At that moment, I allowed the feelings to flush over me. I felt shame. I felt ashamed of myself. I felt ashamed of my body. I felt dirty. I felt filthy. I felt unclean. I felt extremely embarrassed.

My whole body, I am sure, turned red. I have very sensitive skin and it is very responsive to emotion. I am sure if you looked at me, I blushed bright red, from head to toe.

Emotionally, I felt like the dirtiest whore on the face of the earth.

These are the vulnerable feelings that I am talking to you about that lie underneath your persona.

I felt bad about myself.

I spent my whole adult life defending against those feelings. When I felt those feelings, that was the turning point in resolving that issue for me. I didn't have to be defensive anymore.

The feelings that I felt rushed through my whole body. They revealed what I really felt about myself. When I released that, the pain and the difficulties of that, was the turning point for letting go of all of that mess.

So, I no longer felt that I had to defend against all of those comments.

This meant that they would no longer hurt me. Men yelling and making comments no longer had any power over me. My body does not tighten up anymore.

Doing this becomes easier and easier as you let go. But, of course, in the beginning, there is pain and it is difficult. It is difficult to feel embarrassed.

But, that is precisely the point at which you must stay with yourself and allow yourself to feel those vulnerable feelings. This is what releases them and gives you the true power that you need in this world.

There is no power in being defensive against that kind of energy for a woman in the world. But if that woman, myself and others, can feel the beauty of their body, the joy of their breast, the joy of their movement and the joy of their being, they will not have to be controlled by any sort of energy from others.

Both men and women need to feel their bodies flow as they move through the world

If you are let these “terrible feelings” come out that you have been avoiding all of your life, you are feeling them and you are releasing them and they go away.

What you are doing is you are starting to see how you have been so controlled by something that really has no power over you. Reality begins to occur to you. You can't see or feel reality unless you release the defensiveness you have in your body.

began to realize that, of course, I am not dirty because I have a body that is beautiful. I have nothing to feel shame about, my breasts don't want to be bound and my legs like the sun.

You start to see the reality. You start to realize the truth. That this place on this earth is mine. I can live on it and walk on it and feel comfortable on it. You start to experience what is really real.

If I could just help you learn to give up defensiveness as a waste of time, I will have done a great deal of good. If you can just start to see your defensiveness, any and all defenses against anything, is a complete waste of energy you will become stronger.

If you will let yourself start to move the energy by going into the feelings that you are having, no matter how unpleasant or fearful they may be, you will start to move the energy and transform it into what is a natural process.

It is sort of like an acorn that grows into an oak tree. If you will start to trust the process and start to move inside what you really feel in your body, it will lead you to where you need to go, always.

You have a choice whether to be that real person and feel that real fear or to not. I, of course, find it hard to believe why someone would not want to be that real person. But I know the world is hard and cold and cruel and all of that jazz and sometimes people want to keep their defensiveness.

You always have to decide and what you are deciding is whether you want to be true to the real part of you, the inner child, the real self within you, the real part of you, or not.

You have that choice at any moment.

I just described a moment where I had a breakthrough in terms of my body and my feelings about myself. A thousand times a day you have to make that choice to be true to what you are feeling; to have integrity or to not.

A lot of times, you want to keep the social persona on and it is more important to you than being true to yourself. Of course, that will have its consequences. You won't feel so good.

Honest truth is sometimes difficult for people to take. It is sometimes painful, but it is necessary to become real and to become strong.

As time goes by, you become more graceful and comfortable with yourself and that becomes less and less of an issue. But, in the beginning, that transition is difficult because you are invested in your false ego self who is not afraid.

Your real person, who feels and breathes and is vulnerable will succeed. I do it day by day and breath by breath. The choice you have to make over and over again is to be true to that real self or to be a plastic people pleaser. To choose integrity or to be controlled or out of control.

What you want to try to do is release that physical energy that is inside of you, that human energy that is inside of you.

Now, when you release that, when you chose to be your real self, something happens that is astounding and amazing. You may have a flash of intense energy wash over you like the feelings that I just described to you.

But, when you actually chose to embrace that real part of you, what happens is there is a tremendous burst of energy.

It is faster than the speed of light.

It is so powerful; it is so intense; it is so beautiful that you just take off into the cosmos.

What you have done is released that energy that was bound up for such a long period of time and you start to flow. You really fly. You start to be. That can be so intense that you might freak out.

Most of us are so controlled and so up tight that we do not let ourselves feel this powerful energy. We keep it controlled so that we feel it only in small little pieces in our lives.

We may feel it with our loved ones. We may feel it making love.

Your power is frightening and scary to you because there is no control over this energy. You have no choice about where you are going to be taken. You have no choice about where you are and where your beingness is.

When you let go of control, you are a state of being and that is terrifying because you can't do anything about it. You can't slow it. You can't speed it and you can't change it.

You have to be it. That is the frightening part; to be that what you are. Your ego does not like it.

When we relax, the energy flows through us uninhibited and that is what we are all terrified of and I mean terrified. I don't mean scared.

We are all terrified of our own power because it is so intense and wondrous. That is really and truly what we are afraid of. We are afraid of our powerful, loving energy. We are afraid of exploding into the universe.

When you are afraid, one of the things that you can do is lie down and start to breathe. Put your hand on your abdomen and you want to take the breath in and push your stomach out so that you are like a balloon.

So actually breathe the air in and that naturally pushes your belly out. That is what a good, good, deep breath is all about.

What you want to do is take a really long, slow breath in and hold it and then take a really long breath out. Just slowly let it go; slowly exhale, slowly let it go.

Consciously place yourself on the floor and consciously breathe and breathe deeply. Put your hand on your belly to make sure that your belly is actually moving up and down. This means your diaphragm is pushing up and down against everything inside of you.

Make sure that you are breathing in deeply, very deeply and very slowly. Hold it so that the oxygen has a chance to infiltrate all of your cells and to calm your nervous system down. Because your nerves are in a tizzy.

Your autonomic nervous system is frightened; it is upset. What you must do is start to calm it down. You can't do anything clearly. You can't make any kind of decision unless you become still and calm first.

What ever it is that you are afraid of, what ever you are frightened of, you want to calm your nervous system down. The best way to do that is to breathe. The deep breath gives you enough oxygen so that you begin to feel again; feel alive.

You are not in a conscious state. You are not in a body state. Your breath will start to help you breathe and feel.

That is what you want to try to do; you want to breathe and feel. You inhale and then you exhale.

When you inhale, you take the oxygen in and when you exhale you let go.

My motto has always been to breathe and feel.

On the exhalation, you feel. You don't have to make a big deal about it, just breath and feel. Breath and feel your body and slowly focus on nothing but your breathe to calm and slow yourself down.

If you do this, your feelings will surface very quickly probably. They are very anxious to come out. You have to work exceedingly hard to keep them in.

It isn't like they aren't dying to be released; they want to be free. They don't want to be tight and repressed. It takes a lot more energy to keep them inhibited than it does to let them be.

If you let yourself, you will start to feel; you'll start to cry. You will start to feel the fear that you are really afraid of; what ever pain or tears or sadness or sorrow that is inside, will start to come out.

It will start to pour out of you.

If you find that you cannot focus on your breathing and you cannot become calm, you are too anxious to do that of course and there is another alternative.

If you are in a panic and you cannot bring yourself down to a real state and into a feeling state, then what you have to do is go with the flow.

Go with your high panic state.

Go with what is making you anxious. Get into it. What you want to do is exaggerate it. You want to get into your body and start to exaggerate it. Let your body tell you what is happening in it.

If you let yourself feel the fear and terror, you will find yourself crunching up in a corner somewhere, scared to death. Let your body talk. You will find that you have racing thoughts. Get into it; make it bigger. Make it bigger than life.

Make it like it is happening. See the obsessive thoughts; see how fast they are moving. See where the thoughts are going. Don't fight it, just get into it; feel it. You are probably worrying to death. You can't stop it.

It has got you. You can't stop it and you are worrying to death so, just go with it.

You are running around in circles, wringing your hands, worrying, moaning; "Oh, what a poor wretch I am." Feel this energy. Keep doing it and keep doing it and keep doing it until it crescendos.

Consciousness; you are bringing your fear and terror up to consciousness. Consciousness will allow you to then release it. Then, perhaps, it may take you 24 hours from that high anxiety state and becoming aware of it before you can be calm.

But, what ever is going on, almost always when you are in that high fear state, there are definite critical thoughts. You are scaring yourself to death with the thoughts that come along. Once you bring that up to your awareness, you don't maintain it, it goes away.

You feel really bad about yourself or about something and you let yourself feel that and soon you calm down and get back to feeling what you are really afraid of.

So, what you do is stop scaring yourself to death and sit down and relax. You want to stop panic as soon as you can; as soon as you become aware of it so that you can deal again with the real fear that is stuck in your body.

I said we are all terrified and what we are terrified of is letting go of control. All of us are scared because when we give up our defenses we are open; we are vulnerable. It is a revolutionary concept.

So, allow yourself to know that you are afraid of and for it to be okay for you to be afraid.

What I want you to do is learn to feel the fear and ride it.

Feel the feelings and ride them. You will ride them just like you do a wave. You will let your feelings take you where you need to go because that is where it will take you.

It is a natural process inside of you.

You don't have to do anything to make it happen. You don't have to do anything to make it work. All you have to do is get out of your way and leave yourself alone and you will do exactly what you need to do.

Because, you are part of the earth; you are part of all life forms; you are whole and individual unto yourself.

You can trust you're natural being. All you need to do is access your natural, real self and it will take you exactly where you need to go.

Sometimes it seems like we are going into the pit of despair or the devil is going to get us for sure.

Please trust the process, your natural process. Trust that what needs to happen will happen and it will set you free. You have to go through this to purify and cleanse yourself of all the fears and the doubts that are locked inside of you.

As long as you are breathing and feeling, you cannot go wrong.

There is nothing that can harm you or hurt you. There is no place and no direction that you are going that is off of the path.

The only time that we get off of the path is whenever we control the energy, which means stopping it and blocking it and directing it and that is what hurts us, not the letting go of it.

Once you know the inside reality and that is in your awareness and it is a safe place to be, there is no problem in seeing the outside reality for what it is.

If you will just learn to breathe and feel, you will be able to live through and stay with yourself through anything that happens and anything that comes up.

What you feel is in your body and it is in your heart.

Feelings live in your heart. If you are aware of your feelings, you begin to develop this intricate system of canyons in your chest. It is like an amazing phenomenon.

You start to live in a different space. It is a different, new way of being when you actually live in your feelings.

You carve out these intricate canyons in your heart. They become deep and rich and beautiful and wonderful.

Feelings bring to your life meaning with every single, solitary thing that you do. Everything you do, you do rich with meaning because it is you. It is you really living and feeling and caring and going through your life.

When you enter the feeling state, it expands your entire being in a way which is completely multidimensional. You don't live in your head anymore. You don't live in a linear, left brain modern anymore.

You enter your body.

You enter an energy field that radiates out from your body. You enter an energy field that mingles and melds with all other living forms. You start to flow. You start to be graceful. You start to have complete efficiency of movement and beingness.

If you will live with yourself and ride with yourself through these uncomfortable feelings, you will enter this delicious state where you become a part of the universe.

Your energy actually is melting this frozen ice cube. Your wall and frozen fear has melted itself down so that you are touching every other life form on the planet. You are touching other people. That is what true intimacy and true closeness is about.

You are really alive and vibrating.

You are flowing and interacting with all other things. It is like a proton that is moving through space doing exactly what it needs to do.

It is a little frightening but it is so delicious and so beautiful that everything you do and everything you move through becomes wonderful. Your life becomes joyful. It becomes rich and meaningful and you are happy.

You are glad to be alive.

You are doing what you want to be doing all the time. You are living in the moment. You are part of the moment and you are creating the moment.

You are connected to the earth and all other life forms and you start to know, feel and be close to everything that is happening in your universe.

I call this state “Heaven on Earth”

One of the things you will find is that fear, if you will ride it, it will become like a ribbon. One side of that ribbon will be fearful and the other side of that ribbon will be excitement. It will be desire. It will be thrilling. It will be absolutely joyful.

If you will ride that ribbon of fear, it will transform in milliseconds and days and years into excitement so that your life becomes full of passion, love and excitement.

If you let yourself feel the feelings, you will find that agony and ecstasy actually come from the same place within you. It is the same place.

It is nothing but a vibration and it will explode any time you want it to explode if you will just ride with it and let it happen.

If you let your energy flow,
many more of your moments will feel like “Heaven on Earth”.

End of Chapter 2

Feel free to write [Dr. Doris Jeanette](#) if you want to study with her or learn more about feelings. She still does private consultations.

As director of the Center for New Psychology Dr. Jeanette mentors other professionals, conducts workshops on energy awareness, healthy emotional dynamics and has a training program. Call 215-732-6197

Sign up for her free newsletter, [The Vibrant Moment](#) for a weekly reminder to believe in yourself and tips for a more joyful existence.

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WHEN YOU'RE HURTING...

[Doris Jeanette, Psy.D.](#)

Chapter 1

When you're hurting, the thing you want most to do is to run away from or avoid the hurt. You want to do anything you possibly can to stop it. You are at a crossroads in your life where you can choose to give yourself the luxury of feeling your hurt.

You could feel it, release it, and start to profoundly change your life so that you can live life in an entirely different way than you ever have before. For that hurt that you are feeling now is there for a reason.

The hurt is there because you have continuously created it in your life over and over again to get your attention. Your hurt is also there to wake you up. To help you reach another dimension, another way of living life.

Most of the people on this planet right now are walking around totally unaware of themselves and unaware of anything else. They live in an ordinary, mundane, routine sort of way.

They are not aware of their own body, not aware of their own feelings and not aware of any joy or pain that is inside.

Therefore, the pain that you are feeling now is not something to run away from. It is something that you can give yourself the luxury to choose to feel it so that you can enter a whole new way of being alive.

If you allow me to help you embrace the hurt, perhaps it might be easier than doing it alone. If you allow yourself right now as you are reading this to get into a comfortable position to relax as much as you can even though you are in pain and even though you are hurting.

The hurt that you are feeling could be the worse hurt you have ever felt in your life. Or, it could be a hurt that you are familiar with and used to-- a nagging sort of thing that runs through your life frequently.

Let yourself relax and let yourself take a deep breath, hold it for a few seconds, and release it. As you settle into your body

and as you settle into a safe space with me, see if you can just let that hurt be there in your heart.

See if you can acknowledge your hurt, your pain. Just let it be okay that your feelings have been hurt, that you are hurt. Reassure yourself that it will be all right. That is all right that you are hurting. Tell yourself that you do not want to run away from it, avoid it or fix it or shut it off.

Of course, I can't do anything to take the pain away. I can't fix it and I can't change the situation, whatever it is that is hurting you. It's probably a loss of some kind. You probably lost some person or some thing that was very important and very close to you. Or you are afraid of losing something.

I can't take your hurt away and I can't change it. But, what I can do is, I can be with you. I can share that space and that time with you. I am not afraid of being there with you. I am not afraid. I have my own pain.

I know my own pain and through my own pain, I can be with you in your own pain. I can touch you in that space; the space that needs to be healed and comforted and made okay.

All of us, men and women, little boys and little girls, have hidden our hurt and pain all of our entire lives. Every pain and every hurt feeling that has ever been stopped and not expressed is stuck in your body.

That is why it feels like the hurt is too big and too much that you can't possibly handle it or take care of it or feel it. It feels like a giant mountain inside of you that's waiting to erupt. That is how it feels and that is how it is because all of your hurt has been stuffed down and hasn't been expressed. That's why it feels so awful to be where you are now.

However, as you start to feel the hurt, you release it and it starts to leave your body. It starts to leave your mind. It starts to leave your heart and it starts to leave your soul. So the hurt begins to dissipate and all the backlog of hurt that you have carried with you all your life is gone.

Then, you're open and ready to feel any hurt that may come along on a daily basis. Then you can feel your hurt and you let it go like a child would do if that child never had to inhibited their hurt.

If you were not told that, you shouldn't feel your hurt. Or if you were not made fun of or even physically hurt or abused because you were crying then it was not be a big deal.

Little boys especially get this message worse than little girls. They are made fun of and ridiculed if their feelings are hurt. So I want you to try to let yourself relax and start to let the hurt be okay. Because, the hurt will be released as fast as you allow it.

Sensitive, caring loving people feel. That is our true nature, very sensitive. It's very human and it's very, very feeling based. And, little boys feel hurt just as much and just as easily as little girls.

Let yourself relax and start to let the hurt be okay, because the hurt will be released as fast as you allow it. If you give it time, it will come up naturally. Your hurt is dying to get out of you. It doesn't like being stopped, repressed and stuffed inside.

Your heart doesn't like not being alive. It wants to open so it can love people. So, your real self is dying to get this hurt out of you. If you just let yourself relax now, take a deep breath, hold it a seconds and just slowly let it out. Because breathing will help you be alive.

Breathing helps you stay where it is really hard to stay, because it is really, really hard to stay with yourself when you're hurt. All of us, all of our being wants to do anything we can to run away from it.

If you do runaway from your hurt, you're going to repeat it over and over again in your life. Because the hurt that you feel now has an origin somewhere in your past.

As you come to consciousness and awareness, you will understand this more and more. For right now, let me just plant the seed and say that as you let the hurt come up you will start to make connections and see patterns and understand why you are in this situation once again.

Being here feels absolutely overwhelming. It feels beyond belief what has happened. In addition, I am assuming that you are in pain, the way that I was in pain.

My pain felt like everything that I ever trusted, and everything that I ever believed in betrayed me, destroyed me; left me without anything or anyone. I was devastated.

The feeling was as if some force had slammed me in the stomach as hard as it possibly could. And, then some other force from above plummeted me to the ground and beat me flat to a pulp.

So there was nothing of me left. Every bit of my existence was destroyed. What I was attached to, what I was holding on to was gone. Everything I believed in turned against me. What my hurt was betrayal. I was betrayed.

So when your entire world is destroyed, you are at a crossroads. At the moment this happened to me, I didn't even consider becoming harder and more defended. And that is what I encourage you to do. I encourage you to take this chance.

When you are so destroyed; when your image of yourself, when the self that you think is real and know is destroyed-- you have a choice. The only self you know is so destroyed; take the chance to find out what went wrong.

Ask yourself, "Whom can I really trust? What is really going on inside of me? What don't I know? What are the things that I do not know? What are the things that I'm not aware of that are profoundly affecting me?" Ask your self the hard questions.

When Freud first came up with the unconscious years ago, everyone was aghast, because they didn't even believe there was an unconscious. Well, not only is there an unconscious, but that unconscious can act itself out in mind boggling ways in your life and can wreak havoc in every single direction.

You have a chance now to become aware. I encourage you to take it. It will be the most wonderful choice you will ever make in your life.

The powerful choice is, you're going to choose to feel what is really inside of you. You're going to stop saying I don't care. You're going to stop saying it's okay with me.

You're going to stop your defensiveness, your façade. And you're going to allow your image to crumble because that is what is going to happen.

When this first happens to you, you have absolutely no idea what is going on. You are at a loss. You feel completely and totally destroyed and you feel helpless. You feel totally helpless because you cannot do anything to change it. You cannot get that person back. You cannot make what has happened, not have happened.

You cannot change the course of events. So you are helpless and in extreme pain. Not only are your feelings hurt, but also the helplessness that you feel, being totally destroyed, is difficult to take.

But I encourage you to take the breath, and to take yourself in hand. Place yourself in front of a mirror and look at yourself and see who you really are and what you're really doing.

What you have been doing? How have you been living and how have you not been living. Give yourself the luxury now to relax. Allow your hurt to be acknowledged, and to be felt and to be experienced. Your heart has been hard. You don't really know it yet, until you feel how much it's hurting.

I bet you that deep down inside, you really feel that no one would ever really love you, just for who you are. I am sure that you think people love you because of what you do for them.

You think people love you because of how you make them feel about themselves. Of how you make them feel emotionally, or financially. You think that you get love from people because you do what they want you to do.

What you want to be able to do with yourself is to allow the hurt to come out when it's ready, at it's own pace and it's own way. You can't force it. However, if you simply try to get yourself out of the way and not resist it, it will come out of you pretty fast. It will come out as fast as you let it come out.

You are totally in charge of that yourself. If you give yourself time every day to feel and be with your feelings, you will start to release your hurt.

If you run away from and avoid it and stay very busy and pretend like it doesn't hurt, you will prolong your problems. If you act like it's all over now and you don't have any more problems, or you get someone new or act like a stoic, then you will hold on to your pain and you will keep it.

However, if you let it come out of you, it will come out fast and your heart will open. When I was feeling my pain, I was really close friends with my ex-husband and he is the one who would say to me when I was in pain, he would say, "Let it rip. Let it rip."

We were both psychologists. It was like the more you let it rip, the faster it will come out of you and it's true. The pain is literally ripping you wide open. Our tendency is to hold on, tighten up and resist that ripping.

What you want to do is take a breath and let it go. If you don't resist the ripping, if you don't resist the hurt from occurring, it comes out of you, really fast. Like a child who has hurt feelings. For example, a child you care about and their feelings are hurt because of whenever. If you let them cry, they'll cry and it will be all over with. Especially if you're loving and supportive and nurturing toward them.

If you pick them up in your arms and just hold them and let them cry until the crying is all over, they will be ok. Because that is what's necessary. That's what you do with a child and that's what you need to do with yourself. And, that's what we need to do with each other.

When our feelings are hurt and we cry, we need to be surrounded and embraced by love physically. We need to be literally embraced by love and our hurt will go away. Just kiss it and make it better. Then it's all-okay .

I had a client once and she used the image of an arrow in her heart to describe her hurt. An arrow had been stuck into her heart and it was in severe pain. And, when I was working with her, of course, what I was trying to do, was trying to get her to pull the arrow out.

Of course, when you pull the arrow out, what happens? It hurts, and it rips and it tears on its way out. Naturally, you don't want to pull it out. But if you go ahead and pull it out, and get it over with then you feel the pain and you get it out. Then the body, your heart can heal rather than walking around with an arrow in your heart all your life.

As you know, most people are not comfortable being with you when you're in pain and it's hard to talk to your mother or your friend about this. The reason this is so and even your therapist. Because therapists love to talk about feelings but when it actually comes to feeling them, they usually disappear emotionally on you.

The reason for this is because they haven't felt their own pain. Anyone you talk to and share with who has not felt his or her own pain will not be able to stay with you in pain. They will want to fix you. They will try to take care of you.

This is a very common motherly response to try to take the pain away. Or to talk you out of the pain, there is no reason to feel pain and on and on about those kinds of things. What this is, is a care taking, rescuing kind of thing. They are trying to hide their pain behind getting involved with your pain.

These kind of people have not felt their own pain so they don't have any resource inside themselves to connect with you. When you're close with someone, there is actually an energy exchange. My defenses are down and your defenses are down. Our two walls are down, thus we connect in true intimacy, sharing equally.

When you're hurting is when people do seek someone to be close to. And, if that other person can be open and close, there is a real close intimate sharing that goes on. For that to occur, the person has to be comfortable with his or her own feelings and with their own pain.

The thing that I would warn you about with yourself, as well as with others, is not to let anyone rescue you. Do not let anyone take care of you because that will not solve the problem. Watch that attitude or that way of relating to yourself.

If you feel sorry for yourself, what will happen is that you will wallow in the pain. It won't go away. What you will do is feel sorry for yourself and go around in circles. There will be no relief. There will be no energy movement. You will be able to tell because of the results.

What you do want is to have a good cry as you might call it. A good cry. When you do you'll actually feel better after you cry. You will go wow, that was hard but it's over.

Whereas, if you're wallowing in your pain, you will not feel good after it's over. You may even feel worse. You may feel a total sense of hopelessness and helplessness and feel like no one loves you. That there's no hope.

What's the point of going on? And what a shit I am and what a shit the world is. You will think, how awful and terrible everything really is. That's not feeling your hurt. That's not feeling your pain. That's perpetuating it, that's holding on to it.

One of the things you will probably notice after you have allowed yourself to be vulnerable and to feel your pain is that you will become judgmental and more critical of yourself. You may project that out onto other people and think they are the ones who are ridiculing you or making fun of you.

And, even if they are, you are still the culprit yourself because you are the source of it. If you are accepting and loving of yourself, then you will perhaps be hurt by the others but it won't be devastating.

Watch for the part of you that finds tears weak. See the part that would judge someone crying as a weak person. Watch for the part of you that may be like the typical male, a lot of times, even female.

In our society, it is great not to show emotion; it is great to go through life stoic and not feeling. It is great not to fall apart and show that you care or are upset about something.

So, watch that part of you that would call yourself weak or call someone else weak. Especially men, watch out for that one. Or have great disdain that is weak to be hurt or soft.

Whatever the judgment may be that you have, that you're "puny or a wimp", too emotional, too feeling. Whatever it is that you would attack or judge yourself about. Be aware of that.

That is the controlling part of you. That's the judging part of you. That's the opposite of feeling sorry for yourself; the part that wants to keep control. It's the part that wants to keep you in your brain and not in your body. It's the part of you that wants to keep you stiff and rigid. Beware of that critical judgment; it can be very vicious at times.

I would also like to say just a word about resistance because that will be your biggest fight. Feeling sorry for yourself is one way to resist. Deep inside of you, there is this hurt. Deep inside of you, a part is so resistant that it is rebelling. There is this stubborn, I will not move, position.

In some people, it's more active, like attacking or violently resistant. Some of us just refuse to do things. But watch for the part of you that wants to resist.

Watch out for the part of you that actually says to parents or authority, "I will not change. I will not give up. I will not do what you want me to do." Watch that part of you that wants revenge. It says, "I'll get you back".

That part that wants revenge is not going to be helpful. That's when you don't take responsibility for yourself. Instead, you place the blame for what's going on outside of yourself. Acknowledge these qualities of yourself and bring them to consciousness, bring them to the light.

Bring them up to your awareness so you can say, "Well, this is not helping me out any". Revenge is not going to get me anything. Neither is resisting myself or resisting others going to get me anything. Bring that to your awareness, so that you can let it go.

Feeling your real feelings and tapping into what is going on inside of you is a lot more helpful. Surrendering to the reality within you, and, that is literally, what you need to do.

I encourage you to use your breath to help you with that. Use your breathing to help you surrender to the reality of what you are truly really feeling.

Let your little boy or little girl help you with everything. And let your body help you with everything. I strongly encourage and support you having teachers and guides in your life to help you on both the emotional and physical nature.

To help you, to hold you. Emotionally and physically. People that you know you can trust and don't look down on you. People that really relate to you as an equal and not as if something is wrong with you.

One of the hardest things, you will probably ever have to do, is actually make the choice that you are worthy of being loved. And, I mean, not loved, because of anything you do. Loved; because you simply exist.

Loved even when you're lazy, even when you don't do the right thing; even when you are lost. That was the first hardest thing I ever did in my life. And, I remember doing it. It was a very conscious thing to actually decide that I was worthy of loving myself.

And, when you really take off on it, in terms of doing what I'm encouraging you to do, and that is by embracing your real feelings. By surrendering and diving into the truth inside yourself, which is hurt.

The magic happens, you open up and begin to feel your real feelings and a new way of being alive unfolds in front of you.

It's very, very hard to really love who we are. It's very hard to love the part of us that is hurt. It is also hard to love the part of us that is angry, the part of us that hates, the part of us that is upset.

I hope you decide all aspects of you are worthy of love. And, I mean unconditionally. You can be lazy, you can be foolish, you can be stupid, you can be narcissistic, whatever you may want to attack yourself about. I want you to really love who you are no matter what. No matter what your ego might accuse you of. For your ego is the only one who does not love.

End of Chapter 1

Added notes: For more information about how to stay grounded and keep helpful, emotional energy in your body listen to Dr. Jeanette's CD "[3 Reasons You Must Listen to Your Body for Self Esteem, Emotional Security and Vibrant Health.](#)"

For more information how to tame your thoughts so you can sink into your body and feelings,, listen to the CD "[6 Ways to Tame Your Thoughts and Turn Self Criticism into Self Help.](#)" by Doris Jeanette

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FEELINGS. THE SOURCE OF AUTHENTIC LOVE

[Doris Jeanette, Psy.D.](#)

Chapter 1

Give yourself the luxury now to relax and let go. Let your hurt be acknowledged and felt and experienced. Feel my voice reaching out to touch you right where it hurts. Listen to my voice now, [\(If you do not have the audio, my voice is very soothing, so imagine it until you hear it\)](#)

Create a safe place with yourself and with me to let your body begin to relax. This will allow the hurt that is inside of you to be experienced.

Let yourself stay with yourself and breathe. Tell me about what hurts... the tears will probably flow easily. After all, you have to work pretty hard to stop them, actually.

See if you can allow yourself to relax your body, to not resist, to not tense up, to not fight, to not hide, to just say, "I do care. I have been hurt, and this is the truth about what I feel".

Let your body totally be supported by gravity, and allow the tears to flow. Allow yourself to think and remember the thing or the person that hurt you.

Remember the thing or the person that hurt you, and allow your feelings, your true, real feelings about what happened to be expressed. Allow yourself to cry. There is no other way to feel hurt except to cry.

Let the tears flow and allow yourself to notice what your body is feeling. Probably there is pain somewhere in it. Let yourself acknowledge and feel that pain. When I was destroyed, what I did was place my hand upon my heart, for it was my heart that had been broken.

It was my heart that had been destroyed. I placed my right hand on my heart and I cried, and I cried, and I cried. I wept and wept, totally abandoning myself to the pain.

I encourage you to embrace your pain that much and let it come out of you. I hurt so badly that all I could do was walk up and down my home, my house, with my hand on my heart crying and chanting, " It hurts so bad. It hurt so bad. It hurts so bad." That's all I could say. That's all I could feel.

[Deep breathe with me.....]

Take a breath and feel your heart, feel your chest, feel your pain, and let it go. Allow me to hold you and your pain. Allow me to share it with you. I can't change it or take it away, as I've said. I can only share it with you and be with you.

Allow me to hold you and your pain and help you let it go. Feel it. Feel my arms around you so that you don't have to be alone and so that you don't have to pretend and hold on to the pain anymore.

Feel the earth totally supporting you. Feel gravity totally holding you up and loving you. The earth is always, always there for you. Feel the heavens supporting you and loving you, and taking the pain and the burdens away from you.

Feel my concern. Feel my not being afraid of your pain. I know pain and it's not scary. It's the most wonderful, touching, close, intimate thing that you can share with anybody.

Allow yourself to feel my presence, and my love, and my comfort, and my nurturing support for you. Feel the earth and feel the heavens. Know that you are not alone. The trees are weeping with you and the heavens are there to help heal you.

When your own personal pain starts to be released, you will tap into the pain of ancient, ancient centuries upon centuries of pain. In addition, you will tap into the pain of the planet. In addition, you releasing your personal hurt will help; will truly, truly, truly help heal our planet.

When you wake up to your pain, you wake up to her pain, and when you wake up to her pain, you wake up to my pain, and when you wake up to my pain, you wake up to others' pain, and finally we stop hurting each other.

Feel my presence with you. Feel my support. If you can, just let it all go. You don't have to hold it together anymore for anybody. You don't have to pretend. You can cry like a wonderful, sensitive man. You can cry like a wonderful, sensitive woman. And you can cry like a baby, that is the level you need to be able to reach, is to cry like a baby.

Let yourself feel supported, nurtured, and cared about in that space. Let the tears flow. Let the pain unfold. Let the fibers of your heart be felt. What has happened to you has really, really hurt you, and what is going on in your life is really, really painful. There is hurt inside of you and there is hurt outside of you.

How much better it is to feel it and release it. Let your heart become softer. Let your heart create canyons where you're feelings are flowing. Every time you cry, you create wonderful, intricate, beautiful canyons in your heart. And from those canyons, you have a very sensitive, sensitive instrument that will serve you well, rather than being hard and not loving.

Take some breaths and just feel. Feel the tears come pouring out of you. Don't be ashamed of them. Don't hold them back. Let them go. Let them come out of you. Feel my presence. Feel my voice. Feel my love, and feel love all around you. Feel acceptance all around you and feel your own body not resisting anymore.

Take another breath, hold it, and slowly let it go, and just let all of your body melt. Become like a baby, innocent and pure. Surround yourself with love and let yourself come to a real comforting, nurturing place, and allow your body to tell you what it wants or needs.

Don't be ashamed of anything your body would like. Hugging yourself. Hot baths. Love. Touching yourself. Touching your body. All of these things are very comforting, and we need physical comforting and nurturing. It is not something to be afraid of. It is something you need. You need it to be healthy. You need it to be loved and to feel love.

Let yourself give yourself what you feel like you need. Allow your body to take the position that it naturally wants to take. It may be a fetal position. It may be a very protective position. If so, allow that, because that is what you need at this moment.

As you start to feel your hurt, one of the things, of course, that's going to happen is that, you're going to feel your body. This is where you're going to open up into a whole other world of being alive, because living in your body is very, very different from living in your head.

When you live in your head, that's when you have no feelings, and that's when you have no heart. That's what a Hitler is like. That's dangerous.

When you live in your body, you are hurt, and you are easily hurt. You have all kinds of different needs and feelings and sensations that are denied when you live in your head. So, don't be surprised if many wonderful, new, exciting feelings, images, desires and intensities start to happen in your life.

What I'd like to do now is try to get you to begin to connect up with what the bigger story of your life is about. So, hurt is not a strange phenomenon. It's only because it's been so repressed and so defended against that it's causing us such agony in our lifetime. We have been avoiding our feelings for centuries.

I mentioned earlier the pain inside of you is so big and so mammoth that you will wonder where it all came from. It came from your mother. It came from your father. It came from your ethnic group. It came from lineage's upon lineage's of pain that has been denied and repressed throughout the centuries.

When I felt my pain, I was feeling not only my pain, but my mother's pain, my mother's mother's pain, and on and on and on and on back. My mother had been depressed. Everyone is somewhat depressed and everyone is sitting on a lot of pain.

Naturally, I absorbed her pain as a child, not knowing what I had done or what had happened. So, I had not only my own pain, but everyone else's pain to deal with, and I'm sure that will be the case for you.

We have centuries of denied pain that we are dealing with in terms of war, strife, hate against different people and different sexes, and all kinds of stuff. You know, it's been quite a mess, and it still is quite a mess.

Allow your pain to be your friend. You'll have to be patient and firm with yourself to help yourself stay in the pain. Let it go and let it release out of your body.

You can begin to have a bigger perspective. See this as an awakening in your life. See the bigger story about what is going on. This is what I mentioned earlier about what you are recreating, the pain and the hurt.

You'll keep the drama that continues to unfold in your life if you do not fully feel your hurt. Then you continue to act out your hurt rather than releasing it.

When you start to feel the hurt, you probably will have images. At least, I had images of all the hurts of my entire life. You know, hurt by my mother, hurt by my father, hurt by teachers, hurt by lovers, hurt by husbands, hurt by all kinds of people in my life.

I started to feel all the hurts of my lives, and I had very clear images of what they were and how they felt. As you start to feel the hurt, you start to make connections. I'm going to give you a couple of suggestions that might help you become more aware of yours.

One is to go back in time, and you can do this through images if that works better for you, or you can write, if that works better, or you can literally walk backwards to help facilitate the going backwards in time.

Start with the current betrayal or the current hurt or the current loss. Whatever it is that you're feeling, that has really hurt you right now in this moment in time.

Take your current hurt and go backward in time, covering every betrayal you've ever had, every hurt you've ever had until you reach the original.

The original one is most likely with our family. This is not to blame mothers and fathers, but it is to help you feel the source of the hurt, to feel the pain of that. Then you can heal it, not just with yourself, but hopefully, with them, be they dead or alive.

If you can forgive yourself, I bet you can forgive them. The release of this hurt is not to carry blame any further. It is to stop the blame, for that is when you truly have your freedom.

What you begin to see in your life is that you have unconsciously acted this hurt out over and over and over again. When you find the original hurt, you will see your hurt child and see how that child's feelings were really, really hurt. This is where your trust was broken.

The original hurt is a time when your feelings were devastated. For me it was at six. For some people, it's as a baby. For some people, it's very young. Mine was with my mother and it was at six.

I got a switching from her on that day. That was the only switching I ever remember getting my whole life. That one time. Her switching my legs with a little willow tree, well that wasn't what really hurt me.

What really hurt me was my feelings were hurt. She was being irrational and she really hurt my feelings. She was being mean to me in an attacking way, which is what devastated me.

Her physical little switch was hardly anything, but my feelings were really, really hurt by her. That betrayal by her was my original betrayal. I repeated it into my intimate relationships over and over and over again.

At that moment when I was so hurt by my mother, I resolved never to ever feel again. I was conscious of deciding this, as a six-year old.

I remember I crossed my arms in front of my heart and I resolved, "I will never, ever, ever, ever let anyone know how I feel again. I will never let anyone know that my feelings have been hurt again".

I grew up on a tobacco farm and we had a well house, a house where the well was located. That was the beginning of my unconsciousness.

From that moment on, I shut off my feelings. At that point, I consciously decided to do so. I thought that it obviously wasn't safe to show the mean and nasty grown-ups how I felt.

I did not begin to open up that hard heart of mine until I began to fall in love. So, I became a shell. I became defended and controlled and like an automaton, not a real person at all.

I became someone without feelings, which, unfortunately, is the state of most people on the planet still. So you want to soften your shell and to bring your pain to life. This will help you tremendously, and it will help the planet.

Once in one of my groups, we got to laughing and kidding as we were feeling our pain. It's always important to not to take yourself too seriously. We started talking about "Big Mama".

I'll share Big Mama with you because all of us need a positive voice in our heads and we need comforting. We have enough of these negative voices in our head. We want to replace them with positive people and loving images.

Big Mama is a Big Mama. Big Mama is this big woman with these big breasts and these big hands and these big arms. Big Mama is there to take care of all of us. Big Mama will not take any stuff off anybody.

She will take care of all her children, and she will take care of all of them equally and she will take care of all of them good.

We got to laughing and rolling on the floor about how wonderful it was to be loved by Big Mama and have Big Mama take care of us. So, everybody needs a Big Mama.

Let Big Momma be one of your images among many loving images. See Big Mama holding you to her breast and holding you to her chest and loving you to death. Then you can go out there and be brave enough and strong enough to be who you are in the world.

I don't know if I conveyed Big Mama well enough, but we certainly were laughing completely, having lots of fun with our Big Mama. Let Big Mama love you and you love Big Mama.

To change the course of events on this planet, we need lots of Big Mamas. We need Big Daddies, too. I don't exactly have the insight on that yet, but we need lots of loving influence and loving the sensitive parts of us that care.

I hope you begin to give yourself the message that to feel, to care; to be soft is your strength. Your real power will come from your tears. It will come from your pain. Your hurt is going to access your real power.

Your hurt is going to shed and disintegrate and crack and shatter your ego. It's going to dispense with all of the illusions, all of the images, all of the lies that you have been living.

It is going to expose your real self. And within your real self, within those tears, within those vulnerable feelings, within the fibers of your heart, there is going to be energy. It is going to be your power source, your plug to energy. The raw, unadulterated power energy of your own being is going to spring forth and it's going to spring forth rapidly. It's not going to take a long time to get there.

If you will feel your heart and let your hurt come out of you and let it pour out of you, you are going to start to feel ecstasy.

That's how you will know if you're feeling your real feelings. If you're feeling it to the bottom, if you're letting it rip, one of the things that's going to happen spontaneously is that you are going to experience ecstasy. Because agony and ecstasy are the same thing.

These two profound feelings that makes your life rich, meaningful, juicy, and succulent. So, what you are tapping into by feeling your hurt is your power, your voltage, your being-ness. It's your heart. You are tapping into the power of your heart.

When your heart is open, when your heart is soft, when your heart is alive, vibrating and functioning, it's phenomenal. It's radiating. It's beautiful. It will touch you and everyone around you. When that energy force is literally around you, can do anything you want it to do.

It can create anything you want in your life. If you radiate energy out, that's what you're going to get back. Let your defenses fall. Let your ego shatter into nothingness. And be glad, because what is really hurting you is your own ego.

You have real feelings underneath there that can be hurt and felt and released. The only damage that's ever really done to any part of you is your ego. The authentic self is strong, resilient, and fine.

Your authentic self, emotional self, will begin to experience ecstasy and joy. In addition, quite a lot of body sensations of a pleasurable nature shall transport you into many other dimensions and many other places.

I hope you enjoy your journey, and I thank you for allowing me to touch your heart. If you have not yet [heard my voice, listen to it now.](#)

[Bell ringing]

End of Chapter 2

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Added notes: Bless Your Heart.

Use the power in your heart to love and heal yourself first.
Then use your heart power for the highest good.

For more information about "[Healthy Ways to Reduce Depression](#)" study Dr. Jeanette's CD on the topic.

Write Doris Jeanette at drjeanette@drjeanette.com
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