

CLEANSING ESSENTIALS

PART II

CLEANSING OF THE MIND & EMOTIONS

- The two are linked together
- Example of being in traffic - what our thoughts can cause us to feel.
- Difference between a sense of acceptance vs non acceptance and what emotions are brought about



WHAT'S OUR RELATIONSHIP TO OUR THOUGHTS?

- Our normal state is usually fused in, absorbed, enmeshed, blended, with our thoughts
- We believe every thought to be true
- We see and experience life through those lenses and see ourselves as separate



MEDITATION CAN HELP

- Coming out of the fusion with your thoughts, with your mind
- First step - realising you are not your thoughts...if you are able to observe them.
- Separation from being enmeshed with our thoughts - moving thoughts from foreground to background. Creating space and ability to let them go.



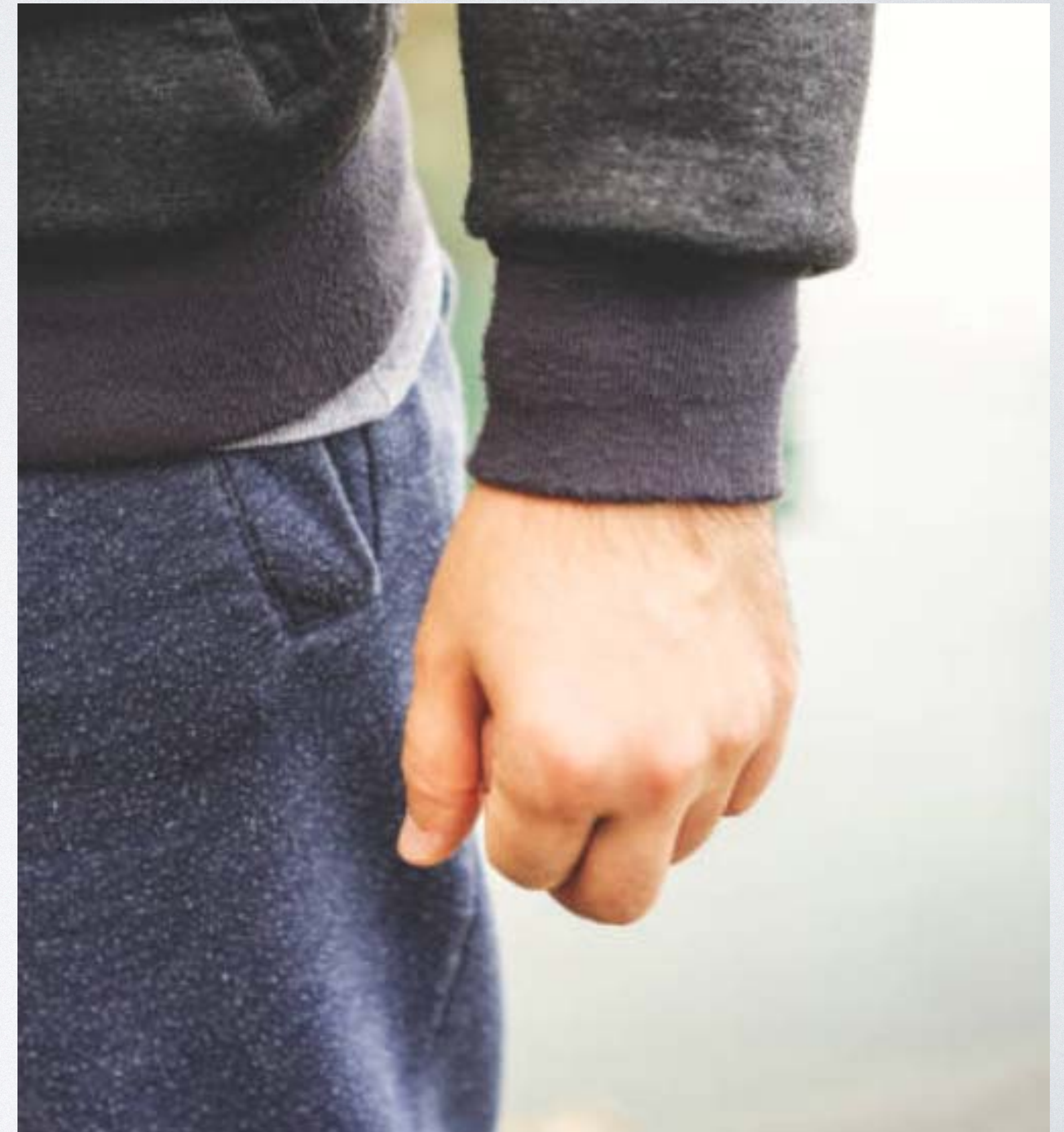
MEDITATION CAN HELP

- Seeing how we relate to them
- And changing your relationship to your thoughts, sensations bringing compassion and love
- Practices are slowly reprogramming how we relate to our thoughts, our inner world and move us into liberation from suffering.



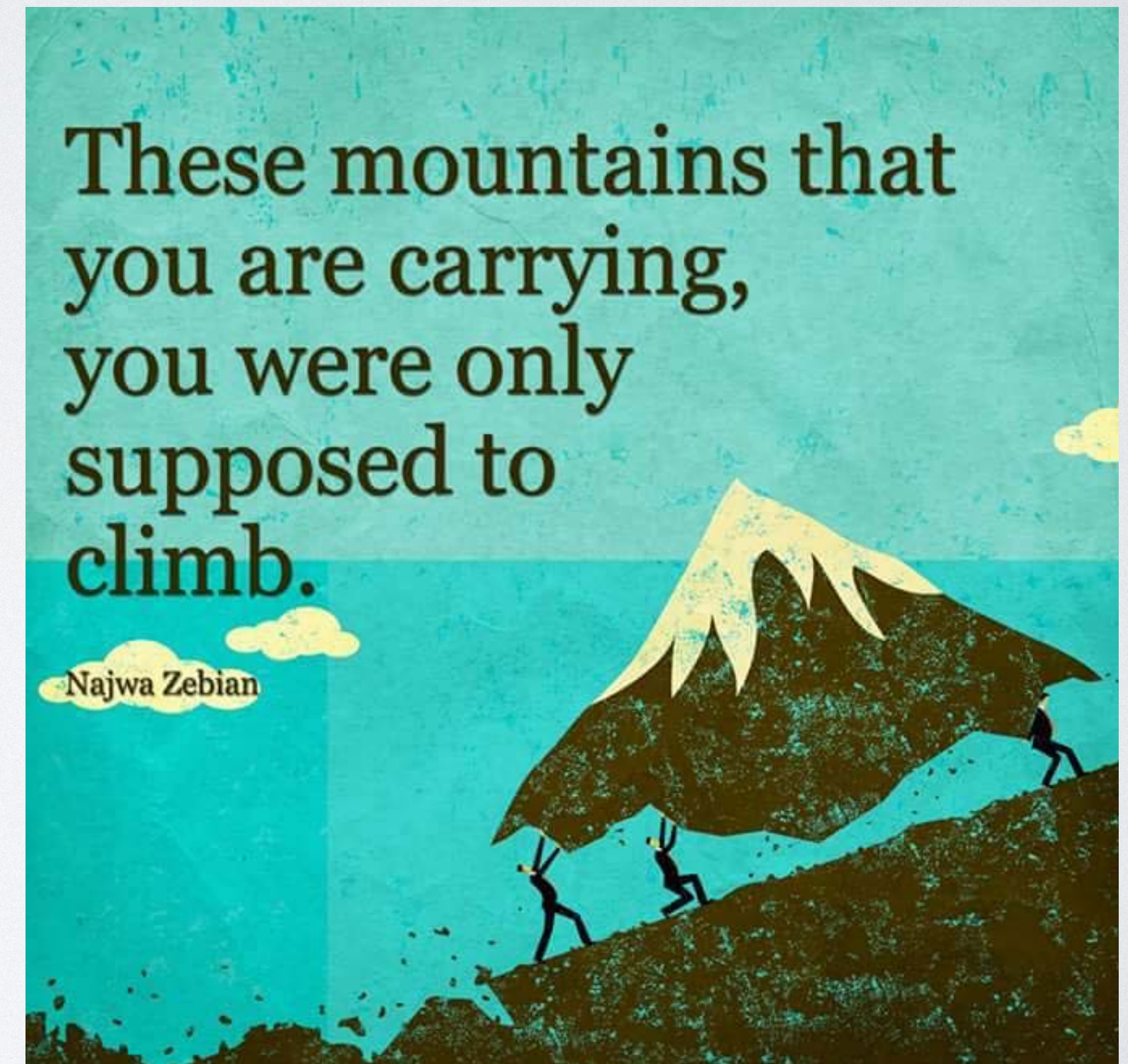
NON-ACCEPTANCE

- Non-acceptance brings tension in the body
- Seeing if you can relax into it.
- Practice with small things like the weather
- Accepting and then acting, changes how we respond.



LETTING GO

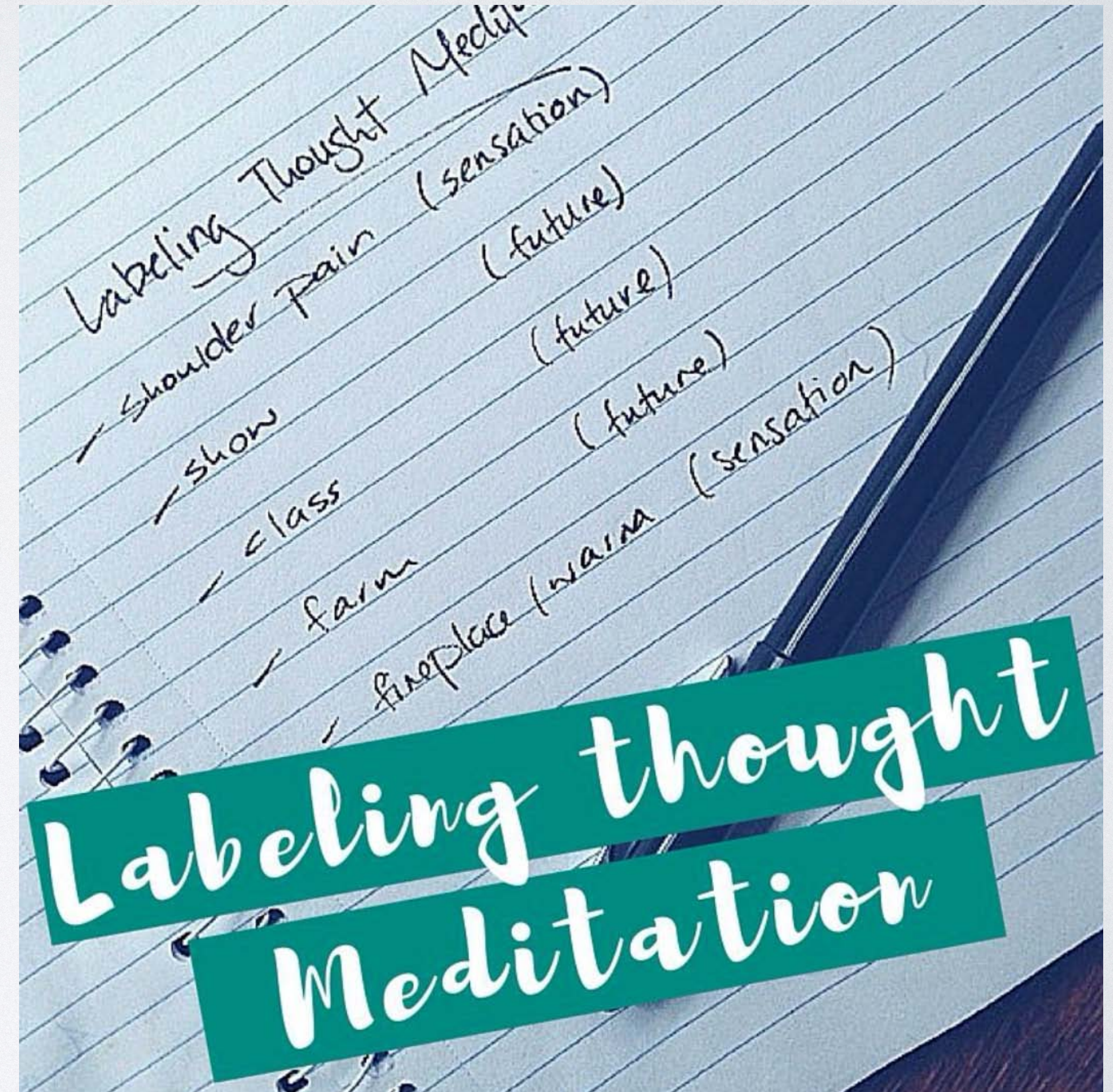
- Letting go is a form of acceptance
- Even try acceptance of non-acceptance and notice what you feel
- Many ways to practice - meditation, changing your relationship to the thoughts, seeing it's just a thought and you have the power to believe it or change the way you see it
- A shift in perspective - a miracle



MEDITATION PRACTICE

Labelling thoughts

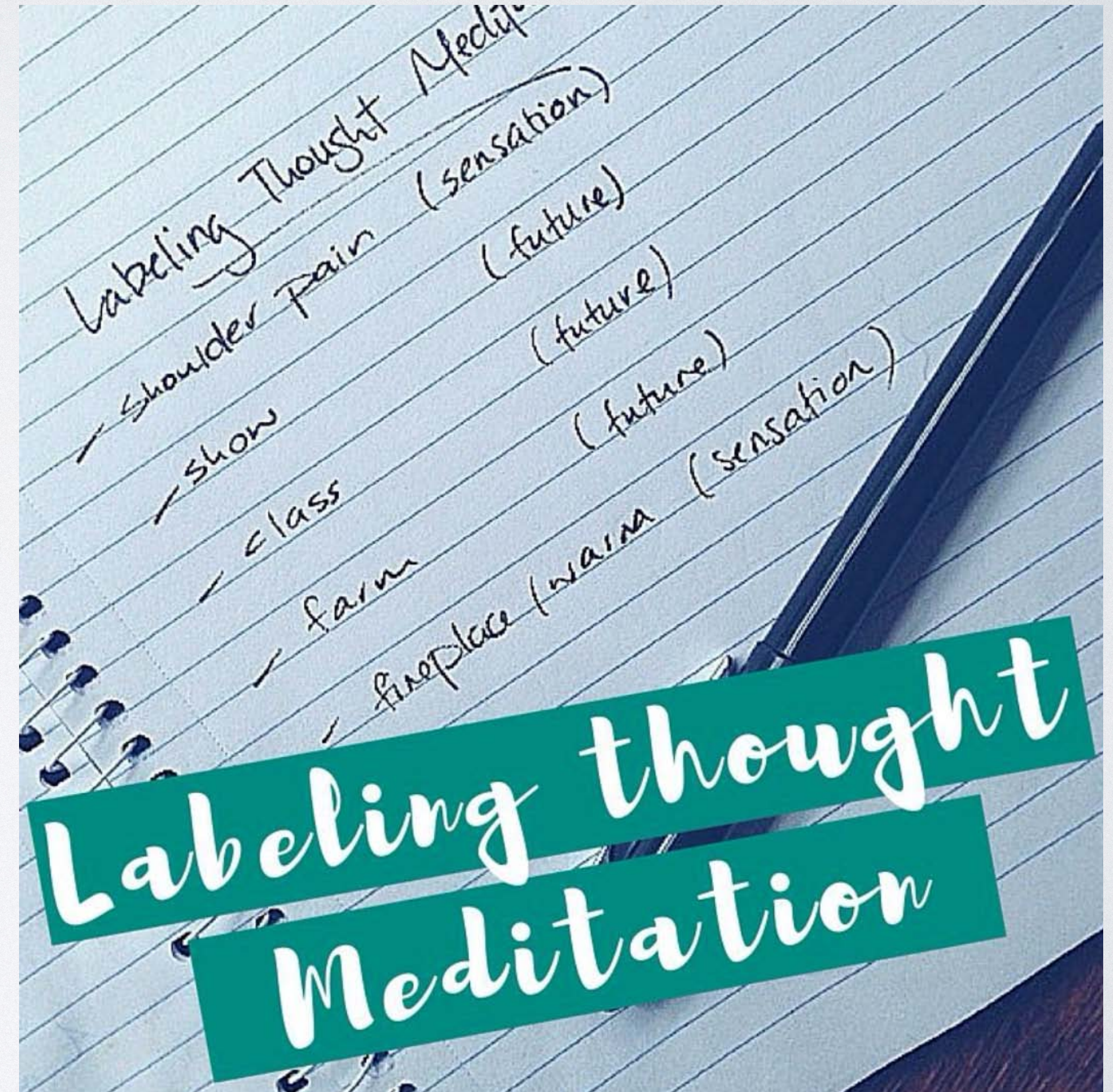
- Start a simple relaxation meditation practice - such as focusing on your breath
- Any time you have a thought write the theme of the thought down on paper - see it as letting it go.
- Return back to your relaxation meditation practice. e.g. breath focus.



MEDITATION PRACTICE

Questions

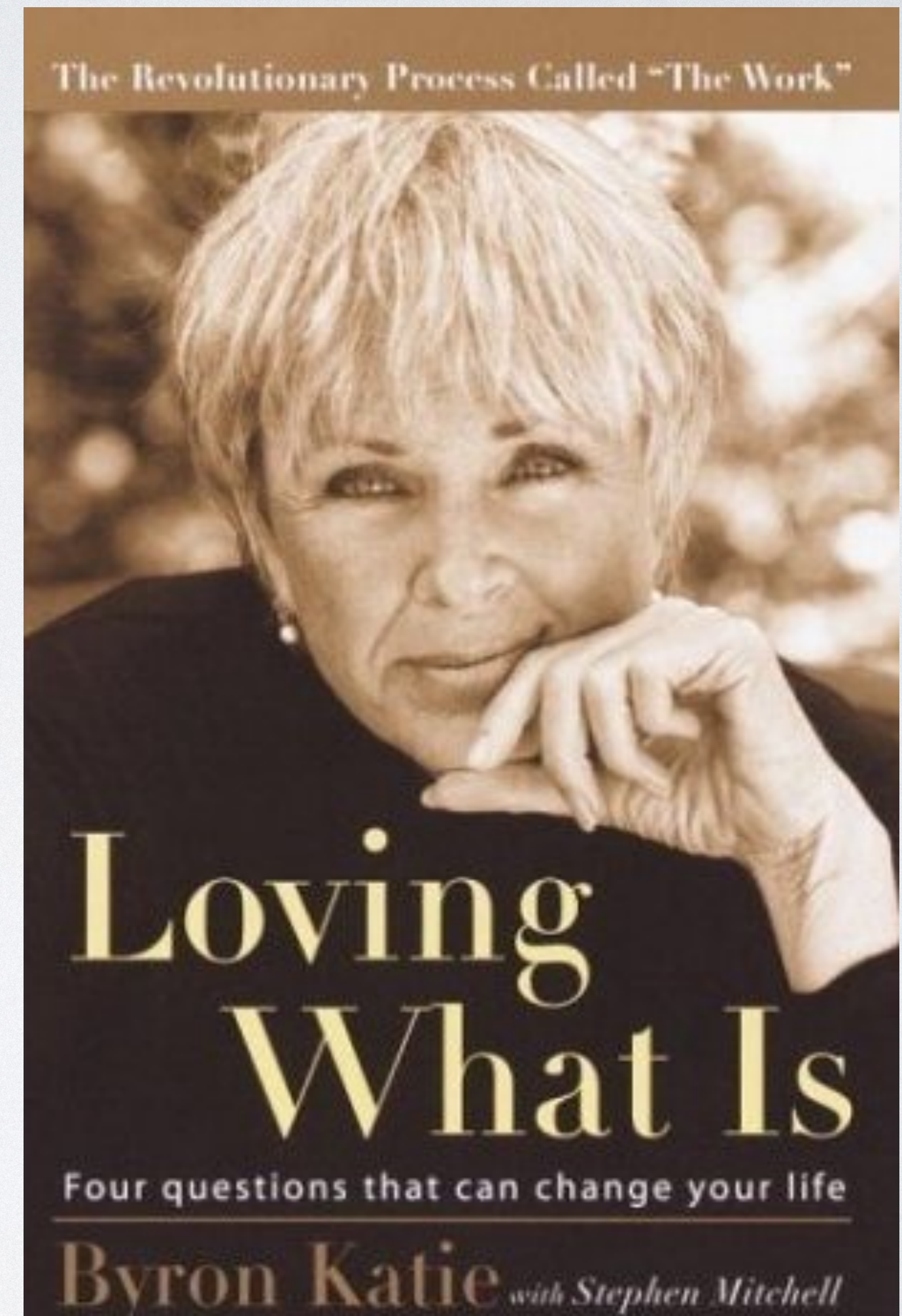
- Do you see any patterns, themes, categories, ie - future thoughts, worry...
- Can you see any connection with a thought and how you feel?
- Circle any useful thoughts and cross out and useless thought. A useful thought is a new inspired thought that is useful in this moment.
- Any strong emotional thought? Or troubling thought?



THE WORK - BYRON KATIE

1. Is it true? (Yes or no. If no, move to question 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought? Who or what are you without the thought?

Turn the thought around.



It's our relationship to our thoughts that can cause us suffering

He is always late. I need to be the one in control
She doesn't understand how important this is to me
I need him to do what I say. She is so rude
He makes me so frustrated when he is late.
I'd be a lot happier if he wasn't a victim,
He is trying to manipulate me. I need a different
She should clean more. I'm the one doing all
He just doesn't get it. He doesn't listen to me
She doesn't love me. He spends too much time
He is always late. I need to be the one in control
She doesn't understand how important this is to me
I need him to do what I say. She is so rude
H-



"A thought is harmless until we believe it.
It's not our thoughts, but our attachment
to our thoughts, that causes suffering."

-Byron Katie

MEDITATION PRACTICE

Changing your relationship to an emotion
Cleansing an emotion Meditation Practice



MEDITATION PRACTICE

Changing your relationship to an emotion

- Meditation practice



MEDITATION PRACTICE

Changing your relationship to an emotion

- I am *Sad*
- I feel *Sad*
- I am aware of feeling *Sadness*
- *Sadness* is welcome
- Awareness and *sadness* are not separate



OTHER WAYS

Dancing



Screaming (in a safe environment)



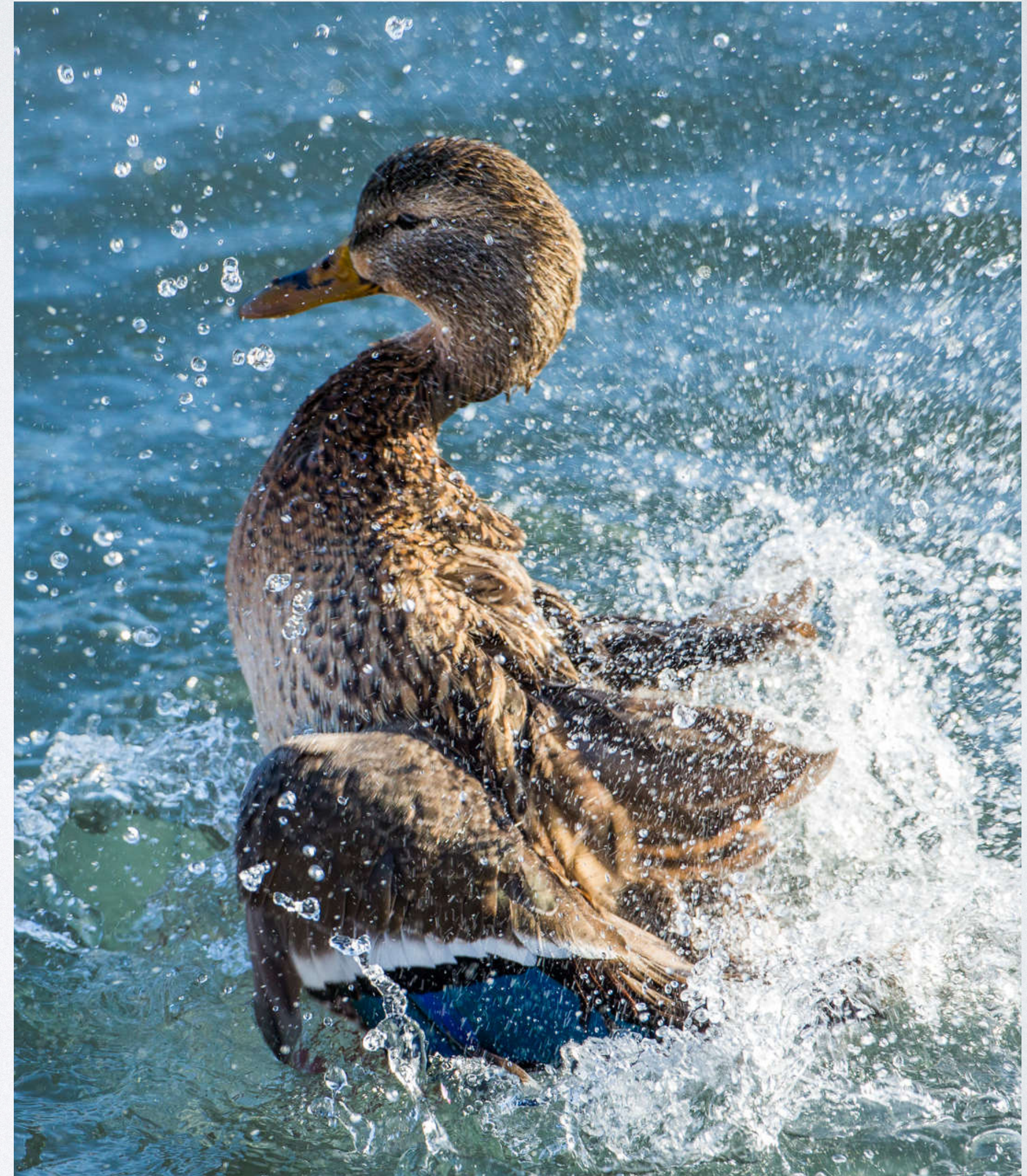
Burning Ceremony



Shaking

SHAKING

- Discharge stress and balance the nervous system – a kind of factory reset, if you like. It's what all mammals do, except us because we've learned to control it.
- This process is rewiring our nervous system.



SHAKING

- It transforms the way we deal with stress, particularly old and accumulated baggage. We can all feel how stress creates patterns of muscular tension in the body – it might go to your stomach, your jaw or your shoulders, for example. It can lead to pain.
- This process is rewiring our nervous system,
- Setting us free from those default stress pattern.

