



SENSES OF THE SOUL

EMOTIONAL THERAPY
for Strength, Healing and Guidance

By GuruMeher Khalsa

Senses of the Soul™ is a method to understand and use emotions as naturally as your five senses. Discover it by book and video.



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Chapter One

The End of Emotional Suffering: A New Understanding of Your Emotions

Listening: A Problem and the Cure

Sometimes the best advice is the hardest to hear. We don't like anyone telling us what to do, especially if something difficult is required. It's worse when the message delivery is loud and harsh or dark and cold. But without that early warning, lesson, and correction, the agony of figuring things out from the after-the-wreck debris involves far more pain than listening to and obeying the teacher in the first place. This is the situation with emotions: They are an internal source of guidance. Whether sweet or sharp, they are relentless taskmasters; they are mentors that we may resist but that persist until we obey what is best for us. Cooperation with this intuitive wisdom is a skill that we all have and must develop in order to free ourselves from suffering.

I listen to people for a living. They bring me their problems, plans, hopes, and fears. They open their hearts and let me look inside their lives. They are often embarrassed by "what a mess" they are, but I let them know that though most of us manage to look fine, we all have an inner world that is often dark and difficult to navigate. They may come to me thinking that I will listen and give wise advice, but I just teach them to listen to themselves. That's

Listening means quieting the mind and listening with all of your Self. The heart speaks with a different language—a nonverbal language that includes the sensations of your body, the feelings of your emotions, and the inkling of your intuition.

Emotions: Misunderstood Friends, with Benefits

How much of your time is spent doing what you can to be happy? And how much time do you spend unhappy? Seeking pleasure and avoiding pain is the main purpose in all you do, as has been true for people throughout history. But look around at human suffering: Why aren't we better at solving it by now? I'm not asking you to solve world hunger, war, and all disease; but why can't we solve the pockets of misery in our own lives? If we were all to do that, we would have world peace.

Most of human history has been focused on the problem of suffering. Religions have been founded on it, and the booming market that is self-help books, workshops, and retreats depends on it. We have gained great understanding of the body, have long pursued spirit, and are now scientifically probing the mind in order to gain well-being. But our self-understanding cannot be complete, nor can it advance in the pursuit of happiness, without expertise in dealing with the fourth cornerstone of our human "equipment" and experience—that is, our emotions. Emotions are the last frontier of self-awareness, our least understood faculty.

As modern Americans, we vigorously seek pleasure and avoid pain; we've never been more "full yet so empty." We are the most medicated, obese, and depressed generation in modern history. Chances are that each of us has enough of what it takes to survive—more comforts and resources than most humans have ever enjoyed—and yet our problems persist. The conclusions from our life of abundance couldn't be clearer: physical comforts don't guarantee happiness. Even in the best of conditions—beautiful house, perfect mate, beautiful life—we can become caught in the web of thoughts and feelings that create *unlimited* suffering.

Most people find that emotions bog them down. They think if only they could live without emotions, life would be so much easier! Unfortunately, I've found that when people try to eliminate their emotions, those emotions just get worse. Suppressing emotions doesn't work, and ignoring how you feel eventually makes you feel worse so that you usually end up in Depression. It's never the person or thing that's really the problem; it's the internal condition called "how you feel" about it all that creates or destroys your happiness. Emotions remain our least understood and most poorly used personal faculty. It may surprise you to discover that emotions are actually an indispensable key to resolving human suffering. Pain is part of life, but suffering is optional. Your personal pain actually contains the remedy to your suffering! So, it's time to learn how to use these "problematic" emotions as they were intended—to help you see the source of pain and guide you into peace.



Increase Peace

Here is a quick, effective way to manage emotions. When you don't know how to get control of thoughts and feelings, you can first control the body with the simple breath pattern. Since body and mind are linked, the mind follows the body's calm lead. It then becomes easier to direct the mind to the images suggested in the Simple Practice to Increase Peace, and there you are, feeling better. Drink some water before you start.

① **Begin by Getting Peaceful** (page xi). Tune in with the Adi Mantra and continue.

② **Emotional Balance Breath.** This exercise begins with a basic breath technique for emotional calmness. It is also excellent to do before bed to let go of the worries of the day. Inhaling through the left nostril stimulates the brain's capacity to reset your framework of thinking and feeling, allowing new perspectives. Exhaling through the right nostril relaxes the constant computations and cautions of the brain, which helps break automatic patterns. Regulating your breath pattern in this way sets a new level of brain functioning, which establishes emotional balance and calmness after periods of intense stress or shock.

- a. With your eyes closed, press gently up and to the center, focusing at a point just above where your eyebrows meet.
- b. Use your right thumb and right pinkie to close off alternate nostrils: Close off the right nostril with the right thumb as you inhale deeply through the left nostril. When the breath is full, close off the left nostril with the right pinkie finger and release the right nostril as you exhale smoothly through the right nostril. The breath is complete, continuous, and smooth. (An alternative method is to use the thumb and index finger.) Continue with long, deep, regular breaths for 3–31 minutes. To end,



Emotions Compared: The 7 Heavy Heroes and Their Gifts

The Emotion	Deals with	Its Limiting Belief (Consciousness) Is	You Learn Through	It Seeks	To Reach Its Gifts
Fear	Threat & Danger	Something's wrong Unsafe at any speed	Information & Action	Safety & Security	Peace & Bliss
Desire	Needs & Hungers	Want and don't want I gotta have it now	Attraction & Repulsion Scarcity & Excess	Contentment & Fulfillment	Joy & Serenity
Anger	Harm & Power	Who did what to whom Dog-eat-dog world Survival of the fittest	Weak & Abused or Forceful Abuser	Protection & Honor	Courage & Empowerment
Depression	Helplessness & Hopelessness	I don't know It's impossible I can't handle it	Effort & Giving up Will & Surrender	Rejuvenation & Resurrection	Willingness & Optimism
Grief	Loss & Change	I'm alone and incomplete I can't go on without it Go back to how it was	Attachment & Letting go	Completion & Wholeness	Love & Reverence
Guilt	Action & Reaction	I am wrong; they are right I am right; they are wrong Evil - Judgment - Punishment	Cause & Effect Taking Responsibility Forgiveness	Truth	Neutrality & Trust
Shame	Self-Image & Self-Worth	I am defective I am not enough	Belonging & Rejection Comparing & Competing Disgrace & Dignity	Acceptance	Compassion & Self-Love

➔ Each of the seven major emotions is specially equipped to *deal with* specific conditions in life. When an emotion dominates your consciousness, the world looks like the phrases in the third column. Each emotion helps you *learn through* the kinds of experiences in the fourth column. Each has its mission or intended outcome and its ultimate gifts, which are the higher emotions and states of consciousness—for example, Fear seeks your safety and security in order to reach its gifts of Peace and Bliss.

List of Exercises

This section lists every exercise contained in this book for your convenience and quick-reference.

Audio recordings for the meditations in this book can be found at the author's website:
www.sensesofthesoul.com

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Want to feel better? Befriend Your Feelings to Transcend Suffering and Thrive

A complete system is available to discover the transformational power of your feelings.

The Book – Senses of the Soul A Practical & Transformational Guide

Gain insight and awareness with a game-changing approach to emotions to be used as a course of self-study, with 52 practical exercises to experience each concept and practice your emotional skills.

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