

JUNE 2010 NEWSLETTER

THEME: Managing Your Emotions

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SELF TRANSFORMATION
THERAPY

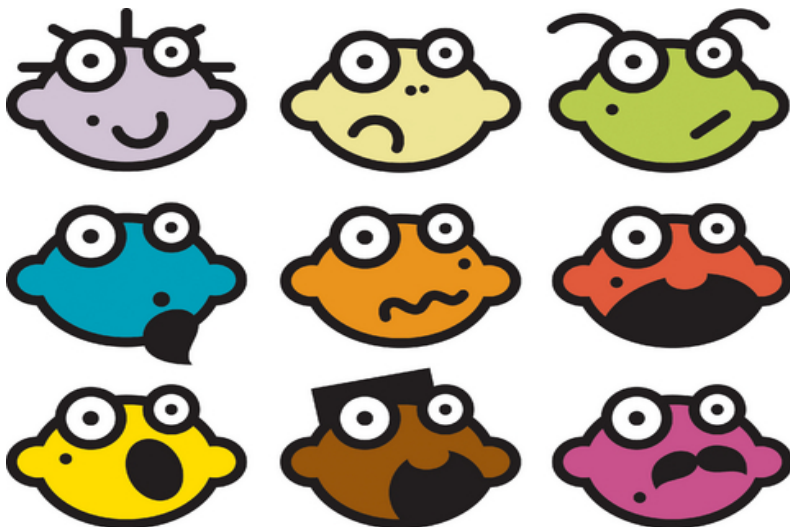
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Managing Your Emotions – Ways to maintain your mood and equilibrium.

Fee changes commencing June 1st 2010.



JUNE 'Thought of the Month': Managing your emotions



“ Emotions are represented as water in esoteric teachings. Emotions, like water, can stagnate if they are dammed up and can also be destructive if released unchecked. Emotions need to be allowed to flow without creating a wall that damns them or letting them flood out without any control. What lies in between is the capacity to master our emotions so that they neither control us or that we feel the need to control them. ”

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Fee Changes From June 1st 2010:

New clients who book in after June 1 will be subject to the changes to current fees.
The new fee schedule of fees is as follows:

1 hour counselling session - \$90

1 hour Reiki healing session - \$80

Low income fee for counselling or Reiki - \$70 (for those whose sole income is a Centrelink benefit)

Existing counselling clients before June 1 2010 will remain on the existing fee with a two-tiered change.

The fee for existing counselling clients will rise to \$80 on Sept 1 and \$90 on Dec 1, 2010.

If this presents any difficulty for you please don't hesitate to discuss this matter with me.

Thought of the Month Article: Managing Your Emotions

Emotions have the property of water according to esoteric traditions. Therefore it is crucial to allow them to flow. However, when emotions are too powerful or too painful, we may not be able to manage that flow and a flood of tears or an outpouring of anger may follow. Alternatively, we may try to avoid these experiences through suppressing their release and damning-up our emotions.

When we build a dam wall to contain our emotions the pressure behind the wall will increase. This may build-up a critical degree of pressure, making it increasingly difficult to keep them under control. It can lead to a feeling that if we let go and open-up and talk about our emotions, that we will never be able to stop them pouring out. This feeling is only a byproduct of having suppressed them for so long. It also represents a limited way of coping with emotions and not having the ability to master their flow. This type of way of managing emotions can lead to a great sense of detachment from our feelings and therefore is a potential recipe for depression, as well as feeling disconnected from life and those close to us.

If our difficulty is in controlling our emotions we may find ourselves controlled by them with regular outpourings of tears, anger guilt or feelings of inadequacy. The underlying anxieties will also drive various controlling behaviour such as excessive compulsive behaviours or the desire for the quick fix through various addictive behaviours including comfort eating or over exercising or becoming a workaholic.

Damning our emotions or feeling controlled by them leads to a lack of self awareness. The alternative is mastery over our emotional states, which requires both awareness of them and the ability to master their flow. I have used the word control to refer to trying to fight our emotional state, where I used the word mastery to represent manage our emotions with awareness of them. Mastery requires a process of acknowledging our past, any past truths we may be avoiding, any emotions we may not wish to feel and any negative self-image we do not wish to acknowledge.

From an esoteric perspective the role of emotions is to flow from a more limited awareness of ourselves to a more expanded awareness of ourselves. For instance, feeling guilty at putting your needs first is a limited awareness of self, while acknowledging both the needs of self and other and learning to negotiate these challenges represents self-mastery. Similarly, finding ourselves often angry and frustrated with the limitations of others is a limited awareness of self, while being more inclusive of the faults of ourselves and others and learning to accept them is a more expanded self-awareness. The basic denominator here is not fighting or battling for our needs with others but learning to include both the needs and opinions of self and other through negotiating and tolerating differences.

The energy of emotions to expand our awareness is a force to be reckoned with. This force also follows the three laws of motion of Isaac Newton. Here they are presented as the three laws of (e)motion:

Newton's Three Laws of (E)motion.

First Law – 'An object will remain at rest, or in constant motion, until acted upon by another force'.

By applying this law to emotions, this means that a person will remain in their emotional mood until they supply their own force of change, or until life acts upon them with a challenge or crisis. Without adequate self-awareness, our mood may be changed by an outside force that upsets our equilibrium, such as any stressful event of our day. Also, if emotionally disconnected, you need to apply another strategy to reconnect or, as this first law states, you will continue that way unless acted upon by another force. You can supply that force of change, which allows greater choice in the events of your life.

Second Law – 'The acceleration of a body is determined by the force applied and the object's mass'.

When we lose our inner balance, how much we disconnect and what level of turmoil we reach depends on the force of what unbalanced us (i.e. stress), and the mass of heaviness of our emotions. If an event results in low stress or if you are maintaining your equilibrium, the less you will accelerate out of control. Conversely, if you are struggling while a significant stress occurs, you may accelerate out of control. The resultant turmoil can be powerfully disruptive.

Third Law – 'For every action there is an equal and opposite reaction'.

We do not live in the world in isolation. For everything we see, hear and do – we react. When we are interacting with people, especially loved ones – we react. To not react you would need to brace yourself and create a protective barrier, but that in itself is reacting to the outside world – albeit it in a defensive way. We need to participate in the world and learn how to keep our balance as we interact. Resilience and flexibility is needed so that we do not aim to only cope in the world, but to also enjoy it.

In summary:

The first law tells us that we will remain as we are unless we create a force of change. The only alternative to this is to be continually influenced by events and people with a potential lack of direction in our life.

The second law tells us that the more emotional chaos or heaviness that exists within us the more we can spiral out of control by our everyday events and relationship issues. However, learning to master your emotions will result in resilience to manage the daily challenges of life.

The third law tells us that we do not live in isolation and that happiness is dependent upon our ability to cope with the people we meet our lives. True happiness requires us to share who we are without fear of judgement and without battling for our needs. True love and happiness requires the sharing of ourselves with others.

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