

## BECOMING AN EMPTY SHELL AND WORKING THROUGH EXPERIENCE Part 2

It is my impression, and I state this emphatically, this is my interpretation: Many of the experiences referred to in 2 Timothy are what I like to call "unfinished feelings" they are feelings we have never dealt with, feelings we have stuffed because they were too scary or powerful to look at.

Now even those involved with psychological health will tell us of the toxicity of unfinished feelings. They can produce all sorts of problems including depression, and physical illness.

Again, simply on a psychological plain, there will be many times when bringing those deeply suppressed feelings to awareness will allow us to feel them and quickly let them go. The process begins by acknowledging our anger, fear, or hurt. We might cry, hold ourselves tightly, physically shake, yell, or scream to be able to feel the feelings and let them go.

This is what often times happens in therapy, a 5th Step (for 12 steppers), the sacrament of confession (now called the Rite of Reconciliation), or in the presence of another loving human being. The event does not have to be dramatic, loud, or complicated.

There are times when simply bringing a feeling to consciousness, acknowledging it, and owning it can be enough to produce the energy of letting it go.

When we become more clear and aware, feelings and experiences can become much less "sticky." For instance, if I were to bring to consciousness a childhood memory of deep hurt, it might be necessary for me to cry, rage, have someone else understand and empathize with me in order for me to experience it and let it go. (As a child, obviously, I experienced the hurt, but I never "finished" the experience. I never worked through it enough to release it, let it go and heal).

If I am aware of experiencing hurt today, I can first acknowledge the feeling, be aware that as real as it feels it is still a false perception (no one can do anything or take anything away from me; I am not being attacked,

etc.). Then with the Holy Spirit release it upward. It's done. It is only when I give the experience the "meaning of reality" that I have to deeply feel the feeling.

Along with all that it is important to know that the Presence of Spirit is here with us, walking us through the whole process.

Acts 11(19-30) "The authority of the Holy Spirit is a great joy that fills your heart and leads you to do "the work of the Lord." The work of the Lord is the work of the Holy Spirit, which means it does not come from you or any illusory authority. It comes directly from the authority of Spirit, and it is known in you by its joy and its authority. The Holy Spirit is within you because you have accepted it there. It is waiting in peace for the time in which you will invite it to come forth and be authority through you. It is an authority you will follow and you will be, that you may lead by its Word and be within your awareness."

Please remember, not only are we not alone in this process of emptying and healing, but the Spirit is working with us. What is called for here as well as many other places on the path is our willingness: our willingness to feel; our willingness to experience; our willingness to let go, to move through; and most of all, our willingness to know who we truly are.

Walking through the experiences we desired to have allows us to let go of the attachment to the feelings in and around that experience. Once the attachment is gone, the feeling is either meaningless or irrelevant.

We are not alone; we are always in the presence of Truth. There is nothing to be afraid of because there is nothing to fear.

The end point of all our experiences is to lead us back to the realization of who we are, One with God.

Some experiences will remind us of who we are not, others will reinforce the Truth.

1Tim 4(1-5) "To love thy Self is to love all things and all circumstances, because you know all things and all circumstances come into being through

God, which is all that is. Be grateful for the process that is God. In this way, you come to know within awareness that which is God, and you come to accept and love thy Self."

Remember that all circumstances come to you for your awakening, because you are the creative process that is God and awakening is the purpose you have chosen. Look at your circumstances and remember your purpose, while remembering who you are. Place your faith with your motive as you look. In this way, you will be grateful for all things and all circumstances, because you see them in the light of purpose. In this way, you shall always rejoice, because you know there is no cause that can lead you away from rejoicing. (v 9, 10) This is a trustworthy saying that deserves full acceptance: All things work together for God, and the purpose of God is to Know thy Self

I would also encourage you to read Luke 12. It gives a wonderful overview of much of this process.