



# CELL YOUR SOUL:

## Honouring the Emotional Body

By Jeff Brown

In my early years on the spiritual path, I was determined to see my shadow emotions as distinctly separate from my spiritual life. There was the emotional body and then there was pure consciousness; 'never the twain shall meet'. This perspective served me well as I was in a lot of pain and the idea of a perpetual bliss trip comforted me.

As my journey unfolded, the gap began to close. I strove for pure consciousness but kept falling back down to earth, staring my unresolved emotional issues in the eye. Soon enough, I got the hint - it was time to clear my emotional debris. So, I went to therapy and set off depth charges in my inner world, triggering waves of old sufferings to the rafters of consciousness. I soon experienced my first insight into the connection between pain and spirituality. The more pain I released, the more lucid my sightings into my divine purpose. I did an intense emotional release workshop and caught glimpses of myself as a writer. During the holotropic breath work weekend I saw a vision of myself as a therapist as though it was all just a matter of space - the more space inside, the more room there was for my spiritual path to reveal itself.

Then a great love walked into my life, one this armoured man could simply not resist. I exposed my warrior heart as wide as it could open. Then she left and I was overwhelmed with suffering. I knew I had a choice: armour my heart from the rest of it or plunge into this heartbreak. After some repression time, I made the decision to plunge, to embrace my discomfort completely. At the other end of my suffering great gifts emerged, including a surrendered heart, a unified lens and the calling to write my first book.

In this experience, I learned the ultimate lesson about our emotional, physical and spiritual lives - they are essentially indistinguishable. Our personal challenges, feelings and emotions are the catalysts that expand us. I now call it The School of Heart Knocks, our ongoing institution of higher learning. In essence, the

emotional body is far more than just a vessel for the soul. It is the soul's garden of truth. It is the karmic field where the soul's lessons are harvested. It is the breeding ground for the soul's emergence. In order to grow forward, we must bring our joy and suffering through our body until our spiritual lesson is birthed. We must cell our soul.

Bringing our lessons through takes more than awareness. It is an active process that demands a courageous willingness to live our experiences right through to completion. This means staying with our feelings until they are truly done with us, no matter how uncomfortable they are. Although we may not see it at first, there is a method to our sadness.

Often, we distract ourselves from learning, especially when the feelings are painful. We all know people like this and we have all been this person. We choose not to get the hint and we ignore our shadow emotions. Truth aches at all costs but if we do not break this habit, these same lessons will be waiting in the wings.

The recipe is simple. Be authentic and true to your felt experience. Feel the heartbreak and anger; feel all of your feelings. If you had a cruel father, move your anger and feel into the heartbreak. If you lose a loved one, go through all the stages of grieving. Do not stop halfway. Let the feelings tell you if the fire was destructive or benevolent. Some fires create the way for new life.

Be careful not to go into your head. There is a meaningful difference between a cerebral interpretation of an experience ('I know why this experience came into my life') and an embodied awareness of it ('I feel why this experience came into my life'). Unless your knowing arises from your felt experience, it is meaningless. Stay with the emotional process until your soul food is digested. It will be difficult at times but the feelings will only hurt until they convert. Repressed emotions are unactualised spiritual lessons. Once they make it all the way through the conversion tunnel, the spiritual lesson will be revealed. ❖

Australia's own  
**WORLD RENOWNED**

### Simon Turnbull's SUPER PSYCHICS


WWW.SIMONTURNBULL.COM

Call Now! *About Love, Work, Relationships, Money*

**1902 22 33 23**  
(\$5.50 /min incl GST. Higher from mob/pay phones.)

**1300 55 75 15**  
(Credit Card. From \$3.10 /min incl GST. Higher from mob phone.)

7 DAYS. InfoConnect. Endorsed by the Australian Psychics Association.



**Simon Turnbull**  
(02) 9368 1177  
President of the APA & IPA  
2004 Aust. Psychic of the Year  
2004 Hall of Fame  
2008 NSW Psychic of the Year  
Psychic Consultant for "The One"

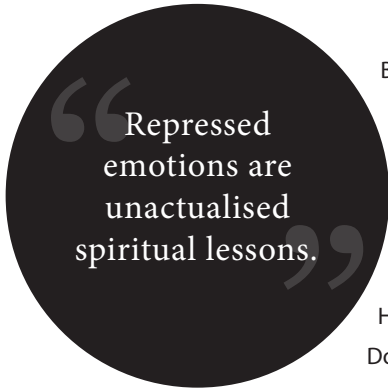
**Psychic Reading on CD with Simon**  
Order a 30 minute reading or more with Simon and receive your reading recorded on audio CD. Please call (02) 9368 1177. Email readings available. [www.newagesupastore.com](http://www.newagesupastore.com)

## TRANSMISSION MEDITATION

Looking for a way to help our suffering world as well as hastening your own spiritual growth? **Transmission Meditation** is a safe scientific, non-denominational activity whereby participants help to step down powerful spiritual energies. **The Transmission Meditation** groups together help to step down these potent energies that are streaming into our planet continually, so that they can be better distributed and used. **Transmission Meditation** was introduced to the world through Benjamin Creme in 1974. There are no Fees or memberships. All you need is the intent and desire to serve and you can be part of this global network of light.

**EVERYONE IS WELCOME**

**Transmission Meditation Groups**  
Contact Antonio M: 0428592209  
Email: [shareinternational.australia@gmail.com](mailto:shareinternational.australia@gmail.com)  
More info: [www.TransmissionMeditation.org](http://www.TransmissionMeditation.org)



Begin by remembering an experience that was emotionally difficult for you. Perhaps you lost someone close to you, or felt overwhelmed by a particular emotional issue you had difficulty working through. Describe the experience briefly.

---



---

Now ask these initial questions:

Have I worked the related emotions through to completion?

Yes  No  Unsure

Do I feel resolved?

Yes  No  Unsure

If the answer to the first question was 'yes', then jot down some of the things you feel you have learned from that experience.

---



---

What gifts have come to you through the process? How might the process have contributed to your spiritual perspective? For example, if grief was the core emotion, you might have expanded your capacity to embrace discomfort, or you may have developed a whole new appreciation for the gift of life.

---



---

If the answer to the first question was 'no', then jot down some of the things that may have obstructed you from seeing your emotional processes all the way through to completion. The list of possible obstructions is vast. Some examples include: a fear of shadow emotions, internalised shame, economic and practical considerations, beliefs about 'living in the past', a tendency to float above discomfort, or the need to be 'strong' for others.

---



---

Now I invite you to carve a little space for these feelings in the next few weeks. I am not talking about getting so lost in them you feel immobilised but enough at least so they can breathe and express themselves through you. If you have the energy for it, I encourage you to go a little further in and consider the possible lessons and transformations that live at the heart of the feelings. For example, is it possible they came as a gift in an unexpected form? If so, what might the gift look like that is waiting for you at the end of your healing?

---




---

## INSIGHTS INTO ME

A former criminal lawyer and psychotherapist, Jeff Brown is the author of *Soulshaping: A Journey of Self-Creation*, recently published by North Atlantic Books. Endorsed by authors Elizabeth Lesser and Ram Dass, it is Brown's autobiography - an inner travelogue of his journey from archetypal male warrior to a more surrendered path. [www.soulshaping.com](http://www.soulshaping.com)





CHAKRA SPINACH

- \* Consciousness Workshops
- \* Readings Psychic / Medium
- \* Venusian Astrology
- \* Colour / Crystals Workshops
- \* Chakra Readings / Balancing

Phone: for bookings 0408 860 856 or 07 3348 8300  
or Email: [admin@chakra-spinach.com](mailto:admin@chakra-spinach.com)

www.chakra-spinach.com