A person is lying in a red and black striped hammock, suspended between two large trees. The scene is set in a natural, outdoor environment with a rocky foreground and a hilly landscape in the background. The lighting is warm, suggesting late afternoon or early morning. The text is overlaid on the right side of the image.

Living Without Problems

*How to Dissolve Emotion
and Become Free of the Past*

60 Minutes That Could Change Your Life

Nick Roach

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and Become Free of the Past*

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How This Booklet Came to Be

As an unhappy teenager I reached a point at which I was no longer prepared to carry on as I was. Everyone around me would stress that being unhappy at times is natural and perfectly normal and indeed an essential part of being human. And yet there were also commonly used sayings which expressed how difficult and often painful life is, such as 'That's life!' and 'Life's unfair' (and perhaps the less palatable 'Life's a bi*ch and then you die!'), and it was these that I could particularly relate to. Why was it that all my friends and family apparently accepted unconditionally that it was okay to be unhappy? Because I certainly could not!

I soon found the teachings of a spiritual teacher whose fundamental point was that one should NOT accept being unhappy – not EVER. At least, not if one wishes to be freed of this condition. And during the following years of practising what he taught, my understanding as to how emotion works deepened and my life experience improved dramatically. After all, the highlight of spiritual development, known as Spiritual Enlightenment, amongst other names, is considered to include freedom from problems. So of course my life should improve through following these teachings.

Skip forward more than twenty-five years and I have to date written four books on the subject (this little offering being the fifth), in addition to the established website, a Facebook page and

group, more than fifty YouTube videos freely available (and growing in number monthly), and the various talks and meetings I regularly hold, all describing in detail and in numerous ways how one may 'correctly' experience emotion so as to reduce its effects and improve one's life. However, during the years I've been sharing this, we have found a fairly regular response from people: Whilst they tend to be fascinated by the description of emotion and how it works, and on the whole can relate to what I say happens and are able to grasp the idea as to how they could improve their own experience if they were inclined to do so, as soon as I introduce the spiritual aspect I can see their eyes begin to glaze over. For me, the connection between the two aspects was a major and extremely important part of my journey (and you can read all about it in my autobiography), but it seems for the majority of people it is enough to know how to improve their life and make things easier. They don't really want to know how everything is connected.

And thus the idea behind this little booklet was conceived – 'Perhaps I could write a small book describing only the emotional aspect, addressing only this and steering clear of anything remotely spiritually related?'

So here it is...

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So Let Us Begin...

What Do We Mean by Emotion?

So let's start at the beginning. What do we mean by emotion?

It might seem obvious, but that's actually part of the problem. Emotion as a term tends to be used to label anything felt within that is non-physical. But that can lead to the assumptive belief that to address all emotional unhappiness will remove all feelings of any sort resulting in one becoming robot-like, emotionless, unfeeling and unloving. And this is far from the case.

[Note: In fact, when people do begin to explore spiritual teachings, it is often with the intention of finding freedom from emotional suffering. And they learn that the higher spiritual levels can result in (what has been called) permanent 'bliss', or of being in a state of love all the time. Regardless of your view of such teachings, these descriptions are clearly quite different from being an unfeeling robot.]

We would all probably readily accept that unhappiness, anger and fear are examples of what one would call 'negative emotions'.

(Even if you regard them as beneficial in some way and therefore not negative per se, the term is understood nonetheless.) And likewise, happiness and excitement are positive ones. But what of love, or joy? Aren't these emotions too? After all, it is commonly stated that 'Love hurts!' And it's also said that there's a fine line between love and hate. So how does one avoid 'throwing the baby out with the bathwater', as the saying goes?

We will get to the finer detail, but in essence what we are exploring here requires that a distinction be made between emotional feelings and what we will call inner sensations, because they are quite different:

Our physical sensations, for example, are present in the moment and indicate what is here now, physically. We have touch, sight, sound, taste and smell. But there are also inner 'sensations' within that are felt just as we feel emotions but which are actually quite different in their nature. And the lack of clear knowledge of these two very different aspects, combined with the assumption that they are in fact different faces of the same coin, has led to the common belief that one has to be unhappy sometimes if they are to experience love, or joy.

I would like to show you in the following pages that this is far from the case.

Past Hurts Are Stored in the Body

This is not news. We are regularly told by psychologists, therapists and counsellors that every time we experience emotional unhappiness, from the moment we are born, these are stored in the unconscious mind and even deposited around the body as tension, often accumulating over the years to produce physical ailments as we get older. And furthermore, each time we are unhappy during our life, the stored emotion from a past situation similar to the current one rises up, directly affecting how we experience the new situation. And sometimes there may actually be no need at all for us to be unhappy now. There is no threat in the current situation. But its nature reminds us so much of when someone else said that to us, for example, and they were being intentionally unkind, that we react now, in the new situation, seemingly completely overreacting and to the surprise of all involved, perhaps even ourselves!

And the above scenario can occur to some extent on a daily basis, in any number of situations, and when noticed is often regarded as perfectly normal. Though occasionally it may become too much, and we might visit a therapist or counsellor to help us uncover and work through the earlier experience, possibly long since forgotten, so as to help us deal with what occurs now.

The Emotional Pendulum

Let's have a look now at how we create emotion – it's actually quite amazing. (It might be a bit of a stretch at first though, so please bear with me):

It begins with mentally looking forward, or back for that matter, with the imagination, at a situation which elicits a positive 'happy' feeling.

This unconscious imagining combined with the positive energy creates a debt, an energetic vacuum within the unconscious mind which needs to be replenished. And thus we're getting into the bit that very few people know about, and life would be different for many if they did.

Following the happy experience above, the circumstances of life change, as they regularly do, in a way that brings a feeling of unhappiness, for example. This negativity felt as unhappiness is the energetic vacuum itself, the unconscious energy that we made earlier when we were happy, coming to the surface so it can be properly experienced and made conscious.

And what do I mean by 'properly experienced'? Simply experienced CONSCIOUSLY, instead of going into the imagination, thinking, imagining or worrying, etc. After all, this is how the energy debt was created in the first place, through unconscious thinking. We now need to do the opposite to undo what was done.

However, instead, the following tends to be what happens: Rather than experiencing the negative emotion consciously, remaining aware of the sensory world, and of the physical body and of what one is feeling, objectively observing, one goes into the imagination, going over the situation in the mind, over and over. And in doing so, conscious connection with what is here and now is lost, and thus the energetic vacuum is not repaid at all. In fact, depending on the amount of unconscious thinking invested, the debt actually increases before retreating again into the unconscious mind.

So the above is the description of how emotion is created, initially as positive energy but then becoming negativity which is stored in the unconscious. And this returns time and time again as unhappiness or some other negative emotion due to some situation in our life, rising and retreating repeatedly, ideally to be made conscious, but in practice it increases in size as it's further added to with unconscious thinking.

So What About Happy Emotion?

As we have just seen, it's happy emotion that becomes unhappiness. And this would appear to feed into the idea I previously dismissed, that addressing unhappiness will inevitably eventually lead to one becoming an emotionless robot, as one causes the other. But that's far from the end of the story.

It is indeed unconscious thinking that gives rise to positive emotion which later becomes unhappiness (or some other negative emotion). But it's perfectly possible to enjoy what is happening here and now without going into the imagination, and without losing conscious connection with the sensory world.

We are taught, and even prompted as children, to look forward to future events, to get excited about what has happened and relish past memories, and we soon lose the ability to remain self-aware in the moment.

And one might assume that without the imagination distorting or adding to the experience of what is occurring here and now, which would have given rise to the positive emotion, that there would therefore be no 'feeling' at all. But instead of positive unconscious emotion, a very pleasant, possibly calm, full and peaceful acknowledgement of enjoying what is here now can be present, which has no opposite (with regards to the pendulum effect), and will therefore not lead to unhappiness later.

But more than this, in the moment, without the imagination interfering, it's perfectly possible for the inner sensations (i.e.

absent of the unconscious excitement) to be incredibly powerful. And one can be filled with a sense of extreme joy, or love, or passion, or beauty, etc., all without going into the imagination.

So yes, happy thoughts and thinking do indeed lead to unhappy thoughts and thinking. But there is an incredible inner world of experience independent of these emotional ups and downs which we rarely get to appreciate, because we've lumped it all together with the rollercoaster of emotions that causes us so much pain throughout our lives.

So What Is Love?

This is the biggie.

Most of us have experienced the pain of losing a loved one, and the idea that love is NOT an emotion is so ludicrous that some reading this may be moved to throw down this booklet in disgust if I was to suggest this. 'How outrageous!! How DARE he?!'

However, when we are with the one we love, in the moment, enjoying being with them and in the love we share, we aren't imagining being with them. Unconscious thinking isn't the cause of the 'feeling' of love here. We ARE with them, here and now. So I'm suggesting love is one of the inner sensations that arises in the moment without any need for unconscious thinking.

So why does love hurt?

It hurts because when we are away from the person, physically separated for any reason, we let go of conscious connection with the moment where the love is, and instead go into the imagination to think ABOUT them. And having let go of our sense of love we understandably feel like we are separated from it, and it's like we have a piece of ourselves missing, because we have. We have let go of it. So we 'miss' the person. But in truth we miss the love we have for them.

So given the above, we can see that love doesn't hurt. Letting go of the love hurts.

[Note: This is also why Spiritually Enlightened people are said to be in a state of love all the time. This speaks to the state of mind of being conscious and self-aware, connected with their inner self-knowledge where the love is, as opposed to how most of us live and love - of always thinking about other times, places and situations.]

Dealing with Grief

Following that last chapter on love, it could be that there is a question in some reading this regarding grief. At the moment I seem to be telling you not to think about your lost loved ones, and that can't be right, SURELY!!

And this will sound and indeed feel quite strange. After all, we've never had this explained to us before...

As you connect with the space within, where you are aware of being aware, and feel your body and see and experience the sensory world, the knowledge of your loved one and the pain this creates might be very much present. And it hurts. 'OF COURSE I'm going to think about them!' you might cry from within. 'That's all I've got left of them!'

But please look at it a little closer, because I want to unite you with your love, not take it away from you.

The memories are NOT THEM. These are imagined images created within your own mind which illicit a feeling of loss and separation from the one you love. And that's not good.

However, please try this...

Please try to remain self-aware, aware of being aware, and hold on to the knowledge of the one you have lost, which will itself be relatively simple to do since the unhappiness is present and you'll know what it's related to. And just stay aware, and watch.

The pressure to go into the imagination and remember the person is likely to be enormous, but that's actually because you are feeling the unconscious energetic vacuum that is beneath the surface. And as we now know, it cannot survive when experienced consciously. And I say 'survive' because it can feel and behave

like a living entity fighting for its own survival. But despite its pleas it is NOT the one you have lost, nor is it fighting for anything or anyone you love. It's not interested in you or what you love at all. And it is perhaps not unlike the magician doing a trick involving misdirection, making you believe that you need to imagine and remember someone to love them whilst at the same time ripping the very love away from you that you are seeking to unite with.

So as you stay aware and feel, watching what is going on within and without, you will be able to feel the pressure to think about the person as well as the pain of not doing so. Stay with it. It can feel like a death, because the unconscious energetic emotion that has covered and separated you from your love needs to be exorcised to enable you to feel complete again. And it is indeed 'dying', but you and your love are not.

And as with any other emotional situation, after a period of time, be it seconds, minutes, hours or days, suddenly you will know you are free. The painful emotional suffering may have returned as a number of independent waves over several days, or whatever, each one leading you to think it's not working. But all of a sudden you notice the unhappiness has gone, and it has been replaced by a feeling of completeness and of reunion with your loved one. You are whole again, and you know you are with your love.

What if I Wake Up in a Bad Mood?

This is not uncommon, and is simply the result of all the negativity stored unconsciously, in and around the mind and body. And as usual (now that we know about this), we just need to connect with the experience of being aware and get on with the day. And it won't be long before it has miraculously evaporated.

As we also now know, having experienced it consciously, it has been dissolved and therefore does not return to the unconscious from which it would have reappeared again, and again, on later mornings. And we are therefore that bit more conscious and likely to be less moody or emotional as a result in future.

And What if I Get ANGRY?!

Yes, indeed. What if you do?

Anger will arise, as it must, because the stored emotion has to come to the surface, and you will feel it and have to deal with it as well as address the situation that gave rise to it.

And that's the point actually. Instead of lashing out unconsciously, blaming anyone and everything for how awful you feel, possibly making things worse as you make poor decisions and perhaps even say things you later regret (hence the phrase 'I don't know what came over me!' – we said earlier that emotion is like a living entity, and it can indeed act through us when we are unconscious, often contrary to our own best interests), if you remain conscious and self-aware as I am describing, and consider intelligently what can be done to practically resolve the physical problem, not only will you find that the emotion will not engulf you as it has in the past but you will see clearer, and it's not unusual for a solution to the situation to become apparent.

Sometimes, with this new clarity, you might come to see how you are actually responsible for causing the situation which then made you so angry, and as such there is no one else to blame but oneself. And that's part of the process. Becoming increasingly aware of the finer energies that lead to one acting and reacting a certain way in any given situation is another example of how one's life experience improves.

But I Like Being Emotional

This response is actually quite common, and you won't get any argument from me. Being conscious, aka self-aware, which leads to life being simple, peaceful and a constant pleasure, isn't very exciting; not if you don't like that sort of thing. So I'm not trying to tell you to embrace it.

Of course, the responsible thing to do, however, would be to remember the next time when you are angry or unhappy, etc. and hopefully before you blame someone else for making you feel like that, that you have chosen it. You are, after all, getting exactly what you wanted, since not being emotional is boring, isn't it? And being unhappy makes the good times feel all the better!

But to do that would require you to be conscious and to reflect on what you are doing and feeling, and since that is the very thing you are arguing against, that's unlikely to occur. So you will continue to experience the emotional ups and downs, like a game of hide-and-seek with oneself, pretending that you don't want to feel bad and that you wish it would stop whilst wallowing in the self-imposed discomfort. And that's okay. Nothing wrong with that. Especially not if several such people are living and doing this together.

Of course, it can get difficult when one person does not wish to be unhappy and instead wishes to be more conscious and enjoy life without the ups and downs, and the other still enjoys the drama.

Can I Help Others Do This?

Yes, to the extent that it's within your experience and that the other person is open to it.

I'm regularly asked if I could speak with someone's son, or daughter, or partner, or friend, as they could do with learning this. And yet the person asking me to help isn't doing it themselves. They are still in the mode of thinking that being unhappy sometimes is perfectly acceptable, but have decided the extent to which this other person suffers is too much and they need help.

To the above I tend to suggest the person asking practise it themselves, improve their own life experience, and then they can share this with their loved one from their own experience, rather than me, some stranger, telling them something they haven't asked about.

But sadly the suggestion tends to be met with a shrug. And they go on their way. (It seems very few people are currently ready to live consciously and responsibly as I am describing, reluctant to say the least to reject unhappiness in them, despite the frequent and often public claims of wishing life wasn't so painful and expressing a longing for lasting love and peace.)

However, it might be worth mentioning that it's not possible to do this for someone else either, no matter how much you love them. You've got to do it for you, because you want to improve your life and rid yourself of unhappiness. Then you are in a good place and speaking from there.

And when you have done it for a short while, and have seen how emotion seems to fall away and the circumstances of your life amazingly improve, then you can share it with whomever you wish, from your own experience.

But a word of caution: Do be aware that regardless of how much you have benefited from this, someone else might not welcome it. If you do try this for yourself and really get it, you are likely to feel like you've found the holy grail, the secret to eternal youth and life, and want to tell EVERYONE! And my telling you to take it easy won't curtail this, but the following story might act as a warning and shorten its lifespan.

One chap I've been in contact with for about a year, and who had changed his life remarkably in just a few months through doing this, described that when he tried to share it with his best friend who had recently tried to commit suicide the friend and the friend's mum accused him of trying to recruit the friend to a cult and told him to leave the hospital room, such is the attachment to the emotional way to live.

He tried to explain to them that it was no such thing, explaining that there are pictures on his friend's walls at home of yoga poses, and pointed out to his friend that he does meditation, all of which is to find this same peace. But both still insisted, angrily, that he was talking about getting rid of emotion, which is quite different! And he had to leave.

And of course, since everyone is unconscious, living in their imagination pretty much all the time, the emotional energy is almost entirely running their lives, like a puppet master pulling their strings, unbeknownst to them. And it is this that denies its presence, or argues for its right to exist; even when the words

used are themselves contradictory, they cannot see this, such is the power of the deception.

It is only when one has had enough unhappiness, enough of being pulled and pushed all over the place, and instead responds to a deeper need to know some truth beyond this emotional merry-go-round, that they will at last look within and behind the emotional thinking entity to find that they actually are there, complete, whole and fulfilled, just waiting to be experienced.

But Won't People Walk Over Me?

This is quite a common question, the assumption being that without getting angry, how will we defend ourselves when people take advantage or push us around?

And the answer is actually to the contrary. It is the emotion and the unconscious repeating of old patterns that enable us to be pushed around or walked over, due to some feeling of insecurity or lack of confidence in our ability to say 'no' or stand up for ourselves.

If we live consciously as I am describing, we are not engulfed in the emotion, lost in various imaginary scenarios, or just going along with what we have always accepted as the way it is, all of which might be emotionally painful. Instead we are connected to the peace within where we feel complete, and from that solid position of inner strength and self-love it is far more difficult for anyone to push us around or take advantage. At least, not without us consciously allowing it, perhaps due to a sense that it is appropriate for whatever reason in the current situation. But you won't allow it to continue any longer than is necessary.

And that's the point actually. Instead of being one of the extremes – e.g. either everyone's doormat who is never able to refuse a request to help, or a selfish bully who takes advantage of the kind, gentle nature of others – living consciously means you listen to life within you, to your inner truth, acting in the moment according to what is right for you, no one else. And if it's right for

you to help another, you will do so, willingly, because it's right on an inner level rather than because you feel imposed upon.

And likewise, it might be right to one's intuitive self-knowledge, and therefore necessary in order to maintain the peace of mind, not to help; and you'll know you have to say 'no', as nicely as possible, perhaps ideally making perfectly reasonable excuses so as to lessen the impact, but 'no' nonetheless. And this may not have been possible had the emotion taken over and you acted out of some past fear or sense of obligation.

So, when we live unconsciously, acting through emotion all the time, we might indeed need anger to arise at times, possibly due to having been taken advantage of or pushed around for so long that we just can't take any more. Though, with the pent-up emotion now finally erupting, anything you say or do can seem unreasonable, out of proportion and inappropriate. Whereas, when living and acting consciously, this is not the case; you can approach the situation, and the persons involved, calmly and relatively objectively. And perhaps more importantly, without the unconscious anger or hurt which might otherwise have been present, the other person can be more likely to respond positively as they won't feel like they have to defend themselves from your emotion.

Don't We Need Emotion to Show Us When Something Is Wrong?

Aha, another great question. And the answer is yes, absolutely!

You see, we are not suggesting one never, ever experience emotion. In fact, as I've explained, the emotion that is stored within the unconscious has to come to the surface to be made conscious, so inevitably emotion will indeed arise.

But furthermore, even when we are living consciously (as much as we are able; after all, it's a work in progress, until it becomes permanent), when we need to take some action to solve a problem, or take a step back and look at the situation in a new way, an emotional disturbance may arise and notify us that this is the case. So in instances such as these, any emotional discomfort that arises is very much to be looked at and considered, and never ignored. Thus we are able to use the emotion to help us grow in self-knowledge and practically improve the circumstances of our life.

Isn't Sex Emotional Excitement?

A change of pace now, and this question brings us back to the difference between emotion and inner sensation...

Sex, as it is generally experienced, is indeed emotional in nature, in addition to the physical act, of course. But again, sexual excitement is well known to occur due to the imagination. We look forward to a future experience, or imagine what a potential experience might be like, or even imagine something or someone else whilst in the midst of the experience so as to further stimulate the feelings; in fact, anything besides being simply aware of what is happening in the here and now.

And as we know, the regular joke (or complaint, depending on one's perspective) is that the man is 'satisfied' before the woman, since his excitement peaks before hers. (Though there are tricks he can do to prevent him from getting so carried away, such as thinking about something unrelated and mundane.)

However, none of this is love, nor making love. And even if they do manage to both be satisfied, it has generally been a mutual meeting and escalation of the emotions rather than the conscious union which the term 'making love' would appear to promise. So what is the alternative?

Well, as usual, it's incredibly simple, and all it requires is that both parties remain conscious, self-aware – aware of their bodies and the surroundings. And remain in that state throughout,

fully enjoying what is occurring but resisting the urge to drift off into their own selfish and separate worlds as much as possible.

What happens in conscious lovemaking is the imagination (and therefore the unconscious emotional energy, aka excitement) doesn't become part of the experience. Each gives the other, and the situation, their full attention. And instead of excitement this has been replaced by a conscious sharing, the energies of both rising together at the same rate as a matter of course and invariably peaking together. And it feels like a real union each and every time. And having remained conscious, the emotion stored within the unconscious has not been further added to.

Though perhaps more importantly, by resisting the urge to go into the imagination as demanded by the emotion (which means it was present after all, just not expressed), as with the facing and dissolving of any emotion, one is literally becoming less emotional and more conscious as a result. And since this consciousness is love as we have already discovered, having sex consciously, aka making love, really does 'make love', with both parties growing in love with each experience.

[Note: The above is also described in some spiritual teachings relating to tantra: growing in love and consciousness through making love consciously, the energies of both people working together as they join physically, blending and becoming magnified.]

Will I Still Need Therapy?

Maybe, but maybe not.

I have been told by quite a number of counsellors and therapists that this method and approach to life's challenges can be invaluable and should be far wider known of. And indeed I experienced not inconsiderable difficulties and was able to resolve them all through this (though, over quite some years, I might add).

However, my attitude and character are such that I questioned and challenged everything within myself, and in hindsight I came to see that I had been my own therapist throughout, looking within with a curious and probing mind. And this in conjunction with remaining conscious, taking the emotion out of the situation, enabled me to get through it and address whatever arose.

However, I've also come to see that whilst it is indeed the past emotion arising in the present, and as such facing it in the present can resolve the past, it can also be helpful where people are stuck in a particular rut, perhaps involving extreme anxiety, for example, for the professional skills of a therapist to be made use of.

Again, if this is required, explore it consciously. Because talking through the past situations will help in uncovering and understanding at least some of the reasons behind why you are struggling now, and perhaps have been for years. But if this is not done consciously then the emotion will sink back into the

unconscious to reappear later in another guise. So by all means seek help if you need to. But don't lose connection with the stillness within, with the sense of 'I am', if at all possible, since that is important for the journey to continue.

Is This Mindfulness?

Mindfulness and the benefits of it are increasingly being discussed and encouraged, and I am regularly asked whether that's what this is. And the answer is yes, BUT with a twist:

Mindfulness is often practised for a few minutes or so each day, with the intention of providing a period of respite from the day's activities. And the idea is to be aware of one's surroundings, of what is occurring in the physical environment and briefly escaping the churning of the thinking mind. And then one gets up and gets on with the tasks of the day.

And that is of course very much what this is.

However, I am saying one should not only do it for a few minutes each day but instead as much as possible all day every day. So, it is not something someone does occasionally for a short break, but instead with the intention of making it an all-day living experience. And of course the added vital element, so as to eventually make the latter aim a reality, is to be self-aware in the midst of emotionally challenging situations, as described throughout this booklet.

So, in that sense I'd say this is very much Mindfulness, but only when adopted and integrated into one's daily living experience, rather than a tool available to help one relax.

[Note: From a spiritual perspective, the ultimate aim here is really to connect (and remain connected) with the experience of being aware, the bit of oneself that is watching whatever is occurring. So the awareness is reflecting on itself specifically, rather than simply being aware of something other than what 'I am'. Thus, one sinks gradually into what has been called many names including the

'Higher Self', one's true nature behind the thinking mind and emotions.]

Living with Emotional People

This is a tricky issue for sure. We've already looked at how to deal with people taking advantage or pushing you around. But how can you stay self-aware, feeling within where all is calm and watch what is going on, when what is going on is people ranting and raving, perhaps stomping around in a foul mood, crying and screaming, moaning and whining, huffing and puffing, and perhaps worse, taking it out on you? And will you appear hard, cold and unfeeling if you are in fact able to do this despite their intentional or unconscious attempts to include you in their personal situation?

Again, you might not be surprised to learn that remaining conscious when amongst such emotional people can in fact be an enormous benefit (to both of you):

Being connected with your own peace within as I'm describing, resisting the urge to become lost in the imagination even when with someone who is, means you don't join the other in their emotional turmoil. So instead of both your emotions feeding each other, possibly clashing as one attacks and one defends – or both attack, come to that, or perhaps you just bounce off each other, telling increasingly dramatic stories as the emotion escalates – you remain outside of the drama. And suddenly their drama for you is like watching a soap opera on TV. Sure, you can relate, and empathise with their plight, and perhaps engage in conversation about it. But their drama isn't yours.

Will this make you seem cold and unfeeling? It can, if you don't play the game. But it's also perfectly possible and indeed comfortable to show care and understanding WITHOUT losing objectivity. And in doing so, you become a strong and supportive 'rock' for them, providing the space they need to fully experience what is required without adding to it with your own drama, or imposing your opinions with regards to what they should do.

Of course, if the other person shares your life closely, perhaps in a personal relationship, it can become tedious if they are always emotional, moody, etc. and not prepared to take responsibility for it. And as such, there may come a point at which they will have to do this or you'll be moved to leave them to their moods. But as usual, that will be faced with the now routine conscious looking and you'll act from there, rather than allowing your own emotion to make unconscious decisions and set ultimatums that you'll later have to deal with. Living consciously means eventually not having to make decisions such as these at all, since in the moment you'll know what to do.

Having said the above about dealing with others' emotions, there are people who are empathic and literally FEEL what others are feeling. I am one such person, and used to look around the room to ascertain whether I was feeling my own emotions or someone else's, because I really couldn't tell.

Of course, not everyone has this sensitivity, or to this extent. But it does occur in one way or another in a lot of people, even if they aren't aware of it.

So how does one deal with this situation, where you are faced with feeling the unhappiness or anger of the person nearby? How do you face and dissolve this? What I'm about to explain is also not known to many:

When you are with such a person, feeling their moods, whilst they are indeed feeling that and you are therefore feeling it too, what is actually happening is they are acting as a mirror for you, putting you in touch with some of your own emotion stored within your unconscious which has not yet been faced and made conscious. And as sure as if something shocking had occurred in your own life to make you feel this way, being with them has brought up the same emotion from your unconscious, giving you an opportunity to experience it consciously and dissolve it.

So instead of thinking there is nothing you can do, as the emotion isn't yours, with this new knowledge you can take the opportunity as a gift and use it to become that much freer and more conscious than you were before WITHOUT you having to endure an emotionally painful situation yourself (besides spending time with the person in front of you, of course).

Over time you will find you are less susceptible to feeling what they are feeling simply because there is so much less emotion in you for it to react with. And eventually you no longer FEEL what they feel at all. Instead there can be an intuitive knowledge. And this can be an amazing relief.

In Summary

So having read this booklet, you now have a pretty good understanding of emotion and how it works. And furthermore, you know that all you need to do is experience emotion consciously, remaining aware of being aware when unhappy feelings arise, consider whether any action is required, and keep doing it. That's it!!

You therefore know now that you don't HAVE to be unhappy. It is indeed a choice, at any given moment: either be self-aware and endure what occurs consciously and get through it as best as you can as fast as you can, or go into the imagination and feel, and indeed FEED your feelings.

I know it's not easy to do. And either way, emotion hurts. And there's also no escaping what's already there. But experiencing it consciously when it does arise, regardless of its particular cause, will mean whatever you face need only be faced once, and then it's gone forever.

So the only question that seems to remain is what are you going to do, now you know this? Because simply knowing it isn't enough; you've got to do it!

Feel free to contact me via the website, email or Facebook, etc. if you have any questions or would like some assistance.

For information on Nick's teaching:

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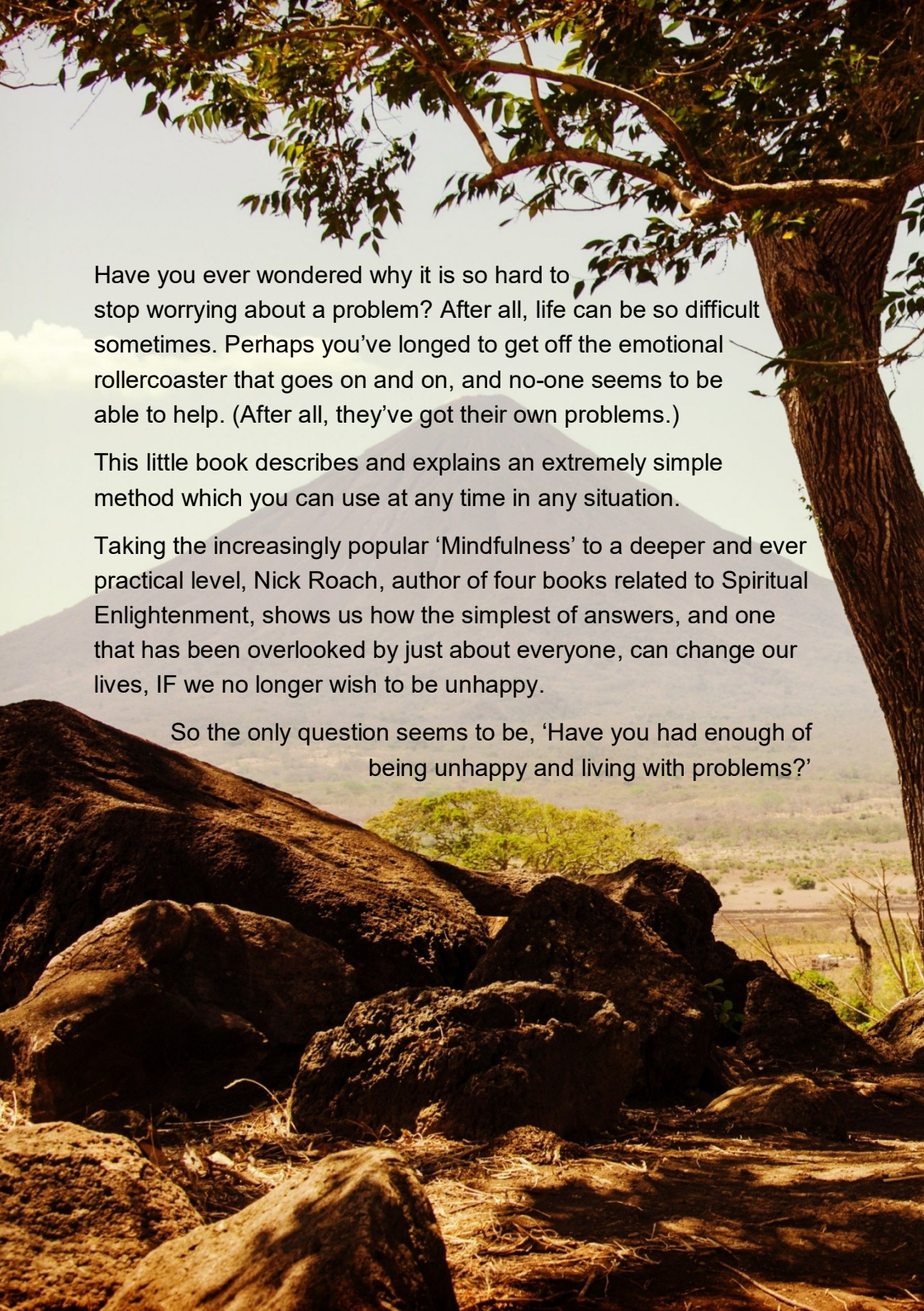
Other publications include:

Enlightenment, the Simple Path

Essays in Truth, Glimpses into Reality

A Dream It May Be, but the Dream Goes On!

The Secret Life of Emotion – God's Emotional World



Have you ever wondered why it is so hard to stop worrying about a problem? After all, life can be so difficult sometimes. Perhaps you've longed to get off the emotional rollercoaster that goes on and on, and no-one seems to be able to help. (After all, they've got their own problems.)

This little book describes and explains an extremely simple method which you can use at any time in any situation.

Taking the increasingly popular 'Mindfulness' to a deeper and ever practical level, Nick Roach, author of four books related to Spiritual Enlightenment, shows us how the simplest of answers, and one that has been overlooked by just about everyone, can change our lives, IF we no longer wish to be unhappy.

So the only question seems to be, 'Have you had enough of being unhappy and living with problems?'