

# A DAILY PRACTICE: HOW TO RELEASE UPSET IN MINUTES

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50 % OF BEING A SUCCESSFUL AND HAPPY PERSON IS LEARNING SELF CONTROL, TRYING ALWAYS TO STAY POSITIVE AND ON TRACK TO OUR HIGHEST WORK AND RELATIONSHIP GOALS. THE OTHER 50 % OF BEING SUCCESSFUL IS LEARNING TO RELEASE THE PAIN CAUSED WHEN OUR EMOTIONAL BUTTONS HAVE BEEN PUSHED IN THE MIDST OF OUR DAY TO DAY LIVES. IF ANYONE OR ANYTHING PUSHES OUR BUTTONS, TRIGGERING ANY DEGREE OF UPSET, WE CAN USE THE FOLLOWING PROCESS IN ORDER TO RETURN TO A PLACE OF YOUTHFUL LIGHTEARTEDNESS AND JOY.

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*(It is recommended that you do this process out loud, where no one will hear you)*

**Step 1:** Ask ... On a 0-10 scale, “If a ‘0’ is feeling ‘total joy’, like the sparkling joy of a little 3 y.o. girl at Christmas, getting everything she wanted (pause and see her), in sharp contrast how “un-joyful” would I rate myself, as I open up to the pressures and effects of everything going on in my life, past, present, and to come?”

*Then rate how on a 0-10 scale how un-joyful you feel = X, opening up and expanding your sensitivity to allow a full awareness of all that’s upsetting & weighing on you now and in your anticipated future.*

**Step 2:** Ask ... “Instead of total joy, what am I feeling now, when I open up to the pressures and effects of everything that is going on in my life, now and to come?” (e.g., What am I feeling instead of the sparkling joy of that 3 y.o. girl getting everything she wanted at Christmas?)”

*Put this feeling into a simple sentence of the following structure, such as, “I am feeling frustrated”. Or, if you can’t identify the feeling, then use a number instead, such as “I am feeling a ‘6’ un-joyful”.*

**Step 3:** Repeat over and over what you are feeling using this sentence ...

*“I’m feeling frustrated... I’m feeling frustrated... I’m feeling frustrated...”*

*Stay connected with the feeling -- repeating it over and over, until either at least minute to a minute and a half passes or the feeling fully subsides.*

**Return to Step 1:** Continue with these steps until you’re happy with how much your emotional upset has subsided, or until you return to a feeling of total joy.

*... It may be helpful to remember the adage ...*

*“What I am willing to feel will heal ...*

*What I am not willing to feel stays real!”*

## **A Spiritual Solution**

When we finally breakthrough to feeling total joy, we will notice that nothing will have changed in our outer life, but everything will have changed in our inner life—which is the true source of our inner joy. Most people are seeking a worldly solution to their problems: they try pursuing this or that, attempt to acquire more things, or they try to run away from (or avoid) whatever pushes their buttons and causes them some degree of pain or upset. This process offers, instead, a “spiritual” solution to our difficulties in life. By releasing our inner emotional pain, our outer world completely changes, and we can experience heaven-on-earth right here and now.

## **So How Can We Stay Joyful?**

We know life is likely to present us with challenges every day, so how can we stay joyful in the midst of challenges which keep coming our way?

We take showers or baths every day to keep our bodies clean – even though we will surely get dirty again. We brush our teeth every day – even though they will probably be in need of a brushing after our next meal. Some of us do physical exercise regularly, despite so many forces – including ageing and even gravity itself -- which are constantly acting against us.

But what do we do for our mental peace? Regularly doing something to “clean” or clear the mind is important, in the face of so many forces in our day to day lives acting to disturb it.

This is something we have forgotten, because no one has to teach children how to regularly “clean” their minds in the face of whatever is disturbing them. They innately know how to release their daily stress by crying, throwing a tantrum, or expressing their upset feelings – after which, they quickly return to being light-hearted, free, and joyful again.

We can definitely feel that way again as adults, finding our way back to regaining our youthful light-heartedness and joy if we take a few minutes time daily to do clearing practices.