

Heal Your Own Emotional Pain

By

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**How to cure your anxiety and depression rapidly and
permanently, without the need for medication**

www.healyourownpain.com

This book is designed to help you to understand and cure your emotional pain, such as anxiety disorders, phobias and depression. It explains the science behind anxiety and depression, how current drug and behavioural therapies for anxiety and depression are thought to work, and the limitations of these current treatments.

This book provides a solution to the limitations of current treatments for anxiety and depression - by addressing the cause of emotional pain, rather than the effect. It explains how all of our emotional pain is created by the suppression of negative emotions within us. It outlines the steps that we need to take in order to cure anxiety and depression, by allowing the experience and release of our negative emotions, rather than their suppression. Using this method we are able to alleviate our emotional pain very rapidly, and permanently, without any need for medication.

Dr Luli Faber is a scientist who, after almost 20 years of research in neuroscience, physiology and pharmacology left an academic career to follow spiritual interests. Her Ph.D. focused on mechanisms of pain treatments in the spinal cord, and after her Ph.D., for most of the rest of her academic career, she studied the parts of the brain involved in mediating emotions and emotional memory formation. Over the past five years she has been investigating the soul, and the link between the soul and our physical and emotional health.

Dr Luli Faber is also the author of "Heal Your Own Pain", a program that describes how to heal physical pain by releasing the underlying causal negative emotions.

You can contact Luli about this program at HealYourOwnPain@gmail.com.

More information can be found at www.healyourownpain.com

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1. Introduction

This program is designed to help anyone who is suffering from any type of anxiety disorder or from depression.

It will show you how to understand the cause of your emotional pain, and show you how to take steps to permanently alleviate it.

This program does not require treatment from any qualified medical professional, or any medication.

This program is free and will cost you nothing.

If the methods described in this program are sincerely and fully engaged, it is possible to permanently alleviate your anxiety or depression very rapidly i.e. within days or weeks.

What you need is **courage**, an open mind and a willingness to take full personal responsibility for your emotional pain.

This program uses methods that are not currently accepted in Western medicine, as it challenges the current scientific view of how emotions operate within us.

However this book draws on neuroscience, including scientific evidence about the placebo effect, psychology, Divine Truth, and my own personal experiences to show that it is possible to eradicate anxiety disorders and depression from our lives very rapidly using the methods described.

This program will challenge you, in terms of your beliefs about emotions, and it will also challenge you emotionally.

However the methods described in this program are the only way that you can permanently remove emotional pain from your life because they address the cause of emotional pain.

Disclaimer: Your engagement in this program is at your own risk, and we do not accept responsibility for any negative outcomes of the program.

2. Understanding emotional disorders

Emotional disorders are extremely common, with one in two adults experiencing some form of mental health problem at some point in their life.

Of these, anxiety and depression are the most common mental disorders that affect people.

Anxiety and depression are regularly co-morbid i.e. people can suffer from some form of anxiety and depression simultaneously.

People with anxiety and depression are also more likely to experience physical health problems, such as chronic back pain, neck pain, asthma, or heart problems.

Anxiety disorders include panic disorder, agoraphobia (a fear of certain environments), generalised anxiety disorder and post-traumatic stress disorder.

Anxiety disorders involve feelings of stress, worry, panic, tension, distress and/or nervousness, and can be accompanied by physical symptoms such as a pounding heart, sweating, trembling, shaking and having difficulty breathing.

Depression is defined as experiencing a depressed mood, loss of self-confidence and self-esteem, reduced energy levels and/or reduced activity levels for a period of at least two weeks.

Anxiety and depression regularly negatively impact on people's ability to maintain relationships, their social life, their ability to work and their home management.

Anxiety is the leading cause of disability in the workplace in the United States, and in Australia anxiety and depression are thought to cost the economy approximately AU\$20 billion per year.

Therefore anxiety and depression are massive problems in society, not only for the economy, but more importantly because of the negative impact they have on people's abilities to live a happy and fulfilling life.

At present, however, there are no known cures for either anxiety or depression, despite a number of treatments being available.

This book explains why current treatments are not able to cure anxiety and depression, and how both anxiety and depression can be completely and permanently cured, by addressing the cause of the anxiety and depression.

3. Understanding anxiety disorders

Brain scientists have a reasonably good understanding of what happens in the brain during the experience of fear, and how fear can turn into anxiety or phobias under certain conditions.

However brain scientists believe that fear is innate within us - that it is necessary for survival, and is therefore an evolutionary trait that is stored within us permanently.

This is NOT the case - any fear can be released by experiencing it.

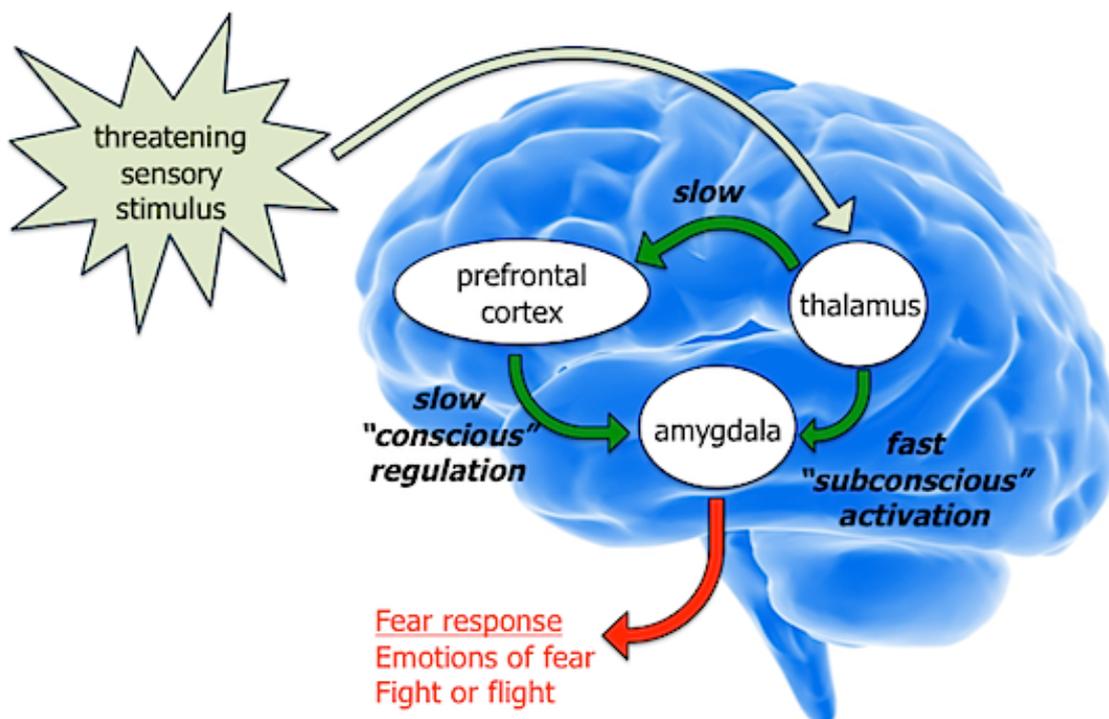
Below is the current theory of what occurs in the brain during the creation of anxiety. It occurs through a process of conditioning.

3.1. The neuroscience of fear

When a person is presented with a threatening sensory stimulus, the information enters the brain.

This information travels to a part of the brain called the thalamus.

The thalamus then transmits this information about the threatening sensory stimulus to a part of the brain called the **amygdala**, which is thought to be **the emotional centre of the brain**, via two pathways.



3.1.1. The fast, "subconscious" pathway

The first pathway rapidly transmits the threatening information directly from the thalamus to the amygdala, via a fast, "subconscious" pathway.

The amygdala then rapidly elicits a fear response to the threatening sensory stimulus. This triggers the emotional experience of fear, and the behavioural response of fear, such as preparing the body for fight or flight.

This pathway is described as "subconscious" because it can be activated below our conscious awareness. In other words we can respond to a threatening stimulus before we even consciously know why we have responded.

This pathway is activated during situations where we suddenly feel afraid, we feel our heart rate increase, experience butterflies in our stomach or feel more alert, before we are cognisant of why we feel afraid.

For example, we can jump out of the way of an oncoming car before we are even consciously aware that we were under threat of being hit by a car. It is not until a second or so later that we then become aware of what has happened, and that we have just escaped a threatening situation.

This pathway in the brain is thought to carry fears relating to anything that threatens our survival, such as dangerous animals or violent people. It can even get activated "subconsciously" when we see the face of an angry person.

Scientists view many fears carried within this pathway as innate, and that they are a product of evolution.

3.1.2. The slow, "conscious" pathway

A second pathway travels from the thalamus to the amygdala via a part of the brain called the prefrontal cortex.

This pathway takes longer to transmit the information, and is described as "conscious" because it can be regulated in a conscious manner.

This pathway can modulate the emotional and behavioural fear response that is elicited by the amygdala.

It is this pathway that allows us to modulate our emotional responses with our mind.

For example, we may be about to take an action that are afraid of, such as public speaking, but in order to maintain control we can modulate our fear by telling ourselves that we are not under threat, that we'll be okay, and that there is no need to be afraid. This lessens our experience of fear.

Alternatively, we may be afraid of social gatherings, and we can use this pathway to suppress our fear so that we are able to cope within the social situation and not feel overwhelmed by our fear.

Scientists view this pathway as a feature of the human brain that sets it apart from other animals, which lack a developed prefrontal cortex.

This pathway allows us to regulate our behaviour so that we do not always act impulsively in response to different situations that may or may not be threatening.

For example, if we are getting verbally attacked we can use reason to stop ourselves from attacking back, which could worsen the situation, and instead look at the reasons why we are being attacked, or ways to remove ourselves from the attack.

We can become so good at regulating our fear with this pathway on a day-to-day basis that we can easily stop realising that we are doing it, and we can start to think that we do not have much fear inside of us.

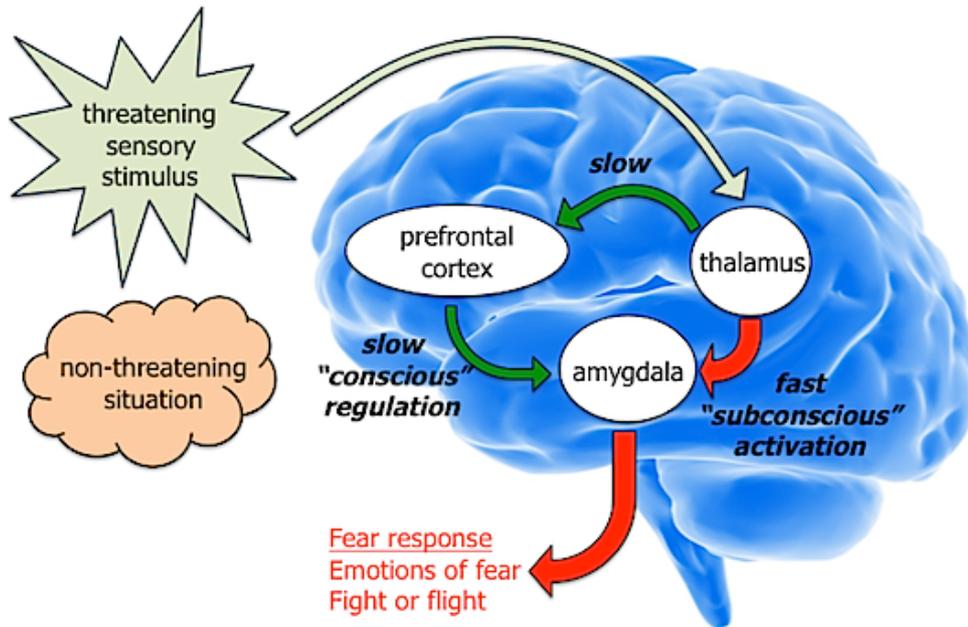
3.2. The neuroscience of anxiety

When an anxiety disorder is created, it is believed to be through conditioning.

Conditioning is the process whereby we learn to fear a non-threatening situation because we associate the non-threatening situation with a real or perceived threat.

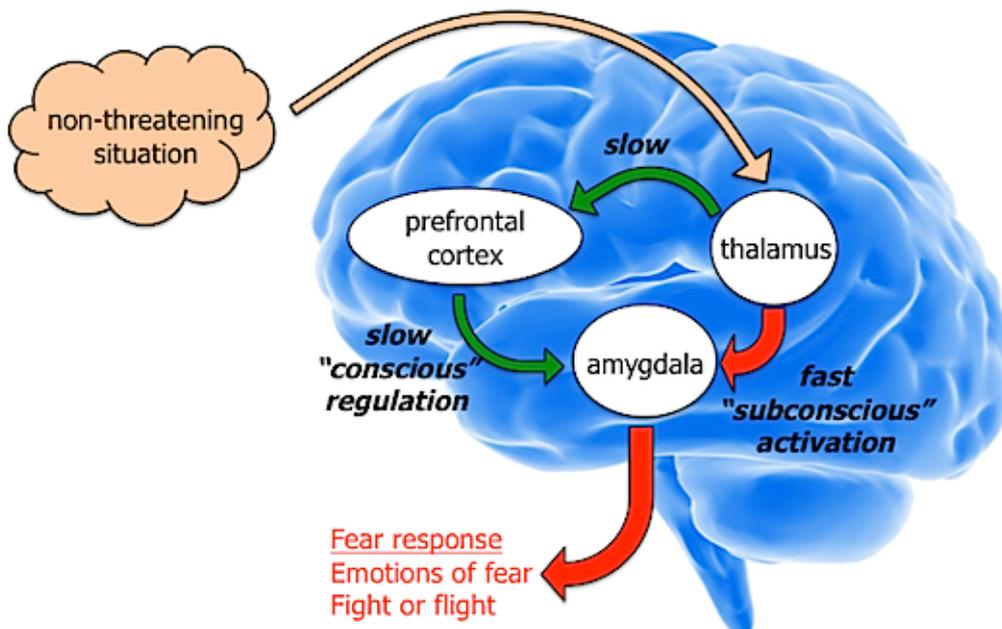
When this conditioning takes place, it is thought that the fast, "subconscious" brain pathway from the thalamus to the amygdala is enhanced (indicated by the larger red arrow in the diagram below).

This then increases the fear response that is triggered by the amygdala.



After the conditioning has taken place, when a person is presented by the same non-threatening situation, they now perceive it as a threatening situation.

This leads to a greater activation of the amygdala than before, due to the enhanced fast, "subconscious" pathway from the thalamus to the amygdala.



This results in a greater fear response whenever they are presented with the same non-threatening situation.

In other words a person becomes anxious, or acquires an anxiety disorder, in situations that are not usually threatening because of “subconscious” changes that have taken place in their brain.

For example, if we experience pain from a relationship break up, we can often come to view that the person with whom we were in the relationship is a threat to us. Whereas before when we were in the relationship we felt love for them, we now feel that they will cause us pain. Therefore the next time we see them we will have a fear response to them, which manifests as anxiety. This can also translate to feeling anxious about entering a new relationship, because we have come to fear an intimate relationship as something that may be a threat to our emotional wellbeing. We have had our “fingers burnt”, as the saying goes.

Alternatively, we may have learned in our childhood that whenever we make a mistake we will be punished by being smacked or humiliated. This makes us believe that at any time in the future when we make a mistake we will experience physical or emotional pain. Therefore whenever we make mistakes, we will feel anxiety, even if we are not actually being condemned or punished for making the mistake in our current environment.

3.3. Limitations of treatments for anxiety

There are two main types of treatment used for anxiety - behavioural therapies and drug treatments.

3.3.1. Behavioural therapies

The most common type of behavioural therapy is cognitive behavioural therapy.

During cognitive behavioural therapy patients focus on how they think and act, with the view that this then affects how they feel.

The patient recognises patterns of thinking or behaviour that are linked with their anxiety, and they then modify their thoughts and behaviour in an attempt to reduce their anxiety.

For example, a patient can learn to recognise when they start to feel anxious and then, because they have a greater intellectual awareness that the situation is not as threatening as they perceive it to be, they can use their mind to minimise their anxiety using internal reasoning, before they become overwhelmed.

This is based upon a strategy that most of us use all the time without even being aware of it, to avoid feeling our fear and anxiety.

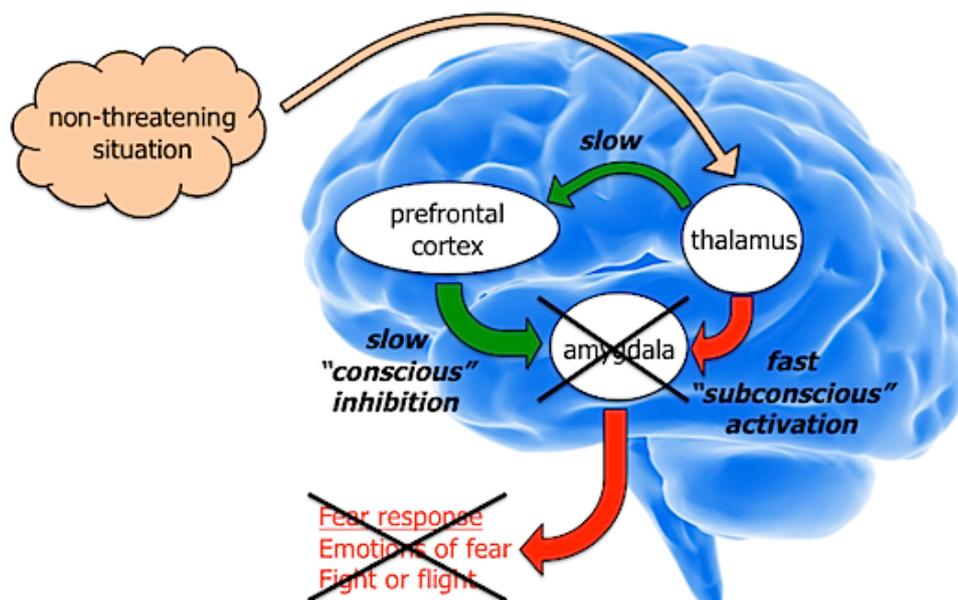
For example, a person who was punished for making mistakes in their childhood may feel anxiety in the workplace whenever they make a mistake, because they have learned that making a mistake is associated with punishment. Using cognitive behavioural therapy techniques they may tell themselves that there is nothing to worry about when they make a mistake, and that their fear is an over-reaction because it is based on past experiences and not on their present circumstance. This helps to dull the anxiety.

Another type of therapy is called behavioural therapy, where patients are gradually exposed to the situations or triggers that make them anxious, so that they can re-learn that the situation is safe and not threatening.

For example, a patient who has a phobia of public spaces may be gradually exposed to public spaces in a safe environment, for instance by exploring public spaces using virtual reality technology, so that they come to learn that public spaces are not as threatening as previously perceived.

Slowly, using this strategy, patients are able to “get back on the horse”, as the saying goes.

All of these behavioural therapies act in the brain by utilising the slow, “conscious” pathway from the prefrontal cortex to the amygdala (indicated by the larger green arrow in the diagram below).



This theory behind behavioural therapy is that activation of the slow, “conscious” pathway from the prefrontal cortex to the amygdala will suppress

the amygdala and prevent it from eliciting the fear response, by engaging different intellectual thought patterns to tell ourselves that we are not afraid in certain situations.

However the enhanced fast, "subconscious" pathway associated with the fear of the non-threatening situation is still present in the brain. It has not been erased.

Instead new pathways are created in the slow, "conscious" pathway, which attempt to suppress the fear response that is elicited by the amygdala.

Behavioural treatments have only limited success in treating anxiety because if the person is put in a different situation to which they have learned to manage their fear, or where they do not have the time to intellectually reframe their emotional experience, their fear pathways will reactivate, rapidly and "subconsciously", because the fear pathways are still present in the brain.

For example a person who has learned to be able to cope with their fear of public spaces through behavioural therapy will still feel anxious if their environment changes and becomes uncontrolled, for instance if a large crowd suddenly gathers.

Therefore behavioural therapies are attempting to bypass the problem, by creating new pathways in the brain, rather than solve it, by eradicating fear pathways in the brain.

It is more logical to target and erase the fear memory, which is expressed in the fast, "subconscious" pathway, to cure anxiety.

The fear and fear memory can only be ERASED by feeling and releasing the emotion of fear, which permanently cures anxiety.

See Chapter 10 for how to experience and release fear.

3.3.2. Drug therapies

The main drug treatment for anxiety is drugs such as Valium, which acts by generally depressing activity across the brain.

Drug therapies such as this attempt to bypass the problem of fear pathways and fear memories by suppressing **all** activity in the brain.

Drugs act by binding to specific proteins called receptors in the brain.

However the receptors for the drugs are located all over the brain.

Therefore while the drug may act in the amygdala to reduce fear, it will also act in other brain areas to affect other brain functions.

This is why drug therapies for anxiety have side effects, such as fatigue and memory loss.

Drug therapies also do not cure anxiety, but rather treat the effects.

They can also create dependency because the patient can feel anxious as soon as they stop taking the drugs.

Feeling and releasing our fear can rapidly and permanently erase fear and anxiety with no negative side effects and no need for medication.

How to feel and release fear is described in Chapter 10.

4. Understanding depression

The brain science of depression is very poorly understood. However the main current theory is outlined below.

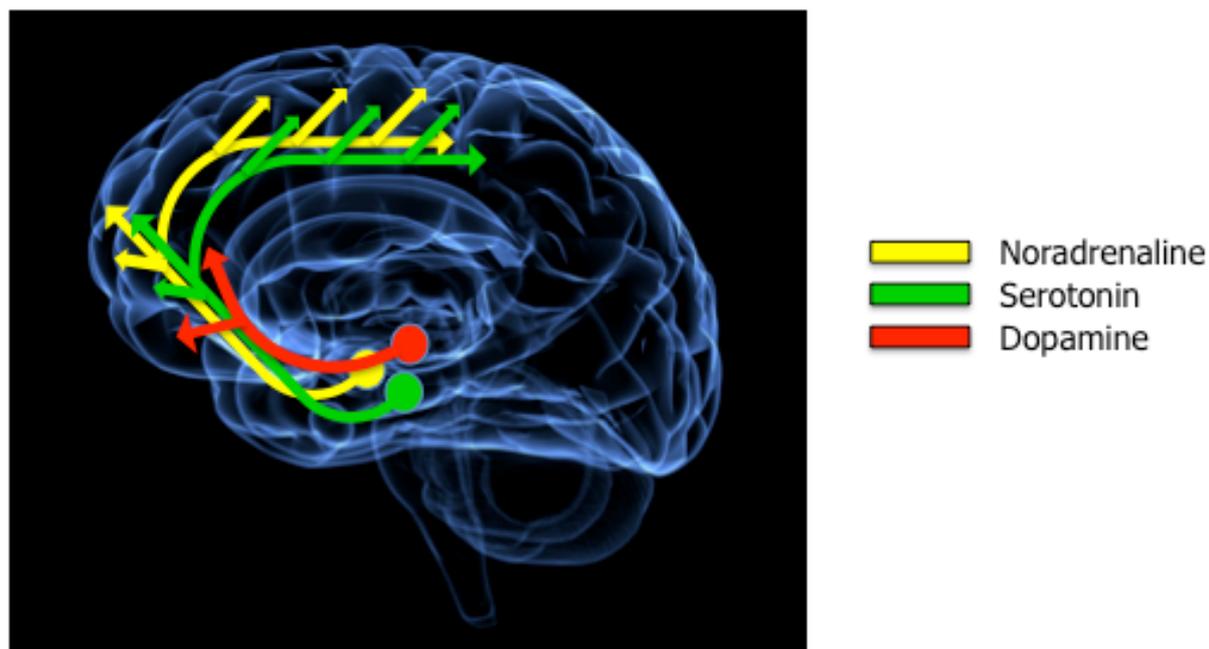
4.1. The neuroscience of depression

There are three main types of chemicals, or neurotransmitters, in the brain that affect mood.

These neurotransmitters are called noradrenaline, serotonin and dopamine.

These neurotransmitters are manufactured by structures that are deep within the brain and are then released throughout the brain via pathways (shown in the diagram below), where they modulate activity of the brain, as well as mood.

Drugs that interfere with these neurotransmitters can affect mood and how a person feels.



4.2. Limitations of treatments for depression

The brain changes that occur during the creation of depression are not currently understood by scientists.

However there are two main types of treatment used for depression - behavioural therapies and anti-depressant drug treatments.

4.2.1. Drug therapies

Drugs that are used as anti-depressants act by modulating the levels of noradrenaline, serotonin and/or dopamine in the brain.

In particular, drugs that act on serotonin levels, such as Prozac, are commonly used to treat depression.

Drug therapies used to treat depression act on their targets, or receptors, that are located all over the brain.

Therefore they are not targeting pathways involved in mood specifically, but rather all pathways in the brain that utilise the neurotransmitters noradrenaline, dopamine and/or serotonin.

For this reason side effects are very common and often cannot be tolerated by patients.

There is also a delayed onset of action for anti-depressants, where it can take 2-4 weeks for the treatment to take effect.

It is not understood why this is the case, or how anti-depressant drugs actually work.

In some people depression is not alleviated by drug treatments, while in others relapse occurs as soon as the drug treatment is stopped.

This is because the drug treatment is addressing a chemical effect rather than the cause of depression.

The cause of our emotional pain is emotional rather than chemical.

4.2.2. Behavioural therapies

Two common types of behavioural therapies that are used for depression are cognitive behavioural therapy and mindfulness-based cognitive therapy.

In cognitive behavioural therapy patients learn to recognise patterns of thoughts and behaviour that are often associated with feeling depressed, and then attempt to modify their thoughts and behaviour to reduce the likelihood of feeling depressed.

In mindfulness-based cognitive therapy, patients learn to focus on the present, and learn to accept the pleasant or unpleasant emotions that they are feeling without attempting to change them.

This then is thought to help patients recognise early the feelings of sadness or negative thought patterns associated with feeling depressed, which helps prevent depression establishing itself.

For example, a patient may recognise that they are starting to feel depressed when a certain type of behavioural pattern that they have, such as trying to please others, is not successful. With mindfulness-based cognitive therapy, patients are able to recognise that their depression is stemming from their unsuccessful desire to keep others happy, and this increased awareness helps to distance themselves emotionally from the emotional pain that they feel about that, and it prevents them from feeling overwhelmed by it.

As with behavioural therapies for anxiety, behavioural therapies for depression are thought to focus on activating slow, "conscious" pathways from the prefrontal cortex to lower brain areas to modulate mood and emotion.

Therefore, as with anxiety treatments, these treatments are bypassing the malfunctions in the brain areas by attempting to create new pathways in the brain that over-write the problem.

This is not addressing the emotional causes as to why the person became depressed, and is not a cure to depression.

Therefore with mindfulness-based cognitive therapy, while patterns of behaviour that create inner emotional pain may be better understood and therefore accepted, the inner emotional pain still resides within. Therefore this treatment only offers an alleviation of symptoms rather than a cure.

For example, for a person who wants to keep others happy, the emotional cause for them wanting to please people is still inside of them and has not been cured. Instead it has been temporarily relieved.

Depression can only be fully and permanently alleviated by addressing and releasing its emotional cause.

How to identify and release the emotional cause of depression is described in Chapter 12.

5. The placebo and nocebo effects

5.1. The placebo effect

The placebo effect is the phenomenon where a patient's symptoms improve when the patient believes that they have been given a treatment.

A placebo is usually a sugar pill that is administered, rather than an active drug.

The placebo effect accounts for at least 40% of the effects of pharmaceuticals that are currently on the market.

Placebo has been demonstrated to be effective at treating depression and anxiety, as well as many other physical health problems.

In clinical trials, anti-depressant drugs rarely perform better than placebo.

Some scientists claim that anti-depressants on the market are no more effective than placebo (Kirsch et al, 2008), although this is controversial (Penn & Tracey, 2012).

The reason that placebo treatments are effective is that there is a belief within the person that they are receiving a treatment, and therefore a belief that their symptoms are going to get better.

This creates an improvement in the mental or physical health of the patient.

5.2. The nocebo effect

The nocebo effect is a phenomenon whereby symptoms get worse when there is a poor prognosis for a patient, or when a healthy person believes they will become unwell.

For example, up to 25% of people will experience side effects that are typical of active drug treatments when taking a placebo sugar pill. These side effects include fatigue, vomiting and memory disturbances.

The nocebo effect can be powerful enough to cause death in people who are misdiagnosed with a terminal illness such as cancer, as it has been discovered by tests following their death that they were disease-free.

The nocebo effect results from the belief within the person that their health is going to get worse, and this creates the physical symptoms associated with poor health.

6. Understanding our true nature

The reason that beliefs can affect our mental and physical health so powerfully, both positively and negatively, is that beliefs are contained within our soul.

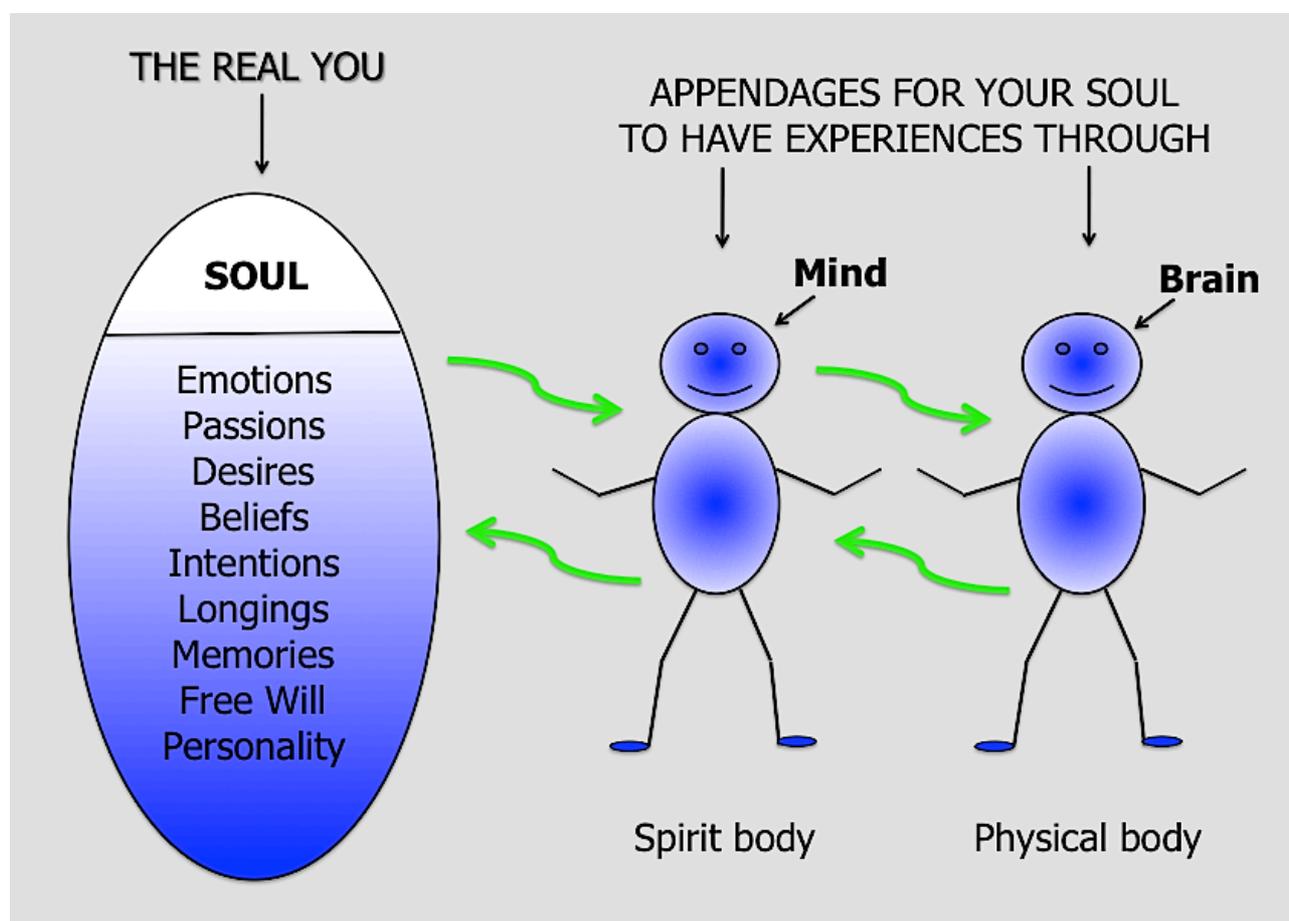
6.1. The soul, the spirit body and the physical body

Our souls are the real us. They are what make us human.

We also have a physical body, through which our souls interact with the physical world. The physical body is the focus of Western medicine.

In addition we have a spirit body, through which our souls also have experiences through. It is our spirit body that contains our meridians and chakras, and is the focus of Eastern medicine.

Our mind is contained in our spirit body, and our brain is contained in our physical body, but both are governed by the soul.



Our physical bodies and our spirit bodies are merely the appendages through which our souls have experiences. Our soul is the powerful part of us.

Our soul is the container for all of the following (and more):

- Our emotions
- Our beliefs
- Our passions
- Our desires
- Our aspirations
- Our longings
- Our memories
- Our free will
- Our personality

Since our soul is the real us, and controls our physical body and our spirit body, our soul controls what happens in our physical body and our spirit body.

Our soul is the CAUSE of everything that happens in our spirit body and physical body.

Conversely, anything that happens in our spirit body or physical body is an EFFECT of something in our soul.

6.2. The placebo and nocebo effect explained

The placebo and nocebo effect can be explained once the power of the soul is understood.

Beliefs are located in our souls.

Therefore beliefs can alter the physical or mental functioning in our physical and spirit bodies because the soul controls our physical and spirit bodies.

If a person has a belief that they have received an anti-depressant treatment when they have actually received a placebo, this can create changes in their spirit body and in their physical body.

Therefore placebo can be an effective treatment for depression because a change in the soul has occurred, whereby the person believes that their depression will be alleviated.

This belief in the soul changes the functioning of the mind and the brain.

Conversely, if a person has a belief that they are going to experience health problems, the nocebo effect, this belief in their soul can actually create the health problem in their spirit and physical body.

Using brain imaging studies, scientists have demonstrated changes in the brain following placebo treatment i.e. changes that result from a belief alone (Faria et al, 2008).

6.3. The soul is dominant over the mind

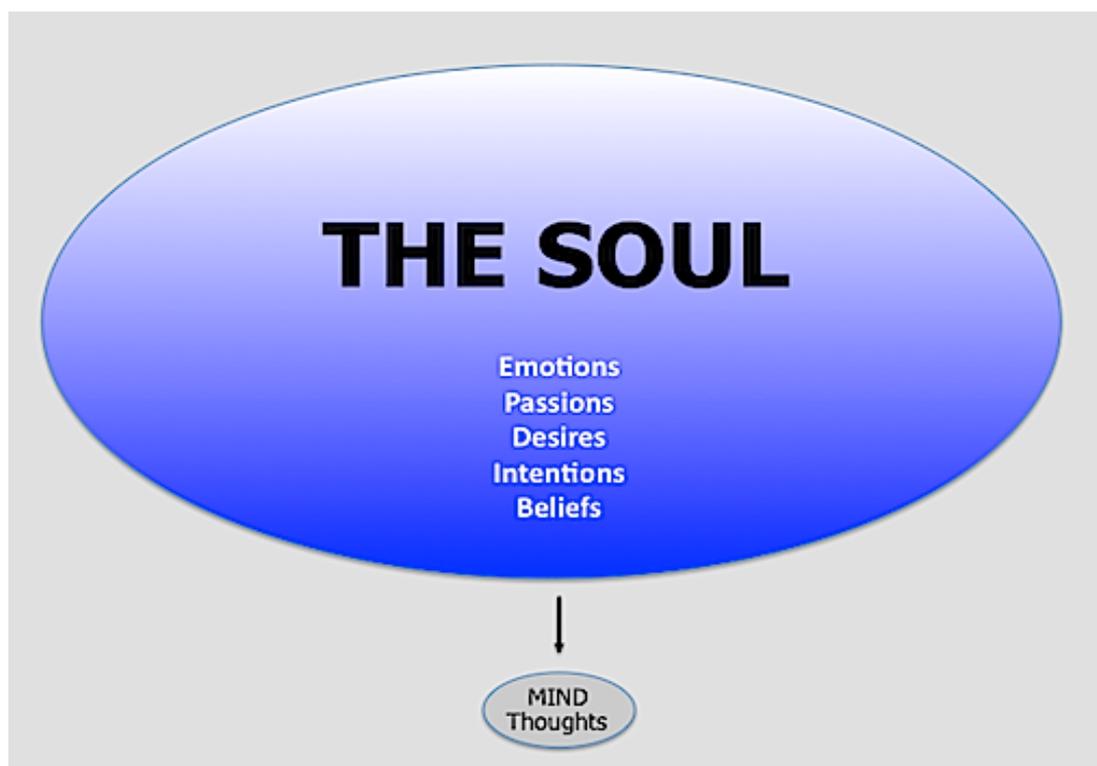
Our soul is the real us, and it is immensely powerful.

Our mind is located in our spirit body.

Our brain is located in our physical body.

Since our soul controls our spirit body and our physical body, it means that our soul controls our mind and our brain, and is dominant over our mind and brain.

Therefore our soul controls our thoughts.



6.4. Our emotions drive our thoughts

Since the soul is dominant over the mind, aspects of our soul such as our emotions, our passions and our desires, control our mind and control our brain.

That means that **our emotions drive our thoughts**.

For example, we can attempt to tell ourselves with our mind, or train ourselves to think that we are not afraid of snakes, using the brain's slow, "conscious" pathway, but if we are put in a situation where we have a snake in front of us then we will feel fear.

However, if we remove a fear from us emotionally, when we see a snake we will not be afraid, because the fear does not exist within us.

The new fearless response is automatic, without any form of emotional or mental effort required.

We will not need to tell ourselves in our mind that we are not afraid, because the fear is no longer within us.

We cannot remove negative emotions by using our minds to tell ourselves we don't have certain emotions, because the emotions will still be in our souls, controlling our thoughts, dictating activity in the brain's fast, "subconscious" pathway, and driving our behaviour.

6.5. The limitations of treatments for anxiety and depression explained

Since our souls are immensely more powerful than our minds, our souls are dominant over our mind, and our emotions create our thoughts, any attempt to control emotions with thoughts is futile.

This is why behavioural therapies that are attempting to treat anxiety and depression are not fully effective and do not cure the emotional disorder - because they are attempting to control emotions with thoughts.

It is impossible to change emotions with thoughts because emotions are dominant over thoughts.

The emotion will always be present in the soul, and will be expressed in brain pathways until the emotion has been removed from the soul.

Once the emotion has been removed from the soul, I hypothesise that the fast, "subconscious" brain pathways carrying the fear will automatically be unwritten. However at present no scientific experiments have ever been performed to examine this.

Any attempt to modify the brain with drug treatments is also not going to cure the emotional disorder because it is treating a chemical imbalance in the brain, and not the emotional cause, which is in the soul.

This is why drug treatments are only partially and temporarily effective - because the emotions in our soul continue to create problems in our mind and brain for as long as they remain in the soul.

6.6. Emotional disorders have emotional causes

The current prevailing view in Western medicine is that emotional disorders have physical causes.

For example, the current belief is that depression and anxiety are associated with chemical imbalances in the brain.

However this is not true - **emotional problems have emotional causes.**

It is clear that emotional problems have emotional causes when looking at, for example, how phobias or post-traumatic stress disorder are created - they are created by a **distressing emotional experience.**

It is therefore logical to address an emotional problem by addressing the underlying emotions.

To change the way we feel we need to focus on our feelings in our soul, and not on our thoughts in our mind.

Focusing on emotions in the soul **cures the problem**, rather than treats it.

It is **fast and effective** because it addresses the cause of the problem, rather than trying to work around the problem in our brain or mind.

It is **permanent** because it changes the cause in our soul, rather than treating the effect.

**THE ONLY WAY TO REMOVE ANY OF OUR EMOTIONS TO
EXPERIENCE THEM BY FEELING THEM.**

6.7. The "subconscious" vs. the "conscious"

Neuroscientists and psychologists believe that we have a "subconscious" part of our brain, where activity takes place below our level of awareness.

They believe that much of our behaviour and actions is driven by our "subconscious", due to programming or conditioning within our brains.

This theory has arisen due to the fact that almost everyone suppresses large amounts of their emotions, desires, passions, longings and so forth, and this suppression leads to a lack of self-awareness.

Therefore we are driven to take actions or respond in certain ways without understanding why.

It is possible to become fully aware, or "conscious" of what is driving our actions and behaviour because it is our soul, the real us, that is driving our actions and behaviour.

It is our emotions, passions, desires, beliefs, memories and so forth within our soul driving our actions and behaviour.

The reason we are not fully aware is that we are **choosing to deny our soul** and our true feelings.

To become fully self-aware we need to choose to no longer suppress what is in our soul.

As soon as we decide to no longer suppress our soul, we will automatically and immediately feel our emotions, passions, desires, beliefs and other aspects of our soul.

7. Layers of emotions within our souls

All emotional pain that we experience is the result of the suppression of painful emotions within our soul that we are choosing not to feel.

Once we CHOOSE to feel and release our painful emotions, we will no longer experience emotional disorders.

To do this is a matter of deciding, at a deep feeling level, that we want to feel our emotional pain.

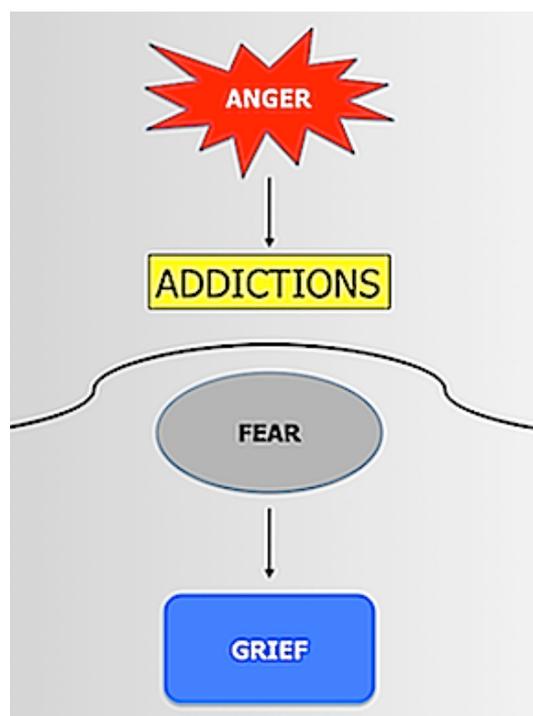
As soon as we want to feel our emotional pain, we will start feeling and releasing it.

7.1. Types of emotional pain within our souls

There are four main layers of emotional pain that we have within our souls:

- Anger
- Addictions
- Fear
- Grief

Anger covers our addictions, our addictions cover our fear, and our fear covers our grief.



In addition, and similar to fear, shame can also cover our grief, and be covered by our addictions and anger.

Anger ranges from mild irritation, impatience and annoyance to rage, fury, resentment and hatred.

Our addictions are a layer of emotions within us that help us to avoid our fear and our grief. They are the so-called "subconscious" patterns of emotions that drive our behaviour and actions. However it is possible to become completely aware of them.

Fear ranges from feeling un-relaxed and unsettled, to anxious, stressed or worried, to feeling terrified.

Grief is the overwhelming sadness and sorrow that is within our souls.

The emotions in our souls are in layers:

- Grief is at the bottom
- Fear covers our grief
- Our addictions cover our fear
- Anger covers our addictions

When we are angry we are denying a fear.

When we are afraid we are denying grief.

Grief is the causal reason of emotional pain.

Feeling our way through layers of emotions allows the emotions to flow out of our soul and leave us forever.

To get to our grief to experience it and release it, we need to first feel our way through our anger, and then feel our way through our fear.

The emotional layers above grief need to be felt and released before we can fully access the grief.

Once we experience and release a particular grief, we will never be afraid or angry about that issue again.

The ONLY way to remove emotional pain is to experience it.

7.2. Anger

If we are feeling impatient, irritated, annoyed, frustrated, angry, rageful, hatred or resentment, it indicates that we are angry.

Occasionally our anger is a childlike emotion, which is expressed as a childlike tantrum.

However more commonly we are angry because an addiction is not being met, and a fear is being exposed that we do not want to feel.

By getting angry under those circumstances we are showing that we do not want to feel our fear, and instead are denying it.

To get to the fear that we are denying, so that we can feel and release it, ***we first need to feel our anger.***

This does not mean shouting at someone!

We can feel our anger without harming other people by expressing it privately e.g. by punching a punching bag, hitting a pillow or by screaming

and swearing (this can be done into a cushion if in a densely populated area).

When we feel our anger and have a desire to find what is underneath, we will discover what fears we were avoiding.

7.3. Addictions

Addictions are the main way in which we avoid feeling our emotional pain.

Unmet addictions are the main reason why we get angry.

Addictions are patterns of emotional responses or behaviour that drive our actions, and are ingrained within us from early childhood as a way to avoid the emotional pain within our souls.

Addictions can be either physical or emotional.

For example, many people drink alcohol or take drugs to feel relaxed. Others may keep busy or watch a lot of TV. These are examples of physical addictions.

However, most addictions are emotional in nature.

An example of an emotional addiction is a need to be a high achiever. This may have been created within us during our childhood because the times that we achieved as a child were the times that we received approval from our parents.

Another example of an emotional addiction a need to please others, to make them happy. This may have been created in us because we were incorrectly taught that we are responsible for others' emotions.

Another example is that we may be needy for other's approval, as this helps us avoid fear and grief that we are not loved by others.

We have thousands of emotional addictions within us, driving our day-to-day behaviour.

Our addictions cover up our fear and our grief so well that most of the time we can no longer tell that we have fear and grief in us.

If we are never experiencing fear and grief, it shows that we are in denial of those emotions.

If we are in denial of those emotions, then it is likely that we are in an addiction, which is the tool we are using to deny the emotion.

There are two main ways to identify whether we are in an addiction:

1. We get angry when the addiction is not met.
2. We have expectations and demands on other people that they behave a certain way, or treat us a certain way.

Our addictions are often a major source of pleasure in our lives when they are getting met.

However living in our addictions makes our happiness dependent upon every other person's actions. When our addictions are not met, we will feel pain.

While we live in our addictions we create pain in others and ourselves in the long run.

Therefore it is very beneficial to remove addictions from our life in order to live a happy life under every circumstance.

7.3.1. The purpose of addictions

Addictions are created in us to help us avoid feeling emotional pain.

Many of our day-to-day actions are driven by our wanting to avoid our fear; this is the purpose of our "subconscious" addictions.

Addictions are driven by two main issues:

1. To get a feeling from someone because we feel we lack that feeling inside of us e.g. a sense of worth.
2. To avoid a feeling because we don't want to feel the pain inside of us that it relates to e.g. we get angry if someone doesn't treat us well, because it makes us feel unloved or unvalued.

Most emotional addictions are formed in us by the age of seven.

Most of us are living in our addictions all of the time, and therefore we are not aware of the large amounts of fear and grief within us.

7.4. Fear

If we are unrelaxed, agitated, anxious, stressed, angry, depressed, numb, or living in our addictions, it is a sign that we are denying a fear.

There are two main ways in which we avoid feeling our fear.

1. We get angry.
2. We control our lives by living in addictions.

When these two strategies don't work, we feel anxious and stressed.

If the fear that we are trying to avoid is large, but we continue to try to avoid it, we can develop an anxiety disorder.

7.5. Grief

Grief is a feeling of overwhelming sadness that leads us to want to cry.

Often when we start to experience our emotions, there is usually some grief that can be accessed immediately, without needing to work through the other emotional layers of anger and fear.

However the vast majority of our grief within our souls is buried beneath the other layers of emotions.

Therefore while we may initially have some success at immediately accessing grief, after a period of time we will have accessed and released all of our "available" grief.

After that point in time, in order to access grief we need to feel our way through our anger, addictions and our fear.

It is a common mistake to try to go directly to the grief, in an attempt to rapidly access and release the causal grief within our soul.

However this often leads to the experience of fake grief - grief that is not the real grief within our souls, and is an intellectually contrived grief.

We cannot go straight to the grief.

The emotional layers above our grief need to be fully experienced and released before we can fully experience and release our grief.

Grief is not just restricted to the bereavement experienced when someone dies, but can relate to many areas of sadness.

There are two main types of grief inside of us:

1. Pain that others have caused us.
2. Pain that we have caused others.

Both of these types of grief can create emotional disorders when they are suppressed.

7.6. The source of emotional pain within our souls

The majority of emotional pain within our souls is created during our adult life, from decisions that we have made that created pain in others as well as ourselves.

The causal reasons that drove us to make decisions that have created pain in ourselves and others are the negative emotions - fear and grief - that have been within our souls since our childhoods.

Because we didn't fully experience the emotional pain when we were children, these emotions are locked up within our souls.

Therefore, if we did not fully experience some grief when we were children, that grief will still be within our souls. We will have since placed a layer of fear above that grief, and we are likely using an addiction to help us avoid feeling the fear and grief.

It is our decision to not feel and release our fear and grief that continues to cause emotional pain in others and ourselves.

For example, we may have grief within us from our childhood about feeling unloved by our father. This may be covered by a layer of fear about feeling that grief, we have created addictions to help us avoid the feeling of feeling unloved by our father. We then get angry when those addictions are not met as a way to avoid feeling unloved by our father.

Holding onto these negative emotions from our childhood has negative consequences for ourselves and for others.

For instance in the example above of having childhood grief about feeling unloved by our father, we are preventing ourselves from fully loving another man (whether we are male or female) because our emotions about our father are projected onto all other men, and it automatically colours our perception

of all men. We also project blame and anger at other men for our unhappiness, which creates pain in men, when the reality is that the cause of the pain is our feelings about our father from when we were children, and nothing to do with other men in our lives.

As soon as we start to feel and release our fear and grief, we stop creating emotional pain in others and ourselves, and we start to heal ourselves.

7.6.1. Childhood emotions

There is a large body of scientific evidence that shows that traumatic events in our childhood, which includes merely feeling unloved, can create a wealth of physical and mental health problems in adult life (e.g. Heim and Nemeroff, 2001).

Those emotions stay within us until we choose to release them.

When we work through the emotional layers of anger, addictions and fear, and experience our grief, we will feel the age that we were when the causal emotion entered us.

Therefore if there was an occasion when we were three years old and we did not feel loved by our mother, when we experience that grief as an adult we will feel three years old, and we will usually remember the events that created that feeling.

Experiencing our grief on any issue will then alleviate any fear or anger associated with that particular issue, and we will no longer act in the same addictive manner to try to avoid that grief.

In other words our behavioural and emotional responses to certain stimuli will automatically change.

7.7. Taking responsibility for our emotions

We are taught as children that if we tell ourselves an emotion isn't there, or if we push it down or push it away, then the emotion will go away or get smaller.

However the opposite is true - if we push the emotion down or push it away with our intellect, it stays in our soul, controlling what happens in our spirit body and in our physical body. This negatively impacts upon our physical and mental health.

The emotions are also being projected out of our soul to the greatest degree when we deny them.

When we acknowledge and feel our emotions, and no longer hold others responsible for our emotions, we are taking self-responsibility for our emotions, and they are no longer being projected out of our soul onto others.

Therefore while it may feel like if we acknowledge and feel emotions it will be worse for others, the opposite is true - when we take full responsibility for our emotions it is better for everyone else around us, because they are no longer feeling our denied emotions at the soul level.

Only we can experience and release our emotions because our emotions are within us.

No other person is capable of experiencing and releasing our emotions for us.

8. Experiencing negative emotions with different spiritual belief systems

When experiencing emotions it does not matter what types of spiritual beliefs you have, or whether you have no spiritual beliefs at all.

For example, you can believe that there is no God, or that God is an energy force of some kind, or that God is an entity.

In each case your belief does not change the fact that emotions are stored within your souls and if they are not released from you they create emotional pain.

Therefore if you release the emotions within your soul you will alleviate your emotional pain.

However, it is massively easier to go through this process with the support of God, the entity.

If you believe in God as an entity, you will find it easier and quicker to work through emotions than if you believe in no God, or if you believe that God is an energy force.

There are many reasons for this, and they include the following:

1. Working through negative emotions that create emotional disorders, in particular fear and terror, is a difficult and confronting process. If you believe in God, you can ask God to help you through the process, and you will feel much more supported and safer.
2. If you pray to God for assistance in working through your emotions, God can assist you in many ways. For example, God can help reveal to you the reasons why you want to avoid emotions, and can help you work through these reasons. Therefore identifying which emotions you need to feel next, as you work through the layers in your soul, becomes a very simple process with the help of God.
3. Receiving God's Love exposes the negative emotions within us, such as fear and grief, which makes accessing and identifying our negative emotions easier and much more rapid.
4. Receiving God's Love while experiencing our emotions actually eradicates the causal grief within our souls, making the process of emotional clearing much more rapid.

5. Focusing on and experiencing our negative emotions can be a painful and difficult process, but receiving God's Love when releasing those emotions creates subsequent feelings of joy and love.
6. Receiving God's Love makes us more sensitive, which makes it easier to access the other emotions in our soul.
7. Developing a personal relationship with God is extremely rewarding and fulfilling in many other ways. (See Divine Truth references in Chapter 15.3)

It is still possible to work through and release emotional pain without any belief in God, and in that case it is helpful when asking for assistance or seeking answers to ask the "universe" for help, rather than God, or to set your intention to change.

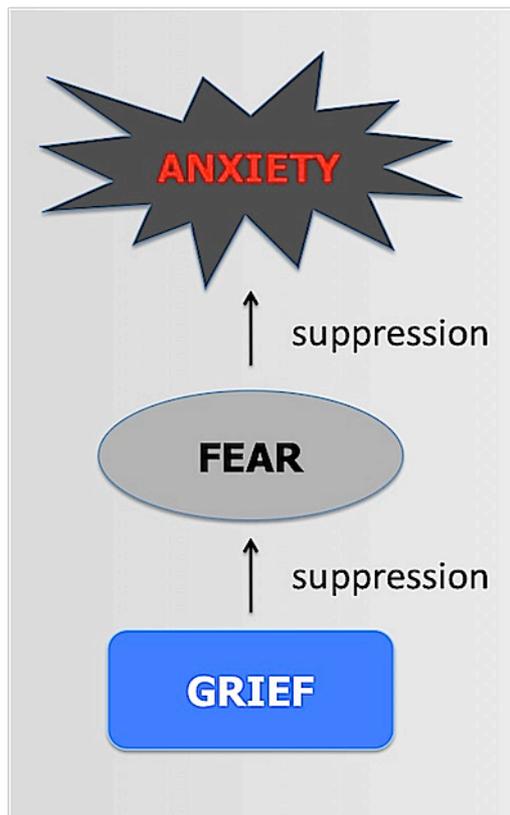
This activates the laws of the universe, which God created, and which operate on your soul. They will help show you what you would like to know when you have sincere desire to discover truth.

9. The emotional cause of anxiety

Anxiety is created when we suppress our fear over a period of time.

Our fear results from suppression of grief within our soul.

Therefore anxiety is a result of suppression of the fear and grief within our soul.

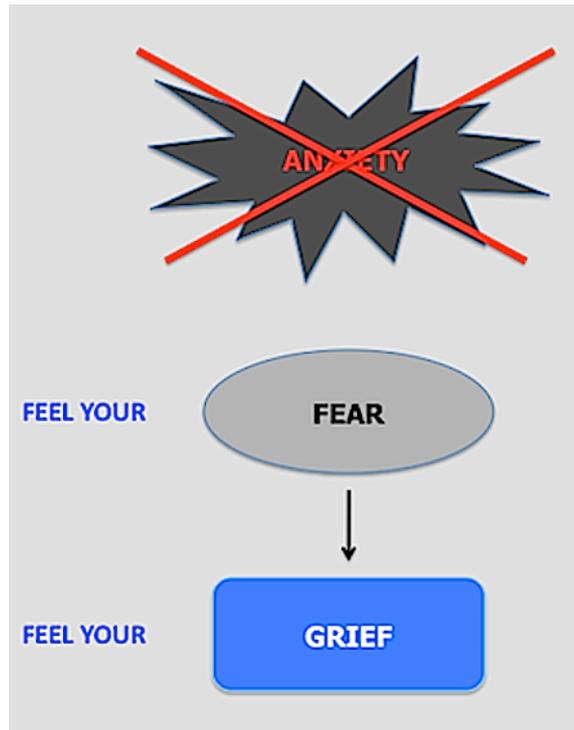


Anxiety disorders are the result of our attempting to suppress our soul from expressing the fear.

10. How to cure anxiety

As soon as we allow ourselves to feel the fear and underlying emotions that are creating our anxiety, our anxiety will immediately disappear.

If we release our fear and the underlying grief on the particular issue that triggers our anxiety, we will never experience anxiety in that particular situation ever again.



10.1. Step 1: Develop a willingness to feel your fear

The first thing we need to do to alleviate anxiety is to develop a desire to feel and release our fear.

At the soul level we are choosing to feel angry or depressed, or to live in our addictions, because we do not want to feel our fear.

These choices are suppressing our fear, which is creating the anxiety disorder.

The choices we make to suppress our fear are due to many false beliefs and other feelings we have about fear.

Some common false beliefs are:

- If we allow ourselves to be overwhelmed by fear we might die. The truth is that our fear is already in our soul, and we are still alive.

- We cannot cope with feeling our fear. The truth is that our fear is already in us, and we are already coping with it.
- Feeling our fear will make it bigger. The truth is that feeling our fear releases our fear, and makes it smaller.
- If we start feeling our fear, it will never end. The truth is that our fear is finite and can be released rapidly and permanently.
- If we start feeling our fear, we will go insane. The truth is that emotional and mental disorders result from the suppression of emotional pain, not the feeling of emotional pain.

It can take time to develop a desire to feel our fear because of the above beliefs, as well as many others.

These beliefs and feelings are our emotional blocks to feeling our deeper emotions.

Working through these emotional beliefs is an emotional process, not an intellectual one.

The beliefs we have surrounding feeling our fears are emotional, and need to be felt through to be released.

For example, feeling the reason for how much we don't want to feel our fear actually releases the feeling of not wanting to feel our fear. Eventually we will have released all of that feeling, and we will now have a willingness to feel our fear.

It is very helpful to ask God for help with developing the desire to feel our fears, because God will be able to show us the emotional reasons why we don't have a willingness to feel our fear.

As soon as we release all of the emotions and beliefs that block us from wanting to feel our fear, we will automatically be feeling and releasing it. We will not have to push ourselves into it or strive to feel it; it will be automatic.

10.2. Step 2: Trigger the anxiety or phobia

The next step to curing our anxiety disorder, once we have developed a willingness to feel our fear, is to allow the anxiety to be exposed.

When we expose ourselves to a situation that triggers our anxiety or phobia, this will emotionally reveal the underlying fear. For example;

- If you are afraid of snakes, go to a zoo and look at a snake.
- If you are afraid of heights, go and sit (safely) near a cliff.
- If you are afraid of a confined space, place yourself (safely) in a confined space.
- Watch a movie on the topic of your particular fear.
- E.g. if you are afraid of a particular person look at a photo of them and allow your feelings to rise up.
- If you are afraid of being alone, spend some time on your own.

It's good to ask a friend or family member to keep an eye out for you when you do this, or to pray to God to be looked after through the process.

It's important that you are gentle with yourself through this process.

Only proceed to Step 2 when you feel you have a willingness to feel and release your fear. It is not possible to force yourself through this process.

If you expose yourself to the phobia or situation that triggers your anxiety and do not start feeling your fear, then go back to Step 1 - develop a willingness to feel your fear.

If this willingness is not present it is likely that you will shut down and not feel and release your fear and anxiety.

If you are not yet willing to feel your fear it is because there is merely another emotional reason within you that you need to release that is preventing you from wanting to experience your fear.

Pray to God to discover what this emotional reason is, and for help in releasing it.

10.3. Step 3: Feel the fear that is triggered

In order to feel our fear, we need to have the emotional and bodily experience of fear.

In other words, we need to **feel afraid** and allow ourselves to shake as we feel our fear, because that is a bodily expression of fear.

Create a safe place where you can do this comfortably, and pray to God for help and support.

We feel our fear by doing the OPPOSITE to what we normally, intuitively would do:

- We allow the feeling of fear to **overwhelm** us.
- We do not try to push the fear away – this only suppresses it for a later time.
- We keep breathing in our lower abdomen to help release the fear. It is important when feeling fear to breathe from the stomach and not the upper chest, as this allows the release of the emotion.
- We allow our body to shake if it wants to.
- We need to feel emotionally **out of control and overwhelmed** to release the fear.
- We may feel to cry about how afraid we feel. It is common to cry while feeling afraid. By crying about how afraid we are, just as a small child would, this enables us to release our fear and eventually reach the causal grief that is creating our pain.

Ask God for help to release all of the emotion and to keep you safe through the process, and to help you get to the cause of your fear.

To release all of our fear we need to stay in the emotion until it alleviates – this can take anything from seconds to days.

You will know when you have released the fear because you will no longer feel afraid, and instead you will feel relaxed.

If you are getting distracted while feeling your fear, or you are not able to stay in it, ask yourself/pray to God: Why do I not want to fully feel my fear? What emotional reasons do I have for not being fully willing to feel my fear? The answer will be another emotional reason that needs to be felt through.

10.3.1. Living in our fear versus releasing fear

It is possible to trigger our fear but then live in it, rather than allow the experience and release of our fear.

When we are living in our fear we are not releasing it; instead we can become frozen in our fear, and our actions will be driven to avoid feeling our fear rather than confronting the emotion.

We may still be feeling anxious or worried while we're living in fear but this is the result of the suppression rather than the allowance of the emotion.

For example, we may have a job that we don't enjoy that is an avoidance of the fear that we will not have enough money to provide for ourselves if we get a different job that we like.

Or, we may be staying in a relationship to avoid a fear of being alone.

Or, we may just avoid certain people in our day-to-day lives because we do not wish to feel the feelings that they expose within us.

Or, we may keep busy to distract us from our fears.

All of these are examples of living in fear, because we are avoiding circumstances or situations that will expose our fear.

Often just feeling tired is an indication that we are living in fear.

The way to ensure that you are releasing fear rather than living in it is by challenging the fear.

Once you have exposed the fear, make sure you keep breathing from your abdomen because breathing helps release the fear.

It is also important to stay present during the process, rather than go out of body as an attempt to distance ourselves from the emotion.

10.4. Step 4: Develop a willingness to feel your grief

At the soul level we are choosing to feel fear because we do not want to feel our grief.

We choose to suppress our grief due to many false beliefs and other feelings we have about grief, and many are similar to the reasons that we choose to suppress our fear.

Some common false beliefs are:

- If we allow ourselves to be overwhelmed by grief we might die. The truth is that our grief is already in our soul, and we are still alive.

- We cannot cope with feeling our grief. The truth is that our grief is already in us, and we are already coping with it.
- Feeling our grief will make it bigger. The truth is that feeling our grief releases our grief, and makes it smaller.
- If we start feeling our grief, it will never end. The truth is that our grief is finite and can be released rapidly and permanently.
- If we start feeling our grief, we will go insane. The truth is that emotional disorders result from the suppression of emotional pain, not the feeling of emotional pain.

Another common reason that we don't want to feel our grief is that we do not want to find out the truth about ourselves and our true feelings.

It can take time to develop a desire to feel our grief because of the above, and other emotional reasons. However usually if we release our fear the grief will automatically flow out of us.

Working through these emotional beliefs is an emotional process, not an intellectual one.

The beliefs we have surrounding feeling our grief are emotional, and need to be felt through to be released.

For example, feeling the emotional reason for how much we don't want to feel our grief actually releases the feeling of not wanting to feel our grief. Eventually we will have released all of that feeling, and we will now have a willingness to feel our grief.

It is very helpful to ask God for help with developing the desire to feel our grief.

As soon as we release all of the emotions and beliefs that block us from wanting to feel our grief, we will automatically be feeling and releasing it. We will not have to push ourselves into it or strive; it will be automatic.

10.5. Step 5: Feel the grief under the fear

Once all of the layers above the grief are released, our grief will automatically flow out of us.

It is helpful to create a space where you can go and feel feelings privately when they arise, so that you will not be disturbed, and to warn other people in your home that this is what you are going to be doing.

The grief will usually naturally arise after we have felt our fear if we are willing to feel it.

This may be immediately, or some time later after we have felt and released the fear.

If we have to try to get to our grief, it shows we have more blocks to work through before we can fully experience it.

We need to allow the expression of the grief fully i.e. **to be overwhelmed** and to cry until it is released.

This can take anything from minutes to days. It is normal to cry for long periods of time e.g. hours, once the blocks have been removed, to fully release the grief. Most humans on the planet have a VAST amount of suppressed grief, and it takes time to release it.

It will often relate to some events in our childhood, which is when much of our causal grief was created.

Our body temperature will often rise when feeling the causal emotion, and we will feel the age that we were when the emotion entered us, which is usually when we were a child. We will also often have realisations about what the emotion was about, and how it has affected our lives.

On some occasions we won't know what the grief is about, as it may have entered us at an age when our brains were not developed enough to associate it with a memory. However we need to just allow ourselves to feel it without judgement, as this will release it.

Allow your mind to be a passive observer of the feeling of the grief, and try not to "steer" the emotion to where you think it ought to go.

Allow yourself to stay in the grief until it is finished. If you stop before it is all released, you will just have more emotional blockages that you need to remove in order to access it in the future.

If you believe in God: Ask God for help to release all of the emotion and to keep you safe through the process.

When it is finished you will likely feel a sense of peace, and may even fall asleep.

You will know when you have released some causal grief because events around you will automatically change in response to the change in your soul.

You will also not feel any fear in the situation that previously triggered your anxiety or phobia.

When we fully feel all of the fear and grief the anxiety or phobia on the particular issue will be gone forever and we will never experience it again under any circumstance.

10.5.1. Some grief is not real

Sometimes it can be tempting to try to go straight to experiencing our grief, in the hope that we can bypass the capping emotions of our addictions, fear, shame and anger.

Often under those circumstances we will not be feeling real grief, but it can be intellectually contrived, because our real grief is buried under other emotions that we first need to feel.

For example, we can be crying about our expectations and demands not being met, we can be crying about what a terrible person we are, or we can be crying about "poor me, I'm in pain".

These are not real emotions - they are not the true childhood emotions that are creating our pain.

If we are crying, but events around us are not changing, and our emotional pain is not getting better, then we know that we are not getting to the real cause.

Set your intention/pray to God: What is the real cause of my emotional pain? Why don't I want to know the truth about the cause of my emotional pain?

10.5.2. Common differences between real grief and intellectually contrived grief

Below is a list of common differences I have found when I have been experiencing real grief versus intellectually contrived grief.

1. Real grief involves surrendering to the emotion, rather than forcing it.
2. With real grief the emotion can often be felt as energy rising from the body, whereas with contrived grief the energy often feels like a

heaviness and depression sinking from the head, creating a depression-like feeling of sadness rather than grief.

3. It is common to not know what we are crying about with real grief, and we are unable to put a name to the emotion, whereas with intellectually contrived grief we always know what the emotion is intellectually because we have manufactured it intellectually.
4. To get to real grief, we usually have to go through fear or terror or anger or shame (which is another capping emotion above grief), and usually the grief is on an issue that is very unexpected. With intellectually contrived grief we experience what we are expecting to feel each time because we have contrived it.
5. With intellectually contrived grief we can often feel "poor me", or the victim during the experiencing, highlighting that we are not taking full responsibility for the emotion. With real grief we take full responsibility for the emotion inside of us, even if it was created by another person.
6. With intellectually contrived grief, there is a projection of blame or demand coming out of us, whereas with real grief we are taking full responsibility for our emotional pain, we are self-contained and do not want anything from anyone, other than perhaps some assistance from God to help us release all of our grief.
7. With real grief, the emotional experience is painful throughout, overwhelming and out of control, whereas with intellectually contrived grief it tends to be less painful and more controlled.
8. With real grief there can often be a physical element associated with the grief, such as a feeling of heartache. With intellectually contrived grief there is no physical expression of the emotion because it is created with our thoughts.
9. With real grief it is common to instantly forget what emotion we have just released, or find it hard to remember, because it has actually left our being. In contrast with intellectually contrived grief it is common to be able to remember all of the emotions, because we have intellectually made them up.
10. With real grief the emotions are different almost every single time, even if very subtly, as we are accessing a new, previously unexplored part of our soul, whereas with intellectually contrived grief we often experience the same emotion day after day.

11. With real grief we will often have repressed memories of our childhood resurface, and we will often feel like a very young child while we're experiencing the grief. With intellectually contrived grief we don't retrieve memories because we are not unlocking them in our soul, and we don't feel childlike during the expression of the emotion.
12. When experiencing real grief our body temperature can often rise as we're releasing the emotion, whereas with intellectually contrived grief we always stay the same temperature.
13. With real grief events will change around us in response to the changes that are occurring in our soul. These events will be automatic and obvious, rather than subtle. With intellectually contrived grief we can tell ourselves that events are changing when the reality is that they are not.

These are some examples, but since every negative emotion within us is a different emotional experience, they are generalisations to be used as a guide only.

Longing for God's Love and Truth before and during our emotional experiences rapidly exposes our emotions.

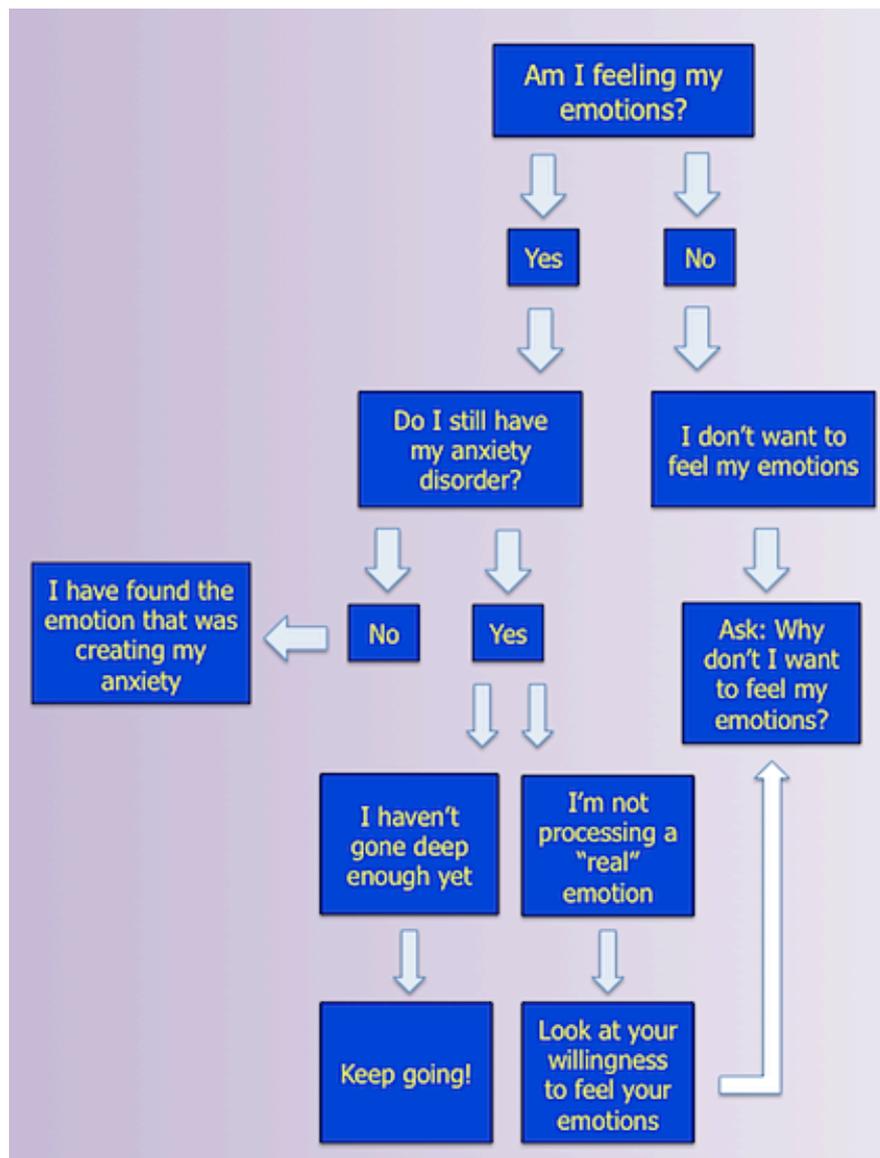
Therefore it is easiest when surrendering to God and to the emotions, allowing God to take us through the process.

In reality it's impossible to intellectually discern what our negative emotions will be about, because our soul is more complicated than our mind, and it governs our mind.

10.6. How to identify your progress

The best indication for whether you have processed a real emotion and released some emotional pain from your soul is that events in your life, which were previously designed to reveal a specific emotional pain within your soul, will automatically change afterwards, in an obvious, noticeable manner.

The following flowchart describes the way in which we can gauge how we are progressing in the process of feeling and releasing our emotions.



If you feel you are accessing emotions, but your feelings are not improving, it indicates that you are not accessing real emotions. The reason for this is that your desire to access real emotions is **not sincere**, and that a real desire to access the emotions is not yet present. In this case I recommend going back to Step 1: Develop a willingness to feel your fear (Chapter 10.1) in order to identify the emotional reasons for this.

A way to determine the difference between the “I haven’t gone deep enough” and “I’m not processing a “real” emotion” options in the flow chart is that when you haven’t gone deep enough there will still be changes in your life to reflect the negative emotion you have released so far - even releasing addictions and fear can change events around us. This will not be the case if you are not processing real emotion.

You will know when you have released the fear and grief driving your anxiety disorder because you will automatically no longer feel afraid when you are

presented by the situations that previously brought on your anxiety. This will require no mental effort or change in the actions that you take.

10.7. Anxiety and addictions

If you are triggering your anxiety, but you are not fully experiencing fear and terror, this can be for two reasons:

1. You do not have a willingness to fully experience your fear and terror. In which case refer back to Chapter 10.1 Step 1 - developing a willingness to feel your fear.
2. You are covering over your fear with addictions, and therefore using addictions to suppress the full expression of the fear. This is a result of a lack of willingness to feel your fear.

10.7.1. How to identify our addictions

The way to identify our addictions is to set our intention to SEE ALL OF OURSELVES, both the positive and negative points.

It is as simple as sincerely CHOOSING to see them.

This includes allowing ourselves to admit to ourselves what desires we have that are unloving to other people, as these form our addictions. For example;

- Do we wish to be CONDESCENDING or ARROGANT towards another person to make ourselves feel superior?
- Do we wish to PANDER to another person, to do everything they want, in order to avoid the feeling that they may not love us?
- Do we wish to JUDGE, CRITICISE or BLAME others, instead of looking at what inside of us is unloving that is causing our negative response to a situation?

10.7.2. Feeling and releasing our addictions

When we identify the addictions within us, we need to allow ourselves to see that they are there, and FEEL the addictions, rather than allow them to drive our behaviour and emotional responses.

In the cases of the examples above:

- We recognise and say to ourselves, I am being CONDESCENDING and ARROGANT here. We *feel* that we want to be condescending and arrogant towards others, but we don't act it out i.e. we choose not to be condescending and arrogant. We ask - why do I need to feel superior to this person? What fears am I avoiding by doing this?
- We recognise that we want to PANDER to another person, and we *feel* how much we want to, but we don't actually pander to the other person. We ask ourselves - what will happen if I stop PANDERING to this person? Do I feel that they will no longer give me their approval if I don't do everything they say? Am I avoiding feeling a fear that they don't love me?
- We recognise that we wish to JUDGE, CRITICISE or BLAME another person, and we *feel* how much we want to. We ask ourselves - what feeling inside of me am I trying to avoid by JUDGING, CRITICISING or BLAMING this other person?

When we ask ourselves the above questions, and feel our way through our addictions, the fears that we are covering over with our addictions will start to surface.

By feeling how much we want to act out the addiction we start to release the addiction.

Feeling our addictions takes self-responsibility for the demand that we place upon others, and others immediately feel less demand coming from us.

Contrary to what we are taught as children, feeling our emotions is BETTER for others around us, not WORSE.

So while it may feel that we are being damaging by admitting these feelings within ourself, by acknowledging them and taking responsibility for them, we are now not blaming others for our feelings.

Others then feel less demand coming from us, and it is easier for them to be around us.

To release our addictions we need to:

1. Develop a willingness to acknowledge and feel the extent of them.
2. Challenge them by no longer feeding them.

For example, if you are addicted to keeping busy, then stop being busy for a week and see what emotions come up.

Or, if you are addicted to pleasing women then stop agreeing with them on every matter, or doing things for them, and see what emotions come up.

Or, if you are addicted to being a high achiever, achieve nothing for a week, and see what feelings arise.

Or, if you notice you eat when you're feeling unsettled, then stop doing that and see what feelings arise.

The only way to expose the emotions that are underneath our addictions is to stop feeding our addictions.

When we feel our addictions, we will then be able to start feeling the emotions beneath our addictions - our fears followed by our grief.

Once we feel our addictions, and see the extent of how much they drive our emotional and behavioural responses, we can start to reveal the fears that are underneath the addiction, driving the addiction.

That will allow us to get deeper into our emotional pain, and closer to feeling and releasing the cause of our emotional disorder.

As we release our addictions, we start to become happier regardless of the situations around us and others' behaviour towards us.

10.8. Drug medications and anxiety

All of the current drug treatments for anxiety work by suppressing the feelings of anxiety.

Therefore they are further suppressing our already suppressed emotions of fear and grief.

In order to fully access and release our fear, to get to the underlying causal grief, we need to not suppress it at all.

It is **extremely** difficult to be able to access and release the fear and the underlying emotions that are creating anxiety while still suppressing the emotion, using either our minds or with medication.

Therefore in order to fully access the fear underlying anxiety, I recommend stopping medication.

Stopping medication is likely to reveal the fear that is creating the anxiety disorder, and therefore may act as an adequate trigger to expose the fear, so that it can be experienced and released.

In this way stopping your medication is actually a step towards healing your anxiety disorder.

However I would not recommend stopping taking medication until you have a willingness to feel your fear - otherwise this is likely to be more harmful than beneficial.

10.9. Spirit influence and anxiety

Anxiety disorders are exacerbated by external negative influence from spirits.

Spirits are people who have died and are now living in the spirit world. They have lost their physical body and now only interact with the universe through their spirit body, which is attached to their soul.

There are spirits constantly surrounding us on Earth.

There are two groups of spirits who negatively affect us when we have an anxiety disorder:

1. Spirits with us who wish to help us to continue to avoid our fear. By avoiding our fear we are assisting the spirits to avoid their own fear. When we attempt to address our fear these spirits can enhance the resistance within us, making it harder for us to access and release our fear.
2. Spirits who wish to attack us because of our fear. When we attempt to access and release our fear, these spirits emotionally attack us by projecting rage and other negative emotions towards us. This makes us feel worse, often without realising why, and often leads us to make the decision to not access our fear and release it because it seems too hard a task.

It is beneficial to be aware of the spirit influence that occurs during anxiety disorders because it is helpful to understand that some of the emotional pain that we are experiencing is not from within ourselves, but rather it is being projected at us by spirits who we can feel "subconsciously", but who we can't see.

For example, the light-headed and dizzy feelings that can accompany anxiety attacks, as well as the impending feelings of doom that are commonly associated with anxiety disorders, are not always a result of our anxiety, but rather a result of spirits projecting anger and rage towards us, and our emotional response to those projections.

While we still need to feel the negative emotions that arise as a result of the spirit influence in order to release them, understanding this truth makes the task of dealing with our fear more manageable because we can understand that since not all of the emotional pain we are experiencing is from within ourself, it is not as big a task to experience and alleviate our emotional pain as we previously believed.

Once we remove our fear and underlying grief, the negative spirit influence surrounding that particular issue will automatically stop because we will no longer be drawing the spirits to us through the emotions in our soul.

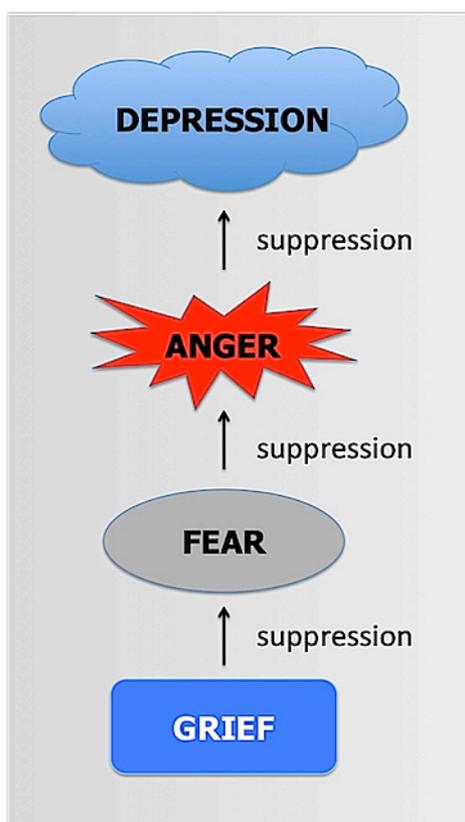
More information about spirits and how to cope with negative spirit influence can be found in the Divine Truth references in Chapter 15.3.

11. The emotional cause of depression

Depression is the result of suppression of ALL of our emotions.

We have suppressed our grief, we have suppressed our fear and we have suppressed our anger.

The result is depression.



Feeling our anger and then our fear and grief will release our anger, fear and grief, and will release the cause of our depression.

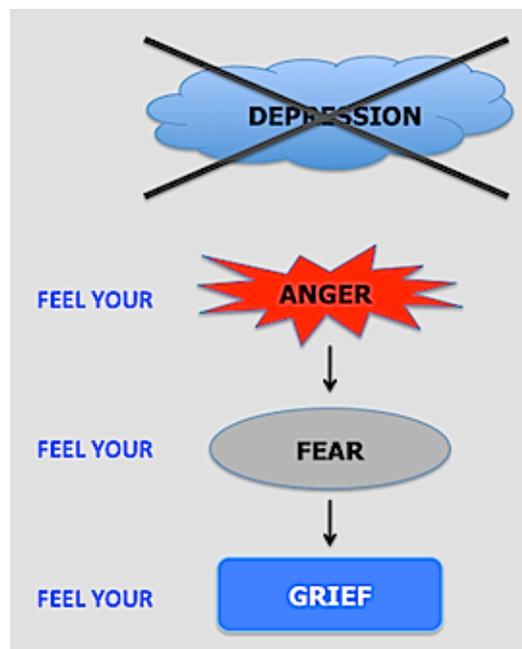
This can be done very rapidly i.e. within days or weeks, depending on how deep-seated the depression is, our willingness to feel our negative emotions, and how many emotions we are suppressing.

If you're willing to feel your anger, depression can be alleviated very rapidly.

12. How to cure depression

To cure our depression we need to:

1. Be willing to see that we are actually angry and that we are denying our anger.
2. Be willing to experience our anger to release it, while not directing it at others – this can alleviate depression within minutes.
3. Be willing to feel the fear underneath the anger.
4. Be willing to feel the grief underneath the fear - this will permanently remove the cause of our depression.



12.1. Step 1: Develop a willingness to feel your anger

The first thing we need to do to alleviate depression is recognise that we are denying anger, and develop a desire to see and feel our anger.

At the soul level we are choosing to feel depressed because we do not want to feel our anger.

This can be due to false beliefs and other feelings we have about anger. For example;

- We are taught as children it will harm others if we feel anger. The truth is it is more harmful to others when we choose to suppress our anger than if we choose to feel it and take personal responsibility for it.

- We are taught as children that we are bad if we're angry. The truth is our anger is an effect of some emotional pain within us that can be released. We are not bad; we just have some pain inside of us that needs to come out.
- We are taught as children that we will get into trouble if we get angry. This belief is a result of a fear of being punished as a child if we experience our anger. This fear can be released like any other negative emotion.
- We are not spiritual if we feel our anger. The truth is that while we hold onto our anger we are not being loving, and therefore we are less spiritual if we do not feel our anger than if we take full personal responsibility for it.
- For women - we are not feminine if we feel our anger. The truth is that we all have anger in us - men and women - and while we hold onto our anger this creates a hardness within us, and it is not until we release our anger that we will become softer and truly feminine.

It can take time to develop a desire to feel our anger because of the above, and other beliefs.

Working through these emotional beliefs is an emotional process, not an intellectual one – the beliefs need to be felt through to be released.

For example, feeling the reason for how much we don't want to feel our anger actually releases the feeling of not wanting to feel our anger. Eventually we will have released all of that feeling, and we will now have a willingness to feel our anger.

Ask God for help with developing the desire to recognise and feel your anger.

After you develop a desire to recognise and feel your anger, you will find that you notice yourself getting angry in situations a lot more often, rather than feeling numb or generally unhappy with situations.

12.1.1. Feeling vs. denying anger

We are often taught as children that if we feel our anger then it is worse for others around us than if we push it away and pretend it isn't there.

However the opposite is true - if we push the emotion down or push it away with our intellect, it stays in our soul, controlling what happens in our spirit body and in our physical body.

When we suppress our anger it gets emitted from our soul more than if we acknowledge it and feel it.

Others around us feel our anger **more** when we deny it than when we feel it.

Therefore, contrary to common beliefs, it is actually better for others if we feel our anger, provided we aren't directing it at them or blaming them for it, than if we pretend that we are not angry and attempt to push our anger away with our thoughts.

We are only taking full responsibility for our anger when we have no feelings of blame towards another person or the situation for the fact that we are experiencing anger, and when we fully acknowledge that the cause of our anger lies within ourselves.

12.2. Step 2: Feel your anger

To fully experience our anger without damaging any other person it's better to do this away from others.

We need to take personal responsibility for the fact that our anger is a result of pain that we are denying, and not due to any action or behaviour that any other person took.

To take personal responsibility we therefore need to be in a place where we are not blaming others for our anger, but acknowledging at a deep feeling level that it is due to pain inside of us.

In order to feel our anger, we have to **fully express** it.

This can mean shouting, swearing, hitting something e.g. a punching bag, a sofa or pillow, or by screaming and swearing (this can be done into a cushion if in a densely populated area).

HOWEVER it can be done in a loving way - privately, away from anyone else.

It is helpful to create a space where you can go and feel feelings privately when they arise, so that you will not be disturbed, and to warn other people in your home that this is what you are going to be doing.

If you are directing your anger at somebody else then you are not actually experiencing it - you are projecting it.

This is damaging to the other person, as well as yourself, and it will not take you deeper into the layers underneath your anger.

In situations when you start feeling any form of anger, allow yourself to go away and express it privately as soon as possible.

Often if the emotion is not felt in the moment, you will lose the opportunity to feel it and will have to wait for another event to expose it.

Even if you feel slight irritation, this can often be masking a much greater level of anger e.g. rage.

When you are expressing your anger, set your intention to go deeper into the anger and underneath to your fear.

If you can't get deeper, into fear and grief, just ask yourself or God:

- Why don't I want to go deeper under my anger?
- What am I afraid of?

This will help identify the next emotional block that you need to feel and release.

In this way on later occasions when the anger rises you will have one less emotional block preventing you from going deeper.

Ask God for help to fully experience and release the anger, and to help get to the cause of it.

We need to stay in our anger until it is fully released.

This may take seconds to days.

Remember: This is a process that TAKES TIME. Try not to be impatient with yourself!

If we have a willingness to feel our fear and grief, and we long for God's Love, we will often be able to move through our anger very rapidly.

However if we have no desire to feel our fear and grief, we will get stuck feeling angry and it will be difficult to move into the next layer of emotions until we develop a willingness.

To see how to develop a willingness to feel your fear, see Chapter 10.1 and to see how to develop a willingness to feel your grief, see Chapter 10.3.

12.3. Step 3: Develop a willingness to feel your fear

This is the same process as Step 1 - Develop a willingness to feel your fear when curing anxiety, outlined in Chapter 10.1.

12.4. Step 4: Feel the fear that is triggered

This is the same process as Step 3 - Feel the fear that is triggered when healing anxiety, outlined in Chapter 10.3.

12.5. Step 5: Develop a willingness to feel your grief

This is the same process as Step 4 - Develop a willingness to feel your grief when healing anxiety, outlined in Chapter 10.4.

12.6. Step 6: Feel the grief under the fear

This is the same process as Step 5 - Feel the grief that is triggered when healing anxiety, outlined in Chapter 10.5.

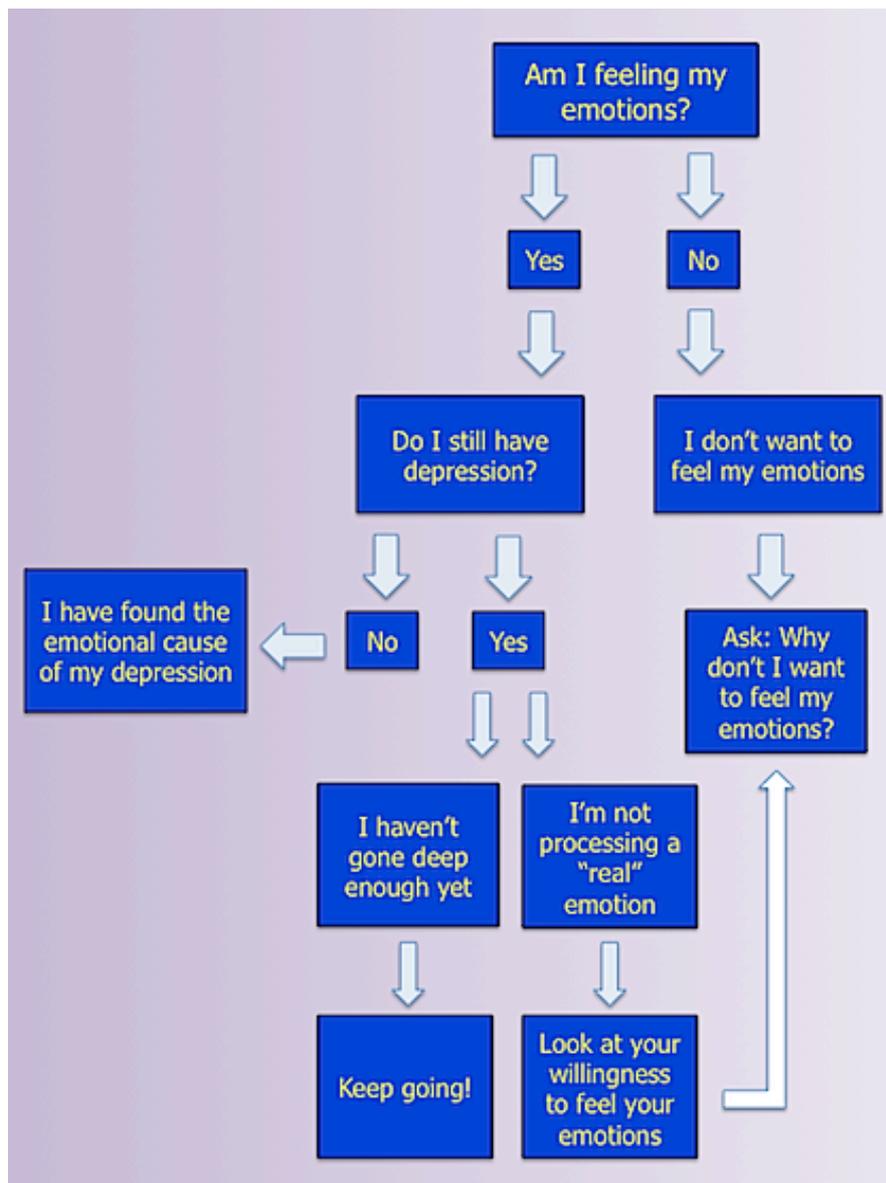
You will know when you have released some causal grief because events around you will change in response to the change in your soul.

12.7. How to identify your progress

The most obvious way to identify whether you are on the right track is by feeling if your depression is alleviated. As soon as you start to feel your emotions, your depression should start to alleviate.

However you may however feel angry, fearful, or sad instead, but these feelings can be rapidly released by feeling them.

The following flowchart describes the way in which we can gauge how we are progressing in the process of feeling and releasing our emotions.



If you are still feeling depressed, or are going back to feeling depressed in between experiencing emotions, it shows that there is still more anger that is being suppressed, and you do not yet have a sincere desire to access your anger. In that case I recommend going back to Step 1 - Develop a willingness to feel your anger. (Chapter 12.1)

12.8. Common ways that we avoid our negative emotions

Depression is the result of suppression of our negative emotions. Therefore if we are depressed, it demonstrates that we are using tools to help us avoid our emotional pain.

There are a number of common ways in which we avoid feeling our emotional pain. We can often do this automatically, or “subconsciously”.

These include the following.

- **We deny the emotion e.g. "I don't have any anger"**
- **We minimise the emotion e.g. "It's not that bad"**
- **We justify the emotion e.g. "Everybody gets depressed so it's normal that I do"**
- **We shift the blame e.g. "It's their fault that I feel bad"**
- **We repress the emotion e.g. "I can't remember what happened"**

When we use these tools, we are taking ourselves further away from the causal emotions that create our emotional pain.

We will create more anxiety and depression by doing this.

If we want to eradicate our emotional pain, we have to be VERY TRUTHFUL with ourselves about the emotions that are within us, and the ways in which we avoid them.

This can often be very confronting or difficult to do because we are so used to denying our emotions.

However while we continue to deny our painful emotions, we continue to create our emotional disorder.

Therefore it is useful to ask ourselves whether we are using any of these tools to avoid feeling our emotional pain.

Once we release the emotional cause of our emotional pain from ourselves we will never experience that emotional pain ever again.

If you believe in God, then pray to God to find out what the emotional cause of your pain is, and ask God to help you find it and release it.

For further information on ways in which we deny our emotional pain, and steps to take to discover denied emotions, I recommend reading my free e-book "Heal Your Own Pain", which outlines in more detail the steps to go

through in order to get out of a state of emotional denial. The link for that book can be found in Chapter 15.2.

12.9. Addictions and depression

When we live in our addictions we often feel “good” and “happy”, provided our expectations and demands are being met.

When our addictions are not met we get angry, or annoyed, or frustrated.

However when our addictions are not met, and we then detune from our anger, we get depressed.

Therefore **not having our addictions met is a major cause of depression.**

We need to discover what addictions are not being met so that we can feel our way through them and challenge them, because they are causing our anger. We need to release the addictions to access the fears below.

Identifying addictions is an important step towards taking personal responsibility for our anger and emotions.

Once you identify an addiction, the best way to discover what emotional pain (fear and grief) it is covering is to stop feeding the addiction.

See Chapter 10.7.1 for how to identify addictions and Chapter 10.7.2 for how to release addictions.

When we feel our addictions, we will then be able to start feeling the emotions beneath our addictions - our fears followed by our grief.

12.10. Drug medications and depression

As with medications for anxiety, all of the current drug treatments for depression work by suppressing feelings.

Therefore medications are further suppressing the already suppressed emotions of anger, fear and grief that are creating the depression.

In order to fully access and release our anger and fear, to get to the underlying causal grief, we need to not suppress our emotions at all.

It is extremely difficult to be able to access and release the anger and the underlying emotions that are creating depression while still suppressing the emotion, either using our minds or with medication.

Therefore in order to fully access the fear underlying depression, I recommend stopping medication.

Stopping medication is likely to reveal the negative emotions that are creating depression through their suppression, and therefore may act as an adequate trigger to expose the emotions, so that they can be experienced and released.

In this way stopping your medication is actually a step towards healing your depression.

However I would not recommend stopping taking medication until you have a willingness to feel your negative emotions - otherwise this is likely to be more harmful than beneficial.

12.11. Spirit influence and depression

Depression is exacerbated by external negative influence from spirits.

There are two groups of spirits who negatively affect us when we have depression:

1. Spirits with us who wish to help us to continue to avoid our emotions, including our anger, fear and grief. By avoiding our anger, fear and grief we are assisting the spirits to avoid their own negative emotions. When we attempt to address our negative emotions these spirits can enhance the resistance within us, making it harder for us to access and release our emotional pain.
2. Spirits who wish to attack us. When we attempt to access and release our anger and fear, these spirits emotionally attack us by projecting rage and other negative emotions towards us. This makes us feel worse, often without realising why, and leads us often to make the decision to not access our negative emotions and release it because it seems too hard a task.

It is beneficial to be aware of the spirit influence that occurs during depression because it is helpful to understand that some of the emotional pain that we are experiencing is not from within ourselves, but rather it is being projected at us by spirits who we can feel "subconsciously", but we can't see.

For example, the feelings of hopelessness and despair that are commonly associated with depression are not always a result of our own emotions, but rather a result of spirits projecting anger and rage towards us.

While we still need to feel the negative emotions that arise as a result of the negative spirit influence in order to release them, understanding this truth makes the task of dealing with our emotions more manageable because we can understand that since not all of the emotional pain we are experiencing is from within ourselves, it is not as big a task to experience and alleviate our emotional pain as we previously believed.

Once we remove our fear and underlying grief, the negative spirit influence will automatically stop surrounding that particular issue because we will no longer be drawing the spirits to us through the emotions in our soul.

More information about spirits and how to cope with negative influence from them can be found in the Divine Truth references in Chapter 15.3.

12.12. Manic depression

Manic depression is a type of mental disorder where people oscillate between emotional highs that are associated with high levels of energy, and intense emotional lows with periods of extremely low energy levels.

The manic phase of manic depression is the result of spirits giving the person a large amount of energy, which drives them to stay awake and have many experiences. However in this state they are being completely controlled by spirits, and that is why during manic phases people can stay awake for such sustained periods of time and behave very out of character.

The depressed phase of manic depression results from the person no longer being able to physically sustain the level of activity that occurs during mania, and the spirits can no longer maintain the connection with the person, who then collapses with exhaustion.

Once the person has recovered, the spirits can then once again start giving them energy and driving manic behaviour.

This is why the behaviour cycles.

The true state of the person is their depressed state, whereas the manic state is a spirit-induced state.

The way to deal with manic depression is the same as with normal depression.

During the depression phase, a person with manic depression is suppressing their negative emotions, their anger, fear and grief, in the same way as a person with regular depression does.

Therefore to relieve this state of depression, they need to make a choice to feel the emotions that they are suppressing, as is described above in Chapter 12.1- 12.6.

12.13. Suicidal tendencies

Suicidal tendencies are common in people who are experiencing severe depression because it can seem like a way to escape from the emotional pain that they wish to avoid.

However the truth is that if we commit suicide, we will not escape our emotional pain.

Instead we will lose our physical body and we will arrive in the spirit world, with our spirit body attached to our soul, and with the same emotional pain that we were attempting to escape from in the physical world.

In addition, when we pass into the spirit world following suicide, we also have further damage created in our soul as a result of essentially murdering ourselves.

Therefore we will have more emotional pain to experience if we commit suicide than if we continue to live in the physical world.

Therefore suicide is not an effective way to avoid our emotional pain. The only way to gain permanent relief from emotional pain is to experience and release the emotional causes from within our soul.

More information about what happens if we commit suicide can be found in the Divine Truth references in Chapter 15.3.

A good course of action when feeling suicidal is to allow ourselves to cry about the level of despair and hopelessness that we feel, and pray to God to help us find and release the causal emotions that are driving our feelings of despair.

I would also recommend going back to at Step 1: Develop a willingness to feel your anger (Chapter 12.1).

12.13.1. Negative spirit influence and suicidal tendencies

The suicidal tendencies that we can experience during depression are often heavily driven by negative spirit influence.

Spirits can project many negative emotions at us, which make us feel worse, and make us want to escape our pain more. This negative spirit influence can be intense enough to take us from a state of mild depression into a suicidal state.

In addition spirits can often be encouraging us to commit suicide, as well as giving us ideas as to how we could commit suicide.

It is beneficial to understand the extent of spirit influence when having suicidal tendencies because it is important to realise that some of the emotional pain that you are experiencing is not due to factors within yourself.

This makes the task of bringing ourselves out of our suicidal state more manageable than we previously believed.

It also means that we can decide to not listen to the negative spirit influence, and just this decision alone will alleviate some of the suffering caused by the influence.

More information about spirits and how to cope with negative influence from them can be found in the Divine Truth references in Chapter 15.3.

13. My own personal experience with anxiety

I had an anxiety disorder that encompassed anxiety attacks, generalised anxiety disorder and agoraphobia for a period of three years.

I discovered the Divine Truth about the soul and started investigating and feeling my emotions two years after the onset of my anxiety disorder.

The major trigger for my anxiety attacks was a fear of loneliness, but it was also triggered by feeling unsafe in large crowds, or being in public situations where I felt vulnerable and that I had nowhere to escape in the case of emergency.

I healed my anxiety disorder in the space of one weekend.

I did this by placing myself in a situation where my loneliness feelings were exposed - in my case it was by staying alone in a hotel room for a weekend.

I had not planned to trigger my anxiety in this way. However I had spent approximately a year prior to this beginning to explore and release my emotional pain. Therefore in that time I released some of the reasons as to why I did not wish to feel my fear, and I had developed my willingness to feel my fear.

As soon as I arrived in the hotel room my panic started to rise, and because I was in a hotel room, I had none of my usual home comforts or distractions to take me away from feeling my fear.

I allowed myself to feel my way through my fear and terror that came up, by shaking and crying about how afraid I was.

I allowed myself to feel the childhood grief that was below the fear and terror.

This emotional experience of fear and grief lasted for a number of hours each day, over a period of three days.

After that weekend, I had released the emotional cause for my anxiety disorder, and it was cured.

While I still have plenty of fear in me, I now never get feelings of anxiety or panic triggered by being alone. In fact I enjoy being alone.

I also do not feel vulnerable or unsafe in exposed or public places - I now very much enjoy being in public places.

Therefore by allowing myself to release the emotions that were driving my anxiety disorder I have been completely free of those symptoms ever since.

This example is just to give you a guide - it will be different process for every single person because every single person has different emotional experiences within them.

14. Frequently asked questions

14.1. What is the proof that this program will work?

While this program has not been clinically trialed, it is the amalgamation of five years of preliminary and personal research, coupled with evidence from neuroscience and psychology.

14.2. Why is this book free? What's the catch?

My philosophy is that every person on the planet should be able to live a happy life, no matter what society they live in and what their income is. Much of the information provided in this book is based on Divine Truth, which is available to every single person on the planet for free should they use the correct approach to discovering it.

14.3. How do I make a donation for this book?

If this program has benefited you and you wish to express your gratitude through a donation, you can do so via PayPal (<http://www.paypal.com>) to healyourownpain@gmail.com.

15. Recommended reading and viewing

15.1. Selected neuroscience and psychology references

Heim, C. and Nemeroff, C.B. (2001) The role of childhood trauma in the neurobiology of mood and anxiety disorders: Preclinical and clinical studies. *Biological Psychiatry* 49:1023–1039

Faria, V., Fredrikson, M. and Furmark, T. (2008) Imaging the placebo response: A neurofunctional review. *European Neuropsychopharmacology* 18: 473–485

Kirsch, I., Deacon, B., Huedo-Medina, T., Scoboria, A., Moore, T. and Johnson, B. (2008) Initial severity and antidepressant benefits: A meta-analysis of data submitted to the food and drug administration. *PLoS Medicine* 5: 260–268

Joseph E. LeDoux (1999) *The Emotional Brain*. (Phoenix Publishing)

Penn, E. and Tracey, D.K. (2012) The drugs don't work? Anti-depressants and the current and future pharmacological management of depression. *Therapeutic Advances in Psychopharmacology* 2(5) 179–188

15.2. Heal Your Own Pain reference

Luli Faber (2013) *Heal Your Own Pain* ebook:
<https://www.smashwords.com/books/view/292994>
<http://www.healyourownpain.com>

15.3. Divine Truth references

Divine Truth: <http://www.divinetruth.com>

Divine Truth YouTube Channel: <http://www.youtube.com/user/WizardShak>

Divine Truth FAQ Channel: <http://www.youtube.com/user/divinetruthfaq>

Jesus (AJ Miller) - *The Truth About the Human Soul* ebook:
<https://www.smashwords.com/books/view/251274>

Jesus (AJ Miller) - *How the Human Soul Functions* videos:

Part 1: http://youtu.be/LE_oJno5DsI

Part 2: http://youtu.be/MPgD_LpoFpw

Part 3: <http://youtu.be/2MrvuxqTUuA>

Jesus (AJ Miller) - *How to process anger* videos:

Anger is your Guide Session 1 Part 1: <http://youtu.be/Y3AfAK-O24o>

Anger is your Guide Session 1 Part 2: <http://youtu.be/2ZG7430Sqjw>

Anger is your Guide Session 2 Part 1: <http://youtu.be/4yo7PM4bAl8>

Anger is your Guide Session 2 Part 2: http://youtu.be/Q4K6l_Pro2w

Jesus (AJ Miller) - How to process fear videos:
Fear Revisited Part 1: <http://youtu.be/zEoRUJr60oc>
Fear Revisited Part 2: <http://youtu.be/ufyzTeLA28w>
Fear Revisited Part 3: <http://youtu.be/V4owOyMRYtc>
Fear Processing Part 1: <http://youtu.be/cmOBVciqEVc>
Fear Processing Part 2: <http://youtu.be/GWkZXVI7b0Q>

Jesus (AJ Miller) - Denial of the Soul ebook:
<https://www.smashwords.com/books/view/331872>

Jesus (AJ Miller) - Processing Addictions ebook:
<https://www.smashwords.com/books/view/344577>

Jesus (AJ Miller) - Emotions and Emotional Processing ebook outline:
([http://www.divinetruth.com/E-Outlines/PDF/The Human Soul - Emotions & Emotional Processing.pdf](http://www.divinetruth.com/E-Outlines/PDF/The%20Human%20Soul%20-%20Emotions%20&%20Emotional%20Processing.pdf))

Jesus (AJ Miller) - Emotions of Self Deception ebook outline:
([http://www.divinetruth.com/E-Outlines/PDF/The Human Soul - Emotions Of Self Deception.pdf](http://www.divinetruth.com/E-Outlines/PDF/The%20Human%20Soul%20-%20Emotions%20Of%20Self%20Deception.pdf))

Jesus (AJ Miller) - The benefits of a relationship with God video:
Eternal Benefits of a Relationship with God Part 1: <http://youtu.be/3kD2Anpp-hM>
Eternal Benefits of a Relationship with God Part 2: <http://youtu.be/VVT5MXD1aA8>

Jesus (AJ Miller) - Links to a series of FAQs about spirits and spirit influence:
<http://www.divinetruth.com/HTML/faq-spiritss01.htm>
<http://www.divinetruth.com/HTML/faq-spiritss02.htm>

Jesus (AJ Miller) & Mary Magdalene (Mary Luck) - How to deal with spirit influence videos:
Positively Responding to Spirit Influence Session 1 Part 1: http://youtu.be/s_0b3gUIITI
Positively Responding to Spirit Influence Session 1 Part 2: <http://youtu.be/h7KJ8IJHYcA>
Positively Responding to Spirit Influence Session 2 Part 1: <http://youtu.be/Jt59G9MwZ4Y>
Positively Responding to Spirit Influence Session 2 Part 2: <http://youtu.be/9gdsRot-1AM>

Jesus (AJ Miller) - What happens when we commit suicide - Chapter 9.3 in this ebook:
Secrets of the Universe Volume 2: <https://www.smashwords.com/books/view/242833>

Jesus (AJ Miller) - What happens when you die ebook:
<https://www.smashwords.com/books/view/344444>