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# EMOTIONS

TRANSFORMING  
ANGER, FEAR AND PAIN



Creating Heart-Centeredness  
in a Turbulent World

MARILYN C. BARRICK, PH.D.

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*Marilyn C. Barrick, Ph.D.*

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EMOTIONS: *Transforming Anger, Fear and Pain*

by Marilyn C. Barrick, Ph.D.

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*I dedicate this book to the spirit of freedom  
alive and well in good people everywhere. May we  
mobilize the courage to overcome the tyranny of evil—  
within and without.*

*As we plumb the depths of our heart and soul,  
may we free ourselves from emotional bondage.  
As we face and strive to overcome the denizens of the  
deep, may we be victorious. And as we seek to heal  
the pain of our soul, may we be made whole.*

*May we face fearsome circumstances with valor  
and endurance. And may we shine the light of the  
heart as a beacon of hope to a world and a people  
weary of suffering and discontent.*

*This is my prayer for all who would serve life  
with gladness and keep on moving toward  
the victory of the Good.*

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# Preface

*The quality of mercy is not strained;  
It droppeth as the gentle rain from heaven  
Upon the place beneath. It is twice blessed—  
It blesseth him that gives, and him that takes.*

—WILLIAM SHAKESPEARE  
*The Merchant of Venice*

When I began writing this book in the spring of 2001, I had no idea we would soon be facing a worldwide crisis. I had planned to awaken the reader to the power of emotions and to offer a process for healing deep emotional pain. I would include spiritual teachings, techniques of psychological transformation and case histories to illustrate my points. And then came September 11.

The tragic events and aftermath of that heart-stopping day impacted all of us emotionally, and we are still dealing with anger, fear and pain. As I worked as a therapist with people suffering from that trauma and all that occurred in the months that followed, I came to a crystal-clear realization: In perilous times what we all need most is strength, wisdom and a merciful heart.

We have seen a great outpouring of compassion in the way people rallied to help the victims of tragedy in New York City, Washington, D.C., and Pennsylvania. They did whatever they could—from driving all night to deliver supplies to the burn unit in Washington, D.C., to giving



blood, to children making peanut butter and jelly sandwiches for the rescue workers.

Many touching stories have been told, but one particular story is a living example of the largesse of heart that ennobles the human spirit.

On the morning of September 11, Howard Lutnick arrived at his job late, having taken his son to kindergarten that day. Lutnick is CEO of Cantor Fitzgerald, a bond-trading company that occupied several floors near the top of the World Trade Center, Tower 1. To his shock and horror, he saw fire, smoke and the towering icon crumbling in ruins. Some seven hundred of Cantor Fitzgerald's employees were in the office, including Lutnick's brother, Gary. All were killed.

As was true of many others, Lutnick felt grief and guilt when family, friends and employees died and he was still alive. But he turned it around. Instead of burying himself in guilt, he set up a relief fund for the families of his employees and personally donated \$1 million. This honorable man spent many hours comforting the grieving families and promised 25 percent of profit from the next several years for their support.<sup>1</sup>

We saw a tide of selfless giving and people's willingness to put their emotions aside to help with the rescue. And miracles that comforted the soul and uplifted the spirit happened right in the middle of the devastation.

Only a block away from the collapsed towers, St. Paul's Chapel, where George Washington visited in 1789 after his inauguration at nearby Federal Hall, still stands. It doesn't even have a broken window. The dedi-

cated minister who serves there called it a miracle—  
“a metaphor of good standing in the face of evil.”<sup>2</sup>

Rudy Giuliani, mayor of New York at that time, also spoke of the preservation of this historic building during New York City’s memorial service: “It’s a small miracle in some ways,” he said. “That chapel, standing defiant and serene amid the ruins, sends an eloquent message about the strength and resilience of the people of New York City and the people of America.”<sup>3</sup>

We saw that emotional resilience in people all over the nation who came together in the face of adversity. And we have seen a growing unity of nations all over the world striving for an end to hatred and violence.

Each of us can do our part by healing our wounds, offering compassion to others and moving forward. This is emotional transformation at its best. I believe that one day we will look back and see the year 2001 as a never-to-be-forgotten turning point. And we will realize we have seen the mirror of the divine in people’s noble response to disaster.

# Introduction

*Intellect is to emotion as our clothes are  
to our bodies; we could not very well have civilized life  
without clothes, but we would be in a poor way  
if we had only clothes without bodies.*

—ALFRED NORTH WHITEHEAD  
*Dialogues*

When we look at the varying emotions we experience in the course of a day, we realize they often come up suddenly, as a rush, a wave of energy. We flush with anger, tremble with fear or cry out in grief or pain. We melt with love and tenderness. At times we dissolve into our emotions. At other times, we succeed in staying in the pilot's seat of our emotional being.

Emotion itself is an inner energy triggered by some phenomenon inside or outside the body.\* Along with it comes the arousal of the brain and nervous system; they in turn stimulate thoughts, feelings and propensities to act.

Our emotions can either move us into purposeful activity or emerge as a chaotic outburst. Yet chaos itself moves toward order. The big bang theory tells us the entire physical universe emerged out of chaos.

The infinite mind of the Creator patterned the energy of chaos into orderly galaxies, planets and the stars, sun

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\*The word *emotion* is derived from the Latin *movere*, meaning “to move,” plus the prefix *e*, denoting “to move away.”

and moon in our sky. Out of chaos came spring, summer, autumn and winter—life cycles of birth, growth, maturation, decline and preparation for rebirth.

The question before us is, Will we use our higher mind to guide our emotional energy into creative cycles of inner rebirth and renewal? or will we allow those seemingly chaotic emotions to toss our lives into frantic disarray?

### *The Inner World of Emotion and Feeling*

To begin to answer this question, we explore the relationship between “emotion” and “feeling.” They are often interchanged, but we intuitively understand some subtle differences.

When we talk about feelings, we are referring to subjective reactions to a particular event. Often these reactions suggest an absence of reasoning, a rambunctious primal response. So we might find ourselves saying, “I can’t trust my feelings” or “My feelings got away from me.”

Emotions, on the other hand, involve not only intense feelings but also accompanying physical and mental activity. As author Daniel Goleman says, “Emotions are, in essence, impulses to act, the instant plans for handling life that evolution has instilled in us.”<sup>1</sup>

Each emotion prepares us for a different kind of response. When we are frightened, we experience a momentary state of “freeze” (“frozen with fear,” we say), a built-in quick-stop reflex that gives us a second to decide the action to take. At the same time blood is rushing to our arms and legs, preparing us to fight or flee the danger and propelling us into movement. Our whole body is on instant alert.

When we get angry, our heart rate accelerates and a thrust of adrenaline gives us the necessary energy for strong action. In the same instant, blood rushes to our hands, making it easier to strike out or fend off an assault. We are ready to fight, to defend our turf.

In contrast, love, with its gentle and tender feelings, creates what has been called the relaxation response—a set of reactions that bring about feelings of calmness and contentment.

When we feel happy, our brain is actively releasing endorphins, tiny peptides that relieve pain and stir good feelings. We experience an increase of positive energy. We feel it as a sense of uplift, enthusiasm and an inner readiness to get on with the goal or task of the moment.

Sadness, on the other hand, is accompanied by a slowing down of body metabolism—a drop in energy. This physiological response creates an opportunity for us to slow down, to feel the full impact of a disappointment or loss and to grieve. As the grief cycle moves on, our energy picks up and we feel a lifting of the weight of sadness. Gradually we move on to new beginnings.\*

### *Who's in the Driver's Seat?*

All of us have emotions; all of us have feelings. But the real issue is whether or not we are aware of them and in the driver's seat. Most of us are in that driver's seat part of the time and tossed and turned like a passenger without a seat belt at other times. Yet each of us can learn to guide

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\*For a spiritual understanding of the transformational stages of grief and renewal, see pp. 291–94.

our emotions creatively once we set our minds and hearts to the task.

When strong emotions stir us, we can choose to take a time-out, to calm our tumultuous feelings, to think through a potential approach and to use the power of our uplifting emotions to make it happen.

By doing this, we put ourselves in the driver's seat of our emotions. Now we can move forward without risking the potential disaster of being driven by anger, fear, grief or any other runaway emotion. The vehicle of our consciousness is no longer out of control.

When we learn to handle our emotions, we can be true to the self we really want to be. We can make wise choices. We can move on with our lives instead of being tumbled or immobilized by our emotional ups and downs.

Throughout this book we'll be investigating the nuances of our "inner dragons" and the methods of our Real Self we can use for taming them. We'll explore ways to exchange the different faces of our defensive self for the miraculous essence and integrity of who we really are.

### ***Who Is Your Real Self?***

Many people speak of their Real Self as the Higher Self, or Christ Self or Buddha Self—the source of higher values that prompts them to benevolent motives, thoughts, words and deeds. And it is that level of selfhood that gives us the impetus to be strong, wise and loving in the face of adversity.

At an energetic level, your Real Self\* is brilliant white light, the divine light of Spirit. That light moves through

\*See illustration of "The Chart of Your Divine Self," p. 335.

your chakras and meridians—spiritual energy centers and pathways that govern the flow of electromagnetic energy in all levels of your being. As the light flows through the chakras, it is refracted in a similar way to sunlight passing through a prism, forming the colors of the rainbow. (Perhaps this is why we enjoy a shimmering waterfall with rainbow colors dancing in the mist—it reminds us of our inner essence.)

In the very center of this wellspring of light is a fiery spark that burns as a threefold flame (pink, blue and gold) hidden away in the secret chamber of the heart. This chamber is beyond the physical dimensions of time and space. Thus the threefold flame is typically unseen by human eyes. However, we can envision it, and people blessed with inner sight have seen it.

How does the threefold flame connect with our memories, thoughts, emotions and physical reactions? This spark of divinity carries the divine thrust that energizes our four lower bodies: the etheric (or memory) body, the mental body, the emotional (or desire) body, and the physical body. These bodies are vehicles that the soul uses during her\* journey in time and space.

The etheric body is like a temple for the soul. This energy body houses the blueprint of the soul's identity and the memory of all we experience during our earthly embodiments.

The mental body is the repository of the cognitive

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\*The soul, whether housed in a male or female body, is the feminine counterpart of Spirit. Our spirit (lowercased s) is our masculine essence; thus we say the spirit of a person is joyful, lethargic, melancholy, and so forth.

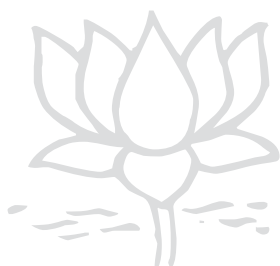
faculties—our thoughts, ideas, plans and reveries. When purified, it can become the vessel of the mind of God. The emotional body houses our emotional reactions and reflects our higher and lower desires. And the physical body is the miracle of flesh and blood that enables our soul to progress in the material universe.

Understanding all of this, we can think of the Real Self as the quickening essence of the Creator within us—nudging us to become the creative, compassionate person we can be when we are heart-centered. When we are true to our Higher Self, we not only feel good about ourselves but also become more genuine in our relationships with others.

As Shakespeare aptly phrased it, “To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.”<sup>2</sup>



PART ONE



*Heart-Centeredness:  
Courage in the Face of Adversity*



## *Emotional Balance in a Turbulent World*

*We never know how high we are  
Till we are called to rise  
And then, if we are true to plan  
Our statures touch the skies.*

—EMILY DICKINSON  
*Complete Poems, No. 1176*

Keeping one's emotional balance is a major key to being true to one's self. Such stability is relatively easy when life is on an upswing but more difficult in troubling circumstances. Anger, fear and pain can emerge unexpectedly when we are confronted with emotionally charged situations.

Often this occurs when we have a major change in the status quo of our family, job or relationships. And through the worldwide media, we are quickly impacted

by happenings thousands of miles away. All of this came to an instant crescendo in the world-shaking events of September 11, 2001.

Many people became sharply aware of fear, even a sense of panic and terror, during the terrorist attacks on the World Trade Center and the Pentagon. As we watched our TVs that day and in the weeks that followed, our fear often gave way to a tremendous anger at the senseless destruction going on before our eyes and toward those responsible for it. Publicly and privately we wept tears of pain and grief for lost loved ones and for the heroic people who perished trying to save them.

For many, an underlying sense of fear, apprehension, anger and grief has become an unpleasant daily companion. Things we take for granted—going to work, taking a vacation, opening the mail—have become problematical.

Yet we do not need to stay submerged in the darkness of fear or anger or other reactive emotions. We can learn to mobilize ourselves to face turbulent times with an ongoing posture of strength, courage and resourcefulness. This is a large part of what I hope you will learn from this book.

As you read and reflect on the heroic actions of others, and the psychological underpinnings of such actions, ponder what taking that kind of action would mean in your own life.

### *Being in the Now*

Think about the men and women through history whom you consider to be heroes or heroines. In reality, they were ordinary people, like you and me, who mobilized

themselves for courageous action in the face of extraordinary circumstances. They didn't just think about it. They acted.

Author Eckhart Tolle talks about such courageous deeds as normal behavior if you are totally present (with all your faculties) in the moment, in "the Now." Athletes call this state "being in the zone" and writers talk about "the flow of inspiration." What this means is total focus in the moment, in the Now.

In relation to fear, Tolle says, "If you have ever been in a life-or-death emergency situation, you will know that it wasn't a problem. The mind didn't have *time* to fool around and make it into a problem. In a true emergency, the mind stops; you become totally present in the Now, and something infinitely more powerful takes over. This is why there are many reports of ordinary people suddenly becoming capable of incredibly courageous deeds. . . .

"A great deal of what people say, think, or do is actually motivated by fear, which of course is always linked with having your focus on the future and being out of touch with the Now. As there are no problems in the Now, there is no fear either."<sup>1</sup>

Of course, this doesn't mean we may not shrink back momentarily in situations of real danger. But that is different from the psychological condition of fear that comes upon us in the absence of immediate, concrete danger. In this case, we are not continually faced with danger yet we tend to walk around in a state of fear because our mind ruminates upon fearful possibilities. And that is an inner drama we can do something about.

We have all been heartened by the courage and selflessness of firefighters, rescue workers and ordinary people in the very face of the September 11 horrors. There were many heroes and heroines during and after the terrorist strikes, people from all walks of life who acted instantly in the face of deadly circumstances.

Would we have done the same? Very possibly, because we are all endowed with that same courageous potential. What it takes is practicing the consciousness of being in the Now. And this is a stance that we can begin to practice on a daily basis.

### *A Beloved Chaplain's Courage and Dedication*

Father Mychal Judge, a monk and Fire Department chaplain, immediately rushed out of his room at St. Francis of Assisi Friary to offer comfort and assistance to those injured at the towers. He didn't think twice about going. He just moved, quickly and courageously, because that's the kind of man he was.

In 1993 Father Judge had helped Chinese immigrants stranded at Rockaway Beach when their ship had washed ashore. In 1996 he had been at the crash scene of TWA Flight 800, comforting victims' families. And on that fateful day in 2001, as he was giving last rites to a fireman at the World Trade Center, falling debris struck and killed him.

More than three hundred firefighters died in that disaster. Commenting on Father Judge, one firefighter said, "I just think God wanted somebody to lead the guys to heaven."<sup>2</sup>

Father Judge was so cherished by the firemen of

Ladder 24-Engine 1 that they carried his body to a nearby church and later to their firehouse. “We brought him home,” said one firefighter.<sup>3</sup>

This beloved priest was a living example of courage and comfort, a servant of Christ in all, who gave of his heart and soul and physical strength up to the end. In the midst of turmoil, he brought God’s love home to those beleaguered, weary firemen. All who knew him loved him because he practiced what he preached. He walked his talk. And he set a heroic example for all of us.

### *Courage in the Face of Certain Death*

Another inspiring story of courage under unthinkable circumstances came to light in phone calls from those aboard United Airlines Flight 93, the hijacked plane that crashed in a Pennsylvania field.

Approximately an hour into the flight from Newark to San Francisco, Flight 93 made a sharp turn south that put it on course for Washington, D.C. The plane was now on a trajectory toward the White House and the Capitol.

Terrorists had seized control of the cockpit and moved the passengers to the back of the plane. A group of men apparently banded together to divert that plane from its terrorist target. They included Mark Bingham, a public relations executive, Tom Burnett, an executive with a medical research company, Jeremy Glick, a salesman for an Internet company, Todd Beamer, a sales account manager, and Lou Nacke, a manager of a toy-store distribution center.

Before the crash Bingham phoned his mother in

Sacramento to say he loved her. Glick called his wife to say goodbye to her and their infant daughter, Emmy.

In phone calls Burnett made to his wife and in a brief conversation Beamer had with the GTE AirFone supervisor, it was clear the passengers knew about the attacks on the World Trade Center and realized Flight 93 was headed on a mission of death.

Burnett told his wife, Deena, “I know we’re going to die. Some of us are going to do something about it.” Glick told his wife, Lyzbeth, they were going to “jump the hijackers.” And Beamer’s final words heard by the Airfone supervisor were, “Are you guys ready? Let’s roll.”<sup>4</sup>

We have to piece together what happened next, but from the screams, yells and commotion heard over the phones, the five men likely charged the cockpit. Flight 93 never made it to Washington. When it crashed into a field eighty miles southeast of Pittsburgh, all aboard were killed. But the heroic intervention foiled the terrorists’ plans. That plane did not strike its intended target.

As Glick’s wife, Lyzbeth, said, “As long as I’ve known him, he was the kind of man who never tried to be the hero but always was. . . . I think God had this larger purpose for him.”<sup>5</sup>

Others on Flight 93 undoubtedly played their own heroic role. Relatives of the captain, Jason Dahl, say he would never have allowed hijackers to take control of his plane without a fight.

We ask ourselves, “How did they mobilize the courage and strength of heart to do what they did in the face of certain death?”

I believe that whether or not they realized it, they drew upon the light of the heart, their inner connection with God and the angels. As they focused one-pointedly on what they had to do, they tapped into their inner power and allowed God to work through them. They were in the power of the Now, as Eckhart Tolle calls it.

### *A Brave Woman's Journey*

One little baby, born the day after the terrorist strike, was “a miracle arrival.” Her mother, Jun Lee, a United Nations lawyer, faced circumstances that called for quick-thinking as well as courage. When the planes crashed into the buildings, she was shopping in a World Trade Center bookstore. She acted immediately.

She hurried out of the World Trade Center and cautiously moved through the fallen rubble and terrified crowds. She found shelter some ten blocks away in a hotel and phoned her husband, lawyer Thomas Letsou. He joined her at the hotel late in the afternoon.

By early evening there was no electricity or phone service in the hotel. Around midnight, Jun Lee felt birth contractions. The only way to get to the hospital was to walk. As she labored, she and her husband walked two miles through the darkened, smoke-filled streets. It took an hour and a half to make their way from lower Manhattan to Beth Israel Hospital, but they arrived safely. Eight hours later, Jun Lee gave birth to Elizabeth Letsou, their first child.

I'm sure Jun Lee's harrowing experience faded quickly when she looked into the eyes of little Elizabeth. To me



this child symbolizes what America is fighting for in the war against terrorism. This little one has a God-given right to grow up and to fulfill her mission in life. She represents children the world over who have the same right to seek their destiny in a world free of terrorism.

### *Psychological Tools to Help Children Outwit Fear*

How do those of us who are parents, teachers or simply friends help children grow up courageous instead of fearful?

By being courageous in our own actions, by helping our children face smaller fearsome situations and by being loving and kind in the process, we become role models for them.

Parents have said to me, “I worry about my kids watching all of this stuff about terrorism and anthrax on TV. But they need to know what’s happening because their friends talk about it, and they hear about it at school. How can I make sure they are not psychologically damaged by it?”

We help our children feel secure when we answer their questions honestly with simple explanations. We comfort and reassure them when we give smiles and hugs and follow normal routines at home. And we give them an opportunity to experience and appreciate civility when we model integrity, courtesy and kindness in our words and actions.

Some parents wonder, “How do I figure out when I am or am not being kind? For example, if I march my kid to the front door and say, ‘Get on that school bus!’ am I being kind?”

I say yes but with some qualification. This kind of firm action does teach the child to fulfill his or her responsibilities, and that will be kindness in the long run. By insisting that a child fulfill his learning responsibility, you are preparing him to be successful. And by facing a relatively simple situation early in life, the child learns the kind of firm stance that he will need in difficult situations later on.

However, this type of action needs to be preceded by talking with the child about his uneasiness in riding the bus. Is it the bus ride itself? Is it something else? Find out. Maybe he's connecting the bus ride with something scary he saw on TV. Or maybe there's something wrong at school or with his friends that you can help him straighten out. Once he feels your support, he may very well decide on his own to hop on the bus.

If it isn't that easy, try brainstorming together about how he might handle it. Maybe he will decide to whistle to himself or give himself a pep talk or buddy up with a neighbor on the bus ride. If you have a really good talk, you likely will not have to march him to the bus. He'll accomplish it by himself, and be proud of himself for doing it. In this way he builds the courage to face difficult moments.

### *Courage Is a Quality of Heart*

The English word *courage* derives from *coeur*, French for heart. Thus courage can be understood as “heart-age,” or the “coming of age of the heart.”

Spiritually, courage is a spark of fire from the Creator's heart—our divine passport to heroism, if we so choose.

Psychologically, courage is a balance of inner fortitude, wisdom and compassionate action in the face of threat or peril.

Courage is the quality of heroes and heroines, who greet danger or crisis with valor. And courage is a quality of ordinary people who strive to meet the challenges of their daily lives with fortitude.

Most of us would agree that courage is a necessity in our turbulent times. Yet we may unwittingly carry a subtle sense of apprehension that can interfere with living life to the fullest. For example, a couple who had been planning to vacation in Europe in the fall of 2001 became apprehensive after the terrorist attacks and didn't go. Another couple, however, had a choir commitment in England and chose to make the trip.

Now whether either of these couples made a right or wrong decision is not the point—it's how such a decision is made. You might ask yourself: "Am I making decisions today from a baseline of fear or a baseline of courage? Am I allowing fear to control my life? Or am I taking positive action in fearsome circumstances?"

A baseline of courage is what empowered Mychal Judge, Jun Lee, the men on Flight 93 and the firemen and rescue workers. It emboldens our military men and women and all who are fighting the battle against terrorism. And it strengthens all of us when we have health problems, financial difficulties or face setbacks at home or on the job. We, too, can claim courage as our heart's coming of age.

### *Aspects of Courage*

How do we claim courage? We train ourselves to respond courageously when danger calls. And we do that by developing the basic elements of courage—inner strength, wisdom and love.

***Inner Strength.*** What is inner strength? How does it relate to courage? And how do we access it?

Inner strength is spiritual strength—a moral fiber that we garner and reinforce by prayer, meditation and other spiritual practices. Think of this as opening wide a highway to God. As we move along on that upward trek, we are nourished and empowered from on high. And we find it easier to walk our talk, to stand for what we believe in.

Here is an exercise to help you mobilize inner strength:

1. Take a moment to envision an inspiring experience where your soul feels uplifted and invigorated (e.g., a snow-covered mountain illumined by the sun, a strengthening moment of prayer, a glorious rainbow arcing across the sky, the awesome grandeur of a redwood forest). Attune your heart to the majestic power of the Creator.
2. Now imagine yourself in some kind of daunting circumstance and ask your Higher Self, “What would be a powerful, centered way to approach this situation?” Make a note of whatever intuitive image arises.
3. Access your strength of mind by developing a well-shaped idea and focusing on a steady mind-set to follow through on your imagery. Write it down.

4. Mobilize your emotional strength by attuning yourself to that inner calmness, centeredness and self-assurance that accompanies control of your emotions. Write a note to yourself about it.
5. Focus your attention on your physical heartbeat and take several slow, deep breaths, releasing any tension while exhaling. And quietly take positive action.
6. Enhance your inner strength by staying physically fit and taking regular exercise. If you don't already have a favorite practice, consider walking, biking, hatha yoga, T'ai Chi or aikido, the martial art of harmlessness.<sup>6</sup>

Put all of this together and you will be well on your way to claiming your inner strength.

**Wisdom.** A second component of courage is wisdom. What does wisdom mean? It's more than "smarts." It's good judgment, which leads to a balanced course of action.

How do we tap into it? Think of some situation you are apprehensive about or an activity you want to do but are avoiding. Then try this exercise:

1. Center yourself in the heart and ask your Higher Self, "Is this a wise or foolish thing to do?" Notice your intuitive response.
2. Think about what additional information you might need in order to make an educated decision, and determine to get those facts.

3. Forestall any unruly emotions by including reasonable precautions in your plan.
4. Stay centered in your heart while you take balanced action. If worry and doubt arise, try reciting positive affirmations or mantras until you feel centered again.

Put all of this together and you will have mobilized wisdom, the second component of courage.

*Love.* The third aspect of courage is love—love as compassion and caring. Let's look at how we might ready ourselves to express love more fully.

1. Think back to a special moment when you were loving and compassionate (or someone was loving and caring toward you).
2. Contemplate what love and compassion mean to you. Spell it out for yourself mentally or on paper.
3. Center in your heart, put your arms around yourself (or someone you love) and give yourself (or your loved one) a big hug—and revel in the good feelings.
4. Practice loving behavior toward another person. And remember, this means behavior the other person considers loving—which may or may not match your own definition. (You might think it's loving to take your daughter to Tahiti for a week, but she might think it's more loving if you go with her to a soccer game.)

Put this all together and you will have mobilized love.

When we focus on inner strength, wisdom and love, we prime ourselves to handle courageously whatever situation we encounter. On the other hand, when we allow ourselves to give in to fear, we tend to immobilize ourselves.

As we practice these steps we build a momentum. Ultimately, we do not even have to think about mobilizing courage; we have become courageous people.

### *Understanding the Physiology of Fear*

Sometimes fear is a good thing. In the face of danger it quickens us so we take the necessary measures to survive. When we look at fear in this way, it can be useful—if we know what to do with it.

What happens in the physical body when we are fearful? Our heart rate accelerates, our muscles tense, our digestive functions slow down and epinephrine (adrenaline) pours into the bloodstream. These physiological changes enable us to act quickly and decisively.

When we were children, we didn't necessarily call these sensations fear. We just felt excited. But if we got hurt in the middle of that excitement, we may very well have decided that it was pretty scary.

Let's say a small child builds up a rickety pile of boxes, and he's teetering on top playing king of the mountain. He's feeling great. And his king-of-the-mountain game is just fine until something startles him and he falls off and bumps his head.

Now he has all that adrenaline surging and his head hurts. The next time that adrenaline starts surging, he remembers playing king of the mountain and hurting his

head when he fell. Now he's likely to feel frightened when he has that adrenaline pumping and to say, "I'm scared." His response is both physiological and emotional.

A race car driver feeling the surge of adrenaline might say, "I'm up for the race." And performers on stage say, "I don't do a good show unless I have a little stage fright."

Most people new to public speaking have "butterflies" in the stomach. People learning to sky dive, to compete in athletics or to handle conflict on the job have similar physical sensations. Whether or not they call the sensations "fear," and get panicked, hinges on the way they interpret them.

If we remember that this is the body revving up for action, we can turn it to our benefit. We can transform those butterflies into a signal that says, "I'm ready for the challenge. My body is set for action!"

Sometimes, however, our fears and physiological reactions do not have an objective reason—they are the product of our own imagination. The only way we can outwit these phantoms of the mind is by realizing them as such.

In a sutra, the Buddha says,

He who has awakened is freed from fear; he has become Buddha. He knows the vanity of all his cares, his ambitions, and also his pains.

It easily happens that a man, when taking a bath, steps upon a wet rope and imagines that it is a snake. Horror will overcome him, and he will shake from fear, anticipating in his mind all the agonies caused by the serpent's venomous bite.

What a relief does this man experience when he



sees that the rope is no snake. The cause of his fright lies in his error, his ignorance, his illusion.

If the true nature of the rope is recognized, his tranquility of mind will come back to him. He will feel relieved; he will be joyful and happy.

So many times we frighten ourselves by conjuring up a fearful image or remembering a past trauma and projecting it into today. Once we realize what we are doing, we can let it go and be at ease.

### *Freeing Ourselves from Emotional Burdens*

To a greater or lesser extent, we all carry some degree of fear and anxiety. We may remember traumatic happenings that account for such feelings, or these traumas may lie hidden in the subconscious and unconscious levels of being.

Frequently, when my clients pursue their uneasy feelings and probe their emotional depths, they recall repressed experiences from earlier in life. Often these go back to infancy or early childhood—or even to experiences in the womb or in a past life.

Once we have a glimpse of such a traumatic memory, we can begin the work of healing that younger part of our being. In the process, we come to understand ourselves at deeper levels. We can touch with kindness the wounded aspects of our soul and spirit crying out to be healed.

As we seek to free ourselves from the emotional pain and bondage of past trauma, we embark on a transformational journey. Through the ups and downs of the

journey, we develop new insights and creative ideas that lead to our emotional healing. We begin to shed out-moded habits and physical tensions. And we experience a renewal and expansion of our inner love nature.

If instead of freeing ourselves from emotional pain of the past we allow emotional baggage to accumulate, it can adversely impact our life. We all know how worry and overconcern can ruin our day and put a damper on relationships with family and friends. Fear and superstition can paralyze us at the very moment we need to take action.

When we dwell in negative emotional states, we don't notice the laughter of children at play, the beauty of flowering trees, the grandeur of the mountains, the warmth of the sun or the twinkling of the stars. In short, fear and its wayward emotional companions hold us captive and bar us from enjoying the good things in life.

What are your specific personal fears? Do certain situations trigger anxiety? Do you fear someone in your life? Are you afraid of something in yourself? Are you fearful about trying new activities? What do you worry about? Make some notes to yourself about what comes to mind.

Now ask yourself, "What fear do I most need to conquer in order to be happy and productive?" Perhaps it's a part of yourself that you're afraid will get out of hand and wreak havoc. You might be afraid of your temper—or someone else's. Or you might be fearful of interacting with bossy, critical people. That can be a big problem if your boss or a co-worker on a project is that type of person.

### *One Woman's Victory over Fear*

Jessica, a client of mine, faced exactly this kind of situation at her job as secretary for a high-powered executive.\* She would get up in the morning with a sense of dread about going in to work. And frequently her worst fears came true as her boss critically nitpicked her work to the point that she lost confidence in her ability to do the job. Of course, that didn't help a bit. When she came in to see me she was on notice that she could lose the job if she didn't shape up.

Jessica burst into tears as she tried to explain her feelings. "I can't live this way," she cried. "I'm almost hoping Austin fires me because then I'd be out of this office. But I can't afford to lose my job. My husband is doing the best he can, but with three kids to support we need the double income to make it."

"Jessica," I responded, "I understand how you feel. It must seem like your world is coming down around you. Let's see what we can do to turn this situation around."

"I don't think that can happen," she said despondently. "I've been making too many mistakes, and Austin is past the point of even being civil to me. The minute I see him I get the shakes."

"I realize it's tough, but you wouldn't be here if you didn't want to at least give it a try, right?" I replied.

"Well, that's true," she sighed. "What do you suggest?"

"We're going to have to partner on this," I said. "What is it about Austin and the job that scares you the most?"

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\*I have changed names, places and certain details to protect the anonymity of the individuals whose stories I have included in this book.

Jessica was silent for a moment, but I could see she was beginning to ponder the situation.

“I think it’s that I can’t take criticism, even constructive criticism. As soon as Austin gets after me for something, I go blank instead of retaining what he’s telling me.” She sighed again, “It’s just like I used to do when my dad would try to teach me something. I was never quick enough to understand what he wanted, and he would get totally exasperated with me. One time he told me, ‘You’re never going to amount to anything if you don’t try.’ I tried to explain that I was trying, but he didn’t believe me.”

“How did you do in school?” I asked. “Was it the same situation there?”

“It kind of depended on the teacher,” she responded. “If the teacher picked on me, I’d go blank and that made it worse. But if the teacher had more patience, I did just fine.”

“So it’s not that you couldn’t do it,” I said. “It’s more like you’re scared you can’t if someone gets picky or demanding. Is that right?”

Jessica was looking slightly relieved. “I guess so,” she answered. “I hadn’t really thought of it that way.”

“I wonder what would happen if you conquered your fear of a picky, demanding kind of person?” I asked.

She thought for a few minutes, “I think I’d do okay. It really is the fear that immobilizes me.”

“Jessica,” I responded, “many of us carry over fears from our childhood or youth that hamper us in our work or family life. This is something we can do something about.”

“Well, I have my doubts, but I’m all for trying,” she said.

“Good!” I answered. “Let’s see how you do with the emotional freedom technique.”

“What’s that?” she asked.

“It’s a method of psychological reversal in which you acknowledge your fears but affirm your desires. As you do that, you tap certain meridian points to release the energy that is blocking you<sup>7</sup>—in your case, the fear that’s making you blank out in the face of criticism.”

“Would that really work?” Jessica sounded interested but skeptical.

“Let’s go for it,” I responded. “You don’t have anything to lose, do you?”

“No, I’m already in the duck soup,” Jessica said with a tiny smile. “Things can’t get much worse than they are now, and I do want to get over being such a scaredy-cat. I’m actually pretty smart when I’m not scared.”

“So it’s not all of you that’s scared,” I commented.

I could tell that Jessica was beginning to make her turnaround. We did some inner child work first so that she could get in touch with this younger part of herself that was still reacting to her critical father. She practiced being her loving adult self while she dialogued with her fearful inner child.<sup>8</sup>

What she discovered was that her inner child had decided she simply couldn’t stand up to authority figures—they were just too scary. And her adult self had been going along with that decision. As Jessica gave voice to her childhood fears while centering herself in her loving adult,

she began to understand more clearly the origin of her fears.

I asked her, “Do you feel ready now to begin letting go of this fear?”

“Yes,” she said. “I can see that it isn’t really me as an adult that’s scared of Austin; it’s this carryover from my childhood. I’m ready to work on letting it go.”

“Okay,” I replied. “Let’s decide on your psychological reversal affirmation.” The affirmation she began with was, “Even if my inner child is scared of Austin’s criticism, I deeply and completely accept myself.”

We went through the meridian-point tapping as Jessica voiced her affirmation. When she began this session, her fear of Austin’s criticism was a nine on a scale of zero to ten. As we went through the energy release, it dropped to six.

So I asked her, “What’s keeping it from going to zero?”

She responded, “Well, it feels a little more manageable, but I’m still scared he’ll fire me.”

So then we shifted to another affirmation: “Even if my inner child is afraid that Austin will fire me, I as the adult choose to stay calm.”

This time as we went through the process, I watched Jessica begin to smile. When we concluded it, she said spontaneously, “Well, that’s really something. I realized I am *not* that child; I’m an adult. It’s like I’m separating out from that child part.”

“Good,” I said. “Where is the fear of Austin now on the scale of zero to ten?”

“It’s a three,” she replied, “because I have some trepidation about whether Austin will keep me on even if I lick

this. I'd like to keep the job, even if it's just to prove to myself that I can do it."

"That sounds like a move in the right direction," I said. "Let's keep going."

Her next affirmation was, "Even if I have some trepidation about Austin keeping me on, I deeply and completely believe in myself."

As we went through that set of affirmations and the meridian tapping, I observed Jessica firming up. Her voice became stronger and her tapping firmer.

"So how bothersome is the fear now," I asked, "on the scale?"

"I can't quite believe this," she said, "but it feels like a one. I just don't feel all riled up about it anymore. I do feel peaceful. If this job works out, fine. If it doesn't, I'll find another one."

"Okay," I replied, "that's a real shift, isn't it?"

"Yes," she laughed. "I can feel the difference between staying centered in my adult self versus falling into my child self."

Jessica came in for several more sessions to do additional inner child work and some more emotional release work as needed. But she had indeed made a major turnaround. It wasn't that she didn't make any mistakes, but she was doing so much better and had such composure that even Austin commented on it.

As he told her, "I guess I've been pretty tough on you, but it seems to have paid off. I'm impressed with your work these days as well as your shift to a positive approach. I believe we're beginning to be a good team. And,

frankly, that's a relief to me because I don't want to have to break in a new secretary."

Jessica smiled when she told me, "I'm perfectly willing to let Austin take the credit. I did tell him that I'd discovered I was twice as efficient when he didn't yell at me, and he took that.

"We're getting along pretty well now. And I'm impressed with the fact that he hasn't been as critical—only when he gets stressed out. That's been a lesson for me. It isn't all about me. A big part of it is Austin getting uptight when we're under the gun with a client. He just reacts a different way than I do. I've been doing the fear thing; he does his critical, demanding thing."

She added, "I ought to send him in here because I can see that he criticizes me or anyone in sight when he's worried that something isn't turning out right. Anyway, now that I've calmed myself down, I am doing a good job. And that feels great!"

### *A Man Wins His Private Battle in the Workplace*

Lest you think that fear in the workplace is restricted to women, I'll give you a quick look at Connor, who had a problem similar to Jessica's.

Connor was an enterprising fellow who worked in the advertising business. He was good at what he did, but underneath his surface composure, he was uneasy about interactions with his boss and co-workers. He knew it was a fear of being put down that he had carried since childhood.

As he told me, "My dad and brothers were real buddies, but I didn't seem to fit in. They were macho types and



I wasn't. They liked to roughhouse; I didn't. They'd be out throwing the football, and I usually had my nose in a book.

"That part of it wouldn't have bothered me so much, but my brother Bill got it into his head that I was a sissy. He'd say, 'So you're scared to do the man stuff, are you?' And then he'd punch me. When I didn't punch him back, he'd either punch me again or pronounce with the greatest scorn, 'You're nothing but a wimp!' Sometimes I wondered if I was. And over the years I got sensitive to criticism from him or my dad.

"One of the worst memories I have was overhearing my dad talking to my mom one time. What he told her really got to me. He was saying, 'Connor doesn't know how to hold his own, even with his brother. He's going to have trouble in a man's world.' I remember feeling shocked and hurt and wondering if he was right."

He went on, "My mom defended me, but that almost made it worse. She shouldn't have had to. Anyway, I'm on my own now, but I've got a boss and co-worker who are so much like my dad and brother that it's not even funny. It's a real macho atmosphere at work. Whenever we're taking a break, it's all about contact sports and who's topping who in the advertising game. I catch myself feeling 'one down' again, and it's beginning to affect my creativity."

I knew Connor had an inquisitive bent, so I responded, "It seems like a replay of your childhood misery, doesn't it? What can you learn from it this time around?"

Connor reflected. "I suppose the lesson is to believe in myself. They're not really directing their banter at me like

Bill and Dad used to. I guess I'm worried there really might be something wrong with me. And that kind of takes the wind out of my sails."

"Is there something wrong with being different?" I asked.

"Well, no, but there's something wrong with me not being a man," he responded quietly.

"Let's look at that," I suggested. "What is being a man from your point of view?"

He thought for a bit. "I always thought being a man was standing up for what I believed in. It didn't have so much to do with physical prowess or being on top.

"Of course, now that I think about it, in a situation that required me to be physical, I'd do that. I remember rescuing this little kid who'd broken through the ice when he was skating. I didn't even think about it. I just did it."

"That was a manly action," I commented.

"Yes, I guess so," he responded. "What shakes me is realizing I'm still scared of potential put-downs. That's what's bothering me—not so much the physical stuff. I don't like thinking of myself as a wimp just because I'm not combative."

"Now you're putting your finger on it," I replied. "It sounds like a leftover reaction to your dad and brother, and it's surfacing with the boss and co-worker because they're similar in their approach to life. Tell me this, would you want to be like them?"

"Absolutely not," he grinned. "Maybe I've been scaring myself for nothing. I actually like who I am, and I am good at what I do."

“So what is it going to take to chase those fears from your childhood and teen years out the door?” I asked.

Connor was looking more relaxed. “Just doing it!” he laughed. “Somehow seeing so clearly that I’ve been caught in my old childhood movie helps. I have noticed that my boss values my ideas; he’s actually more critical of Ken, my co-worker. Maybe that’s why Ken joins in with the boss’s macho stuff, trying to get a footing with the boss that way.”

He was quiet and thoughtful for a moment. Then with a visible sense of determination he said, “I’m going to focus on my own ideas and forget about the office horseplay. I was hired for my creativity, and that’s what I’m going to go for.”

Connor did exactly that. And it worked. These days he’s highly valued for his creative ad copy, and he’s got a sense of humor about the macho atmosphere. He’s even been able to capture the humor of that macho attitude in some of his ads. That’s when he found out his boss has a sense of humor about himself as a boss.

It really lightened Connor up when his boss kidded him, “Hey, you trying to make me famous through your ad copy?”

What about the childhood fears? Connor says, “I can tell that my inner teenager feels a lot more secure now. I can hold my own, and he knows it.”

### *A Process for Taking Command of Your Fears*

Maybe, like Connor or Jessica, whatever fear or uneasiness you experience relates to painful circumstances earlier

in life. Perhaps a loved one went through a tragedy and you identified with his or her pain and fear. Or maybe you read about a disaster in the newspaper (or watched it on the news or even saw it in a movie) and thought to yourself, “I don’t think I could handle that. It’s too unnerving.” Here is a self-help process for taking command of that fear:

1. Take a moment to get in touch with your fear or sense of anxiety—that inner shakiness or sinking feeling in the pit of your stomach.
2. Once you get in touch with that feeling, take a few slow deep breaths, relaxing with each out-breath, and allow your intuition to guide you as you explore the feeling and allow it to intensify.
3. Ask yourself, “When have I felt this way before?” Make a few notes to yourself about the memories, thoughts and physical sensations that come to mind.
4. Give this mantra out loud: “I AM loving, I AM wise, I AM strong.” Feel the words as you say them until you feel centered, focused and invigorated.
5. Set up an action plan for handling yourself in a scary situation. For example, you might take a quick time-out, focus on your heart and take a few slow, deep breaths, formulate a constructive response and initiate firm, positive action.

Keep in mind that when you are having a good time or thinking about pleasurable experiences in your life, you feel happy and contented. That is a baseline to remember.

How quickly we can exchange scared or anxious feelings for uplifting ones when we are immersed in the beauty of nature or a peak experience—or when we simply remember a happy time or focus on positive imagery.

Imagery is a great way to shift your consciousness from negative to positive, and it doesn't require being able to visualize per se. As Dr. Martin Rossman, author of *Guided Imagery for Self-Healing*, says,

While imagery certainly includes what you see mentally, it also consists of what you hear in your inner ear, sensations and emotions that you feel inside, and even what you smell and taste in your imagination. Some people imagine in vivid visual images with color, sound, smell, and sensation, while others may experience sounds, songs, or thoughts in their heads without any pictures. Some will be more aware of senses or feelings that guide them and let them know when they are close to something meaningful.

It doesn't really matter how you imagine, just that you learn to recognize and work with your own imagery. Your purpose is not to get pretty pictures, but to pay attention to what your body/ mind is trying to tell you. Imagery is a vehicle to this understanding, which may come through inner pictures, words, thoughts, sensations, or feelings.<sup>9</sup>

### *A Moment of Renewal*

Here are some examples of uplifting imagery. Imagine each one happening (with your eyes open or closed) and discover which ones appeal to you. Or create your own.

- Think of a little baby, cooing and smiling as mom and dad look on in adoring appreciation. Feel their love and affection.
- Bring to mind the bubbling joy of children tumbling happily down a grassy hill or laughing with delight as they squirt each other with water from the garden hose. Let the corners of your mouth turn up!
- Envision a graceful figure skater, gliding, leaping into the air and whirling over the ice in perfect rhythm to a rising crescendo of orchestral music. Feel the flow of the music within yourself.
- Think about how you feel in inspirational moments. Perhaps it's a moment in nature or in your place of worship. Maybe it's a moment of bonding with a loved one that is so beautiful it touches the sacred.
- Call to mind one of those moments of truth in a heartwarming movie or a humorous TV show. Remember how you feel when you watch something that comforts, inspires and cheers your soul.
- Reflect on the inner essence of divine love, that perfect love that pours like a waterfall into your heart from your Higher Self. Feel the invigoration and the awakening of your spiritual senses. Listen for the gentle whisper of the angels saying over and over again, "God loves you." And allow yourself to feel their gentle nurturing of your soul.

- Sit back, relax and remember the feeling you have when the sun is shining, the birds are singing and all seems right with your world. Allow yourself to feel it all over again—the warmth of the sun, the chirping of the birds, that comfortable sense of inner peace.
- Imagine any comforting situation that gives you a sense of uplift and joy. Stay with it for a few minutes. Bask in the reassurance and solace of this moment of imagery. And enjoy the positive shift in your feeling world.

Celebrate the good feelings. Stand up and stretch, smile at yourself in the mirror, sing to yourself, play a tune on your guitar or piano. Make up a poem or a song that celebrates your happy feelings. Draw some happy faces or fun-loving cartoon figures. Enjoy the moment of renewal.

# Notes

## *Preface*

1. See Eric Roston, "A CEO's Story: All His Office Mates Gone," *Time*, September 24, 2001, p. 82; *People Weekly*, October 1, 2001, p. 67; and "700 Families," at [www.atouch-ofgrey.com/Lutnick.html](http://www.atouch-ofgrey.com/Lutnick.html).
2. David Abel, "A Chapel Spared Stirs Talk of Miracle," *Boston Globe*, September 26, 2001.
3. See "Prayer Service at Yankee Stadium," September 23, 2001, at [www.cnn.com/TRANSCRIPTS/0109/23/se.03.html](http://www.cnn.com/TRANSCRIPTS/0109/23/se.03.html).

## *Introduction*

1. Daniel Goleman, *Emotional Intelligence* (New York: Bantam Books, 1995), p. 6.
2. Shakespeare, *Hamlet*, act 1, scene 3, lines 78–80.

## **Chapter One**

### *Emotional Balance in a Turbulent World*

1. Eckhart Tolle, *The Power of Now: A Guide to Spiritual Enlightenment* (Novato, Calif.: New World Library, 1999), pp. 54, 55.
2. "Honoring the Fallen, Comforting Their Friends," *People Weekly*, October 1, 2001, p. 72.
3. Marci McDonald, Josh Fischman, and Mary Brophy Marcus, "Courage under Terrible Fire," *U.S. News and World Report*, September 24, 2001, p. 41.



4. Rick Reilly, “Four of a Kind,” CNN SportsIllustrated.com, September 19, 2001; Jaxon Van Derbeken, “Flt. 93: Terror on Board,” *Reader’s Digest*, December 2001, pp. 72, 73; and Angie Cannon, “Final Words from Flight 93,” *U.S. News and World Report*, October 29, 2001, p. 34.
5. Reilly, “Four of a Kind.”
6. See Thomas F. Crum, *The Magic of Conflict: Turning a Life of Work into a Work of Art* (New York: Simon and Schuster, Touchstone, 1987).
7. EFT, Emotional Freedom Technique, developed by Gary Craig, is a method of “energy psychology.” Based on acupuncture, applied kinesiology and clinical psychology, such meridian-based psychotherapies are rapidly gaining international acceptance.
8. Inner child work has become popular over the past twenty years. It is a therapeutic method of working with the experiences of our younger self through imagery and dialogue. In this work, we guide, comfort and help to heal younger parts of ourselves from those hurtful experiences that lie unresolved in the subconscious or unconscious. I equate the inner child with the soul. I have learned through many years of psychotherapy practice that disturbing thoughts, feelings and habit patterns often arise from our soul’s painful experiences. These can surface from childhood, teenage or adult traumas in this or past lives.
9. Martin L. Rossman, M.D., *Guided Imagery for Self-Healing* (Tiburon, Calif.: An H. J. Kramer Book, published in a joint venture with New World Library, 2000), p. 28.

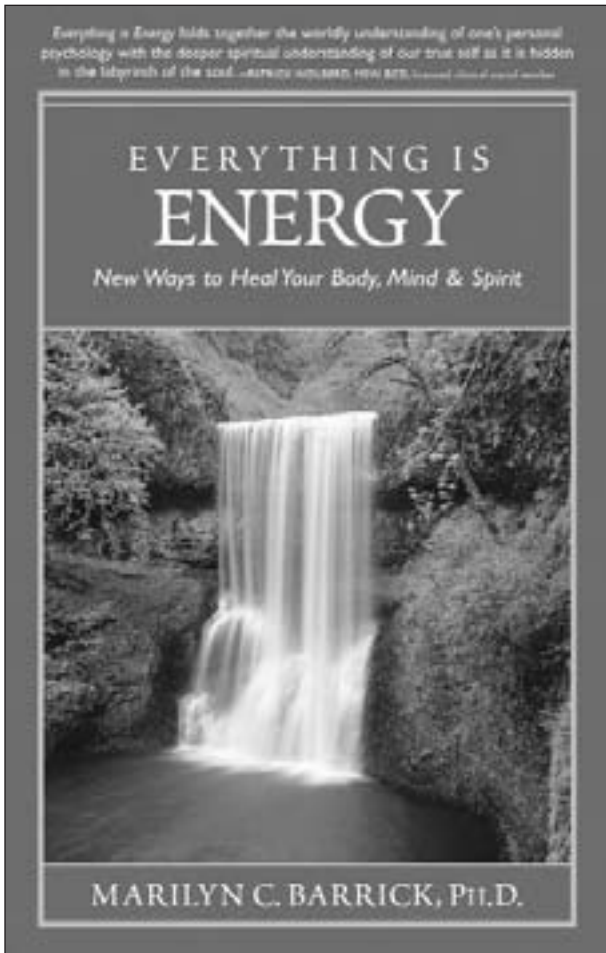
## Chapter Two

### *Mastering the Shadows of Fear*

1. I John 3:2.
2. I John 4:18.
3. This exercise is adapted from a technique developed by

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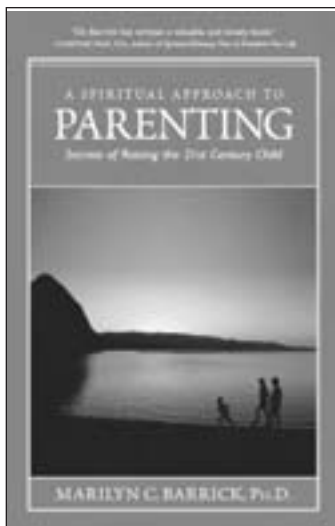
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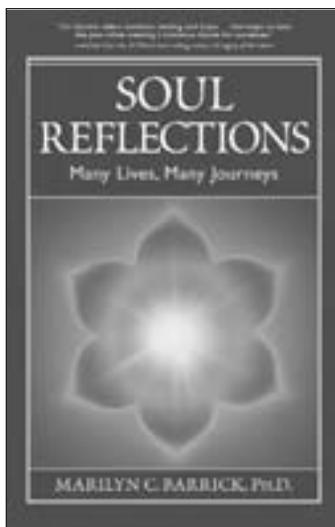
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MARILYN C. BARRICK, PH.D. (1932–2007), was a clinical psychologist, minister and transformational therapist. She has authored the Sacred Psychology series, seven spiritual/psychological self-help books.



In her fourth book, *Emotions: Transforming Anger, Fear and Pain*, Dr. Barrick offers psychological expertise and in-depth spiritual understanding to guide us through the emotional ups and downs of today's turbulent world. Her therapeutic repertoire includes past-life analysis, soul work, trauma release techniques, imagery and self-help exercises.

In addition to her writing and private practice, Dr. Barrick conducted seminars in the U.S.A., Canada and Europe. Throughout her professional career, she consulted as a psychological expert to schools, churches, government agencies, professional advisory boards and mental health facilities. Early in her career, she taught graduate psychology courses and served with the Peace Corps as a training development officer and field counselor.

Dr. Barrick was also a minister in a church that integrates the spiritual teachings of the world's major religions. Thus, her perspective on emotional transformation and the case studies featured in *Emotions: Transforming Anger, Fear and Pain* were drawn from her ministry as well as her clinical practice.

Visit Dr. Barrick's Web site at [www.SpiritualPsychology.com](http://www.SpiritualPsychology.com).

*"Marilyn Barrick is on the mark. While we search for the understanding of our physical, mental and spiritual selves, we often forget the source of the balance between all of them—our emotional self. This book addresses the issue magnificently. Read it and grow."*

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*Saved by the Light* and *At Peace in the Light*

Scientists have demonstrated the link between emotional balance and physical and mental well-being. When we learn how to handle our emotions, we can achieve balance in body, mind and soul. In *Emotions: Transforming Anger, Fear and Pain*, Dr. Marilyn Barrick, a transformational psychologist, takes the study of our emotions—and how to deal with them—to the next level.

In *Emotions*, you will discover how to release anger, guilt and grief in a healthy way to experience inner joy. The author shares techniques such as trauma-release therapy, peaceful self-observation and using nature as healer to help us realize loving-kindness, mindfulness and tolerance. She also shares successful spiritual techniques she has developed in her practice.

In these uncertain times, *Emotions: Transforming Anger, Fear and Pain* is an invaluable guide to creating heart-centeredness in a turbulent world.

*"Emotions is a wise, heartfelt and deeply spiritual path that can lead you from fear to courage, anger to joy, and helplessness to effectiveness—whatever challenges you may be facing."*

*I have found it tremendously helpful."*

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