

## A Major Reason Why Charles Is My Teacher

### Prologue

#### Part One

The people in the Thursday group are currently paying much closer attention to when they've been triggered, and to what their response/reaction is when they've been triggered.

In group last Thursday, a ten year student of Charles said that Charles told her that he can get triggered when he's leading a group. A small discussion followed. After the group I talked with this student and we agreed that some of the people could have been misled by what she said. (I've addressed [being triggered](#) in a previous article).

#### Part Two

This article is being written from the 'I' position. The 'I' position contains opinions. Opinions are not necessarily the truth; even if the opinion is stated to sound as though the opinion is true.

### Introduction

When we get triggered we're almost always instantly in reactive emotion; whether we act out the reactive emotion or not.

I've never (I know never is a very big word) known Charles to come from reactive emotion, ego or his mind when he's working with a person in group. This ten year student also says that she has never known Charles to come from reactive emotion, ego or his mind when he's leading a group.

She did say that Charles talked about being triggered when he working with people in group. Is it possible that when Charles is triggered in group that he doesn't come from reactive emotion, ego or his mind?

### A Bit About Charles

I not painting Charles to be a perfect person. He is human and he has his human moments. He tells us this.

### Charles Working In Group

I estimate that I've seen Charles work individually with people about 4500 times. *Usually these exchanges have been, what could be viewed as, kind.*

I've also seen, if you videotaped the exchange, what looks like Charles being mean to different people a number of times. With some people he would repeatedly (if you videotaped and watched the exchange) be mean to them; occasionally this admonishment would be for a half hour or more. I've also seen Charles, after a person has been triggered, continue to push into the person; sending them further into their anger.

My opinion is that each time he could have been viewed as being mean to the person that Charles was coming from his Higher Heart (what I call the Compassionate Heart), and not from reactive emotion, ego or his mind.

### In About The First 1500 Times Of Charles Working With Other People And Working With Me

In about the first 1500 times I watched Charles work with people I judged him a number of times as being mean or excessive or unfair to the person. (I use the word judged instead of 'thought' because the thought was also accompanied with a condemning emotional energy of him being wrong).

### After About 4500 Times Of Being With Charles As He's Worked With People

My view is that Charles has always stayed in his Higher Heart when he's been working with people. This includes even after he, as he said to the ten year student, has been triggered. I now view my earlier judgements of Charles as being too harsh or too strong as incorrect. Was he harsh or strong? Yes.

### **Charles Main Objective**

Charles' main objective is for a person to be connected inside to their True Self, and to live from that place; to live from the Truth that is inside each of us instead of from our mind, ego or reactive emotions.

### **'Picked On' People**

At times during the retreat, with specific people, it could almost be guaranteed that Charles would again push into them, and that they were going to have resistance and go into reactive emotions. At times they complained that he was repeatedly picking on them, and that they didn't like it. This, for a small number of people, happened retreat after retreat after retreat.

The transformation of these 'picked on' people is profound. They're now incredible. The difference is truly night (they were in the dark) and day (they're living much more from their Truth, and not from their previous dysfunctional and reactive ways). In behavior, they are truly unrecognizable, and they also look much younger and much less stressed.

There is a fire in the transformation from living from our mind, ego and reactive emotions to living as who we really are. It's not all sweet music and ease as we encounter the forces inside us that keep us bound; that inhibit us from Living Inside Out. Nobody 'gets away' with feeling good all the time through this transformation.

### **People Stop Working With Charles**

Some people stop working with Charles because they either feel that it's not the place for them or that they're no longer growing by coming to retreats. They stop and they have no negative story about why they stopped.

Working with Charles does generate a heat and an uncomfortableness the person. Charles has triggered everyone that has come to group. When a new person gets triggered Charles has often said to everyone in group: 'Raise your hand if you've ever been really, really angry at me.' Everyone in group raises their hands, and some people shoot both hands up with a lot of energy.

Some people have been triggered and judged Charles as being wrong or bad. They have left, and they'll usually carry a negative story about why it was right for them to leave. *This happens in every group that was ever formed to help people in their transformation.*

Charles' work is to help us in our transformation. He is not here to babysit us; to make us temporarily feel more comfortable for the time that we are with him.

### **Coming Back To Charles Being Triggered In Group**

I was not a 'quick sell' with how Charles worked with people. At times I had judgements of how he was wrong as he worked with people. These times of my judgements of him being wrong or too harsh occurred during about the first 1500 that he worked with people. Those times that I had judged Charles as being too harsh or being wrong, I now view as Charles being strong and firm.

When we experience being triggered, we'll almost always be drawn into reactive emotions, ego or our mind. So when some people in the Thursday group last week heard the ten year student say that Charles can get triggered in group, some of the people assumed that he must also go into reactive emotions, ego or his mind.

Charles handles being triggered in group, from my view, flawlessly – meaning that he stays in his Higher Heart, and that he doesn't get pulled into reactive emotion, ego or his mind.

### **Being Triggered And Being Compassionate**

We've been triggered and we've also probably been able to stay compassionate. This is best exemplified in being with your children. With your children, there's a type of love that is different from the love that you have for any other person.

If you have children, there are times that you've been triggered and that you were emotionally reactive. You've also had times, after being triggered, where you can set aside your reactive emotions and have a deep compassion for the hurt or frustration that your child is expressing – you've been triggered and you've also been able to stay in your Compassionate Heart.

Everyone in the Thursday group, including myself, has a long way to go to be able to stay in their Compassionate Heart whenever we've been triggered.

### A Major Reason Why Charles Is My Teacher

Now I come back to the title of this article: A Major Reason Why Charles Is My Teacher.

*Charles is my teacher because he exemplifies how to live; with many human moments.* With this living example and with his help over the last seven years, I've been able to live more and more from who I really am, and less and less from reactive emotion, mind and ego. (As a side note, I consider the ego and the mind to both be great parts of ourselves when they're properly used. I'm not at all bashing ego or mind. They are a part of us. They are valuable and needed as we live in human form).

Charles has helped me to open in ways that I didn't know was possible, and there's still a long way for me to go. He says that spiritual evolution never stops.

### Conclusion

This article addresses only one reason, and a major reason, why Charles is my teacher. I could also write about his dedication to helping people and his vigilance; the 24/7 way that he lives. As one student of twenty years said this month to him in group: 'You've kicked our butts the whole time. I'm so grateful. Thank you Charles.'

There have been a few times through the years that I considered stopping my work with Charles. He was pushing me toward opening and I had a lot of resistance. I've been so blessed to make it through those challenging times.

Safe and soft will not make it as a way to transform from being bound by our dysfunctional patterns to being able to live as who we really are. I'm very grateful that I've found a teacher caring enough to kick my butt; to not 'play it safe and soft.'

May all Beings find Happiness and Freedom.