

Being Processed

Looking For Mommy

We recently had a potluck. The people from the group and their families got together. A toddler fell and was loudly crying. He was not physically injured other than the temporary hurt from falling. The mother scooped up her wailing child. Within a minute and a half her breast was out, the child was suckling and he was quiet and peaceful.

A man in the group had witnessed all of this. From my memory, he came up to me and said: "No wonder I'm looking for Mommy in all of my relationships (with women)." At the potluck, Mommy quickly rescued her child from the child's distress. *Both of them* were instantly calmed. The mother's feelings were still going on to some degree, though the toddler was much more in contentment. It was obvious to me that neither of them were given the time to have their feelings go through a full cycle of rising, being active and fading away.

My Dog Dying

I was probably in the third grade when our dog ran out into the street, was hit by a car and died. My sister is three years older. We were crying up a storm. In the following weeks my sister and I were persistent with our parents. We wanted a new dog and we wanted the dog now. Our parents were firm without being unfeeling. They said that we, as a family, needed to go through this death. This was the first death that my sister and I had felt. My parents said that we weren't getting a puppy just to make us feel better. We'd get another dog, but not yet.

Probably eight months went by. My sister and I had stopped asking for another dog. We were sad but no longer heart broken about the loss of our dog. One day our parents said that we were getting a new dog.

My parents knew that my sister and I would be faced with people and pets dying throughout our lives. They didn't take the easy way out. Many times my sister and I told them how unfeeling they were because they weren't yet getting another dog. They took the heat from us. They felt our anger and disappointment. They both held firm and yet soft in their stance.

I credit my parents with one of the best lessons of my life. My parents didn't quickly distract my sister and I so we wouldn't feel the emotional pain of our dog dying. They were unwilling to stop the process of grief by getting another dog. They loved us so much that they chose to have us *go through* the toughest of emotions as a child while we let them know how cruel they were being to us.

Looking For Mommy Part Two

When the man said to me that no wonder he looked for Mommy in all of his relationships, a bell started to ring; at first softly. He had struck on a truth. How many of us get into a relationship to have someone there to help us feel better? How many of us are looking for someone outside of ourselves to help us feel less of the inevitable pain that comes with life? How many of us want to cut the process short of being with the pain until the pain moves through; like listening to a train whistle fade into the distance until the train is so far away that the whistle keeps blowing and no sound can be heard?

Being Processed¹

The group has been working for a year and a half of coming closer to what is inside ourselves; coming closer to the rough feelings and coming closer to the bliss. This coming closer is not running away and not distracting ourselves. The rough and blissful feelings are right there. *If we don't move away from our feelings, then we're automatically close to the feelings.*

'I'm processing

 is a phrase that is commonly used. I'm processing fear, I'm processing anger, I'm processing what he said to me. *There is no 'I am processing.' We are processed.* Saying 'I am processing' is like saying "I'm tanning my skin." Our skin tans if we simply stay in the sun. We're doing nothing willful, other than staying in the sun, for our skin to tan. The willful part of processing is not leaving, and not engaging with, our feelings.

Processing happens if we stay with our feelings by not moving away from, or engaging, our feelings; being simple and kind as we stay with our feelings. We can move away from our feelings by distracting ourselves with a lot of thought, or by doing something like exercise or cleaning the house or calling a friend, or we can go to the societal favorites of drugs, alcohol, food, sex or entertainment. *Doing something or thinking a lot pulls us away from what we're feeling.*

In Times Of Emotional Pain

How can we be with ourselves when we're in emotional pain in a way that supports our pain to move until the pain has run its course and is no longer there? How can we support others in a way that supports their pain to move until the pain runs its course and is no longer there?

What we do for others to help them in their time of emotional pain can be compassionate, can be dis-empowering for the other person, or can be a combination of compassionate and dis-empowering. There is a big difference in being there for a person in emotional pain and wanting to do something to help the person's emotional pain to leave.

Cutting Short The Natural Course Of Emotional Pain

We can practice staying more with our uncomfortable feelings. My observation, with myself and with others, is that the more times we stay with our uncomfortable feelings, the more capable we become.

What would happen if we slowed down trying to soothe our children out of their uncomfortable feelings? Possibly our children may learn better how to stay with their uncomfortable feelings and they may find that the painful feelings always naturally fade. *If the painful feelings naturally fade, then the uncomfortable event will be more fully processed; leaving much less trauma in the cells of the body and leaving the mind with much less to have to keep bringing up.*

Cutting short the natural course of emotional pain helps keep the pain inside and also dis-empowers us *in moving through* the next time we're feeling emotional pain. I wonder how much pain is still in the cells of the bodies of both the mother and the child because they were mutually soothed before the course of the emotional pain naturally would dissipate to a memory with minimal cellular holding in their body, with minimal traumatic feelings in their emotions and with minimal held thoughts in their mind; to where the child falling becomes another uncharged event in their life.

By staying with the rise and fall of the current uncomfortable feelings, we acquire minimal extra baggage. By processing through our unprocessed emotions from the past, we unload our already acquired baggage. Less baggage equals more happiness for ourselves, for our family and for everyone we meet.

Running Away From What's Uncomfortable

Human nature is wired to go toward what's pleasurable and to go away from what's painful. It's our human nature to not want to be with, to not want to gently stay with, what's uncomfortable. When the uncomfortableness comes, our human nature wants to fix it and to be comfortable. It's the nature of our mind to want to resolve a conflict. We're conflicted, we're uncomfortable. Our mind says: 'Let's think about it and find a way out of our uncomfortableness.'

We don't have to run from the uncomfortableness or distract ourselves; resulting, most likely, in just numbing us to what's uncomfortable. *We call this numbing being more comfortable because we've distanced ourselves from the emotional pain or the mental judgement (that can come with emotional pain). Numbing, like the child suckling on the mother's breast, comes with a price.* The process of pain arising and pain dissipating back to nothingness has been stopped. It's like taking a pain pill to stop physical pain. The cause of the pain still exists and yet we don't feel the pain.

What if we, instead, stay with what is emotionally uncomfortable? What if we let the emotional uncomfortableness run its course? What we may find, over time, is that we get more comfortable being with our uncomfortable emotions.

We may choose to be present to each moment as the moment is; not distracting, not running away, not numbing, not thinking about what to do; simply being present to what is in this moment.

A Current Way Out Is In

A way for the current emotional uncomfortableness to resolve-process is to gently stay with the current emotion. When we're uncomfortable, if we can be with the uncomfortable feelings until they naturally fade, then a resolution can happen. An acceptance can happen. Maybe even a peace comes at that time (or maybe later) about what was previously troubling us so much. Previous articles have been written about staying with, and coming closer to, our current uncomfortable feelings.²

To be free of an emotional issue, the charge needs to run its course. There are many happily divorced people because they hold no (or very little) ill emotional charge toward their previous spouse. There are also many bitter divorced people because they hold a strong charge toward the other person or toward themselves in relation to their marriage.

A current way out for a held issue from our past is the same as if the issue was happening in our life right now. The charge, the uncomfortableness, whether the issue is five seconds old or fifty years old, is right here, right now. Gently be with, and stay with, the uncomfortableness. Ride through the torrents knowing that the feelings won't kill us; that the feelings can only continue to disturb us by keeping their strong charge.

Why The Unprocessed-Unresolved Events Of The Past Keeping Coming Up In Our Mind³

One of the functions of the mind is to come up with solutions. If any issue is unresolved, the mind will repeatedly bring the issue up so that we may come to a resolution. This explains why our mind will begin to think again about something that happened years ago, something that we haven't thought of in a long time.

This re-bringing up something that is long (or short) in the past is like a police department that goes back into the 'cold case' files. A cold case is a case that has not been solved. A solution couldn't be found at the time and the police stopped working on the case. At times, they'll re-open cold cases to find out if there is anything that is there (that they missed) that can help them solve the case. A 'new set of eyes' may be able to see something that was not seen before. Or maybe some evidence may be able to be retested in a newer way to reveal some substance or some DNA.

Our mind will keep re-opening situations in our life that still hold a charge with us (our cold cases); where we have unresolved feelings or there is not closure about the event. Most of the time, though, when our mind brings up the situation for the umpteenth time the mind is just rehashing the situation with no additional resolution. The mind may even create more ill feeling by going over it again. Rather than resolving the issue, the issue may regain more life; more charge and is again re-energized and re-invigorated into our life.

Every time our mind brings up something to resolve, the situation has been unprocessed. The situation has not taken its full course of beginning, middle and end. With the human tendency of wanting to go away from what's uncomfortable coupled with our parent's methods when we were uncomfortable of us suckling on the breast to prematurely calm us, our parents putting a toy in our hand, putting a spoonful of food in our mouth or telling us to go out and play. *Our parents did not point us in the simple (and initially hard to do) direction to be with (not run away, distract, numb or engage with) our uncomfortable feelings. This becomes a life long habit of wanting to shortcut, numb, get away from, the natural process of uncomfortable feelings rising, staying active and fading.*

Our parents don't want to see us in emotional pain and they were doing what they could to help us feel better. Though what happens by their actions of shortcutting and by our continued actions of shortcutting is that more and more unresolved-unprocessed emotions are accumulated inside of us. We live as dysfunctional people because we haven't 'worked through our issues.'

Support In Staying With What's Uncomfortable

The group work that we do greatly supports staying with what's uncomfortable and helping our body discharge the stored emotional charge and the judgemental thoughts. Everybody in the group are now much less hounded by some events of their past. They no longer feel (as much of) a victim to these particular issues. They've learned from the event. Now the event is a learning lesson that has been completed (or is much more completed). Sometimes the past trauma has been fully healed and the mind has nothing more to resolve. The 'case' has been solved. The person can now more functionally and more fully live.

Living In Our Natural State

When we stop 'wanting Mommy in many ways' to soothe us,⁴ when we stop wanting to shorten the process of the uncomfortable feelings rising, being there and fading away, then we're on a path of living a full life; fully including the painful and the wonderfilled events of life.

Every unresolved-unprocessed event holds us back. The saying is that 'we're carrying baggage' when we're carrying unprocessed-unresolved memories. If all of the events of our life are fully processed, then there is no baggage to carry. When our baggage isn't there, our mind isn't talking a lot and we're not in emotional distress. Then we're living much closer to our natural state. Hopefully, we feel, and live in, our natural state many times a day. Our natural state is peace, love and joy.

May all beings live in peace, love and joy.

Footnotes:

1 Process is derived from the Latin word 'prōcessus' which means 'a going forward.'

- 2 The previous articles that have been written about staying with, and coming closer to, our current uncomfortable feelings are: [Five Steps To A Freer Life](#), [Uninhibited Vulnerability](#), [Lightening Up And Stickiness](#), [Moving Forward When We're In Reaction](#), [Being Triggered](#) and [Processing](#).
- 3 The group has been listening to a CD by Michael Singer. [Click here](#) to buy Michael Singer's CD. The CD that we're listening to is the second of the two talks. I'll be using some of what Michael Singer says on his CD in this section of the article.
- 4 The many forms of shortcutting include more than the following list: drugs, alcohol, sex, food, entertainment, exercise, keeping busy, doing something else, or doing anything else other than being gently with ourselves while the uncomfortable feeling arise, stay active and fade away.