

Charles Talking About Being Triggered, And His Role As Teacher

Introduction

I went to a retreat in May 2015 led by my teacher, Charles, the day after I posted the article 'Being Triggered.' During the retreat a person who has worked with Charles for nineteen years started her sharing from a sweet heart space. She was triggered by what Charles said. Everyone could see her go from the heart space to being disturbed.

I consider being triggered to be a huge challenge for us humans. Because of the synchronicity of me posting the article on being triggered and Charles talking about being triggered at the retreat the next day, I'm including quotes by Charles about being triggered while we're in group. He also talked of his role in leading the group.

The quotes from Charles are being written in the sequence that he spoke, though there were other words that I did not write down. I'll add my commentary to what Charles said.

Setting The Scene For The Exchange

The student went from being in a sweet heart space to being triggered and tight. She then worked from this tightened place. She didn't directly address that she was triggered during her sharing, though that had obviously happened. At the end of her sharing we took a bathroom break. When we returned, Charles asked her if there was anything else that she wanted to say. The following is what she said and the response from Charles.

The Exchange Between Charles And A Student About Being Triggered

Student: I wanted to go screaming out of the house or hit you with a 2 by 4. I'm grateful that my stuff has been pushed up. I went through victim and anger.

Comments: The student had the common reaction to being triggered. She felt a victim and was very angry. Even though she tightened and had these feelings, she could continue to work with Charles rather than react from blaming him or defending herself.

Charles: It's not good to be judging when you're doing this work. Keep breathing and bringing it up until it doesn't jerk you around any more. *Like it or not I'm going to help you by bringing this stuff up.* When the stuff comes up, it's the perfect time to blow it out.

Comments: 'Blow it out' doesn't mean that a person needs to get very dramatic and loud, though this may happen. 'Blow it out' is more about breathing into our belly to help the energy to keep moving; to not have the energy and the emotions remain in our body. The energy and the strong emotions are intertwined.

Charles: People are packing this stuff around and they are slowly disintegrating.

Comments: Charles recognizes that the foods that we eat are very important to our health. He also recognizes that exercise is important. Charles says that the built-up unprocessed emotions that we have is the number one overall reason for shortening our life and causing many diseases that could have been prevented if we would have processed our emotions. Charles has said that we don't even know how much stress (unprocessed emotions) that we're holding. This is similar to people not knowing how overall tight their body is. Their body may not hurt them, so they may think that they're not holding that much tension. If they go to a yoga class or receive a deep tissue massage, then they often may be surprised at the amount of tension in their muscles that they were not previously aware of. Charles says that some of the unprocessed emotions are so old and so deep that we can't get to them ourselves; that we need help to clear these old, deep non-processed emotions.

Charles: When this stuff is angry, *it doesn't make a damn bit of difference of who did what when. Get it up and out.* Keep breathing.

Comments: I put italics on the previous words. These words are so very important. Most often after we've been triggered we're automatically going to attack or defend. We're almost always going to blame the other person (and usually very aggressively) for being wrong.

Charles: Somebody has to do the dirty work to get this stuff up and out of you.

Charles: You don't even know what is there until you're provoked.

Comments: Charles knows that in his role of teacher that students will get triggered. Many times I've seen Charles work with people when they've been triggered. At times what he continues to say will provoke even more anger in them; more reaction. It's the teacher's job to help the student clear whatever is between them and God. I've seen students strongly direct anger at Charles many times; even students that have been with him for many years. I've also seen people work more smoothly after being triggered; as the student did at this last retreat.

Charles: It's the core wounds that run us.

Charles: It's already inside you. You're working it up to get it out.

2nd Student: You've kicked our butts the whole time.

Comments: A couple hours later, a second student who has been working with Charles for eighteen years said: 'you've kicked our butts the whole time.' She said this with gratitude; that he isn't going to let them continue to come to retreats without, when possible, working with their core wounds. And he knows that he's going to take flack for it, and some people are going to judge him as wrong and leave. It's not the teacher's job to be nice to students or to try to keep students. It's the teacher's job to help the student be free from what limits their unique expression of God. A very good teacher always works from love, and it doesn't always outwardly look like tender love.