

## The Further Down, The Further Up

We want up. We want to feel good, feel lighter, more connected, more at ease, more joyful, more happy, more loving and more loved. We do many things to try to go up. Some of what we do helps; some ways don't work at all. What's being proposed in this paper is that a way to go up is by going down. Any volunteers to go further down so that they can go up?

### Going Down From Outside Circumstances

Do we need to have harsh circumstances in our lives to go down? The loss of loved ones and other tragedies? No. These events do occur to many people. Outer tragedies and events are not needed for us to go further down, though if these events do occur, they may help us go higher up.

There are many examples of people who have suffered harshly from others, who have gone to their depths by outer circumstances and who have risen higher than if these circumstances would not have occurred. Nelson Mandela is a person who suffered greatly, and went much higher in himself and in life because of his imprisonment and torture for many, many years. Jesus is another example in experiencing the depths of what others can bring us to. It's said that without the crucifixion, there would be no resurrection.

### Going Down From Inside Circumstances

The person who is most responsible for not allowing us to be more fully happy is ourselves. *This not allowing more happiness is not voluntary; it's habitual.* We're in a pattern that blocks greater happiness. Take away the blocks and more happiness comes through.

This paper is proposing that a way to greater happiness is by being with and moving through the limitations that our fears, angers, doubts and judgements bring. The less fear, anger, doubt and judgement we have, the happier we are.<sup>1</sup>

There's a woman that has been working with my teacher for twenty years. She's a shining star now. She helps many people go up by supporting and guiding them as they move through the limitations brought on by their fear, anger, doubt and judgement. Before she

met our teacher she said she was embarrassed when she had to hand money to a cashier. She said she was shaking from fear and her hand would shake as she gave the cashier the money. I asked her how long this went on for. She said to me: 'That's the way I was.' She's now one of the most fearless people I know.<sup>2</sup>

My limiting feelings and thoughts have been coming up and dissolving in a more direct way since beginning this work with my teacher.<sup>3</sup> By being with my limiting feelings and thoughts time and time again in this new way and by having support and help for letting go to happen, the amount of fear, anger, doubt and judgement has been greatly reduced since beginning this new work. Happiness also is at an all time high.

### Doing This Work

Trying to be more free and happy on our own is working with a limited amount of resources and help. Support and direction moves us quicker. Every religion has people gather for help and to help each other. It's known that we move better and more quickly with help than on our own. With this way of working, I've witnessed many people being freed very quickly from their limiting feelings and thoughts.

As each person has begun the work with my teacher or in the group meetings at my office, it's starting new. It's like beginning a new relationship with a man or with a woman. We've been in relationships before. We bring who we are and our experience of the past into every new relationship, and each new relationship is also starting new. Each person who enters this work for the first time enters new. They haven't opened in exactly this way. This new way of opening by being supported to be with our limiting feelings and thoughts brings new possibilities to go further up.

For most people, the early time in this work is the hardest. We've stored so much inside. So much that we've held onto can rush out. It usually feels very uncomfortable (bad) as the limiting feelings and thoughts come up to be dissolved. I was very fortunate when I began with my teacher. There were other people before me that had gone through this initial difficult time of letting go in a new way. I saw the result of the increased happiness in the people who came before me.

I'm writing this paper now because some people fairly new to the group are going through a very difficult time as so much that was held in is now coming up to dissolve. A beautiful part of group work is that people can witness others in all of the stages of opening. This can give hope and inspiration to those who are having a difficult time as they witness people who have already stayed with and been lifted through some of their fears, angers,

doubts and judgements. People also open to a deeper compassion as they witness the difficult opening in others that they have already passed through.

### Closing Remarks

Letting go of what holds us down and automatically rising up is a principle active in the world. As a helium balloon<sup>4</sup> carrying passengers releases more and more weight/sandbags, the higher it can rise. A scuba diver carries extra metal weights to stay down. As they release the extra weights, they automatically rise.

As we go into and be with our fears, angers, doubts and judgements, they can come more and more to the surface to release. When they release, automatically our happiness will rise. Group work acts as a catalyst for our fears, angers, doubts and judgements to rise up and dissolve. Group work also gives support for these weighted feelings and thoughts to release. It's with gentle determination, guidance and support that so many people have been able to go higher and higher through the years of participating in this type of work.

In the beginning of this paper I asked: 'Any volunteers to go down further down so that they can go higher up?' I again ask the question: 'Any volunteers to go further down so that they can go higher up?'

May we all find the happiness that is inherent and abundant.

### Footnotes:

- 1 Fear, anger, doubt and judgement do have a healthy and helpful side to them. It's good to have these feelings in certain circumstances for a certain amount of time. It's when these feelings continue on and on, and very inappropriately, that they block happiness from coming through.
- 2 Fearlessness is not about not feeling fear. Fearlessness is feeling the fear and not being stopped by the fear.
- 3 The previous twenty five years of spiritual practices before I began this new work had benefit, though I was still carrying so much when I began this new work.
- 4 The use of releasing weight/sandbags is not needed in a hot air balloon. Releasing weight to go higher was used when helium, instead of hot air, was what made the balloon rise.