

Uninhibited Vulnerability:
Bringing Out We Feel/Think and
Releasing What Doesn't Serve Us

Prologue

I was talking with a close friend of mine this week. I was wondering why she hadn't tried the Thursday group. She's been going to Al Anon every week for years. I sense that if she could flow with the group that working in the group could be very good for her. She told me she feels comfortable sharing in a group when she doesn't know any of the people socially, and she'd feel self-conscious sharing in a group when I'm (or anyone she knows) would be there. Then it became clear to me why she hadn't tried the Thursday group.

In that moment of talking, I could relate to how she felt. I was there at one time. I had a couple of friends staffing my first group setting in 1992; an eight day intensive. I was apprehensive sharing in a group; especially with my friends there. During those eight days much came up to release. The support that I received from my friends was incredible. Instead of being judgemental of 'me and my stuff,' they became softer and more loving with me. I was revealing my most secret stuff; experiences that I felt shame about. It was a blessing that I had support from my friends right from the beginning. Their presence *helped* me open more.

The more vulnerable and uninhibited I become, the less I'm trapped by my experiences and judgements, and the more I can be healed. It's not just baring/revealing my emotions and judgements. It's staying with the emotions and judgements, feeling the emotions and judgements very intimately, and leaning into the emotions and judgements until there is no separation with the emotions and with the charged judgements. In this very close meeting, there's an intimacy that can catalyze the freeing and releasing of the emotions and the judgements.

Going into and releasing the darkness brings more Light. What a glorious upside down experience! Going into the darkness to release the darkness. Most of the world couldn't understand this. Most people in the world want to keep inside what is inside; somehow thinking it's better to 'let sleeping dogs lie.'

Why Do The Same Emotions And Charged Judgements Come Up Time After Time?

I've written in a previous article titled [Letting Go](#) that only what we're in contact with can be released. We may have a larger amount of emotions and judgements about something than we're currently in contact with. The same issue may come up again and again to release. It's the same issue, but it's not the same. Each time there can be a new layer to release. This is similar to receiving repeated massages. The muscles relax and may be fully relaxed when you leave. If there's any additional tension in the muscles, the tension will come up. This additional tension can then be released in the next massage. If a person has their muscles massaged regularly, they can end up with loose muscles where there was chronic tension.

Vulnerability

As a group we've listened to Brené Brown's book *Daring Greatly*. Brené is a social researcher, a professor and a therapist. Her view is that being vulnerable is *the key* to living a fuller life. When we're vulnerable, we're open, through and through, to whatever comes in life. *When we're vulnerable, we're open to life coming in and what's inside coming out.* This is living life with transparency.

Our survival mechanism leans strongly on guarding and protecting ourselves. There are times to be guarded; when we don't feel safe either physically or emotionally. This was very necessary when life was more harsh. The reader is probably a person who lives in America. Probably living in a safe home with adequate food and clothing. If the reader has these basics, then guarding and protecting is needed very little in their life.

We're genetically encoded to guard and protect; to create walls and barriers to life outside and to not be vulnerable except under safe conditions. There are many marriages that are decades long and the wife and husband are not uninhibitedly vulnerable. *If you're in a safe house with the one you love the most and who loves you the most, and you're not fully vulnerable, then this is crazy living.*

An Uninhibited Vulnerable Life

Living an uninhibited vulnerable life has not been modeled in our families. It's also very unlikely that it has been modeled in our friends' marriages. Yet, this is what every human soul craves. A person may think living an uninhibited vulnerable life could lead to chaos and endless mood swings. The opposite is true. A person living in this way becomes more grounded and accepting of life. They have much more ability to respond rather than react. They can get 'the big picture' of what's going on. They're quicker to recognize the wisdom

of 'don't sweat the small stuff.' They feel the truth that hard times can build them up, and make them stronger and wiser. They still probably won't like the hard times, though they're not as complaining and resisting when hard times come.

Releasing What Doesn't Serve Us

I've been very fortunate to be supported by others to open to the emotions inside and to open to the charged judgements of my mind. In opening, leaning into and releasing, there's a freedom; like opening the door of a cage – free to go.

In group I'm *very* comfortable in expressing, leaning in, diving into, immersing into whatever emotions, judgements or doubts are present. It wouldn't matter if my mother, sister, patients, friends or my girlfriend were in the group. I'd express and, to a large degree, let go of whatever is there; unfiltered and unashamed.

Our stored emotions and our charged judgements are in our body. They exist inside us. Where else could they be? It's like a filing system. For every stored emotion and charged judgement, there is a specific place inside us. They have a power in them. This power is stored somewhere. Their storage place is almost always in our body. The specific body location for most of our emotions and charged judgements is usually unknown to us. Very occasionally these particular charges are stored in our brain. This stored energy will then cause tension or disease in that area of the body. A simple example is a person with anxiety creating an ulcer. Or a person who is tense creating headaches. These are emotional charges that cause the body so much stress that pain or disease is created. The previous articles that address this topic in more detail are [Letting Go](#), [Moving Forward When We're In Reaction](#) and [Lightening Up and Stickiness](#).

I feel blessed we have a group of people who are very emotionally vulnerable on Thursday evenings. People who are willing to bare all that is inside of them. In this baring, if there's any shame, it can leave or lessen into guilt. If there's guilt, it may be able to change into remorse. From remorse we can learn much, forgive ourselves and forgive others.

Carrying our past blunders and mistakes as shaming or guilt-tripping reminders of our wrongs is martyrdom. Mistakes, not hitting the mark, are a part of every human being's life. Learning from our past, having remorse, making amends when we can, and living a more God-oriented life is freedom.

It can be difficult to forgive ourselves and to forgive others. Forgiveness is needed for us to live joyously. Everyone makes mistakes (something they would have wanted to do

differently). Join the human race in this respect. And be apart from most humans by living, as fully as possible, as an image of God.

We're made in the image of God and born to live as a living expression of love, peace, wisdom, compassion and understanding. In the group, there are emotionally vulnerable people who, by their work and surrender, are living more and more as an image of God, and less and less as a damaged person. They support each other with an open heart; providing an environment of safety and love.

The Lord's Prayer

Our Father, which art in heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in earth,
As it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power, and the glory,
For ever and ever.
Amen.

(Taken from the Anglican Book of Common Prayer, 1662).

Can we accept forgiveness from God and also have forgiveness toward others and with ourselves? The answer to this question either binds us or frees us. If your answer is no, then keep coming to group and working with your no. Our jailer and our releaser from jail are the same; she/he is ourselves.