

JUNE 2009 NEWSLETTER

THEME: Whose Feelings Are They Anyway?

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SELF TRANSFORMATION
THERAPY

IN THIS ISSUE

- Thought of the Month article – Defending against projection from others. You may have noticed that there was no newsletter last month. I have been focusing my energies on my Reiki Mastery Process. More on this in a later newsletter.



June 2009 ‘Thought of the Month’:

Whose Feelings Are They Anyway? **Defending Against Projection From Others**



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“There is great benefit in observing how your mood and energy changes with different people and in different situations. You may find patterns of responses, such as feeling drained, irritable, anxious, inadequate or guilty. Self reflection on how these vulnerabilities exist within you can greatly enhance your ability to maintain a happy, confident and energised state of being.”

Thought of the Month Article:

In the photo above, we see a young girl on the right side of the image who is fairly happily posing for a photo. But the mirrored image suggests other deep-seated feelings exist within this young girl. We all have deep-seated feelings that we may or may not be aware of to varying degrees. They will have more impact on our life if we are totally oblivious to their existence. However, they will still impact on us by virtue of resulting in certain behaviours which do not benefit us, or rob us of vital energy for happiness and confidence.

If we are not ready to fully acknowledge these deep-seated feelings, we often project them onto others when they arise within us. For example if a person feels inadequate, they may criticise others to see them as inadequate. If we feel guilty by feeling we are neglecting another, we may become annoyed that people are so needy. If we struggle to be light-hearted and happy, we may see faults in those who are playful and don't mind appearing silly while having fun. From these examples, you can see that we all have a variety of creative ways to remain somewhat ignorant of any feelings we may not wish to experience, or truths we may not wish to see.

In the meantime, our issues interact with the issues of other people we meet in our day, both those close to us and strangers we briefly run into. This results in an exchange of projections and emotional defences. If a person has a strong or aggressive emotional defensive style, they often manage to bolster their energy levels or self-esteem at the expense of others. Conversely, if a person's emotional defences are not strong and they are more sensitive to the impact they have on others, they may feel pushed and pulled and drained by the interactions they have with others. This occurs two ways.

The first way is if somebody else projects or dumps their issues or stress on us and we receive it through a vulnerability in our self-esteem. Someone can only dump on us if we have a vulnerability within us. For instance, if we are vulnerable to criticism through a lack of confidence or self-esteem, then at some level, we may feel other people's harsh words or judgments are justified.

The second way we can feel affected by others, can occur completely within our own mind. An example of this is if a person simply observes other people, such as at a meeting at work or at a social gathering, and through the own workings of their mind, their mood reduces and their confidence wanes. In this instance, the individual is assuming things about the others and judging themselves as lacking or inadequate against the people in the room. In truth, you don't have to even be in the presence of these people to have your mood affected. You simply have to be thinking of them and judging yourself negatively in some way - all in the comfort of your own house while alone! Identifying these vulnerabilities and patterns of thinking is absolutely vitally important to be able to maintain a happy, energised and peaceful state of being.

If what you have read resonates with you, the following steps can be very helpful:

- Observe how your mood and confidence changes as you interact with people during the day. Start to identify which are your more common reactions and to which people. In particular, you are looking for strong reactions which seem disproportionate to the events, or reactions which are not intense, but are repetitive throughout your life.

- If you can identify a certain type of person or situation which repeatedly negatively impacts on you, identify exactly the essence of what you really are reacting to. For example, do they seem arrogant or superior, or needy and controlling or long winded and monotone? Then start to see where you have met a character like this in the past. Consider your parents, siblings, significant school teachers or bullies, previous partners and any other person who has been significant in your life. They may have many differences to someone in the present, but it is the central essence of what you react to that you are looking for. This accounts for why we can have strong reactions with some individuals or situations, as we are both reacting to the person in front of us in the present, and our unresolved emotions from a figure in the past that resonates with this present individual or circumstance.
- Then reflect and sit with these feelings that are strong or generated on a regular basis, so that you can start to identify what thoughts are associated with them. This is not to be done with intense analysis. Take the time in a quiet space to sit with the feelings and gently ruminate as to what thoughts are attached to these feelings. For instance, if you often feel guilty you may find thoughts such as: 'I don't deserve to be looked after, I have to look after others before my needs are met'. Another example is if your confidence reduces when you are around people, you may have thought such as: 'I'm useless, I am pathetic, I am stupid, everyone is better than me'.
- Having identified any negative patterns of thinking that you have, you can replace these with more positive, empowered or loving thoughts towards yourself. It is very important to use words which feel right to you, including both the words you use and the intensity of your expression. You will know if they are effective as they will start to improve the way you feel. These positive statements will need to be reinforced every time you catch yourself with old unhelpful patterns of thinking. Some examples may include: 'I deserve to be happy; I can choose to express my caring nature (versus I have to look after others first); I value the important qualities that make up who I am (versus I have nothing to offer the world)'.

You will have a lot more success in sorting through strong and repetitive reactions to individual situations, when you are ready for change. You will also have greater insight when ready to make change. If you find you have little ability to understand what is occurring, it may signify it is something you are not ready yet to understand, or it's complicated and needs the assistance of a therapist or counsellor.

Great change, confidence and empowerment can happen when you reduce your vulnerability to be influenced by the projections and stress of others. This is more vitally important if you are emotionally sensitive or intuitive or have a physical body that is also sensitive, such as with food intolerances or allergies. Being physically or emotionally sensitive indicates you have a greater awareness of the energy of the other person, but you are also more vulnerable to be affected negatively by them. Therefore, it is even more important to be able to look after yourself in the rigorous exchanges that egos make everyday, to control vital physical, mental and emotional energy.

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