

## SEPTEMBER 2010 NEWSLETTER

### THEME: The Purpose of Emotions

From Andrew Quinn: Psychotherapist, Author, Reiki Healer & Workshop Presenter



SELF TRANSFORMATION  
THERAPY

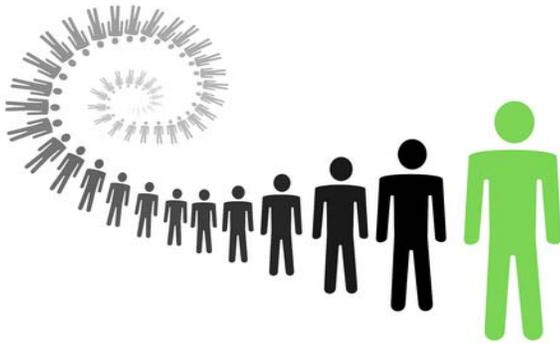
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Fee changes for existing clients (at July 1) commencing Wed Sept 1<sup>st</sup> 2010.

The purpose of emotions – expanding your self-awareness.



#### ‘Thought of the Month’: The Purpose of Emotions



“The purpose of emotions is to expand us from a more limited state of being to a more expanded one. Our emotions signify a recognition between our current state of being that we are conscious of and another state of being that is truer to who we really are. Emotions are the energy that moves us from thinking small to thinking bigger about who we are, how we live and what we do.”

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#### Fee Changes: Reminder for existing clients:

The fee for existing counselling clients (at July 1) will rise to \$80 on Sept 1 per one hour session, and then revert to the new schedule on Dec 1, 2010.

The new fee schedule of fees is as follows:

1 hour counselling session: \$100 - or \$90 for weekly sessions as a recognition of the personal and financial commitment

1 hour Reiki healing session: \$70

Low income fee for counselling or Reiki: \$70 (for those whose sole income is a Centrelink benefit or for genuine financial hardship)

If this presents any difficulty for you please don't hesitate to discuss this matter with me.

## **Thought of the Month Article: The Purpose of Emotions**

Psychological research and contemporary theories appear to be more focused on our neuro-biology and our thoughts and behaviours. The study of the structure and chemistry of the brain tends to reduce emotions to circuitry and chemistry. Also, one of the most prevalent sources of psychological intervention, cognitive behavioral therapy, gives emotions less importance compared to thoughts and behaviours. However, unpleasant emotions are typically what drive a person to change or seek help, yet I believe that they are not given enough significance.

A question that is rarely asked or debated is what is the purpose of emotions? My answer to this question can be signified with the spelling: e-motion. Emotions are the energy that generates motion for change. I see the purpose of emotions as a recognition between the way we are living our lives and an awareness at some level that what we could be living in a way that serves us better. This means leaving in ways that we handle stress better, are more intimate and honest in our relationships and find more fulfilment in what we do. Basically, living more authentically or more aligned with who we truly are.

Some examples will explain this further. If we feel guilty putting our needs ahead of others, guilt is an indicator of living in a way that is more limited or not serving us. These feelings can be resolved by believing that our needs are as important as others and developing the capacity to give-and-take or negotiate needs. When guilt is resolved it leads the way to feelings of closeness in helping others or in being more nurturing to ourselves.

If we are angry that no one listens to us when we try and talk at family gatherings, the anger signifies we are not reacting in a way that promotes a harmonious way of being. The anger is flagging a sense of injustice at not being heard or feeling important to others. A more expanded self-awareness may be to realise that this is not necessarily a personal rejection, but may be the competition between family members for their own needs. When this anger is understood and transformed, a stronger self-esteem will often find a way to feel heard, or no longer compete against others.

Basically, unpleasant emotions reflect that we are living, thinking or behaving in ways which do not serve us well and restrict our capacity to manage stress, relate and feel fulfilled. There is a wealth of information contained in the emotions we feel if we reflect upon them. These emotions reflect our past history and reflect what we have held on to from our upbringing, adult relationships or significant events. Reflecting on these emotions can give a solution. The more self-knowledge you have the easier this will be.

It can be very useful to take some quiet moments and sit with these emotions and gently reflect on what is occurring in the present and how to let go. Some useful questions to gently reflect on are:

- What am I really feeling? (and sit with it)
- What do I feel about the other person?
- What do I feel about myself?
- Why am I stuck? Do I feel powerless or helpless? Why?
- Does this person remind of someone in my past?
- Does this situation remind of a situation of my past?
- How am I behaving that isn't helping?
- Am I taking something personally?
- How could I feel empowered to take action?
- How can I let go?
- What can I do to meet the other halfway?

- How can I look after myself in this situation?

The best way to undertake this technique is to find in your body where you feel your emotions or tension. Check your throat, chest, abdomen or behind the eyes. Keep your awareness in that area without any thoughts or analysis until the emotion begins to ease or you feel well connected to them. Then gently reflect on the above questions without analysing intently that you lose touch with the feelings. The better you become with this technique, the more the emotion will dissolve away as the solution presents itself. The answer lies in what you feel, and when found, will expand your sense of who you are.

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