

THE WISDOM BEHIND EMOTION AND FEELING

Your daily life as a mirror



Colophon

Title	The wisdom behind emotion and feeling
Subtitle	Your daily life as a mirror
ISBN	9789492293077
Edition	Fall 2017
NUR	770
Author	Wendy van Mieghem, www.wendyvanmieghem.com
Publisher	Wendy van Mieghem, www.consciousliving.eu
Illustrations	Roos ten Broecke, www.roosgalerij.be
Design	Luvia Pepermans, www.bold-idea.nl
Press	Grafistar, www.grafistar.nl
Translation	Wendy van Mieghem, www.consciousliving.eu
Text revision English	Hanneke Blijham
Original title	De wijsheid achter emotie en gevoel

© 2017 All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the author.

THE WISDOM BEHIND EMOTION AND FEELING

Your daily life as a mirror



WENDY VAN MIEGHEM

To Amélie and Robin



*"May you feel carried by the earth
and nurtured by the stars."*

Subscribe to my monthly newsletter!

Go to <http://wendyvanmieghem.com/newsletter/> and receive:

- inspirational articles
- tips and exercises
- invitations to lectures and webinars
- information on new products and training

 www.facebook.com/consciousliving.wendyvanmieghem

 www.twitter.com/meditate_how_to

 www.instagram.com/wendyvanmieghem

 nl.linkedin.com/in/wendyvanmieghem

Contents



Introduction	15
Chapter 1	
Your daily life as a mirror	17
1.1 What is inner growth?	17
1.2 Your daily life as a mirror	18
1.3 Constructive and destructive	19
1.4 Embrace yourself	23
Chapter 2	
Needs and longings	26
2.1 Your basic motives and drives	26
2.2 What are needs?	27
2.3 What are longings?	27
2.4 Postponement	28
2.5 Suppression	30
2.6 The seven basic needs	31
2.7 Egoism	39
Chapter 3	
Instinct	42
3.1 Acting without thinking	42
3.2 Safety	45
3.3 Dealing with pain	47
3.4 Opposing signals	48
Chapter 4	
Emotion and feeling	50
4.1 What are emotions?	50
4.2 What are feelings?	51
4.3 Knotted	52
4.4 Emotional entanglement	53
4.5 Black and white	56

Chapter 5

Anger **61**

5.1	Afraid of your own strength	61
5.2	Get to know the buildup	65
5.3	Acknowledge yourself	67
5.4	Dealing with anger constructively	68

Chapter 6

Lust **71**

6.1	Lust is intimacy	71
6.2	Lust is attraction	72
6.3	Necessity	74
6.4	From desire to fulfillment	75

Chapter 7

Fear **80**

7.1	Basic fear	82
7.2	Projection	86
7.3	Resistance	88
7.4	Self-fulfilling prophecy	89

Chapter 8

The illusion of control **92**

8.1	The origin of control	92
8.2	Types of control	93
8.3	Dealing with need for control	95
8.4	Learned helplessness	96
8.5	The illusion of control	98
8.6	Tips for dealing with fear	101

Chapter 9

Conditional and unconditional **105**

9.1	Conditional	105
9.2	Unconditional	108
9.3	How it feels	110
9.4	Bridge the gap	112
9.5	Make space	114
9.6	Homecoming	117



Chapter 10

The wisdom behind feeling **120**

10.1	Boredom	120
10.2	Discontent	123
10.3	Disappointment	124
10.4	Impatience	126
10.5	Jealousy and envy	127
10.6	Hate	130
10.7	Sorrow	131
10.8	Powerlessness	133
10.9	Shame	134

Chapter 11

Expressing yourself **137**

11.1	What is expression?	137
11.2	What is suppression?	139
11.3	What is depression?	140
11.4	You create your own reality	142
11.5	Natural learning curve	143
11.6	Safety in contact	146
11.7	The necessity to express yourself	147

Chapter 12

Roads to happiness **149**

12.1	What is happiness?	149
12.2	Three pillars of happiness	150
12.3	Interaction in contact	151
12.4	Roads to happiness	152
12.5	Repeating patterns	154
12.6	We are one	156
12.7	From illusion to reality	158

Chapter 13

Guilt **160**

13.1	What is guilt?	160
13.2	Searching for a bridge	160
13.3	Survivor guilt and PTSD	162
13.4	Letting go	164
13.5	Compassion	166



Chapter 14

Insecurity

168

14.1	What is insecurity?	168
14.2	How does insecurity feel?	168
14.3	Unbearable openness	170
14.4	Desire, expression and form	172
14.5	Deepening flexibility	174
14.6	Inner beauty	175

Chapter 15

Natural recovery

177

15.1	From the inside out	177
15.2	Nature as a source of inspiration	178
15.3	Models for growth	179
15.4	From exhaustion to digestion	182
15.5	From fear to recovery	184

Chapter 16

Thoughts 188

16.1	What are thoughts?	188
16.2	Light and heavy thoughts	189
16.3	Judgments	189
16.4	Reproaches	191
16.5	Convictions	192
16.6	Expectations and illusions	194
16.7	Identity crisis	196
16.8	Disbelief	197
16.9	Madness	199

Chapter 17

The meaning of madness 202

17.1	A subtle buildup	202
17.2	Definitions	203
17.3	Neglect	204
17.4	Mistreatment	207
17.5	Sexual abuse	209
17.6	Other forms of abuse	211
17.7	Everyday humanity	212
17.8	The meaning of madness	213

Chapter 18

Inspiration 215

18.1	What is inspiration?	215
18.2	How do you find inspiration?	216
18.3	The other side of the coin	217
18.4	Live meaningfully	218
18.5	Share your life story	219

Chapter 19

Layers of consciousness 223

19.1	Consciousness	223
19.2	Awareness	224
19.3	Emptiness	226
19.4	How do you cycle through life?	228
19.5	The circle of life	229

Chapter 20

Despair		232
20.1	What is despair?	232
20.2	The physical aspect of despair	233
20.3	The mental aspect of despair	234
20.4	Despair carries	236
20.5	Despair unites	237
20.6	How Eve is doing	238

Chapter 21

Vulnerability		240
21.1	About to be wounded	240
21.2	Your wounded I	241
21.3	Blackmail is lurking	242
21.4	Change of perspective	244
21.5	A gift	245

Chapter 22

Distrust		247
22.1	Suppressed emotions	247
22.2	Unfaithful to your needs	249
22.3	Distrust is lethal	250
22.4	Your dark side	251
22.5	The wisdom behind distrust	252
22.6	Building trust	253
22.7	A firm base	255

Chapter 23

Rejection		256
23.1	Unintended rejection	256
23.2	Intended rejection	257
23.3	Repudiation	259
23.4	The profit of rejection	261
23.5	Rejection leads to connection	263



Chapter 24

Desolation	265
24.1 Desolation breathes emptiness	265
24.2 Demolition versus protection	266
24.3 Desolation as part of inner growth	268

Chapter 25

Loneliness	270
25.1 The last thing you want	270
25.2 What is loneliness?	271
25.3 Patterns in dealing with loneliness	271
25.4 It is fear	272
25.5 Lonely on the outside	272
25.6 Lonely on the inside	274
25.7 You're not alone	275

Chapter 26

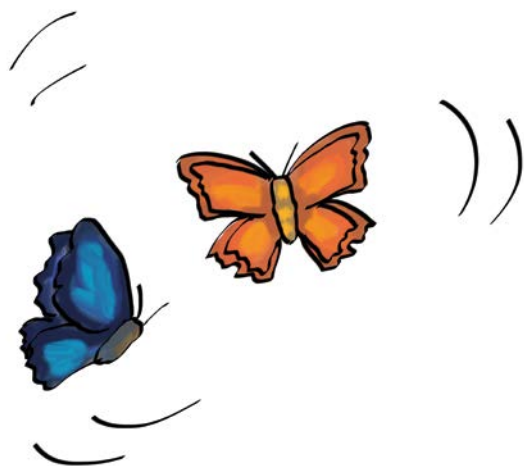
Trust yourself	277
26.1 The power of now	277
26.2 Misplaced loyalty	278
26.3 What is faithfulness?	279
26.4 Desire as a guideline	281
26.5 From black and white to color	282

Afterword	284
------------------	------------

Word of thanks	285
-----------------------	------------

Index of keywords	286
--------------------------	------------

Endnotes and sources	290
-----------------------------	------------



Introduction

During the training and individual sessions I provide, I am again and again surprised by the resemblances in human feelings, thoughts and behavior. The participants' individual backgrounds and causes of their problems may differ but the underlying human dynamics are the same. They offer an enormous richness and lots of content – nourishing to anyone who is present.

What you bring along and contribute to this world is unique. There is no one like you. Sometimes you wrestle with pain, sadness or the shock of a drastic event. You may withdraw yourself temporarily as a result. It may also feel like you're the only one who struggles with this.

When you get entangled or locked up, it is good to know that emotions, feelings and pain are not just a burden. They also offer you strength, insight and wisdom, as soon as you let them breathe.

This book provides insight into your human nature. Instincts, emotions, feelings, thoughts and inspiration are set out layer by layer. The clear explanations, tips, reflection questions and examples help you to comprehend the wisdom behind emotion and feeling.

For you, the reader of this book, a **free online minicourse** is available on the website. It offers you depth and convenience, with additional inspiration, audio and video.

Happy reading!

Warm wishes,

Wendy van Mieghem

Chapter 1

Your daily life as a mirror

1.1 What is inner growth?

You long to be nurtured, loved, praised and appreciated for who you are and what you do. You carry a treasure inside you with an abundance of qualities. Using your qualities to express who you are and what you need leads to the deepest fulfilment and joy you can possibly get out of life. It leads to one hundred percent being. It is your responsibility to become aware of your deepest longings. And to learn to understand them, so you can express them and truly start to shine. No one else can do this for you; it is a personal, individual road that only you can live. It is probably not that you don't want to, but somewhere along the way, while you are getting to know yourself and life, you become entangled or distracted.

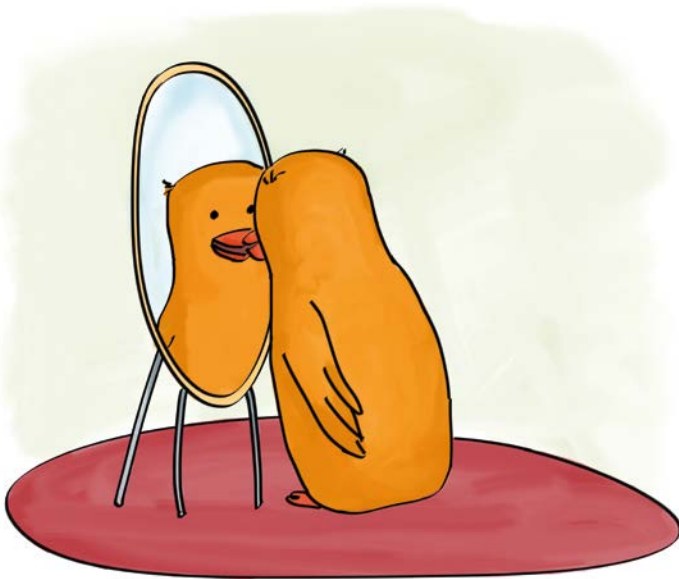
To me, it feels like you're a brave person when you take the effort to tune in to your inner being and listen to what you need. This is because the place where you find your deepest qualities and longings is also where you meet your deepest fears: fear of rejection, fear of loneliness, fear of death or loss, fear of illness or madness, fear of intense emotions. To find your way and balance through this, is what I call **inner growth**: to get to know and experience your own emotions at a continuously deepening level, so that you get to know yourself and life better and better. Becoming aware and learning to allow or endure your instincts, emotions and feelings lead to the deepest possible fulfillment in your life. At the same time, anywhere in the world, there is nothing that people find harder to achieve than this. You tend to run away from feelings and to suppress or deny instincts and emotions.

Perhaps you're afraid of change; afraid of the physical and mental intensity of emotions; afraid that you're unable to express what's inside you and to find the form that suits you; afraid of emotional pain; afraid of the feeling of despair and the lack of control over yourself and over life itself, when you let your emotions **be** in the core of their being. Perhaps you're also afraid that the pureness of your emotions can lead to destruction. And thus, you put the least pleasant emotions and experiences away. Good riddance, but for how long?



1.2 Your daily life as a mirror

There are many different ways to become more aware of who you are. Whatever road you choose, the core is to get to know and trust your own humanity. When you'd like to grow more conscious of what it is that you need to experience inner peace and contentment, you don't have to look any further. Your daily life is packed with information and mirrors. Whether you're working, cleaning the house, taking care of the (grand)children, exercising or resting in your lazy chair; you bump into yourself everywhere. Your daily life is by far your most important school. You can use all instincts, emotions or feelings that you experience throughout the day as a steppingstone to get to know yourself better. But is that what you want?



Your inner and outer worlds mirror each other. When you suppress your own emotions and feelings and you do not want to get to know them, you don't want to (learn to) deal with the emotions and feelings of others either; nor with the world around you. Everything you suppress continuously demands your attention. It takes time and energy to hide whatever it is

that you do not want to be confronted with on a daily basis. This is how you become involved in a fight against yourself – an exhausting battle that no one else notices.

Sometimes you need to stray far from who you are and what makes you happy in order to discover that what you desire has been within your reach all that time. You just didn't recognize it yet, or it was still too hard for you to find an attitude through which you could allow your deepest desires into your daily life and search for ways to express them. Your humanity embraces instincts, emotions, feelings, thoughts, convictions and inspiration; they are all instruments that enable you to realize your needs and desires. Your humanity shows you the way.

Emotions and feelings are therefore not an end of the line from which you have no or barely control. Instead, they are a station on the way towards more insight and wisdom; they offer you information on how you can embrace yourself in such a way that you feel nourished and carried. However, in order to receive such insight and wisdom it is necessary that you do not lose contact with yourself. This can be quite difficult because, instinctively, your first response to pain is to withdraw. Learning to stay connected to your current feelings and emotions, step by step, helps you to build trust in your ability to deal with whatever is happening inside and outside of you. **You** are the one who chooses how to take care of your life. Of course, drastic events beyond your control will continue to take place; however, the choice of how to deal with them is always yours, time and again.

1.3 Constructive and destructive

One of the choices you frequently make during each day is whether you deal with something in a constructive or destructive way. Both ways enable you to experience joy, e.g. when you first build a tower with building blocks, then let it fall apart. But they can also be equally painful for you. Both allowing and not allowing what is there, can hurt. The difference lies in whether or not you delay the experience of pain.

Example: constructive expression

Charles is a vital, 19-year-old young man. He has been feeling unheard and unseen by his parents for a very long time. Most of the time, they are occupied with themselves; with their own problems and struggles. After the death of Charles's brother Thomas, 9 years ago, it has only become worse. For years, no one has mentioned Thomas in any way. It looks like the whole family, including Charles, is locked in its own grief.

Charles notices he's becoming more and more angry inside. He feels frustrated. Things in life don't go the way he wants them to go. At the same time, he feels unable to change. He decides to find an outlet for his anger and joins a boxing school. Every now and then, he tells his sparring partner Mo how he feels. As a result, Charles feels free to vent all of his frustrations by beating and kicking. Mo is fine with catching his punches. The gloves, pads and techniques they learn offer enough protection and it will be Mo's turn soon.

