

# Houses of Healing

## Emotional Awareness course

p.11) Coming to know the greater Self is at the heart of emotional healing and change.

p.10) "Who are you anyway?" — I am Eternal...

I am a Spiritual Being having this human experience...  
...I am, let's face it, Damaged from unresolved traumatic events as a child, with very little affection while witnessing/experiencing the dysfunctional abuse within our home — wherein, naturally develops the phenomenal sub-personalities which express/experience Anger, Rage, Insecurity, Shame, Guilt, Powerlessness, etc.

p.14) All of us develop sub-personalities in childhood that we bring along with us into adulthood. The more unsafe or traumatic our childhood, the more we will identify with fear-based feelings — rather than taking the natural course of all human emotions that arise and pass away from time to time, they become an established part of our thinking and feeling.

p.11) An ideal world would have provided a safe, protective, and supportive environment to encourage growth and positive potential.

p.13) Part of the process of growing up, of healthy personality development, includes developing and identifying with many sub-personalities... essential parts of a whole and healthy human being.

p.17) In order to grow into our full human potential we need to become aware of the roles, emotions, and beliefs with which we identify... to our core Self, so that we can have our emotions, roles, and beliefs without being limited by them.

p.18) Self-awareness develops when we keep growing and maturing into emotionally healthy adults... (with) the ability to stand back and observe which sub-personalities are operating

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cont.

p. 19) Throughout this book you will learn ways to connect and align with the core-Self while developing understanding and patience for those aspects of the personality which, out of their conditioning, fear, and feelings of unworthiness, have taken center stage and undermined your genuine power and freedom in the past.

p. 20) What is Emotional Healing? To be whole - is to be open to all of who we are, our darkside as well as our light; our small selves as well as our greater Self. Opening to all of who we are takes the willingness to look honestly at ourselves.

\* It also requires a certain amount of skillful guidance.

Healing is the process of restoring our awareness.

p. 23) In order to know your true Self, you need to go back and look at how you became the person you are. ... the choices you made in reaction to your childhood shape your personality.

p. 28)\* Abuse and neglect are a common thread running through the childhood of most prisoners ... Most had no role-models of an emotionally healthy, responsible adult in their family.

p. 29) ... the fall-out from being treated disrespectfully, neglectfully, and abusefully is enormous. (cf. 37)

p. 30) When the adults in our life cant be counted on for love and respect, our emotional growth and developement is held back.

p. 37)\* Until the inner child's pain is honored - like it or not - we keep playing the same old story (Ego... family tradition, by Mark Williams Jr.) ex. A man whose mother never showed up for him emotionally may find himself married to a woman who is not really there for him emotionally. A person who hated that a parent was an addict finds theirself an addict as well.

p. 36) Carl Jung once wrote: The psychological rule says that when an inner situation is not made conscious, it happens outside as fate.

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cont.

p. 37) Acknowledging the neglect, disrespect, and abuse from the vantage point of both the inner child and adult self, leads to emotional healing. You do the work of going back to your childhood suffering in order to finish the past and move on with greater self respect, freedom, and creative power.

p. 80) To mourn our losses means to identify the feelings that are associated with the loss and face our feelings openly, honestly, and with gentleness. All healing requires some compassion for ourself, truth telling, and self acceptance.

p. 48) Qualities a healthy, loving adult would express:  
Patience, Sense of humor, Warmth, Affection, Attention  
Sensitivity, Respect, Strength, Emotional Availability,  
Playfulness, Kindness, Understanding, Compassion...