



Inner Exploration Guide – Month Two

This month will be another step deeper into our inner experiences. As we map within, we will recognize that our emotions (feelings) play a huge role in our Soul's journey, whether we are conscious of them or not.

As a starting point, think back over the last 24 hours and write down a list of emotions that you noticed you had. Now write down what, if any emotion you're feeling at this very moment. You may find this difficult to do, if so, note any emotions you're noticing that seem to be related to this challenging request.

With our focus on emotions this month, we will explore two concepts that may be new to you: **shadow work** and the **Enneagram**.

Shadow work includes a variety of practices and approaches which will help us make known that which is within us — that we don't even know (unconscious) is there. Think of an example in your own life of something you've discovered about yourself that you didn't know... perhaps in a dream?

The Enneagram is a spiritual development model used by contemplatives and recognizes 9 basic personality types. The framework points us toward our inner Essence and also provides some typical inner reactions we have & moves we make given our specific type. Utilizing the Enneagram tool in conjunction with awareness of thoughts and emotions can be very beneficial to our inner navigation. Please take 20-30 minutes to complete the Enneagram on-line survey and read about your type.

To take the test: [https://tests.enneagraminstitute.com/](https://tests enneagraminstitute.com/).

Read about your type: <https://www.enneagraminstitute.com/type-descriptions>

Watch this brief video "The Ennea-type is not the real you..." by Sandra Maitri <https://www.youtube.com/watch?v=f09S06uFwGQ>. You may want to watch Sandra's video which discusses your type specifically also on Youtube... search "Sandra Maitri ___" (your #)

If you've taken the Enneagram previously, you may choose to utilize those results. We will continue to refer back to your Enneagram results for information and guidance throughout the MOIE experience.

One way to think about emotions is as you might think about the weather: seemingly unpredictable; constantly changing; and setting in for various lengths of time. Challenging emotions, like the weather, often have the biggest influence over us and can leave lasting memories. It would appear that perhaps our difficult emotional memories are evolutionarily advantageous keeping us from repeating difficult or dangerous situations in the future. We also have the ability to bypass emotions we might consider distracting, negative or weak as a mechanism to survive or thrive in the world.

We will learn that one of the best ways to work through difficult emotions is to courageously engage with them.

Courageous engagement may become difficult or uncomfortable so recall you can utilize breath work or recall your "safe" place as discovered during our last group meditation. Take a few

minutes now to recall your “safe” place and soak in the feelings that come with the memory or vision.

Reflective Questions (R.Q.s):

What Enneagram type are you? What did you read about your type that resonated with you?

Conversely, anything you found written or in recorded media about your type that does not seem to be appropriate for you?

Take a moment to write down a few words or brief phrases that stand out in your mind about what you’ve read or heard about your Enneagram type and then identify your corresponding emotion with that word or statement.

Quotes to Consider:

“Knowing yourself is the beginning of wisdom” – Aristotle

“Honesty and transparency make you vulnerable. Be honest and transparent anyway.” – Mother Theresa

“The opposite of love is not hate, it is indifference.” – Elie Wiesel

“Too many men I know experience shame because society places pressure on them to withhold emotion: emotion and sensitivity is weak. I have found the opposite is true: emotion and sensitivity is what makes us strong.”

— Natalie Brenner, This Undeserved Life: Uncovering The Gifts of Grief and The Fullness of Life

“Let’s not forget that the little emotions are the captains of our lives and we obey them without realizing it.” – Vincent Van Gogh

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.” – Albert Einstein

“Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness.” – Tiny Buddha

“Jesus wept” – Bible, NT - John 11:35; “Jesus entered the temple... drove out those buying and selling... overturned the tables... he said ‘my house will be called a house of prayer...’” Matthew 21:12-13 “My soul is overwhelmed with sorrow to the point of death... couldn’t you men keep watch with me for one hour?” – Jesus, Matthew 26:38,40

“Until you make the unconscious conscious, it will direct your life and you will call it fate.” - Carl Jung

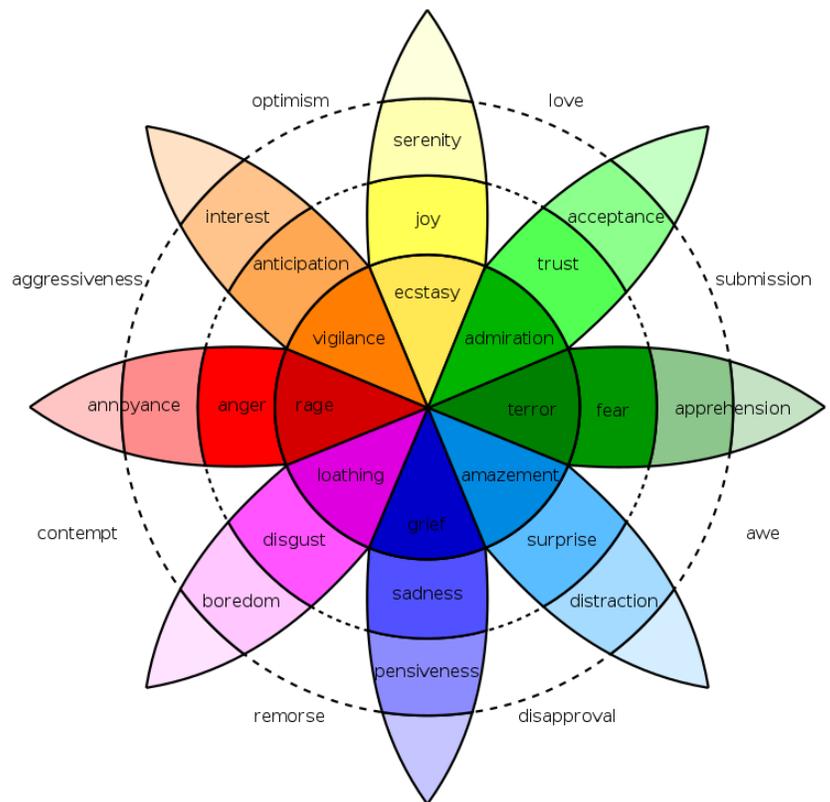
“It’s time you realized that you have something in you more powerful and miraculous than the things that affect you and make you dance like a puppet.” - Marcus Aurelius

R.Q. Which of the quotes did you have the strongest internal reaction to? And what emotion/s did you notice with your reaction?

You may want to refer to the following diagram which was created by Robert Plutchik to help identify your specific emotions.

[Robert Plutchik](#)’s theory says that the eight basic emotions are:

- **Fear** → feeling of being afraid, frightened, scared.
- **Anger** → feeling angry. A stronger word for anger is *rage*
- **Sadness** → feeling sad. Other words are *sorrow, grief* (a stronger feeling, for example when someone has died)
- **Joy** → feeling happy. Other words are *happiness, gladness*
- **Disgust** → feeling something is wrong or nasty. Strong disapproval.
- **Surprise** → being unprepared for something.
- **Trust** → a positive emotion; admiration is stronger; acceptance is weaker.
- **Anticipation** → in the sense of looking forward positively to something which is going to happen. Expectation is more neutral



R.Q. As you review Plutchik’s theory and diagram, what stands out to you most? What feelings arise within you as you review these materials?

Read and then reflect on this poem.

R.Q.s

Any lines, words, phrases especially stand out to you? What emotions accompany your noticing?

Have you thought of your feelings & emotions as “guests” or entities perhaps within yet different than you?

Have you or might you experience your feelings & emotions as “guides from beyond”?

What are you feeling as you answer these questions? Do you notice any tendencies toward any actions that will help you avoid whatever is arising for you emotionally?

How might you describe your “relationship” with your emotions?



*THIS BEING HUMAN IS A GUEST HOUSE.
EVERY MORNING A NEW ARRIVAL.*

*A JOY, A DEPRESSION, A MEANNESS,
SOME MOMENTARY AWARENESS COMES
AS AN UNEXPECTED VISITOR.*

*WELCOME AND ENTERTAIN THEM ALL!
EVEN IF THEY'RE A CROWD OF SORROWS,
WHO VIOLENTLY SWEEP YOUR HOUSE
EMPTY OF ITS FURNITURE,
STILL, TREAT EACH GUEST HONORABLY.
HE MAY BE CLEARING YOU OUT
FOR SOME NEW DELIGHT.*

*THE DARK THOUGHT, THE SHAME, THE
MALICE,
MEET THEM AT THE DOOR LAUGHING,
AND INVITE THEM IN.*

*BE GRATEFUL FOR WHOEVER COMES,
BECAUSE EACH HAS BEEN SENT
AS A GUIDE FROM BEYOND.*

JALALUDDIN RUMI

Content for Review:

Vulnerability is not weakness: TED talk by Brene Brown (video 20 minutes) - https://www.ted.com/talks/brene_brown_listening_to_shame?language=en

“Vulnerability is our most accurate measurement of courage.” – Brene Brown

Men’s Emotions & Why We don’t Share Them: by Full Frontal Fatherhood (video 6 minutes) - <https://www.youtube.com/watch?v=inVv1Ep-GA>

Emotional Avoidance: The Art of Going Inside (video 5 minutes) - <https://www.youtube.com/watch?v=lx64gGqoF1c>

Using Emotions on the Spiritual Path (article/blog) by Ram Dass - <https://www.ramdass.org/using-emotions-on-the-spiritual-path/>

Beware of Spiritual Bypass (article/blog) by Dr. Ingrid Clayton - <https://www.psychologytoday.com/us/blog/emotional-sobriety/201110/beware-spiritual-bypass>

“We are now spiritually distracting ourselves from our feelings...” – Dr. Ingrid Clayton

What is the Emotional Body? (blog/article from Prana World) - <http://pranaworld.net/what-is-the-emotional-body/>

Reflective Questions:

1. Are you aware of emotions that you have been taught or taught yourself not to show? Can you think of an incident or incidents that caused you to bypass certain emotions or feelings?
2. As you’ve worked through this guide, have you noticed emotions, feelings or senses that show up together for you? As an example, some people find fear and courage operate within us together, others might point to joy and grief (or sadness)? Our Western upbringing often struggles with the non-dual nature of emotions... what have you learned about yourself in this regard?
3. What other books, articles, ideas, people, movies, artwork, objects, locations, etc. came to mind as you looked at this information? Chose, photograph, write or create something to share with the group when we have our group meeting.

Practices:

1. “Heart opening” - ***How to Meditate on the Heart*** from Deepak Chopra - Follow these simple steps to connect with your heart’s energy:
 - a. Begin by sitting in a comfortable position and close your eyes.
 - b. For just this moment, let go of your thoughts and the outside world.
 - c. Focus your attention on your spiritual heart center, in the middle of your chest, and be aware of your heart as a space. The heart center is a point of awareness where feelings enter. In its essence, the heart is pure emptiness, pervaded by peace and a subtle light. This light may appear as white, gold, pale pink, or blue. But don’t strain to find a light of any kind. All you need to feel is whatever is there.
 - d. Resting your attention easily on your heart center, breathe gently and sense your breath flowing into your heart. You may want to visualize a soft, pastel light or coolness pervading the chest.
 - e. Let your breath go in and out, and as it does, ask your heart what it needs to say. Don’t phrase this as an order; just have the faint intention that you want your heart to express itself.
 - f. For the next 5 or 10 minutes, sit and listen. Your heart will begin to release emotions, memories, wishes, fears, and dreams long stored inside. As it does, you will find yourself paying attention.
 - g. You may have a flash of strong emotion—positive or negative—or a forgotten memory. Your breathing may change. You may gasp, sigh, or feel tears come into your eyes. Let the experience be what it is. If you daydream or drift off into sleep, don’t worry. Just bring your attention back to your heart center.

The Heart's Message Is Perfect

Whether it speaks to you in sadness or fear, delight or pleasure, its message is exactly what you need. If voices of anger, worry, or doubt start to arise, allow them to speak and then let them go, easily and comfortably. You are learning to be with your heart in order to heed its spiritual meaning—this is meditation. You are letting repressed material come up to be released—this is purification. You are listening to your heart without judgment—this is attention.

As you practice this meditation, spending a few minutes each day to connect with your heart center, you will begin to get glimpses of your heart as it really is: silence, peace, a warm glow, or subtle light. Even if these glimpses are fleeting, you will find that your life outside of meditation is starting to change. At unexpected moments, you will feel a wave of joy and well-being sweep over you. You will begin to walk with more buoyancy in your step.

These are signs that the constriction most people hold around the heart center is releasing its grip and letting go of the fear and tightness that keep spirit from entering. In truth, spirit doesn’t enter since it is always there. But making contact with it is like being penetrated with light and insight. This is the flow of love.

2. Shadow work - Mapping your inner moves and understanding how you really feel. Following this grid from column 1 to column 5 will help you understand and perhaps better track how your inner thoughts and emotions get processed within. Utilize this grid for one time or recurring life situations. Our inner reactions happen very fast. Often the only way to identify what is going on at a deeper level within us is by seeing our surface reaction or activity as a signal of something deeper.

1	2	3	4	5
Describe the difficult, challenging, stressful, problem-oriented, interaction, activity, etc.	What you are doing/saying or What you want to do/say, in this difficult or stressful situation.	Highlight the internally or socially acceptable description for your action from column 2	Highlight one of the darker or more shadowy forms of the internally or socially acceptable action from column 2	Highlight one or more of the following deeper things that you might have difficulty or simply be unable to recognize below the surface?
		Positioning Posturing Intellectualizing Talking Mansplaining Humor Competitiveness Physical Posturing Busy-ness Fact-flurries One True View Directness Seeking "Clarity" Controlling Withdrawing etc.	Hostile Aggressive Punishing Judging Resentful Distancing Dishonest Physical etc.	Needy Weakness Sadness Fear Hurt Powerless Humiliation Rejection Sense of Abandonment Loneliness Pain Shame Guilt Dependency Jealousy etc.
Observations:				

3. **Lectio Divina** is a contemplative practice utilized in many traditions in a number of forms. Often referred to as Lectio or LD, it is generally a 4(or 5) step process of immersing oneself and listening carefully to a written text ... often holy or inspirational writings. For the purpose of this exercise, it is suggested you utilize the poem- The Guesthouse by Rumi – found earlier in the guide or choose any another passage that speaks to you. There are plenty of good suggestions on-line if you want to do a quick search.

Here are the steps for **Lectio Divina**

Read – simply read the section through one time, out loud if possible, taking time to let the reading sink into you. You might ask yourself: What does the text say that everyone should understand?

Meditate – read the text through a second time asking the question: what does this text say to me, today, and to my life? As you read through, certain memories or images may surface, words or phrases from the text may stand out or you may notice an emotion or sensation arise within you.

Pray – reading through the text a third time, notice what if anything is rising up within you that you wish to express in any way. It may be words, emotions, or actions. Note what is coming up for you.

Contemplate & Act – reading through a final time, ask yourself: *what, if anything, is there for you to do to respond to, grow, transform or change either internally or externally in the world.*

You might wish to conclude with a prayer or brief time of silence.

- 4. Prayer walking** – The rhythm of the walk may help to emphasize the idea that "with any good spiritual exercise, one moves from the mechanical to the mental to the spiritual as one progresses," says Linus Mundy, author. The movement may also help to remove outside distractions so that the person is able to concentrate on a spoken prayer. For Christian prayer-walkers, it may provide one with inspirational scenery--like crashing waves and a beautiful beach sunset--that "will emphasize the majesty of God," says Sharon Thompson, Ph.D. In a Buddhist walking meditation, the movement itself--stepping in careful coordination with breathing, counting, and "utterance"--actually provides the sense of spiritual fulfillment. – from www.eFit.com

"When we do walking meditation, the point is not to get somewhere, but rather to practice, **using walking as the object of our attention.**"

-Thich Nhat Hanh, Vietnamese Zen master and poet.

... & 7 more mindful movements - <https://www.beliefnet.com/faiths/buddhism/2008/09/a-week-of-mindful-movements.aspx>

5. Feel how you feel

Sit with a feeling and breathe. When an emotion arises, try not to resist or keep it down. Instead, try to relax and let yourself accept and feel whatever you feel. It's okay to let yourself fully experience feelings of anger, sadness, pain or wanting. If you can sit with these feelings, you can actually learn to be more comfortable with them.

Don't judge your emotions. No emotion is "bad." Feelings are just feelings; they sometimes offer clues into your past and or deep insight. We can be curious and open to what we feel, while actually becoming less likely to be unconsciously controlled.

Find ways to calm the feeling instead of feeding it. Try not to avoid the feeling, but try not to indulge it either. So, if you're furious, or hurt, don't spend time building a case or exaggerating the situation. Feel the emotion and stay with it until the wave builds and subsides... it will subside.

Reflective Questions for Further Consideration:

1. What element of this guide have you found most affirming? And, which one most disconcerting/upsetting?
2. As you think about various authors, historical figures, heroes, or others that have had a lasting impact on you, who do you think of?

What, if anything, do they have in common?

Take a minute with each one and think about how they make you feel. What do you notice?

3. What have you learned about yourself as you've experienced your inner world from an emotional or feeling based view? Anything additional you did to support your journey?
4. Write a brief letter to your most difficult emotion. Describe how the emotion makes you feel, how it impacts you, what you'd like it to do or not do, how it gets triggered, etc.

Now write a brief letter to yourself from that difficult emotion (use your non-dominant hand if it helps) describing that emotion's inner world view as well as why and how it does what it does within you.

What observations do you have after this writing exercise?

Finally, you might want to sign up for the daily Enneagram reminder which can be helpful on your journey. You can sign up for it here:

<https://subscriptions.enneagraminstitute.com/subscribers/create>

Notes:

Date:

What I'm hearing / observing externally.

What I'm noticing (thoughts, feelings, emotions, questions, etc.) within me.

My external response or movement.

Inner experience (words or phrases or draw/describe an image or picture or identify a feeling or sensation within).