

RESISTANCE & ATTACHMENT

CREATES THE FIVE POISONS



THE ROOT OF INTENSE EMOTIONS: FEAR, GRIEF, SHAME, ANGER

## FEAR

The root of intense emotion is often fear of suffering. Fear of separation, rejection, isolation, hurt, and/or annihilation. The antidote to fear is love.

## GRIEF

Grief arises from forgetfulness. The antidote to grief is love that comes from remembering what you have forgotten: Only what is unreal changes. What is real never changes.

**You are a part of life—not apart from life.**

## SHAME

Any intense emotion that presents itself with self-criticism or judgment is dealing with Shame.

- Shame says there's something terribly wrong with me. I'm bad.
- We are wired to believe that our survival depends on being connected to a tribe. The function of shame was to make sure you did not ever let someone find out things that would make them kick you out.

Our deepest longing is to belong. Our deepest shame is that we aren't worthy.

The antidote to shame is love in the guise of acceptance—acceptance of our authentic self.

## ANGER

Anger is our natural defense to not feeling loved—to feeling we don't matter. According to Arun Gandhi, grandson of Mahatma Gandhi, there are four sources of anger:

1. Not feeling heard
2. Not feeling appreciated
3. Not feeling understood
4. Not feeling seen

The antidote to anger is love in the guise of hearing, appreciating, understanding, and seeing yourself. In other words, "Showing up or yourself."