

**Emotional Intelligence –  
A Critical Skill for Success  
Toolbox Teleclass Transcription**

**By Debra Russell**



**Foundation Program**

**Track 2: Believe & Receive: Confidence,  
Perseverance, Courage and the Law of Attraction**



Artists Marketing & Business Academy: Foundation Program  
Believe & Receive: Confidence, Perseverance, Courage  
and the Law of Attraction  
Emotional Intelligence - A Critical Skill for Success

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## INTRO

Hello! Welcome to the August 2008 Toolbox Teleclass, and today we're going to be talking about Emotional Intelligence.

So, has anyone else joined who would like to say hello?

Man 1: Steve from rain drenched Florida.

Debra: Ah! You've been hanging out with Fran, haven't you?

Steve: Faith.

Debra: Faith, excuse me. Knew it was with an F.

Steve: Yeah, you got the right letter. Last Sunday we were filling out my girlfriend's basement for 3 hours.

Debra: Oh dear, oh dear. The hurricane that would not leave...Anyone else joined us? We've got a small group. It's summer time. So that's cool. So the way I'm going to do tonight's class is I'm going to be...Oh welcome, who's joined me?

Woman 1: Vicky.

Debra: Hi Vicky, welcome. So the way I'm going to do tonight's class, and this is probably going to be a more common occurrence as we go forward is that I...because I want to start bringing in all of my new processes, my new tools that I learned in L.A. in June.

In my work with you guys, I will be doing some content, probably for the first half hour or so, and then I've got a couple of processes to lead you guys through, and then at the end, I'll open it up for questions and for individual coaching as time allows. Okay?

So we're talking today about emotional intelligence, and I believe that this is a critically important topic. I would say in work with my private clients it actually probably consists of about 70 to 75% of the work that we do, because it's usually issues around emotional intelligence that are blocking people from actually creating success in their lives.



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#### Emotional Intelligence - A Critical Skill for Success

#### 2 WAYS OF RESPONDING TO EMOTIONS

In my experience, most people, and of course there are exceptions to these rules, but most people have 2 ways of responding to emotions;

#### *SUPPRESSING THEM*

They either suppress them, try to make them go away or they surrender and collapse into the emotions.

#### *COLLAPSING INTO THEM*

#### NEITHER OF THESE METHODS IS HIGHLY FUNCTIONAL

Meaning they allow the emotions to take them over. Neither of these methods is really, highly functional.

#### *INCREASES PHYSICAL STRESS WHICH LEADS TO ILLNESS*

Both of them increase physical stress, which can according to many, many studies over the last 10-15 years, lead to illness including heart disease and cancers and a lot of the big, you know, the big ones. As well as I think just colds and flus. You know, it's stress, and stress impacts your immune system.

#### *PERPETUATES AND SOLIDIFIES THE EMOTION RATHER THAN ALLOWING IT TO PASS THROUGH YOU*

Using either these two methods also perpetuates and solidifies the emotion, rather than allowing it to pass through you. You end up hanging on. You end up holding on to the emotion, either because you're suppressing it, so you're not allowing it to flow or because you're indulging in it, which also ends up hanging on.

#### *SINCE THE EMOTIONS ARE MAINTAINED, EVEN STACKED, IT INCREASES THE LIKELIHOOD THAT THOSE EMOTIONS WILL BE TRIGGERED AT INOPPORTUNE MOMENTS – FOR EXAMPLE, WHEN YOU'RE DRIVING YOUR CAR IN TRAFFIC....*

Since the emotions are maintained, even stacked, it increases the likely that those emotions will be triggered at inopportune moments, like for example, when you're driving your car in traffic. Anyone ever have an emotional response to traffic that seems inappropriate to or out of, kind of out of the...out of the expectation of what traffic should cause in you.

So it's bigger than really what is called for in the circumstances. That's because what's happening is that emotions that have to do with other things are getting triggered.



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IT IS IN YOUR BEST INTEREST TO LEARN SKILLS THAT ALLOW YOU TO USE YOUR EMOTIONS  
RATHER THAN ALLOWING YOUR EMOTIONS TO USE YOU

So it's in your best interest to learn skills that allow you to use your emotions, rather than allowing your emotions to use you, and that's what we're going to be talking about today.

## DEFINING EMOTIONS

### E (AWAY) MOTION (MOVEMENT)

So let's actually talk a little bit about what emotions are. So first of all, the word, excuse me. The word emotion is "E" which means away and "motion" which means movement.

Now in our conversation, in our idiomatic expressions around emotions, we talk about positive emotions and negative emotions, and I believe that over time that has gotten translated into good emotions and bad emotions.

Good emotions being joy and happiness and excitement, and bad emotions being anger and sadness and frustration, etc.

### POSITIVE AND NEGATIVE (AWAY/TOWARD)

But actually positive and negative don't mean good and bad. They mean toward and away from. When you have a positive emotion, it has you moving toward that stimulus, right? We go forward towards joy generally, towards happiness. We want more of it or away from...we tend to move away from anger and away from sadness and away from pain.

### EMOTIONAL INTELLIGENCE

So it's not good/bad. It's toward or away from, okay? Now emotional intelligence has to do with the quality of how you as an individual manages and deals with and processes emotions.

Just as IQ has to do, Intelligence Quotient, has to do with how you deal with, manage, and process information.

*REGULATED IN THE PART OF THE BRAIN KNOWN AS THE LIMBIC SYSTEM WHICH INCLUDES THE HYPOTHALAMUS, AMYGDALA, HIPPOCAMPUS, AND PITUITARY GLAND*

**Hormones and autonomic nervous system**



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The emotions are regulated in the part of the brain known as the limbic system, which includes and is not limited to...it's more than that, but I'm not going to go into too much of the technical stuff, but I want to give you a little bit of the background.

By the way, if you're interested in this stuff, and I'm fascinated with it. There's actually quite a few really good books out there. I think the best layman's text, if you're not looking into an anatomy and physiology treatise, is *Emotional Intelligence* by Daniel Goleman. I'll definitely have a link to it up on the website in the description of this call.

It's regulated in the part of the brain known as the limbic system, which includes the hypothalamus, amygdala, the hippocampus, and the pituitary gland. What they have found in looking at the limbic system and how it works with emotions, and the science around this has come just tremendously forward in the last 10 or 15 years because we now have much more sensitive tools, like the functional MRI, which can look at the blood flow when the brain is stimulated in a certain way, so you can look at pictures that would make you feel happy, and they can actually look at where the blood is flowing in the brain.

As well as the PET scan, which looks at the electrical response of the brain to stimulus. What they found is that the limbic system is extremely tightly connected to the autonomic nervous system, meaning the automatic response system, the fight or flight system.

And also hormones through the pituitary gland and through the pituitary gland into the adrenals, as well as several other areas. It can be involved in the pleasure center, as well as the fight or flight or the response to stressors.

The other thing that's really interesting that the hypothalamus and amygdala particularly are involved in is long term memory.

Meaning that those are the parts of the brain that are responsible for translating what is happening now in to the places in the brain that allow you to recall it in 5 hours and 10 hours, in 10 years.

And very often one of the first things that is damaged in diseases like Alzheimer's is this part of the brain, so that the short term memory is no longer getting laid down as long term memory, and it's no longer getting translated in to long term memory.

What's interesting about this is that they found that the intensity of memory, the specificity, and the ability for someone to recall something is very much dependent on the emotional content.





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The more emotion is involved in the experience, the more likely you will retain it over long periods of time. And think about your earliest memories, most of them had some strong emotional content, and that's why you remember them.

#### **Long term memory**

*HAVING AN AUTOMATIC RESPONSE TO STIMULUS THAT IS LIFE THREATENING HAS TREMENDOUS EVOLUTIONARY PREFERENCE – ONCE A LION, ALWAYS A LION*

So where this came from when you look at kind of from an evolutionary stand point, having an automatic response to stimulus, particularly stimulus that is life threatening, has an obvious, tremendous evolutionary preference.

If as a child you were scared by a lion and as an adult you see a lion and you run away, you're much more likely to pass on your genes. Right? You're much more likely to live long enough to procreate.

So being able to very, very quickly assess a situation for its danger or for its pleasure absolutely has promoted positive evolutionary things. However, in today's world, we aren't dealing with lions very often, at least most of us aren't. You know, a few of us are, but most of us aren't.

*IN TODAY'S WORLD, OUR AUTOMATIC RESPONSES TO STIMULI HAVE BECOME MUCH LESS ADVANTAGEOUS*

And as a result our automatic responses to stimulus have actually become less advantageous. What studies have shown is that the people with higher emotional intelligence, meaning they are able to make intelligent decisions around their emotions rather than letting their emotions run them...

*LEARNING TO UNDERSTAND YOUR AUTOMATIC RESPONSE AND RETRAIN YOUR BRAIN TO RESPOND IN MORE PRODUCTIVE WAYS IS THE ESSENCE OF EI*

They're the ones who are much more likely to have success in adulthood. It's even more predictive of success than IQ. Interesting, huh? So learning to understand your automatic response and retrain your brain to respond in more productive ways is actually the essence of emotional intelligence.

And what really excites me and the reason I got certified in neurolinguistic programming and hypnosis is because part of what that stuff allows us to do...is to actually re-train how your brain interprets stimulus, not just on the conscious level, but on the unconscious level, because most of the time very strong emotional responses, when you actually feel like your emotions have been triggered, are not happening on



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conscious and intentional terms. They're happening very much in the autonomic nervous system and on the unconscious level.

**YOU ARE ALWAYS RESPONSIBLE FOR YOUR EMOTIONS – THEY NEVER HAVE TO DO WITH THE OTHER PERSON. NOBODY MAKES YOU FEEL ANYTHING. YOUR EMOTIONS COME FROM HOW YOU APPLY YOUR THOUGHTS AND BELIEFS TO YOUR CIRCUMSTANCES**

So one last piece about defining emotions. You are always responsible for your emotions. They never have to do with the other guy. I know it may seem like they do, but they don't. Nobody ever makes you feel anything, so if you hear those words coming out of your mouth, "He made me so mad" or "That traffic makes me crazy," or you know, "When she says this I get...." it's a cop out.

Nobody makes you feel anything. Your emotions come from how you apply your thoughts, your beliefs, your memories, your internal automatic filtering systems to your circumstances.

*WHEN WE ARE CHILDREN, OUR EMOTION BRAINS ARE MORE HIGHLY DEVELOPED THAN OUR THINKING BRAINS AND SO EMOTIONS CAN FEEL REALLY BIG!*

When we're children our emotion brains are much more highly developed than our thinking brains. I mean, think of how completely free a baby is with their emotions, and yet when you say to a child, you know, "Don't hit. Use your words." "Huh?" They don't get that.

At least not right away and certainly not in the heat of the emotional moment, unless you've been working with them for a while. The emotions as a result when you're a child can feel absolutely overwhelming, which is very often why we learn to suppress them, because the feedback we're getting from the adults is to "Stop crying. It's okay." You know. "Big boys don't cry." Dadadadada.... right? All of that kind of stop having these big, big emotions and start acting more controlled.

*THE STRATEGIES WE LEARN AS CHILDREN TO MANAGE THOSE EMOTIONS ARE LIMITED BY OUR ENVIRONMENT (AND HOW EMOTIONALLY INTELLIGENT THE ADULTS AROUND US WERE) AND BY THE DEVELOPMENT OF OUR BRAINS*

We don't know any other way as children to manage them, except usually to suppress them, because our thinking brains just aren't there yet. So the strategies that we learned as children to manage those emotions are really limited by our environment and how emotionally intelligent the adults around us were.



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Right? Did they know how to manage their emotions? And let me tell you, if they didn't know how, even if they said the right words, children don't learn from what their parents say. They learn from what their parents do.

They learn from how their parents operate and behave. So it's limited by our environment and by the speed of the development of our brains. Okay? As adults, thank God, we have many more options than we did as children, and this is learned behavior, which means you could learn it.

#### *AS ADULTS, WE HAVE MANY MORE OPTIONS THAN WE DID AS CHILDREN*

So even if as a child perhaps your environment was less than optimal in the emotional intelligence training ground, it's never too late to learn it. It's never too late to become... to develop those skills.

And that's also what the research has shown. That well, well into our adulthood, we are constantly creating new connections, new...not necessarily new neurons, but new connections between neurons, new neural pathways, and as a result we can create new skills.

We may never unhook those old skills. In other words, that limbic system may still hold those old memories and those automatic responses, but we can lay in new behaviors and new habits, so that we can make new choices.

Does anyone have questions on that piece? Okie dokie. No questions? Okay. Yeah? Did I hear someone? Okay...

## THE INTERPLAY BETWEEN BELIEF, THOUGHT, FEELING, ACTION AND OUTCOME

THOUGHT→FEELING→ACTION→OUTCOMES→THOUGHTS....

I've spoken before in I think a couple of different places, possibly in the [Overcoming Fear](#) class, definitely in the [Build Your Belief](#) class, about the interplay between belief, thought, feeling, action, and outcome.

But it's really I think, valuable to review that, because of course feelings, emotions are a big piece in this, and very often a stumbling block for people. So, in the cognitive behavioral model of how this whole thing works, and I particularly believe in that model,



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both from my personal experience, as well as from the experience I have with clients, the model is that you have thoughts. Those thoughts create feelings. The feelings create action or block action, right?

The action then generates outcomes. Those outcomes, well you have thoughts about those outcomes, and those thoughts give you feeling, which then lead you to action or not, and those actions or inactions create outcomes, which...and so and so on and so on.

**BELIEFS ARE THOUGHTS YOU'VE HAD SO MANY TIMES THAT YOU'VE STOPPED QUESTIONING THEIR VALIDITY – YOU ASSUME THEY'RE RIGHT, REAL, TRUE – WHICH TREMENDOUSLY INCREASES THEIR ABILITY TO STIMULATE EMOTIONS**

The thing that feeds into all of this are your beliefs, because your beliefs are basically thoughts that you've had so many times that you've stopped questioning their validity. You assume they're right, real, and true.

And as a result, that tremendously increases their ability to stimulate emotions. So when your...very often though those beliefs particularly, but also the thoughts, are happening on an unconscious level.

Most beliefs and thoughts...I think the numbers I've heard are 95% of your thoughts and beliefs are actually happening unconsciously. And so the only thing you may be conscious and aware of are your feelings.

Very often in our language, we complicate this matter even further, because we say things like, "I felt like a failure." Well, like a failure is not an emotion. Like a failure is a belief. It's an interpretation of your circumstances.

You look at your circumstances. You decide this set of circumstances means I'm a failure. Well, emotions don't mean anything. Only thoughts and beliefs mean anything. Emotions just are. They're just angry, sad, happy, ecstatic, annoyed, impatient, curious, unsure, confused, right? Those are emotions.

"Like a failure. I feel betrayed." Those aren't feelings. Those are thoughts and beliefs. Now, you may have feelings about those thoughts and beliefs. For example, you may feel sad. You may feel helpless. You may feel hopeless. You may feel despair. You may feel anger, right? Because you feel like you were betrayed, but actually you think you were betrayed, and so you feel angry and hurt. Does that make sense to you guys?



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So, in order to have mastery over your life, having...being able to identify what's the belief, what's the feeling, how is this inter-playing, what's really going on here is really key. And that's why I believe that you must use your emotions as tools.

## USING EMOTIONS AS TOOLS

MY BELIEF – EMOTIONS ARE OUR MOST VALUABLE TOOL TO GUIDE OUR LIVES. BUT JUST LIKE A HAMMER, THAT TOOL CAN BE USED TO BUILD A HOUSE OR COMMIT MURDER – IT'S ALL UP TO THE WIELDER OF THE TOOL

In fact, I believe that emotions are our most valuable tool to guide our lives. But just like a hammer, that tool can be used to build a house or commit murder. It's all up to the wielder of the tool. So what are you doing with your emotions?

What is the motion? What is the action? What is the movement that results from the feeling? For most people, it's suppression. It's pushing it down. It's pushing it away. I don't want to feel angry, because that's not attractive or that was not approved of when I was a child. It was not okay to be angry.

Particularly that's somewhat more common for women. For men, it's not okay to be sad, but I think there's crossovers there, and nothing's hard and fast, and everybody is different.

I'M ANGRY – ISN'T THAT INTERESTING... WONDER WHAT I'M THINKING THAT HAS ME FEELING ANGRY...

What I recommend is that instead of, "I don't want to feel that" or "It's not safe. It's not okay for me to feel that" or "That's not a good idea," that instead you operate with a slightly different perspective, and this is the perspective I recommend,

"I'm angry! Huh, isn't that interesting? Wonder what I'm thinking that has me feeling angry? Well, that person betrayed me!" or "Wait a minute. That person made choices that made sense to them, and I'm believing that they were obligated to make different choices because of their word to me. So really what happened is that person broke an agreement between us, and as a result, I've decided that person didn't really love me and that makes me angry, because I believed that person loved me, and now I don't believe that person loved me, and so I feel hurt and angry."



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Do you notice the difference between that conversation and, "You're violent. Horrible! You betrayed me! You're a bad person!" Of course, I'm being a little exaggerated here just to make my point, but do you guys get the difference?

Now, in the moment when you're really angry, without practice it's really hard to say, "Huh! I'm angry. Wonder what's that about?" Because you're angry! So I recommend practicing this when you're not feeling something quite so strong.

So "God, I'm really annoyed because the garbage man didn't pick up the garbage today. Huh, I'm annoyed, isn't that interesting? Wonder what I'm thinking." Do you see where I'm going with this?

Because the more you practice it when the emotions are kind of at a manageable level so that you can kind of practice it, the easier it becomes when the emotions are stronger. But the other thing to do is to just walk away and give yourself distance and breathe until you can apply your thinking brain to your emotion brain.

## EMOTIONS AND THE LAW OF ATTRACTION

Okay? Now I do want to talk a little bit about emotions and the law of attraction, because boy, there's so much shall we say bunk out there about this issue. Like if you feel negative emotions, then you are undermining yourself, and you'll never have what you want.

Anyone heard that one? Or you're not as highly evolved a person if you feel angry or you feel negative emotions. That you should just be positive, positive, positive all the time. My sister and I call that "New Age Terrorism."

Because the truth is if you try to control which emotions you feel, you won't feel any of them really. And if you don't feel them, you can't use them as tools. Because if you're not feeling them, you're suppressing them. You're not conscious of them.

You're denying them. The truth is as fully functioning human beings you're going to have positive emotions. You're going to have negative emotions. You're going to feel all of them, and that's the ideal situation is that you actually let yourself feel the full rainbow of emotions.

### ACCORDING TO ABRAHAM IN THE LAW OF ATTRACTION:

*YOUR EMOTIONS ARE YOUR PHYSICAL INDICATION OF YOUR RELATIONSHIP WITH YOUR INNER BEING (READ QUOTE IN BOOK)*



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According to Abraham, in the "Law of Attraction," and I actually want to read this quote directly out of the book.

"Your emotions are your physical indication of your relationship with your inner being. In other words, as you are focused upon a subject and have your specific perspective and opinion about it, in other words, your beliefs and thoughts, your inner being is also focused upon it and has a perspective and opinion about it.

The emotions that you feel are your indication of the match or mismatch of those opinions. For example, something may have happened in your current opinion of yourself is that you should have done better or that you are not smart or that you are unworthy.

Since the current opinion of your inner being is that you're doing fine, but you're smart and eternally worthy. There's a definite mismatch in these opinions, and you would feel this mismatch in the form of a negative emotion.

On the other hand, when you feel proud of yourself or love yourself or someone else, your current opinion is a much closer match to what your inner being is feeling in the moment, and in that case, you would feel a positive emotion of pride, love or appreciation.

Your inner being or source energy always offers a perspective that is to your greatest advantage, and when your perspective matches that, when your perspective matches your inner being's perspective, then positive attraction is occurring. In other words, the better you feel, the better your point of attraction, and the better things are turning out for you."

By the way...okay that's the quote I want to read you guys. The way to do that is not to deny the negative emotions. The way to do that is to look at the negative emotions and say, "Huh, I'm angry. Isn't that interesting? What am I saying to myself? What am I believing that has me feel angry?"

In other words, you use your emotional state as a signal flag. It's as if you're inner self, your higher self, your spirit, whatever you want to call it, is sending up a flare saying, "Hello! Got some information for you," and that information may be "Hey, whatever you're doing do so much more of it because this is awesome!" or it may be, "Whatever you're thinking in this moment's not working for you. You need to change your thoughts. You need to try on new thoughts, and see if those have you feel differently." Okay?



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AS YOU USE YOUR EMOTIONS TO BRING YOUR ATTENTION TO THE WAYS IN WHICH YOU ARE OUT OF ALIGNMENT WITH YOURSELF AND THEN USE THAT INFORMATION TO BRING YOU MORE DEEPLY INTO ALIGNMENT WITH YOURSELF, YOU WILL FEEL HAPPIER

So as you use your emotions to bring your attention to the ways in which you are out of alignment with yourself, and then use that information to bring you more deeply into alignment with yourself, you'll:

A. Feel happier, and B. Be able to create a much stronger flow of abundance coming towards you. In other words, your intention will begin to match your attention. And as a result what you draw to you, what you attract will begin to match much stronger your intention.

So if you're intending stuff, and what you're attracting isn't matching what you're intending, then you need to look at what you're attending to. What are you focusing on? What are you paying attention to and how are you feeling in that process?

## THE ART OF ALLOWING

Which leads me to the art of allowing, because since for most of us, we have spent a tremendous amount of our lives not allowing our feelings, the art of allowing our feelings, and I'm not talking about indulging your feelings or wallowing in your feelings.

THE FIRST STEP IS TO NOTICE THAT YOU ARE FEELING – FOR A LOT OF PEOPLE, THIS IS A HUGE STEP AS THEY'VE BEEN SPENDING THEIR ENTIRE LIFE DENYING THAT THEY'RE FEELING I'm talking about allowing your feelings, and they're...that's very different. The first step is to notice that you are feeling, and for a lot of people this is a huge step, as they've been spending their entire life denying that they're feeling anything.

THE SECOND STEP IS TO APPROACH YOUR FEELINGS WITH FEROCIOUS CURIOSITY:

*I'M FEELING SOMETHING, HUH, ISN'T THAT INTERESTING?*

*WONDER WHAT THIS FEELING IS? WHAT'S ITS NAME?*

*WONDER WHAT I'M THINKING/BELIEVING THAT IS CREATING THIS FEELING IN ME?*

*WONDER WHAT THIS FEELING WANTS ME TO KNOW?*

The second step is to approach your feelings with ferocious curiosity. "I'm feeling something. Huh...Isn't that interesting? Wonder what this feeling is? What's its meaning?"





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Wonder what I'm thinking, believing that is creating this feeling in me? Wonder what this feeling wants me to know? What's the information? What's the learning that's here for me?"

**YOU WILL NOTICE THAT AS YOU ALLOW THE FEELING AND LOOK FOR THE INFORMATION AND ALLOW THE INFORMATION/LEARNING TO FLOW TO YOU – THE EMOTION WILL DISSIPATE.**

You'll notice that if you allow the feeling and look for the information and allow the information and the learning to flow to you, the emotion will dissipate, because its job is done. If an emotion is hanging around, if you find yourself, if you're someone who tends to hold on to a grudge or you find an emotion really just hanging on, then you haven't gotten the information from it yet.

This is really important this next piece. You cannot go into that emotion saying, "Give me the information and then go away," because that's disrespectful. That's disrespecting your tools. That's leaving the hammer out in the rain, so that it rusts and falls apart.

I'll use you for what you're good for, but then I'm going to throw you away. So allow the feeling, because that's what being human is. As artists, if you don't allow your feelings or if you only allow one flavor, you are tremendously limiting your creative capacity.

Because the reason that art touches people is because of the emotional content. Because it speaks to their hearts, not because it speaks to their minds. but because it speaks to their hearts.

**BUT YOU CANNOT DO THIS SO THAT THE EMOTION WILL GO AWAY! YOU DON'T WANT YOUR EMOTIONS TO GO AWAY – THEY ARE YOUR BEST TOOLS!**

If you're not allowing your heart to speak, how on earth are you going to create art that speaks to their hearts? So for your own purposes, you don't want your emotions to go away, because they are your best tools.

You want to allow yourself to feel whatever it is your feeling, and get the information that's there. And what you'll find is when the information has come, the energy of the emotion will dissipate until the next one comes along.

You will find that your emotions flow easily and effortlessly, and they keep flowing on. You will find that you'll have a tremendous amount of energy available to you that you did not have before, because suppressing emotions is a lot of work.



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And if you stop and just allow them, you're not going to be working so hard. Any questions about this? So I guess I've been really clear.

I want to do a process with you guys that I learned from Christopher Howard. This is a process he designed. Now Christopher Howard, who's the guy that I learned NLP and Hypnosis from, though he, of course, did not invent it. He's a martial arts guy, and so he uses these really aggressive and violent titles for his processes, which I find really amusing.

But some people can be like, "Whoa!" but this is called the Emotion Obliterator. Really what we're doing isn't obliterating emotions. We're just releasing them. So if you can just sit back, close your eyes, put your feet flat on the ground, uncross anything that's crossed.

We're going to be working specifically on anger, because in the way...emotions tend to be layered like onions, and anger tends to always be on the surface. It tends to be on the outer layer of the onion, and you can work on other emotions as you peel the onion back, but I found that if you try to work on the deeper emotions without releasing the anger, very often they won't release.

For example, you could work on anger. Then you could actually go back and listen to this call again and work on sadness. You could listen to this call again work on fear or hurt or guilt. By the way, an interesting definition of guilt is that you're actually accepting someone else's values over yours.

You feel guilty because you've decided on some level that their values are more true than your values.

## FOCUSING

So just a little piece of information. So we're going to work on anger. So go ahead and close your eyes. I'd like to ask your unconscious mind its permission to release this negative emotion today, and for you to have conscious awareness of it.

So just go ahead and check in, and get that permission. If you find that your unconscious mind is saying, "No way. No how, I'm not letting go," you might just ask if it would be willing to allow this just for this process, and that if it wants to feel anger again in the future, more than welcome to.

This doesn't mean you'll never feel anger again. What we're looking at doing is unhooking old anger that's still operating within you.



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Man 1: Can you repeat what we should do again?

Debra: Uhm, beside closing your eyes and relaxing? Am I not being loud enough?

Man 1: No, I hear you. I just missed something I think.

Debra: Uh no. That's okay. Actually, don't worry about that, because very often, I'm not talking to your conscious mind. So if during this process your conscious mind tends to check out, that's okay.

Man 1: Okay.

Debra: Okay. So go ahead and get in touch with that emotion. Light it up in your neurology, and I'd like you to go on a journey of consciousness. Trace it back. Allow your unconscious to be the guide as you go back to the very first event.

The first time it was ever an issue for you. That first event might be in this lifetime, in this body. It might be in your childhood. It might be in the womb. It might be older than that. You may not know consciously the content of that event, but that doesn't matter.

What does matter is that you trust your unconscious to take you right back to that very first event of that negative emotion, which when you disconnect it there, will cause it to disappear for you forever as an issue in your life.

And then find yourself in a place of safety before that event. Before the very first event or any events that led to it. So go back following, allowing your unconscious to take you back. Back to that very first event.

The first event of that negative emotion. The first time, you don't need to remember it consciously. That's okay. Trust your own conscious, and then find yourself in a place of safety before that event, before the very first event or any events that led to it.

And as you're there in that place of safety, before the very first event right now. It's time to rise above it. Keeping your spirit high. Rise all the way up into the air towards the heavens and even higher than that.

Rise right up above the stream of time. Keeping your spirit high, and find yourself in the learning position directly above that event. Notice that the event looks so tiny and insignificant down below.

Now as you're in the learning position now, imagining yourself high above the event, floating, floating on the air as if you're in a magic carpet, floating high above the time stream, looking down on the event so tiny, so insignificant, down below.



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You're in the learning position now. It's time to preserve the learnings. What are the positive learnings for yourself and for your future, which when you preserve those learnings now, will allow you to release the emotions, easily and effortlessly.

Allow those learnings to come to you now, those learnings, which will allow this whole set of circumstances to serve a far grander purpose in your life. This is the purpose. These circumstances were meant to serve.

Imagine yourself floating high above the event. Imagine those learnings floating up to you. Little bubbles floating up, popping into your consciousness. The positive learnings, the higher intentions of the event.

See what other learnings...that's right. What other positive learnings can you get from that event? Allow the learnings to come to you, easily and effortlessly. That's right. See if there are more learnings for you from that event.

Good. Now I want you to take those positive learnings for yourself and the future, and I want you to catalog them at the unconscious level in that special place that you reserve for all such learnings.

In such a way that they can change the future for you in a powerful and positive way. Now if those learnings had a color, what color would they be? Imagine what color they would be? Now imagine that color filling up your body, saturating every cell of your body, so you're positively glowing with that color.

And imagine, imagine if those learnings made a sound. What sound would they make? And imagine that sound emanating from the core of your body, encapsulating you in the sound and the color of the learnings.

And now as you are filled with the color and the sound of the learnings, I want you to move right back into the release position in relation to this event, so that you're at least 1 hour before this event ever occurred or any of the events that led to this event.

And you're way up in the air looking down on the event, so that it's down below you and in front of you. And as you are looking down on the event now in the release position, the question now is where did the emotion go? Is it gone? Did it disappear? Did it dissolve? Very good.

Hear the voices deep within congratulating you on having the mindset of a champion. Now let's test.



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I want you to float right down inside the event, so that you are inside the event, looking through your own eyes, hearing the sounds you heard, feeling the feelings of being right there inside the event, and just notice. Is the emotion there or has it disappeared now?

That's right. Now, rise back up into the air into the release position again, so that you are again an hour before the event ever happened or any of the events leading up, and you're way, way, high above the stream of time.

And take the color and the sound of the learnings and splash them. Splash them forward along the whole stream of time. Take buckets, buckets of that color, splashing it forward along the stream of time, saturating it in the color, the sound of the learnings.

Imagine the stream of time just flowing and vibrating with the color and the sound of those learnings. And know you're going to begin the process of coming back into the now, but only as fast, only as quickly as you can release all of that emotion in the stream of time, and replace it with the color and the sound of those new learnings.

Such that they change your behavior without even your conscious thought. So coming forward, coming forward through time, seeing moments when that emotion was there and saturating it in the learning. Saturating it in the color. Releasing it, allowing it to release because you've gotten the learnings and coming forward, even further, along the time stream, and saturating it in the color. Vibrating it in the sound, allowing the emotion to release and coming forward, coming forward even until now. Coming forward, settling back into your body. Settling back into your body now. And when you're ready, go ahead and open your eyes.

## EMOTION OBLITERATOR

So is everybody back? Yup? Okay great! What was that like for you guys? What did you learn? What did you see? Anyone want to share or ask questions or share what that was like for them?

Woman 1: This is Roxanne. You know, I did really feel something, and I felt the release of the emotion, but it felt like it wasn't, you know, like it was only partially released, like it was just maybe the tip of the iceberg.

Debra: Yup, and part of that, I mean, if I were doing this with you one to one, we wouldn't have left until it was gone. You know, part of that is the group process...

Roxanne: ... what you're saying?



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Debra: I'm sorry?

Roxanne: So this is normal to...

Debra: I don't know that there's anything that's normal you know, that there's any right or wrong to this. In my experience, when you've allowed yourself to really receive all of the information, all of the positive learnings that was in the event for you to receive, the higher positive learnings, then the emotion will release completely.

The only other thing that may be going on, and this has happened, is that it wasn't the first event. It may be the first event that you remember, but it may not actually be the first event. So if it's not really the first event, then you're not going to be able to completely unhook it at its source.

So what I would recommend you do is go back in, you know, listen to the tape again of this process, and kind of let yourself maybe even pause it there and really let yourself stay with it until you really feel like you've gotten all the positive learnings.

And also, before you start the process, make sure you're getting a clear definite "yes" from your unconscious, because I'll tell you something, if you're unconscious ain't ready to let go of the emotions, you won't. Guarantee it. You won't. You know what I mean?

Roxanne: Yeah, right.

Debra: Yeah, so those are the two things whether, you know either there was more learning for you to get, and because it's a group process I may have gone a little faster than we would have if we would've done it doing it individually or possibly it wasn't the very first event. Okay?

Roxanne: Thank you! Yeah.

Debra: Yeah. Any other questions or learnings that you guys would like to share that came out of it? Anyone feel like they had a really successful experience that they absolutely released it?

Vicky: This is Vicky. It felt empowering in the moment.

Debra: Good!

Vicky: And I also felt like I went really deep and almost fell asleep but this...

Debra: But that's actually okay, because really...and Vicky, maybe because you and I have worked on trance, and it's easier for you go deeper into a trance, because the



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more you do it, the more you go, the deeper you go. Believe me. By the end of my 3 weeks of training, you could snap your fingers and go into trance.

Be like boom! You know, so yeah, the more you practice going into trance, the easier and deeper you tend to go. And I've actually fallen asleep during this process and still felt like I released stuff. So which is kind of my point to Steve's question, which is not...I'm actually not really dealing with your conscious mind in these processes.

It's much...because this stuff is really not held in your conscious mind. It's really much more held in your unconscious mind, which is why trance can allow you to really access it more easily.

Any other questions?

Steve: Is there a best time of the day to do this or best like, maybe before you eat? I was, you know, I was feeling stuffed from my dinner and tired. It's late. I didn't get much out of it. I couldn't...I tried, but I was...I couldn't really focus...

Debra: As I said, you know, everybody's different, and perhaps doing it earlier in the day might help for some people and for other it might make it more difficult. You know, everybody is different it's really a question of Steve, you learning what helps you best do the work or go in into this kind of state of relaxation. And you will benefit from repetition.

Steve: Yup.

Debra: You know. So which is one of the reasons why I wanted to have it recorded, so that you have access to it for repetition.

Steve: Yeah.

Debra: You know. Otherwise, the only other thing to do is you know, to hire me. Well, do it as often as you want. You know... so that's my talk on emotional intelligence. We are just about at the hour, I'm happy to stay on a bit longer if you guys have questions, if you want more specific, "Okay, I'm dealing with these circumstances and this emotion. I'm not sure what to do about it." I'm happy to do that.

You guys are welcome to stay on, but I also want to just acknowledge that we are at the end of the hour, and so I would like to, of course, ask you guys what key piece of information you learned, but I'd also like to open it up to questions or you know or coaching for anyone who wants it.



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Man 1: I didn't really know... I haven't...I started to fall asleep, and I didn't really know what the...I don't know if I really found the incident that I was looking for.

Debra: Okay. In my experience, there have been times when I've done this process where I did not consciously know what the event was, and yet you can still be able to release it. However, it requires you to truly trust your unconscious. You have to trust that your unconscious is going to take you to the event that really is at the root of this emotion.

So that you can get the learnings. It really does ask for a bit of a leap of trust and faith in yourself, in your own unconscious. So you may need to let go of control a little bit if that makes sense.

Man 1: Yeah.

Debra: Okay. I've both done this...let me just say one more thing. I've actually done this process, both when I absolutely knew what the event was, and then I did this process again, and it brought me to a place that was blocked from my conscious view. I actually couldn't see it. It just, my unconscious would not let me know what it was. And I just you know, said, "Okay." I still got some really amazing learnings from it, and I still absolutely released the emotion, but it was harder to let go and say, "Okay. I don't know what this is, but okay. Here I am. Give it to me. Give me what the learnings are." And that was actually when I did it around fear.

Steve: This is Steve. I like the art of allowing, 1. Be aware of the feeling and 2. Focus the feeling with intense curiosity and see the beliefs and thoughts behind it. I thought that...I'm going to have to try that.

Debra: Good! Good. I find it to be incredibly helpful to use the particular tone of voice like, "Ha! isn't that interesting?" You know, to almost make it a little funny you know. Because we tend to take our emotions so seriously.

Steve: Oh, yeah.

Debra: You know they're so significant, and sometimes if you could just have a little bit... not derogatory, but just a little bit of humor around it. Like "Huh! I'm really angry in this moment. Isn't that interesting?" Yeah, cool. Anyone else want to share or ask questions?

Roxanne: This is Roxanne. What I wanted to ask is that is the process identical using other emotions like grief or sadness?

Debra: Absolutely...Absolutely.





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Roxanne: The word anger for whatever the other reason is.

Debra: Well actually what it is Roxanne is you kind of want to work like an onion. So you start with anger, and then maybe from anger you go to sadness or fear. So you might want to go to fear next, and then go to sadness. Everybody is different, but yeah. I also want to differentiate between emotions that you're feeling right now in the moment because your circumstances warrant it, and emotions that you're feeling or aware of that are really out of proportion to what your circumstances warrant.

Roxanne: Right.

Debra; This is really about releasing old emotions, because the current emotions that are, do and justified by your circumstances, are there for a reason, and you want to find out what they are there for. You know what I mean?

Roxanne: Right.

Debra: This is really useful for when you find yourself feeling feelings that don't make sense with what's going on now. Okay?

Roxanne: Okay.

Debra: So for example, I had someone stand up when I was speaking at a conference two years ago actually, and say you know, "My son died 6 months ago, and I just can't make myself do anything. I'm just...people think I should be moving on, and I'm just, you know, so sad." And I said, "That's right you are." You know everybody's grief process works at its own pace. There is no right or wrong for that.

Now if her son had died 10 years ago, and she was still so sad she couldn't move, that would be a different conversation. But I think people expect themselves to get over loss within a certain time frame. You know, on a schedule. And the truth is grief is not on a schedule.

I lost a very close friend of mine almost 10 years ago, and periodically I still feel just so sad about it. Now, it doesn't stop me in my life, you know, I'm functioning all the time. It's just sometimes I think of him or I think, "Boy, I'd love to share this with him," but you know, he's passed on. He moved on to something else, so maybe in the next life time, I'll share it with him, you know.

So, you get my point. Does that answer your question, Roxanne?

Roxanne: Yeah it did. Thanks.



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Debra: Excellent. Anyone else have anything they want to share or ask? Alright, very cool. So I have not yet scheduled September's calls, but I will be doing so in the next day or so. So do be on the lookout. It is my intention to begin doing a lot more re-recording of some older calls and adding in new processes to those older calls. So I do encourage you, even if you've listened to the old recordings when Wendy and I did them together, they're going to be new. There's going to be some review, of course, of content, but there's going to be new additional stuff as well. So stay tuned, and thanks you guys.

Man 1: You're welcome. Thank you.

Debra: Feel. Feel wonderful. Feel good. Feel bad. Feel everything in the middle. Just feel! Bye!