



## LESSON 3: Who needs to draw out their feelings?

Every human being has feelings. Feelings are like water. It is natural for water and feelings to flow. When water doesn't flow it stinks! Same thing happens to emotions that are stuffed. When people do not deal with their feelings, wars erupt. Divorce, murder, suicide, drug and alcohol addiction, dis-ease, depression, substance abuse, domestic violence, corruption, pollution—all these relate back to problems with emotions and feelings. Do you agree that feelings are important for us to explore, understand, and express in safe, effective ways? Everyone needs to draw out their feelings.

All of us need to learn to honor our feelings. Especially we need to learn *how to learn* from our painful feelings. My drawing exercises are designed to help you integrate your feelings with your daily everyday life situations and to love and accept yourself in the process. You are blessed with feelings. Rather than stuffing them down inside or denying that you have them and later exploding in rage - honor your feelings by drawing them out of you in a safe, meaningful and playful way.

Sometimes people get hurt when feelings are expressed. For this reason most families and cultures have rules about when and how to express feelings. In some families, one member always blows up, while other members tremble in fear. Some families have an unwritten rule about stuffing their feelings and maintaining a calm outward appearance. Cultures, too, regard the expression of feelings differently. Asian people can be more reserved. Italians are often more outwardly expressive. Some personalities are more outgoing and emotionally demonstrative. We call them extroverts. Some hold their emotions closer to themselves. We call them introverts. All people are a balance of both qualities. There is no right or wrong. Each person is doing the best they can with the knowledge and understanding they have of themselves and the world in which they live.

Despite all the rules about when and how to express feelings, very few people relieve themselves of painful emotions, like anger, in socially acceptable ways. It would be very helpful for families, neighborhoods, nations and cultures to agree on safe ways to honor and express feelings so that no one gets hurt. I wouldn't hold my breath waiting for this to happen. It continues to be an individual's conscious choice to find safe and effective ways to deal with difficult, painful, and conflicted feelings. My safe and effective drawing exercises are just a beginning in the life-long journey of self discovery.



*It's true that every living thing is filled with God's Love. Yet, we experience so many things that are just the opposite of God's Love? What are these things? These are life lessons for us. As we work with and learn the lessons, we come to understand, feel, and accept the Love that is back and behind the suffering. Gurdjieff said, "Learn how to suffer to go beyond it". Jesus said, "Be in the world, but not of it".*

*The largest section in my book, "Drawing as a Sacred Activity" has 27 exercises to help you draw out your feelings in safe, effective ways. Look for the section titled, Crayons & Consciousness, pages 91-164.*