
CHAPTER 13

THE PRICE OF UNEXPRESSED EMOTIONS

So often people stop short of expressing an emotion out of fear. However, the alternative, repressing an emotion, is always the worse choice, because the emotion festers and eventually surfaces in insidious ways. The key is to understand what the emotion is telling us.

On the drive to Pamela's I suddenly burst into tears. It took me by surprise and I didn't even think it might be a signal. Using NMR at the beginning of the session, we learned that my eight-year-old was crying because she felt unloved.

"You know, Ann," Pamela commented, "the important part of this work is that souls *do* set up experiences, adventures, lessons. So these things happen to children, but souls come along for that ride and to help that child with those experiences. So even though we say divorce and adoption are huge and very difficult for the children, they are also experiences that souls embrace for learning.

"I know I've talked about this many times, but the body is a very important part of your whole life experience. What's important to learn—and many children aren't taught it because *their* parents weren't taught it—is that the body talks to you through its emotions.

"That's why emotions are so very important. They are messages from the body, from the physical, emotional being we refer to as the body. So when we are taught there are certain emotions that are bad or that you shouldn't have or that you don't know what to do with, then we begin to shut down the emotions. We numb our ability to feel. That makes the body very panicky because it's *through* the emotions, it's through those feelings, that the body talks.

"When there's a pain, it's the body saying 'Ouch, pay attention, look around, look at me, what's wrong with me? Something is wrong. Fix it.' We understand that about pain. But sad and mad and scared—these are also messengers, feelings from the body, telling us what's really happening, what's *really* going on, inside.

"Eight-year-olds are very sensitive, very smart, very honest—especially inside. And when they allow themselves to feel what they're feeling and talk about what they're feeling, then it's possible to figure out what's going on with their world, what's happening, and why, so they can make their adjustments and feel happy again, and so they can remember and realize how important they really are."

With Pamela's help, I regress to my eight-year-old, who is feeling sad. Pamela asks her where she feels sad.

"All over." [Sniffling.]

"All over! That's a good description of sad. What does it feel like, all over?"

"Heavy."

"Heavy! Like it's sort of hard to walk around?"

"Yeah."

"Well, I'm sorry to have such a delightful little eight-year-old walking around feeling all heavy and sad. What's making you sad, do you know?"

"My daddy loves my brother, Tommy, more than me."

"Really? Oh, that really *is* a sad feeling! Why do you think so?"

"Because he pays more attention to him."

"Does he always pay more attention to him, or is this something new?"

"No. He always paid lots of attention to me. But now he's paying more attention to him."

"You know, Ann, they're both males, right? Well, males have a thing called male bonding. Females have it too. They call it female bonding. But sometimes daddies really get into that male bonding with their sons. They think there are certain things that males do better than females, and so they want to teach their sons and they want to do things with their sons that they think is male bonding. Daddy is doing male bonding with his son.

"When Tommy was littler, your daddy probably couldn't do that because he couldn't walk as well or talk as well. But now that he's five, daddy is all excited that he can do male bonding with his son and teach him what he needs to do to be a man. And you know what? It may sound silly, but they think they have to do that when the females aren't around. That's why your dad is leaving you out of things.

"And it doesn't sound like he's being smart and sitting down and explaining this to you, is he? You know, Ann, that's a mistake grown-ups make over and over. They don't realize how smart their children are and how much their children would understand if they would just talk to them. It's hard trying to figure it out for yourself, isn't it? You don't know about male bonding if he doesn't talk to you about it.

"And it's possible even your dad doesn't realize what he's doing. He's not seeing how it's affecting his little girl. I bet if he really *knew* how much it was hurting you, he would feel sad, too. Because I don't think he wants you to feel sad. I don't think he knows how sad he's making you feel.

"What happens when your dad and your brother are together? Do you and your mommy do things?"

"Sometimes." [Her voice is weepy.]

"What if you were to go to her and say, 'Mommy, we need to do girl things together.' Then your brother would feel left out, wouldn't he? And you could explain it to him, couldn't you?"

"Uh-huh."

"And when you wanted him to join you, you could say, 'Well this is girl bonding, but these are things boys need to learn too.' And you could say, 'You and daddy are doing things that are boy bonding and I wish I could join you. But that's up to you and daddy.' Then maybe he'd get it in his head sometimes to say to daddy, 'Can Ann come with us too? She likes this.'

"You see what's happening, Ann, is if mom and daddy don't talk to you and your brother about everything that's going on, then you and your brother learn not to talk to each other either. You learn to hold it in. And then when you don't know what's happening and your body feels sad, you don't know what to tell it so it feels better, do you? That's why talking about your emotions, about your feelings, to someone who understands what you're saying is very important. Your sad feeling is telling you what, Ann?"

"That something is wrong."

"Yes. It's saying, 'Something is wrong, I feel left out.' And now what would you say to your body?"

"Well now I'd say, 'Oh body, they're just *bonding*. It's a boy thing."

"Yeah, and they're not smart enough to let me in on it," Pamela added.

"Right. They don't know enough to tell me that they're *bonding*." [She says the word *bonding* with total disgust.]

"So, I'll just go bond with mom, right?" Pamela asked. "And maybe you can find special times to do that father/daughter bonding with daddy. What kind of things could you do that maybe even he doesn't think of? What do you and your dad really like to do together?"

"I don't know. But dad and Tommy and I go for rides in the Corvette. And that's the three of us, and that's fun."

"What do you do when dad and Tommy come home from bonding and you're feeling left out? Do you stay in your room?"

"I'm always in my room."

"Maybe sometimes when they come home you could come out and ask them, 'What did you do? Tell me about it,' and show interest in what they did and ask your daddy questions. He likes it when someone is interested in what he does. And communicating is a strong female thing. And then when daddy tells you about something he and Tommy did, if it sounds like fun you could say, 'Oh, that sounds like fun.' And maybe he'd think to say, 'Oh, would you like to do that with us sometime?'"

"Because *talking* about it, Ann, will help you a lot. Because then you will be able to understand that your daddy loves you and your daddy loves your brother. And there are many different kinds of love. And your daddy loves your brother like a man loves his son, and your daddy loves *you* like a man loves his daughter. They're both good. And then you and your brother can be closer too. I know sometimes we wish we had our parents all to ourselves. But I'll bet there are some times when you like it that your father and your mother are leaving you alone too, right?"

"Yeah."

"So how is that sad feeling? What's happening with it?"

"Well, I feel like I wouldn't have had to feel sad if they had just told me that they were bonding. When I'm with my mother, we just go *shopping*. That's pretty boring. She calls it girl time. But they get to do fun stuff. I think I was just jealous. I mean, I definitely feel left out but really more jealous. I know daddy still loves me. I thought he just loves Tommy more. But now I get it. He doesn't love Tommy more; he just had to wait for Tommy to grow up to do *bonding*."

"Right. What would have happened if you had said to dad—think about this in your mind—imagine that before we even had this talk that you said to your dad, 'The things you and Tom do together are more fun than what mom and I do together, and when you just want to do them with Tom I feel jealous of that. I feel like you love him more than me.' What if you'd said that? That's what you were thinking. Do you feel safe to tell daddy about your feelings?"

"Now I do."

"And what would he have said to you right then, right there, when you told him that?"

"He probably would have hugged me and said we could do fun things too."

"And wouldn't it have felt good to have him hug you like that and tell you that he *did* love you and he wanted to have fun with you too? Why do you suppose you didn't talk to daddy about that? I'll bet that's another thing called fear. You were afraid if you said it he wouldn't care and you would know he didn't love you. Right? That's when you could talk to yourself and say, 'Oh, I see lots of things my dad does that show me that he loves me.' It's better to find out anyway, isn't it?"

"You know, you have an inside part of yourself, Ann, that you can *always* talk to and ask questions of. Like right now

you're talking to me inside your mind and asking me questions about that feeling of sadness, of being left out. But if I hadn't been here, there's a part of your very own inside self that is much, much smarter than me. And that part of you loves you very, very much. You know, just like you're always with your body? Well, your inside part is always with *you*. It helps you to understand things. Do you know what part I'm talking about?"

"My light."

"Yes! Do you ever see it?"

"No, I kind of imagine it. It's a *feeling*."

"Okay! What does it feel like?"

"Like somebody's with me."

"Good! So you don't feel alone. Well that light that's with you, you can talk to in your mind. You can even tell that light with you about your feelings. You can say, 'I'm feeling sad, I'm feeling hurt.' Then you can hear in your mind that part talking back to you and helping you understand why you're feeling what you're feeling and helping you feel loved again and special and important and strong and powerful. That feeling is always with you—you always are strong and powerful and special and important."

"And because you feel that way deep inside and that feeling is always with you, then you can look with clear eyes at other people and you can see what's special about them and you can see the mistakes they make without judging them. And then you can know that they don't always know what they're saying and doing and how they're affecting you."

"People really often don't think about what they're doing or what they're saying and how it affects other people. So when someone is mean to you, when somebody says something mean or does something mean or insensitive or says or does something that sounds like they think you aren't as smart as they are or as good as they are, you can say to

yourself, 'Hmm, I don't think they really mean that. And even if they do mean it, I know that's not true. I know who I am, I know how smart I am, I know how special I am, I know everybody isn't exactly alike. So if that person wants me to be exactly like them, maybe that's not right for me at all. Maybe they're not even thinking about who I really am.' And you can think to yourself, 'I'm going to discover who I am and decide who I want to be and how I want to think about things because I'm smart.'

"And it's true, Ann, you are very, very, *very* smart. And it's also true that you're sensitive, and you can use that sensitivity *for* yourself or *against* yourself. Do you know what I mean by that?

"Like, daddy was going off with your brother, and your sensitive side—you kind of turned it against yourself. You told yourself, 'Oh, he doesn't love me.' But when you use it *for* yourself, then you say, 'Okay, what is daddy trying to do here? Oh, it makes him feel more like a man when he does male bonding. I see. Okay. Poor daddy, he needs more male bonding. All right.'

"Because you really *do* have a sensitivity, Ann. You really *do* have a wonderful ability to be able to talk to people in a way that uses their terms and their words. And that helps them to understand what you're talking about. That's a wonderful talent that you have. And it's going to serve you really, really well for all the years of your life.

"But you have to remember, as good as you are at talking to other people, you have to be that good—even better—at talking to yourself. Because your self needs you. Your body needs you to help it understand and to help it feel good and to help it feel strong and to help it feel powerful, and to help it feel loved. When you pay attention to what your body is feeling, and when you talk to it about what it's feeling in a way that makes it feel good, then it feels loved. It feels it's not all alone, it feels important.

"Just think about it, Ann. Your body will have you its whole life. You won't leave it behind. You won't betray it. You won't reject it. You won't try to make it feel bad. You'll be here to take care of it, to love it, and show it respect. And that body that's listening to you is thinking right now, 'Oh, that feels good.'

"And you, eight-year-old, you are such an important part of this lifetime. Even the grown-up you wouldn't be where she is without you. You're an important part of that sensitivity. You know the grown-up Ann, when she's grown up, there's an actor and an actress who go through a very messy divorce, and the actress says about him, 'You know what's wrong him? He's missing the sensitivity chip.'

"Well, no one can say that about the grown-up Ann. You know why? Because you're her sensitivity chip! You're the sensitivity chip—or child or mind or personality or whatever you want to call it, eight-year-old. You're the part that helps so much with her purpose of making people understand themselves—and through that, understanding others, and through that, understanding the world. And to understand themselves people have to understand about their minds and their spirits and their bodies. And that takes sensitivity. That takes what you have taught your soul.

"Speaking of your soul, eight-year-old, you know that part that I said looks like a light and you said you feel it? It wants you with it now. It wants you to be with it every moment, so every moment you are loved. So if you would just close your eyes and think about being loved and then being held by that part, you can feel that light all around you and inside of you filling you up completely, and it's just the most wonderful, euphoric, happy, joyful feeling. Just move right into that feeling."

After the regression I had to laugh. "Boy, she didn't think much of male bonding, did she? Every time she used the word

it was with such disgust! That was pretty cute! And I loved how you explained the mistake parents make of not talking to their children about things. And she didn't tell her daddy she was feeling left out because she was afraid he wouldn't care. What did you call that? Using your sensitivity against yourself instead of for yourself. That was really good.

This regression made me think of all the times I'd heard parents say, "Oh, it doesn't matter. He, or she, is too young to understand what's going on." But a child is never too young. As I discovered in an earlier session, even a fetus needs to know what is really going on. It is when children understand what is happening that they can feel free to express what they really feel.