

EMOTIONS ARE NOT A DISEASE



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Imagine living in a world without feelings. Highs and

lows are discouraged. Public display of emotion is suspicious. Staying the same, day in and day out, becomes the national theme. Does this sound like a plot from a George Orwell novel? Quite the contrary. This is the culture that we are creating.

The dominance of the rational left-brain began around five thousand years ago. Alphabets emerged. Words and Platonian philosophy began to take center stage. Rational and logical thought surfaced as the dominant reference point.

Rational, left-brain thinking has been invaluable in our understanding of our world. Science and medicine are offshoots of this type of thinking. The advancement in medicine, technology, and space exploration are a direct by-product of the rise of our cognitive thought process.

But the rational brain does not like emotions. This higher neo-cortex fears emotional involvement because it has little control or understanding of emotions. In fact, our intellectual gray matter has declared war on our sensory and emotional experiences. The rational, left-brain is suspicious and threatened by emotions. Our primal nature is being squeezed out of us by a brain out of control.

Emotions are not a disease, as our higher brain would want us to believe. Emotions are nature's gift to us and have a definite purpose and function. Emotions are

energy. E-motion means energy in motion. Whether it is grief, sadness, or joy, emotions are supposed to flow, or be in motion until completion. When our emotions flow and are released completely we dissipate excess energy. By releasing this stored up energy we return back to balance or homeostasis. When our emotions are not allowed to be released we store this energy within our body.

For instance, when a friend or loved one dies or is seriously hurt our natural response is to grieve. Grieving is nature's gift to release the energy of loss. All of our losses, from the largest to the seemingly insignificant, need to be grieved. By grieving we allow the flow of energy to continue and be released.

But the rational brain often will not allow this to happen. Our higher thinking brain believes that to express emotions is a sign of weakness or vulnerability. A brain that requires control fears emotions. The thinking brain requires control and order at all times.

Translated into a Judeo- Christian culture, many of our emotions have been labeled as taboo. Anger is one such example. In many religious traditions, anger has been characterized as a sin and the expression of anger is thought to provide one an "E" ticket ride straight to the fires of hell. Our higher brain, responsible for the development of institutions like religion, has labeled emotions such as anger as being "bad" or "evil".

In fact, our rational, logical culture has categorized all emotions as either "good" emotions or "bad" emotions. We are encouraged to express the "good" emotions while discouraged to have anything to do with the so-called "bad" emotions. According to this black or white thinking created by our higher brain, you are either a good person if you express happiness and joy and considered weak or evil if you express grief or anger.

But again, all emotions are forms of energy. All emotions have a purpose which nature gave us. Expression of emotions, in a skilled fashion, is the cornerstone of health. Repression of emotional energy equals disease.

Disease begins when we repress emotions. When we stop the flow of energy through our body we begin to damn up our energetic river. Once our energy flow becomes impeded our physiology begins to change. Muscles and connective tissue harden and our joints stiffen. Arthritis has a chance to set in. Cancer may begin to emerge. Many diseases are a direct result of not being able to express and release the energy of emotions.

In our current medical system emotions have very little relevance. We are given pills and medications, not to help us release our emotions, but to deaden us to our emotional life. We characterize strong emotions as being medical emergencies. “Emotional breakdowns”, times when we are overwhelmed by the build up of emotional energy, become times of crisis rather than times of growth. We are sent to an institution in order to deaden our pain even more. Instead, we ought to be supported, nurtured, and encouraged to grieve our emotions.

Depression has been labeled and treated by physicians and psychiatrists as a medical pathology. Depression is nothing more than the blockage of the flow of energy. This is a warning sign that the vital flow of energy up the spine and into the base of the neck has been restricted. Muscles are frozen in fear of letting go. Connective tissue is bonded together. The spinal vertebrae are compressed.

Treating depression with an herb like St. John’s Wort or a pill like Prozac only treat the symptoms. The patient now feels better because he is now numb. The emotions which were repressed and the energy that became trapped along the spine still remain. Unfortunately, the symptoms have been treated and the real problem remains.

Many of our authority figures that we look to for guidance continue to sabotage our emotional life. I have heard one prominent psychologist, while delivering his daily radio address, describe anger as” the most toxic of all emotions.” The media continue to discount our emotional world as well. Celebrities are applauded for “keeping it all together” and for being strong after a tragedy. A celebrity or sports figure who displays a strong emotion becomes front-page news.

Even our spiritual leaders have blindly guided us farther and farther away from our natural expression of emotion. We have been encouraged to be calm and centered all of the time. Losing control is attuned to failure.

But in a world closely associated with nature, calmness is not the ideal state to achieve. Feeling and expressing, in a skilled fashion, all of your emotions, is the idealized state. The higher logical brain wants control. Nature desires flow. Unfortunately, our dominant left-brain falsely believes that we are above nature. We are lead to believe that we do not have to follow the same rules as nature. We are misguided in our belief that we

can control nature. This false belief that we are above nature then becomes the root of most disease.

In a natural world you grieve when you experience loss. You sleep when you are tired. You eat when you are hungry. You express anger as a way to set a boundary. When living by natural law we practice health and wellness. When we continue to create beliefs and institutions, which alienate us from our natural flow of emotional energy, we create our own demise.

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