

WHAT'S SO "GOOD" ABOUT BAD FEELINGS?
A MINDFUL JOURNEY INTO THE DEPTHS OF YOUR BODY/MIND
Judith Morton Fraser

We label our emotions as "good" or "bad." Yet, we don't say other parts of us are "good" or "bad". Is my arm "bad" when it hurts? Making the judgment that emotions are "bad" puts us in a vulnerable position. We want to minimize, deny, explain, or somehow distance ourselves from them. In the face of feeling endangered by our feelings human beings have an automatic response to fight, flee, or freeze. But, emotions themselves are not dangerous. They are energy in motion.

This energy provides an opportunity for us to transform our past false beliefs or "landmines" into "goldmines". All we have to do is "listen" in a "compassionate" way to what we have been trained to turn away from. Accepting everything about ourselves provides an opportunity for personal growth and compassion for ourselves and others that is profound. There is a Wisdom inside each of us that is unique. It provides information that is different than making a logical decision based on past learning. And, it is in everyone, all the time. All we have to do is learn to "listen" mindfully.

- * Learn to Listen to your feelings in a compassionate way
- * Take an Inner Journey into the depths of your Being
- * Discover your personal Inner Wisdom
- * Uncover blocks standing between you and feeling at peace

The National Institute of Mental Health (NIMH) states: "18.8 million American adults suffer from a depressive illness . . . and more than 19 million Americans ages 18-54 have anxiety disorders."

Suffering respects no demographics or socioeconomic status. It is international, intercultural, and non sex biased. Rich as well as poor and successful as well as unsuccessful suffer stress induced "bad" feelings.

To order a CD of the inner journey, WHAT'S SO "GOOD" ABOUT "BAD" FEELINGS? please send a check for \$10.00 to:

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