

Notes from 6/18/23 Cultivate Emotional Wisdom
From *Essential Spirituality* by Roger Walsh

We suffer because we:

1. Judge our emotions as bad or evil.
2. Ignore the emotions or distract ourselves from them.
3. Wallow in them, become the victim, and plot our revenge.

Exercises to Manage Emotions

1. Move from victim to creator
2. Explore fear
3. Stay with fear
4. Do what you fear and fear will disappear
5. Recognize the costs of anger
6. Communicate about anger
7. Recall your own mistakes
8. Recall the good
9. Think of loving people
10. Give to Forgive
11. A forgiveness meditation

Exercises to Cultivate Gratitude

12. Say grace
13. Recall helpful people
14. A day of thankfulness

Exercises to Cultivate Gratitude

15. Recall loving people
16. I will receive what I offer now
17. All-encompassing love
18. Lovingkindness meditation

“What we are unwilling to experience runs our lives.”

Roger Walsh

**“Divine love in the heart establishes one in fearlessness and
indomitable courage.”**

Charles Fillmore