EM 0101 Content Overview

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Welcome to the Emotional Mastery program!

Congratulations on signing up, and I hope you enjoy learning this material as much as I enjoy teaching it to people.

In this video, we're going to do a quick overview of the content of the program - the topics we're going to cover. Then in subsequent videos, we'll talk about the structure of the program, and we'll actually begin getting into the teaching materials.

Four Sections of the Emotional Mastery Program

The first section, which consists of Part 1 and 2, is about understanding how emotions work, and the skills you need to work with those emotions and help direct them.

The second section is about identifying the patterns that repeat in our lives, understanding the emotional drivers of those patterns, and then using our skills to change them.

In the third section, we look at the concept of emotional wisdom; the deep knowledge that you have of who you are and what is going to make your life worth living - for you. What's going to satisfy you, motivate you, fulfill you, and how you can access that information so you can make choices in your life that support that kind of life for you.

And in the final section, we'll have a look at how you bring all of these emotional skills and wisdom into the world of relating with other people.

Once we're through all of the teachings, we'll have a final look at how to take everything you've learned in this program and make them a part of your ongoing life, so that you can use these skills and get the benefits for the rest of your life.

So, What Do We Mean When We Say Emotions?

There are a lot of definitions, but for the purposes of this program, we're going to consider emotions to be a motion - a movement that happens in our system which contains information that is subconscious.

So we may not be consciously aware of this information, but we can explore and discover it if we have the right tools.

Emotions are a movement in our system, but the way we perceive these movements is a unique and personal perception.

Our brain makes sense of these movements with a correlation to our physical senses. So some people experience emotion mainly as physical sensations.

Some get the information mostly as visuals, as images.

Some actually hear a statement or a musical track, something that gives them an auditory clue as to what the information is. There are people who literally hear words out of nowhere that give them information about what's happening for them emotionally.

So part of the program will be you getting to know your system and understanding how you can detect the information your emotions are carrying.

Emotional Intelligence

We talk a lot about emotional intelligence in this program. The reason is that emotions are one of the most important parts of our lives -they are intimately connected with our physical health, mental health, with our experience of being alive, with our ability to set goals and to pursue them, to cope with the frustrations, and finally to make things happen in the world.

So if we aren't making use of our emotions, if our emotions aren't working with us, or if our emotions are working against us, then the implications are broad.

If we don't have a good relationship with our emotions, have the skills at managing them, or if our emotions are not on our side, we can have adverse consequences on health, income, relationships, learning, and the things we want to achieve in life.

Ultimately emotions are all about the quality of life. Whatever is important to us in life, we're going to need our emotions on our side if want those things. So emotional intelligence is vital for quality of life.

Emotional Intelligence: Awareness, Regulation & Coordination

We look at **three main skills** when it comes to emotional intelligence in this program.

The first one is **awareness** - you need to know what it is that you're feeling. For some people, this is not a problem because what they're feeling is really loud (sometimes too loud and overwhelming). But they always know roughly what they're feeling.

For others, it is actually quite difficult to find how to get in touch with their emotions.

So awareness is the number one skill. If you don't know what your emotions are telling you, then you can't do anything with that information.

The second skill is **regulation**. If emotions get too loud and overwhelming, we will shut down.

Parts of our brain literally stop functioning if we get overwhelmed with emotion, and part of the brain that shuts down fairly early on is self-awareness which is also the prefrontal cortex - the willpower, decision-making, planning part of the brain.

We want to have this part of the brain active in our life so we can keep emotions at a level high enough to access the information but low enough so we aren’t overwhelmed so we can still use all of our other capacities. This skill is what we call regulation or emotional regulation.

And the final skill is **coordination** between our analytical-verbal-conscious intelligence and this emotional information, this emotion-experiencing intelligence.

Getting those two types of intelligence coordinating with one another is what enables us to navigate life with emotional intelligence.

The Emotional System

In this program, we're going to look at our emotional system, and all the components of our brain and body that work together to give us what we know as emotions.

So we'll be looking at the different structures in the brain: how they interact with each other, and how they connect to the body through the nerves. We will also look at how parts of the emotional process literally happen in our body rather than just the brain, and what that means for you as a human being if you want to have your emotions work for you and be on your side.

Emotional Awareness

We will have some practices that you can do to improve your emotional awareness if you find it difficult to know what you're feeling, or to even know where to look to know what you're feeling.

If you find it difficult to know what you want, or, to know what's the right thing to do in a situation, emotional awareness is what's going to allow you to tap into that information.

Emotional Regulation

We have some practices and skills to help with emotional regulation. So if you find that you often have a lot of emotions, find it difficult to think straight, hard to have conversations with others, or enforce your boundaries, then emotional regulation is going to be a key for you.

But there's another side to regulation as well.

Sometimes when we have emotions happening, we can actually zone out, rather than being too activated and too overwhelmed by them.

It's an escape strategy we learn as children. Our activation level actually drops and we become unable to think straight because we are under-whelmed. We're too passive in our nervous system.

So we will have emotional regulation skills for both of these.

If you're the kind of person who tends to have a racing heart and get overwhelmed by emotions, we'll have regulation skills for that. If you're the kind of person who tends to zone out and become unable to follow conversations when they get emotionally loaded, we'll have emotional regulation skills for that as well.

Regulating Patterns

Once you have your awareness and your skills in place, then we'll start looking at, "OK, how do we use these skills to make meaningful changes in life?"

Obviously, using the skills of awareness and regulation will already improve the quality of your life, but now we're also getting into the practicalities - "I want to make changes. I know this particular pattern is not good for me but somehow I keep doing it."

So we'll look at how we use our new emotional skills to break the patterns we don’t want and to start the patterns we want that will take us where we want to be in life.

Emotional Guidance

We'll tune in to the source of guidance within. This is a very important function that is overlooked in Western culture. As children, our education system encourages us to separate ourselves from this internal guidance and do what we're told by authority figures.

This can be quite a challenging exploration in the beginning - to go back and find that inner guidance, the source of authentic desires. This is because we've been trained as children to look outside ourselves to discover what to do rather than to look within.

However, it is vital to make this connection, because it doesn't matter how great your skills are in setting goals, making things happen, and breaking the unproductive patterns if you don't know which direction to move in to actually have a fulfilling and happy life for yourself.

You can expend a lot of energy chasing goals that end up not satisfying you, and get worn out. If you're working on a pathway that's right for you, you will have access to a vast amount of energy, motivation, and productivity because your whole system is aligned with it, rather than your mind (your conscious-analytical intelligence) going in one direction and your emotional-experiencing intelligence pulling in the other.

If you get those two working together, you can be incredibly powerful and effective in personal relationships, business endeavors, community work - you can change the world!

You just need to make sure that the analytical mind is aware of what your authentic self is really moved to do. Only then you can make the right choices and set the right goals to access the vast amount of energy that's available when your whole system is in alignment.

Emotionally Intelligent Relationships

And in the last section, we'll come to "OK, I've done all of this work on myself. I've changed some of my patterns. have found out what I really want to do in life. Now, how do I interact with other people in an emotionally intelligent way?"

We are social beings.

The way our system has developed, the way it's evolved, and the way it functions, are interdependent with other people. It doesn't mean you have to have a romantic life partner, children, or e anything in particular. Fundamentally, we function in the context of our relationships with other human beings, even if they are work colleagues or neighbors rather than having a house full of people that we relate closely to on a day-to-day basis.

The quality of your life is fundamentally connected to the quality of your relationships with other human beings. So bringing all of your emotional intelligence skills to relate to other human beings is a very important factor in improving the quality of your life.

We'll have a lot of practical exercises.

We'll have a lot of exploration.

This part of the workshop series is eye-opening for a lot of people because our mainstream culture doesn't have a lot to offer. You have to really go and dig and look to find good information about how to have emotionally intelligent relationships.

So we've done the research. We've found that all. We've created practical exercises that really open things up for people and you will get access to all of them in this program.

Graduating the Program

And finally, as we get to the end of the program, we'll be encouraging you to look forward to the rest of your life, as to how you're going to take this knowledge and skills and build them into your life ongoingly:

The emotional intelligence skills, the knowledge of authentic direction for your life, the direction that's going to give you all the motivation and energy, and be very fulfilling and satisfying, not only when you get to any particular goal, but every step of the way along the process.

And finally, how to make your connections - how to have partnership and community with other people.

There's a graduate community for this program, so you will have a good base of people who share the skills and the knowledge that you have. In addition, we'll also be looking at how do you take these skills into your community, into your relationships, into your family, what you can do to improve the emotional intelligence of the world around you, as well as your own.

So that's the emotional mastery program!

Congratulations again on joining us. We look forward to seeing you in the Q&As during the program, in the discussion group on Facebook, and in the Graduate group.