

# A NEW EARTH ONLINE CLASS

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## COMPANION GUIDE

### CHAPTER 5

1. ***“When you look at some people, you may see the tension in their face, perhaps the furrowed brow, or the absent or staring expression in their eyes. Most of their attention is absorbed by thinking, and so they don’t really see you, and they are not really listening to you”*** (p. 130). Really see and listen to whomever you are with this week. Pay attention to your own capacity or incapacity to show up fully in your interactions with others. Become aware of the voice in your head that takes you away from the present moment. Write about the effect this has on you, on the other person, on your relationship.

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**2. A negative emotion is any "emotion that is toxic to the body and interferes with its balance and harmonious functioning. Fear, anxiety, anger, bearing a grudge, sadness, hatred or intense dislike, jealousy, envy—all disrupt the energy flow through the body, affect the heart, the immune system, digestion, production of hormones, and so on" (p. 136). The next time you notice that you are in the grip of a negative emotion, become still and pay attention to the way your body feels. See if you can locate the negative emotion in your body. Perhaps your heart is beating fast, your jaw is tense or your belly is tight. By being present with your body, you can allow the negative emotion to dissipate instead of reacting to it. Write about your experiences here.**

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**3. Read the stories in Chapter 5, “The Duck with a Human Mind” (p. 138) and “Carrying the Past” (p. 139). Both stories point to the unwillingness of the “little me”—the ego—to let go of the past. Write your own story here. Write about any situation you are holding on to or “keeping the fight alive.” See if by the act of observing your own story you are more easily able to break the habit of perpetuating old emotion, whether it happened yesterday or 30 years ago.**

**4. Memories themselves are not the problem. It is through memory that we learn from past mistakes. It is only when memories take you over completely that they turn into a burden, turn problematic and become part of your sense of self. Your personality, which is conditioned by the past, then becomes your prison. “Any negative emotion that is not fully faced and seen for what it is in the moment it arises does not completely dissolve. ... The energy field of old but still very-much-alive emotion that lives in almost every human being is the pain-body” (p. 141–142). Make a list of some memories that keep you imprisoned in your pain-body.**

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5. ***“It may be shocking when you realize for the first time that there is something within you (the pain-body) that periodically seeks emotional negativity, seeks unhappiness. You need even more awareness to see it in yourself than to recognize it in another person”*** (p. 145). First, write about a person in your life whose addiction to unhappiness is obvious to you. Then, see if you can become aware of your own pain-body. List some times in your life, past or present, when you have sought emotional negativity and created unhappiness.

6. ***“Pain-bodies love intimate relationships and families because that is where they get most of their food. It is hard to resist another person’s pain-body that is determined to draw you into a reaction. ... The other person’s pain-body wants to awaken yours so that both pain-bodies can mutually energize each other”*** (p. 148). This week, pay attention to how your pain-body interacts with another’s pain-body (be it that of a friend, lover, co-worker, family member or anyone with whom you have a close relationship). In those moments, notice how hard it is to resist another person’s pain-body that is determined to draw you into a reaction. List a few instances when another person created negativity or drama in order to evoke a reaction. Then, list a few instances when you did the same to a person in your life.

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**7. “That in you which recognizes madness as madness (even if it is your own) is sanity, is the arising awareness, is the end of insanity” (p. 154). List aspects of our society that seem insane to you. List aspects of your own behavior that you recognize as madness. See if by recognizing madness as madness you can sense the arising awareness within you.**