

A NEW EARTH ONLINE CLASS

COMPANION GUIDE

CHAPTER 6

1. Do you experience drama (periods of intense emotional negativity) on a fairly regular basis in your relationship with your spouse, partner, or another close family member? When was the last time you experienced an episode of drama in this relationship? What triggered it? How long did it last? What did you feel and what did you do in response to those feelings?

2. This week, when drama arises in the relationship described in question #1, notice the pain-body in you and recognize it for what it is. Can you detect the pain-body in your partner or family member? Can you sense an energy field in him or her that wants more negativity, that is feeding off the drama? Can you see how he or she changes right in front of your eyes, as if another entity has taken up residence in this person? Can you sense the pain-body in yourself, and how you change when in its grip? Stay alert. Make friends with how you feel. Use the Awakening Exercises in Chapters 5 and 6 to assist you. See if the energy of the pain-body can be transmuted into fuel for your journey of enlightenment. Write your experiences here.

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3. ***“When you realize that pain-bodies unconsciously seek more pain, that is to say, that they want something bad to happen, you will understand that many traffic accidents are caused by drivers whose pain-bodies are active at the time... Unconsciously they both want the accident to happen.”*** (P.162) The pain-body makes you reactive; makes you say and do things that are designed to increase the unhappiness within yourself and the world. The pain-body can cause disruption, illness, accidents, or violence in your life. Can you think of things like this that have happened or happen repeatedly in your life, or in the lives of people you know, that have the telltale signs of the pain-body?

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4. Sometimes children carry the collective pain-body of humanity that goes back to the very origin of the human ego. Children also may take on pain from their parents' pain-bodies, whether they grow up in an actively hostile environment or a home where parents are trying to hide their pain-bodies. *"Suppressed pain-bodies are extremely toxic, even more so than openly active ones, and that psychic toxicity is absorbed by the children and contributes to the development of their own pain-body."* (P. 170) The best way for parents to deal with their child's pain-body is do deal with their own. There are also ways to help a child who is having a pain-body attack. Read about dealing with a child's pain-body on page 170. Try the advice Eckhart gives with your own child or the children you teach or work with. Write your experiences here.

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5. This week, in your interactions with others, if you feel repulsed or agitated by a person's energy field, pay attention to your reactions. Your pain-body is probably reacting to the other person's pain-body. It requires a high degree of Presence to avoid reacting. *"If you are able to stay present, it sometimes happens that your Presence enables the other person to disidentify from his or her own pain-body and thus experience the miracle of a sudden awakening. Although the awakening may be short-lived, the awakening process will have become initiated."* (P.174) Without trying too hard or making your intentions known, see if by your being fully present, Presence awakens in another. Describe your experience here.

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6. Some pain-bodies react to particular kinds of “triggers”—situations that resonate with specific emotional pain suffered in the past. Difficult childhood experiences around intimacy, money, domination, abandonment, neglect, abuse, etc., can cause emotional reactions in the present time that feed the pain-body. Do you feel your pain-body activated by certain situations or things that other people do or say? This week, when those triggers occur, become alert, and see them for what they are. Notice the emotional reaction—the arising pain-body—but don’t identify with it. In this way, the pain-body cannot take you over and become the voice in your head. List your triggers here.

7. If you are reading A New Earth with your partner or friend, you can help each other enormously by telling him or her: “What you just said (or did) triggered my pain-body.” Have an agreement that whenever either of you says or does something that triggers the other person’s pain-body, you will immediately mention it. *“In this way, the pain-body can no longer renew itself through drama in the relationship and instead of pulling you into unconsciousness, will help you become fully present.”* (P.179) Describe an incident this week where you did this and what happened.