



1. Feeling Me - Who is Feeling Pain? 2. Getting in Touch with the Root Pain Behind Emotional Neediness

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Someone asked me about attention that we direct towards the heart, the one which is feeling the heart, whether it is pure attention or bare attention, in a way whether a type of new, pure me is created in this space. It is pure attention that becomes the bare attention of the feeling me. Meaning there is bare attention but it belongs to the feeling me, of the feeling me. At this point there is no pure subjectivity in the human heart. So it is different than awakening of the divine heart, for instance. However there is still subjectivity, still bare attention is being created, even though the flavor of it is very specific. And that sense of self belongs to the feeling me. Which means that it is not just the pure attention which is feeling the heart, even though initially it is the case. Eventually it should become the

feeling me which is feeling the heart. So that is something perhaps interesting to pay attention, if you ask yourself, who is feeling my human heart? Of course even without knowing who is feeling, you still may feel it, but knowing who is feeling allows you to as well get deeper in touch with the reality of the heart and yourself. It is the presence of feeling me, at this point, and feeling me being made conscious, that makes the heart conscious. It is similar to the awakening of a person, or the person, in the mind.

If the person is unconscious, so is the mind. If the person is unconscious, one cannot stop thinking, for instance. In the heart, if the feeling me is unconscious, one is not in control or in any constructive relationship with one's emotions. The similarity here is only approximate. It is a quite different reality, the one of the mind and the one of the heart. So feeling me is the one who makes the human heart conscious, but it is also the one who helps, through its intention and its desire to feel the heart itself, to open it energetically. Normally the feeling me is feeling, is the subject behind our emotions.

But now, as the feeling me is being given a different purpose, it begins to feel the heart itself. So its role is higher now, not just processing human feelings. Not even processing, usually feeling me is not processing anything, or not much, it is just feeling, subject to feelings. It is processing when that intention is born in intelligence to process. But now its role is to feel the heart itself. In that sense, it is a very big change. The feeling me actually awakens to the highest dimension of feeling, which is the feeling of the human heart. And it is acknowledging the reality of that heart as a reality of greatest importance in itself, not just a space in which our human feelings come and go.

When you feel pain, you may want to activate that feeling, for instance. It is easy to activate, you can connect to certain memory. In your heart, who is feeling it? For instance, your heart has been broken in a relationship, and you are all alone. You feel that great suffering. Who is feeling that in your heart? Who is actually suffering? Of course, the suffering affects the whole of you, and certainly very much the person in your mind, in your consciousness. But at the deepest, somehow, that most burning pain, you will feel, or you should feel, in your heart. And the one who is feeling that pain, we could say that the heart is feeling pain, which is fine, but if you want to be more precise, the one who is feeling that pain is in the heart. So, like the person exists, feels, experiences things in consciousness and in the mind, feeling means experiencing human emotions in the human heart. Realization of the feeling me, not only facilitates making your heart conscious, which is just the right thing to do, but also empowers your experience of the heart. So, when you feel pain in your heart, can you clearly identify who actually is in your heart? Who actually feels that? It is important that human heart becomes, experiences subjectivity,

which cannot happen without having the feeling made conscious. If you do not experience human heart as subjectivity, by virtue of this logic, you will be objectifying it. So, you will be trying to heal something objective within yourself, which you translate as your heart, but which is still, somehow, outside of you. For instance, you are trying to enter the heart's pain, and it will be the heart's pain, not the pain of the I that lives in the heart. Meaning, your connection, relationship, approach, the way you are trying to heal your heart will be inferior, of a lower degree, and you will have much less chance to succeed in that process, if at all. So, now, let's make an interesting experiment.

Connect to pain in your heart. If you cannot identify any pain clearly, activate a memory of that pain and experience it fully, in the present, the now of your human heart. It has to be real, not artificial. You need to feel like you are almost breaking, that you want to cry. Each one of you has that pain that lives somewhere inside you, because it is not that easy to heal all the pain. Everyone is full of pain, and we just develop different strategies to cope with it, to push it away. That's why healing is so important, so we are not pushing things away, not repressing, not pretending that we are OK, that we are fully OK. We are becoming honest and opening to our vulnerability. So, feel that pain and experience it fully. We already spoke about that in the last retreat, about the fact that only by fully, honestly, completely, When you experience, whether it is psychological negativity or pain, which is, pain itself is something, if it is rooted in your past, you carry it from your past, it does not relate to any psychological pattern, but rather experience of trauma. We spoke about the fact that if you experience it fully and stay with it for some time, it is fully experienced, it will dissolve, which is true, but Here we are adding one more thing, that if you experience it fully from the feeling me, from that presence within your human heart, which is you, which is your own personal identity within the human heart, So here we have to think, you are conscious of the feeling me, and you are conscious of the pain, which you relieve, which you allow yourself to fully experience, without fear, without resistance, and you breathe, breathe to it, stay with it totally. Until your heart suddenly feels free from it, until you can breathe more openly. Until that pain is no more, so stay with that. And now I would like to address different type of emotion, psychological pattern, which is experienced in the heart, very much in the heart, even though all of this is experienced in the mind as well, but actually the origin of it is more in the heart. Some psychological patterns may have more origin in the mind, some more in the heart.

So that pattern is emotional neediness. Wanting, attention, especially that emotional attention, in fact any kind of attention. So perhaps one can feel more appreciated, loved, nurtured, not feeling so alone. See, is it inside you? Do you have it? Do you have this tendency? To have certain neediness is part of being human. It's not necessarily inherently

wrong, it is that excessive tendencies, that tendency that goes out of balance. One becomes like an empty well that can never be filled. Perhaps even insecurity plays a role here, because someone gives you attention, you feel more secure about yourself, more confident about yourself. Different psychological patterns are very much interconnected. So when one is very much emotion-needy, there is like a hole in one's heart.

A constant sense of lack, of emotional lack. Of course direct result of that emotional neediness is emotional dependency. These things can become quite irrational too. But we want you to feel that. You might not be emotionally needy person, but perhaps here and there you do experience it. Or in certain situations this tendency can be triggered. And who is experiencing that neediness, feeling me, as we have established. But here is the thing, he is experiencing neediness, but there is one thing he is not experiencing. The pain of neediness. He is not in touch with that pain. For instance, if we were to ask you, in order to transform that tendency for emotion-neediness, to feel it in your heart, right? Would you dissolve it by totally experiencing it? Not really. Doesn't seem so. Now, by understanding that tendency in your mind, all the psychological issues at the core of the tendency, would that understanding transform that issue? Not really. Why not? Because it is just so deep.

It is deeper than the mind, it is what the mind cannot reach. You need to touch this hole in your heart first. You need to come back to this original hole, this empty place in you. This way you will experience that great pain. That pain of being so alone. Perhaps of being so isolated. Perhaps of not being loved. But here is the thing. You do not need to necessarily understand what is the main psychological existential reason for that emotion-dependency and neediness. You need to understand a little bit, for sure, but you don't have to fully understand. In fact, trying to understand certain things too much becomes a type of an excuse to try to solve them in the mind, while we are still in control, using our mind that we can solve our existential human suffering, many difficulties connected to it. But that is not total honesty, that is not a direct way of dealing with the matter. Direct matter is to feel the root, I mean direct approach is to feel the root of the matter. And that can be felt only in the heart. So, as we explained, trying to feel your neediness in the heart, it will not solve the problem. Because it is actually not in the heart. It is a manifestation of something which is in the heart. But that neediness is not in the heart itself.

What is in the heart is that whole, that emptiness, that loneliness, that pain, that core pain of human existence, of human loneliness. The pain of an abandoned child. So, the way to approach is, when you experience that neediness, that excessive emotional dependency, when you somehow humiliate yourself too much, looking for that attention, you go into your heart and feel the corresponding emotion. Why? What causes this? What is the root,

what is the source of this tendency? And you will feel that pain. It is all in the neighborhood of loneliness and abandonment. And this is what you need to experience completely and absolutely. If you find yourself in a situation that you express that emotional neediness too much, check yourself, go back to your heart and feel what is causing you to behave in that way. It is a big thing, because one do have to have certain capacity to internalize one's own heart. Which for many people will be very difficult, because the heart is just so extroverted. And in that internalization of the heart, in that very act of internalization of the heart, of that very act of going into your heart, you are actually in that moment renouncing that. Giving in, into that emotional neediness, you are able to pull back towards yourself. And there may be resistance, because you want so much to get this attention from the outer world, appreciation, love and so forth. Because when you pull back to yourself, to your heart, again there is a subconscious interpretation that, Oh, I am lonely again, I am alone again. So it may appear that you are actually...

Initially it may appear that by being so emotionally needy, you are actually doing something positive, good for yourself, because you are healing your loneliness, your abandonment, by wanting to get nourishment from the outside of the world. But that is false. You are begging for nourishment and you are trying to force the world to give you that nourishment, rather than receiving it. And why you are not receiving it, or not enough? First, because you have been so lonely, so abandoned, lonely in your heart, that is. So abandoned, there is never enough, because you are like, you have not solved that problem. So even if existence does nurture you, helps you, because you are so hurt, so it is never enough. You basically cannot be nurtured. Why? Because you have not nurtured yourself. You have not taken responsibility, emotional responsibility in your existence, about who you are and how you experience yourself. So by renouncing that neediness, internalizing your heart, going within your heart, you are not running away from the world, entering some kind of an inner cave.

Rather, you take responsibility for your heart. You are not running away, because where you are going to, who would want to run into that? You are going to experience that pain, that loneliness, that core of the problem. And you need to, again, stay with it totally, from your feeling me, because he is the one who suffers, breathing, staying totally with that emotion. As you are somehow going deeper into that emotion, it changes and it becomes shapeless, undefined. Coming close to a certain type of primal form, like an archetype, because this is what it is, at the end, an archetype. Staying with it, breathing, fully experiencing it, not running away, not resisting, not minding the pain. Because you can take it, and it is that pain which originally, initially was bad, and now it becomes good

pain, needed for your transformation. And what remains at the end, which are scattered pieces of this energies that formed that archetype, that you can release with exhalation.