

HOW TO TRANSMUTE EMOTIONS

THE ONION METHOD

BY SAM ROFF, COURTESY OF MY MEDITATION TEACHER



FULL VIDEO: [HTTPS://BIT.LY/3PWUPRO](https://bit.ly/3PWUPRO)

STEP 1 INTEND

Set the intention to discover your inherent tranquil nature that already exists within but is merely obscured by stormy clouds at this moment.

STEP 2 IDENTIFY

Identify the emotion that you want to transmute. Come into 1:1 contact it. Really allow yourself to open and FEEL it fully and completely.

STEP 3 LABEL

Apply a neutral label to the sensation. For example, if it were a depressive feeling, you might note: Heaviness, Dullness, Sadness.

STEP 4 INQUIRE

Allow your self to enter a dream-like state. While in 1:1 contact with the emotion, ask: through the expression of this emotion, what is it that I want? What mental images, sights or sounds arise?

STEP 5 FEEL

Allow yourself feel what the emotion from step 4 demands fully and completely. Fully embody it. Move on when you've felt this viscerally.

STEP 6 DEEPER

Inquire what it is you want that's even deeper than the previous emotional demand.
Repeat step 5 over and over until there is nothing deeper and the sense of innate tranquility has been uncovered.

STEP 7 REFLECT

Now experiencing tranquility, reflect on your wants. Realize you do not really need these objects to be experiencing what you have right now. Tranquility was already existent within.

IMPORTANT REMINDERS:

1. Work with whatever is real for you in this moment, no what you worked through last time. Come to it FRESH.
2. This only gets easier the more you do it.
3. This can be done anywhere. Start in a quieter place though
4. Do not skip steps each time you do it for intended results.

Be Well - Sam Roff.