

Tamar Brosh



THE 7 KEYS TO TRUE
EMOTIONAL
DEVELOPMENT



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INTRODUCTION



Dear Friend,

*My name is **Tamar Brosh** and I am positive psychologist, coach and a trauma release expert. I have a master's degree in positive psychology and coaching and I am a certified and senior practitioner in the **Expansion Method** ©.*

In my work for the last 15 years, I specialize in leading trauma release processes, both conscious and unconscious and I have a vast experience and knowledge in therapeutic dynamics as well as empowering and transforming ones.

I remember when Jennifer came into my clinic and told me about her tantrums and anxiety attacks. She was 43 and she had the emotional system of a young child. Jennifer found it hard to accept that things cannot always happen the way she wanted them to and found it hard to deal with disappointments. Every time something was not working out the way she wanted or had planned, she used to become furious and throw tantrums or she would grow panicky and anxious. Either way, her emotions were unstable and caused many difficult moments for her and her family. Though Jennifer was a very successful career woman and was highly functional on many levels, she had a great point of weakness: her imbalanced and immature emotional system.

Maturing the emotional body is not an easy task. We are born with the inherent expectation to always get what we want and with the belief that life is supposed to be easy, pain-free and undisturbed. But from early childhood we face the constant friction between our will and reality as it is and realize that life is full of endless moments of disappointments and heartaches. We accumulate negative emotions and since there are no real support and educative systems that can teach us how to handle these emotions and our innate frustrations, we end up repressing or acting out.

My personal journey was no different. I was born with a highly explosive and intense emotional system. I felt emotionally unstable for many of my young and adult years and suffered tremendously from it. It was hard for me to react calmly and rationally to stressful and difficult situations and I used to explode with fury at my surroundings. I was punished often as a child for my inability to control my emotions and my emotional expression, and many of my romantic relationships collapsed and failed due to my inability to contain the pain and anger or discuss things in a civilized and rational manner. There was a time when one of my closest friends told me I must suffer from some real emotional imbalance since not even one day could go by without me crying at some point.

Eventually I made my mind up and was resolved to treat my emotions, heal, stabilize and mature to the point I could be the master of my emotions. I wanted to know that no matter what was triggering me, I would be free to choose the right and appropriate response rather than letting my emotions control me.

I studied many years with **Shai Tubali**, my mentor, spiritual teacher and source of inspiration, under his guidance and wonderful methods: "**The Expansion Method**", "**Power Psychology**", "**The Chakra Psychology and Chakra Personality Types**", the **teachings of the heart**, meditation and **spiritual liberation**. I fully matured and transformed the emotional body and reached a state of pure balance and bliss. I hoped to help others in their journey towards emotional maturity.

When I heard Jennifer's story, I knew from my own experience she can heal and deeply transform too, with the support and illumination of these wonderful methods and practices. After some months of mutual work Jennifer enjoyed a much calmer and more stable emotional reality. She was no longer threatened by her emotions and had a deeper insight and understanding as to why she was so dramatic and imbalanced before, and how she can continue working on herself and balance herself.

In this short eBook, I would like to share with you some of the basic **keys** for emotional transformation so you too can start your healing and transformational journey. Each one of the seven keys results from a deep insight and clinical experience with clients from all over the world. All keys are based on Shai Tubali's teachings and can be further explored in his upcoming event – the [School for Emotional Transformation](#).



THE SEVEN KEYS TO EMOTIONAL DEVELOPMENT



THE FIRST KEY: YOU ARE BIGGER THAN YOUR EMOTIONS

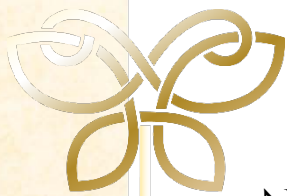
THE One of the most common beliefs we have is that negative emotions are much bigger than us. When faced with a strong emotion such as fear, sadness, pain, anger or depression, we become deeply afraid because it feels as if the emotional wave is like a huge tsunami and it is about to sweep us away and cast us somewhere far away from our usual sense of normal self. These intense and extreme emotions can sometimes resemble a monster or some kind of an entity that is far stronger and much more overpowering for us to handle. This is why we try to avoid or run away from our negative emotions rather than work with them and resolve them.

The Expansion Method, which is one of the central and most important tools for emotional transformation, teaches us a very simple fact: that in reality who we are is always bigger than any phenomenon, including negative emotions. If we can identify an emotion, name it and know it, it implies that we, as the observers of the emotion, are from the emotion, we realize that we are actually a huge container that can hold and transform any negative emotion.

IDENTIFY THE EMOTION AND GIVE IT A STRUCTURE

When you feel a strong negative emotion rising up and you feel the instinctive inner reaction of fear and the wish to run away from it – stop. Take a moment to breathe and agree to contain what you feel. Instead of avoiding the emotion or identifying with it, try to observe and track it: where do you feel it mostly in the body? What shape or image does this emotion have? Does it have a colour? What is the physical sensation that is connected to it? This silent observation that outlines the structure of the emotion indicates that you are bigger than it. If you can see and identify it, you are not it. So just sit with the emotion contained within you with its structure and remember that you are bigger than it. Once you get used to identifying yourself as the container, you can start transforming every emotion and never fear one again.





THE SECOND KEY: THE EXTERNAL SITUATION IS NEVER THE PROBLEM

E We often believe that our negative emotions are triggered by some external event or situation. If my partner is cheating on me and I discover it, the direct result could be a painful emotion and a total inner chaos. The common belief would be that the reason I feel so bad now is because my partner cheated on me. Therefore, the next apparent logical conclusion would be that if my partner was loyal and trustworthy, I would not have these feelings. This is why many times, when strong negative emotions are triggered within us, we focus our attention on the circumstances and try to fix it as a way to quiet down the emotional storm.

The problem with this perception is not only that it is inaccurate, but that if we have it and behave according to it, we could never deeply understand our emotions and heal them. As long as we believe the appearance of negative emotions within us is just the result of some accidental event not part of my doing and out of my control, we are doomed to forever stay undeveloped and emotionally unresolved. Therefore, the second key to emotional development is the realization that no external event can ever be responsible for our emotional state. Even the hardest and most challenging moments we can conceive of are just triggers for some emotional reality we carry within, waiting to be manifested and expressed. If we want to change our inner emotional reality, we must dedicate time and energy to better study our emotions and learn how to transform them, rather than trying to avoid certain events and situations.

DISCONNECT THE EMOTION FROM THE EVENT

When a situation triggers a negative response in you, remember to not be tempted to focus on the details of the event as a way to work on your negative response. It is a deep misunderstanding and it will just be a waste of time. Instead, identify the central emotion triggered and disconnect it from the situation. Tell yourself that the right choice would be to focus on the emotion and not on the event that brought it about. When you can isolate the emotion and move your attention away from the situation, you can do the healing and transformation work.



THE THIRD KEY: NEGATIVE EMOTIONS BEGIN WITH UNREALISTIC EXPECTATIONS/WILL

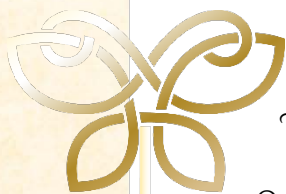
For most of us, the reality of negative emotions is a given, something which is a part of the human predicament and something we learn to live with, just as we learn to live with illnesses and other imbalances. What nobody tells us as children is that negative emotions in our being can be reduced significantly when we understand the source of their existence.

Shai Tubali explains it clearly in his book: "**The Journey to Inner Power**", which deals with our innermost psyche motivations. In his approach, **Power Psychology**, Tubali explains that before every negative emotion we can find a frustrated will, or a certain unrealistic expectation. In our basic relationship with life and reality, there is a constant gap between how we want things to be and the way things are. This gap is the source of many of our pains, sorrow, disappointments and suffering. If we want to reduce the level of suffering and reach a state in which we conduct a relatively peaceful and content relationship with life, we need to learn about our unrealistic expectations and wills.

ALWAYS CHECK THE WILL THAT PRECEDES YOUR SUFFERING

When you experience a negative emotion, always ask yourself the question: "what is it that I want now that I am not getting, or what is it that I don't want to lose?" This question will help you to focus on the cause of your emotion. If, for example, I experience anger and frustration because the bus was late and it is about to make a mess out of my neatly planned schedule, I should ask myself what is my will at that moment. My will is that the bus would not be late. In my mind buses should never be late, especially when I need to use them. But when we check reality, we can see that most often buses are late, not because the bus drivers have something personal against us, but because this is the reality of traffic.

My wish is therefore totally unrealistic and is solely responsible for the negative surge I feel, not the late bus. When I learn to wish for things that are far more reasonable and realistic, and when I let go of infantile expectations, I start to deeply mature my relationship with life with all of its complexities and conflicting forces.



THE FOURTH KEY: YOU ARE NEVER A VICTIM

One of the most liberating things I have learnt in my maturation process was that I am not and never was a victim in my life. When asked to tell the story of our life, we usually tell it from the viewpoint of the one where mostly good and bad things had happened to us. Since we focus on what other people have done to us, that made us feel terrible, we often delay and even bring to a halt our emotional maturation process.

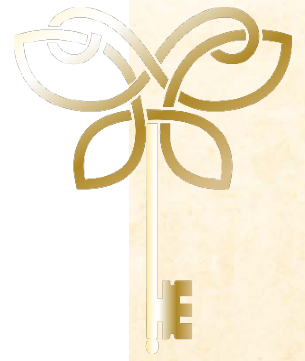
Through **Power Psychology** we learn that holding onto the victim identity is not only a hindrance in our transformative path but a deep illusion. The mind always looks for faults outside itself to mark danger and defend the organism from hurt, but it is an ignorant and superficial mechanism that should be inspected and seen as a lie. If we follow the logical insight of 'will comes before suffering', then it necessarily means that the one who wants or expects – us – is the problem. We cannot be a victim when we aggressively try to manipulate reality and will it into our personal vision of perfection.

LEARN TO IDENTIFY YOURSELF AS THE ONE WITH THE POWER

If you wish to break the illusion of victimhood and assume the mature and honest inner truth, you need to identify yourself as the one always looking for ways to be in power. Feeling in power equals health and happiness for us so we are always searching for ways to feel power. The times when we feel weakened by something or someone are the times we mistakenly think of ourselves as victims, and through this victim identity we try to assume our power back (for example by getting attention or sympathy). The problem with this tactic is that it keeps us weak and doesn't allow us to go within and find our innate inner strength.

When we feel like the victim, we actually feel like a child, vulnerable, defenceless and weak. We overlook the simple truth, namely us being the ones who always rather stay in power, and by chance, momentarily, something was stronger than us. When we accept the power game of life and that occasionally someone else will overpower us and our will, we need not lose touch with our inner power. We can stay centred within our power centre and wait for the weakness to pass, and use that moment as an opportunity to discover more inner power.

THE FIFTH KEY: EMOTIONAL TRANSFORMATION IS ONLY POSSIBLE FROM AN EXPANDED STATE

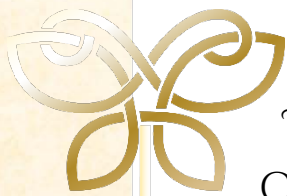


The **Expansion Method** and the theory of the subtle fields teach us a simple rule: if we want to heal a negative emotion, we first need to access a vaster state, one that can have the clarity and honesty to see the whole structure of the negative emotions to release it.

It is just like Albert Einstein says in his famous quote: *"We cannot solve our problems with the same thinking we used when we created them".*

In the Expansion Method we learn how to enter, methodically and repeatedly a genuine state of expansion and use it to unveil and dismantle our negative storage in the subconscious. When I work with clients on the dissolution of negative emotions, we can only reach the state of healing and releasing when they are in a liberated and already healed state of consciousness. This is one of the precious gifts of the Expansion Method: reaching a state where we feel as if nothing has even happened to us, no pain and no loss. When we reach this state, we do not need to hold on to our negative emotions any longer and we can deeply let go of the negative charge as we feel ourselves as light and love.

So when you experience a negative emotion, don't think about it and don't try to resolve it through your usual way of thinking. It will only lead you to further complication and emotional entanglement. You can either learn the process of expansion or you can imagine yourself climbing a high mountain, standing on its peak and looking at the problem and the negative emotions from that position. When you imagine yourself at the top of the mountain, try to first feel the joy, expansion and the shift of perspective. This position would allow you to look at your emotions with deeper clarity and honesty and advance you towards a holistic resolution.



THE SIXTH KEY: SAY GOODBYE TO THE INNER CHILD



"Living life with an open heart is not just less damaging than having to defend it. It is, ironically, the very state in which nothing and no one can hurt you"

– Shai Tubali.

This beautiful quote points at one of the most powerful ways to develop emotionally: discovering the hidden powers of the heart. I used to believe I was overly sensitive and that I needed to protect myself and my heart from people. I used to feel very vulnerable and easily hurt as long as I wasn't deeply and intimately familiar with the power of the heart.

Part of emotional maturation is the shift from always calculating how much one is giving and receiving and needing to make sure we always get enough, toward being someone who is a radiant and abundant being, naturally overflowing with love, care and generosity. When we deeply mature, we become more and more like the sun, always warming in our presence and always ready to light the way when needed.

INTIMATELY KNOW YOUR HEART

Every time you feel your heart is contracting, every time you feel transported back to an earlier age where you felt frail and delicate and feared getting deeply hurt, tell yourself this cosmic truth: *your heart can never be broken or shattered; it is only your thought that can be broken*. The heart is the strongest part of us, the most invincible and pure. When we learn to keep the heart open no matter what; when we learn to stay trusting and welcome pain as an opportunity to expand, even more, we can experience a true leap in our development. We can leave behind the inner child and step into our adult self.

The inner child is the part in us that doesn't know yet the real power of the heart. It is the aspect of neediness and dependency, the inner belief we cannot do it alone and always need help and support. When we were young children it was reasonable to need and depend since this was a natural part of the young phase of human life. But the problem is that we stay emotionally young and continue to react in immature ways even when we age in years. The realization of the heart as our center of infinite power and the source of deep love, joy and independence, helps to heal the inner child and bring us closer to the ripeness of our soul.



THE SEVENTH KEY: WE ARE ALL UNIQUELY DESIGNED

E One of the greatest obstacles to emotional maturation is the lack of self-acceptance and the acceptance of others. We judge ourselves and others all day long and this tendency creates a toxic and unhealthy emotional reality. One sign to emotional health and balance is the general feeling of peace and inner serenity. This state is partly achieved through the understanding of our unique design, that which makes us behave, think and see the world in a certain way, and the ability to respect all the other different designs of others.

Some years ago, Shai Tubali developed an extensive system called "the seven chakra personality types". This method, which is based on his wide direct knowledge of the subtle body and the chakra system, describes at length and depth the seven basic chakra types and outlines many characteristics on many levels. Getting to know our chakra type and understanding our specific energetic and psychological pattern is a powerful and potent key to self-love and self-acceptance, and the greater understanding of others. The ability to recognize the oneness that connects us all and the marvelous colours and gifts of otherness is a great step towards emotional maturity.

WE ARE ONE BUT WE ARE NOT THE SAME

So whether you are a fourth (heart) chakra type who is an optimist and thinks love is the greatest power on earth and beyond, or whether you are a second chakra type who loves great adventures and finds meaning in strong experiences, or whether you are a sixth chakra type who loves to be alone and contemplate the greatest questions of identity and meaning, we are all one phenomenon. We are different rays of the same substance and embracing our pattern and appreciating other types for all that they are and contribute to the world, creates a feeling of richness and celebration in our lives.

Don't wish for everyone to be the same as you, for not only others have a different design that makes them see reality differently, also life would be extremely boring if you had only your own image and structure around. Open up to this divine gift of otherness and start with yourself: what makes you unique and distinctive? What are your fundamental values, core beliefs and gifts that make you valuable and precious? Once you can see your beauty and value, you can find it in others around you and enjoy the complex and exciting fabric of reality. It can lead you to a great sense of gratitude and appreciation and with that create a greater balance and peace in your being.



LIVING WITH A STABLE AND MATURE EMOTIONAL SYSTEM

Using these keys and diving deeper into this precious knowledge of self-transformation and self-maturation is a clear and definite path towards true inner power, freedom, the ability to truly love and embrace life as a whole.

WHAT'S NEXT?

If you resonated with any of these 7 keys to true emotional development, you're not alone! My experience after personally working with 100s of clients is that they are essential elements for a deep and lasting transformation. I recommend you even print this guide and keep it close to your office desk so that it can support you when you need it. This can be the first step towards a new life of emotional balance, lightness and happiness.

For a deep transformation it is of course not enough to read about it. We need to experience deeply the potential of emotional freedom, to understand the principles of emotional transformation more deeply, and apply and practice them. These seven keys come from methods developed by Shai Tubali, which are dedicated to different facets of true emotional transformation.

GETTING TO KNOW THE METHODS FOR EMOTIONAL TRANSFORMATION

*These powerful methods can transform us each by itself, but when we combine it and apply them together on our journey of healing and growing, we can expect nothing less than a **quantum leap** in our development.*



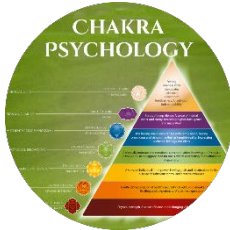
THE EXPANSION METHOD

This method offers processes that lead into expanded states of consciousness, which enables the erasure of imprints and inner blockages created out of negative memories. The higher and expanded states of consciousness give us the possibility to free ourselves from the past and to mature our inner child. Using the principles of the expansion method will enable us to discover the transformative power of positive emotions and the ability to work with the negative ones.



POWER PSYCHOLOGY

This method enables the development of will, the shaper and designer of the human psyche. As a deep teaching it can help to put an end to forms of “victim consciences” and establish true inner power and a resilient self.



CHAKRA PSYCHOLOGY

Understanding the psychological realm of each chakra gives us a direct insight into the seven human main perceptions and emotional issues. Examining the chakras in different states of functioning, can teach us how to move from primal fear to the feeling of stability and the ability to say yes to life, even in moments of challenge or danger. It can teach us how to step out of emotional neediness or loneliness into a state of an open and generous heart, to build true inner power instead of resting in the feeling of helplessness.



THE SEVEN HEART POWERS

This teaching brings into life the essential powers of the awakened heart. It is an invitation to discover and develop your heart powers and tap into the heart energy. This accessible yet profound wisdom reveals that the heart, often perceived as our most vulnerable and fragile place, is in fact the source of our greatest potential. In the teachings, we discover the wisdom of self-acceptance, forgiveness, compassion and love as qualities of true mature and transformed heart



CHAKRA PERSONALITY TYPES

As a method for self-empowerment and manifestation of the self, this approach can reveal and transform emotional blockages and unconscious inner difficulties. Enabling us to identify our chakra type and the types of others, this unique system focuses on revealing the blueprint of each person's structure and can allow us to understand the specific emotional transformation that suits each type. This in turn helps to shape and create tailored processes from this special angle. What can empower each type? What can be a negative tendency? How can a person mature emotionally according to the specific needs and qualities of their type?

"As a spiritual teacher who has had the privilege of helping thousands on their journeys of personal growth, I have persistently encountered one of the biggest problems involved with inner transformation today: the huge gap between how much we understand mentally and our emotional reality.

*For this reason, the very idea of real emotional transformation can often seem incomprehensible: does that actually mean to live one day without all those unfathomable yet so familiar feelings that seem closer to us than our own breath?
The answer is: Yes!"*

- Shai Tubali

All the seven keys presented in this guide are based on Shai Tubali's teachings and methods. Together these methods form a holistic and unique model of emotional transformation.

The healing and maturation of the emotional system can be one of the biggest challenges in our lives. But if we discover and commit to the possibility of stabilizing and maturing the emotional body through inner work - it can eventually become the most rewarding and liberating journey.

Anchored in a deep inner peace and the infinite vastness of an open heart, we can meet life and its challenges completely open, loving, and at the same time remaining inwardly quiet and drama-free.

I have been working with Shai's methods as a therapist for 11 years. Not only my personal process with these methods has led me to a total inner revolution and emotional transformation and growth.

They are also the foundation of a meaningful and rewarding profession, in which I have the privilege to accompany people in deeply liberating processes.

It is especially in these challenging times very clear to me how important and valuable this work is. That is why it is my heart's calling to spread these deeply transformative teachings and thus bring healing and empowering transformation into the world together.

If by now, you would like to dive deeper into the teachings and your own process of transformation process, and even accompany others in your work as a coach or therapist, then you will like this upcoming invitation very much.

INTRODUCING SHAI TUBALI



Spiritual Teacher, Author and Philosopher – Shai is a prolific and renowned author, with 23 books published to date. His bestselling books have been translated into five languages and have won awards in Israel and the United States. In his teaching Shai combines Yogic knowledge and Eastern practices with the latest in Western science, psychology, and philosophy to create innovative transformative processes. Indeed, almost 20 years of in-depth study of Eastern thought and Yogic tradition have brought this trained Yogi

up to a master level in utilizing the tools of spirituality to offer structure, deep insights, and methods for personal growth in all areas of life. Based on his own direct and ongoing revelation of cosmic consciousness since the age of 23, he is a pioneering figure in the field of self-transformation who has helped thousands of people to transform their lives in his many years of teaching around the world.

As the developer of the methods taught in The School for Emotional Transformation, he will design and guide us through the structure of the school and its content. Shai will be leading and teaching profound theoretical understanding and principles of emotional transformation.

My life has changed in every way since I met Shai and started to studied with him. And that is why I am now extremely grateful to pass on this knowledge together with him in the coming School for Emotional Transformation.

For the first time ever, the methods and approaches presented will be taught in the context of emotional transformation and in a depth that can not only change your personal process and your life fundamentally, but also enable you to guide other people through processes of emotional transformation.

Let us support the evolution of human consciousness together.



The School for *Emotional Transformation*

Starting in November 2020

The School for Emotional Transformation is for people who want to understand and experience the dynamics of emotional transformation in depth. Whether as coach, therapist or for your own personal process of transformation.

[CLICK HERE TO LEARN MORE ABOUT THE
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