

Shrink Rap Radio #201, March 28, 2009. Energy Psychiatry and Emotional Freedom

Dr. David Van Nuys, aka “Dr. Dave” interviews Dr. Judith Orloff

(transcribed from www.ShrinkRapRadio.com by Jo Kelly)

Excerpt: *“The way I’m defining emotional freedom is that it’s the ability to own the moment with any emotion that you are going through, and that you have the capacity to breathe and pause and center yourself, and make a choice about how you respond to anything; so that you can have your center in all interactions, rather than just simply having all your buttons pushed and reacting, like most people do. Where it’s a form of empowerment when it comes to emotions. Also presenting emotions as a path to spiritual and intuitive awakening, in that each emotion that we go through – it could be fear, it could be anger, it could be jealousy, whatever it is – I am asking people in the book to frame that in terms of how can this emotion help me to spiritually grow, and expand my heart and to become a more loving person.”*

Introduction: That was the voice of my guest, **Dr. Judith Orloff**. Judith Orloff, MD is an assistant clinical professor of Psychiatry at UCLA and author of the 2009 book, *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life*.

SPECIAL OFFER: Get 100 free gifts with purchase of book at <http://www.drjudithorloff.com/emotional-freedom-promotion/>

She has spoken at medical schools, hospitals, universities, the APA, Fortune Magazine’s Most Powerful Women Summit, and alternative and traditional health forums. She graduated from USC School of Medicine, completed a four year psychiatric residency program at UCLA, and currently mentors UCLA medical students and psychiatry-residents-in-training. Her bestselling books include *Positive Energy*, *Guide to Intuitive Healing*, and *Second Sight*. *Positive Energy* is a national and Los Angeles Times bestseller which has been translated into 24 languages.

Her website is <http://www.drjudithorloff.com/>

Dr. Dave: Dr. Judith Orloff, welcome to Shrink Rap Radio.

Orloff: Oh thank you, I’m glad to be here.

Dr. Dave: Well I found out about you, and your book, as a result of a mailing my friend Ron Alexander sent out to his subscriber list; and he doesn't usually send out promotions for other people's books, so I thought you must be pretty special.

Orloff: Oh well thank you; I was honored that Ron sent out for Emotional Freedom.

Dr. Dave: Yes; well I don't know if you are aware of it, but he and I have done workshops together at Esalen, and in Hawaii, and in Europe, and I seem to recall him asking me more than once if I knew you.

Orloff: Wow. Now we meet.

Dr. Dave: Yes, because your name definitely rang a bell as soon as I saw it on the list, I went: oh yes, he's talked about her, I know he has.

So as a result of the two podcast series I'm doing, I'm going through books at about the rate of one a week, and as a result of that – plus having been a psychologist in California long enough to see a lot of psychological crazies come and go – I have to confess I've become a bit jaded I think when it comes to self help books. So I must confess that despite Ron's endorsement I initially approached your book with a bit of a jaundiced eye, but I have to say you quickly won me over.

Orloff: Oh well I'm so happy. What won you over?

Dr. Dave: I think that it was your self disclosure. One of the things that helped me to do that was your liberal use of self disclosure. It always helps me to see where a person is coming from – how their ideas are rooted in their own life, and whether they are willing to cop to their own struggles – and you get high marks from me in all those areas. You feel like a kindred soul, and I want you to feel very comfortable in this interview.

Orloff: OK well thank you. Part of how I teach, and my techniques that I use, my approach to writing *Emotional Freedom* was that I present both the neurobiology of emotions, the spirituality of emotions, the psychology and the subtle energy of emotions. And when I deal with transforming each emotion in various chapters I reveal how I continue to deal with the emotion in my own life, the triumphs and the struggles and what has worked, because people really need strategies to deal with negative emotions and how to transform them. So I'm glad that my personal revelations have touched you,

because it really did come from my heart. As I was writing the book, with each chapter, for instance if I was dealing with how to transform frustration with patience – one chapter – I set my life according to that, and I get to experience all the frustration and patience that I can handle during that time of writing. So it's funny, when you're writing you set a tone for something, and so as I was writing I went deeper with these emotions myself.

Dr. Dave: The tone of the book is very conversational as well; I think the reader really feels that you are speaking to them; I certainly had that experience. I imagine that you and I have other connections in common, in addition to Ron Alexander. For example you cite Dean Radin in one of your early chapters, and I actually interviewed him for this show quite recently as well.

Orloff: Oh yes, he's fantastic; I love Dean; we've been friends for years.

Dr. Dave: Really?

Orloff: Yes.

Dr. Dave: OK. Well the title of your newest book, which you have already mentioned, is *Emotional Freedom*, which either fortunately or unfortunately conjures up associations of EFT or Emotional Freedom Technique which recent guests have discussed. And I believe you intend something different than EFT, so perhaps we should begin with you telling us what you mean by emotional freedom.

Orloff: Well I'm glad you made that distinction, because I'm using a term that has nothing to do with the tapping technique, which is EFT.

The way I'm defining emotional freedom is that it's the ability to own the moment with any emotion that you are going through, and that you have the capacity to breathe and pause and center yourself, and make a choice about how you respond to anything; so that you can have your center in all interactions, rather than just simply having all your buttons pushed and reacting, like most people do. Where it's a form of empowerment when it comes to emotions. Also presenting emotions as a path to spiritual and intuitive awakening, in that each emotion that we go through – it could be fear, it could be anger, it could be jealousy, whatever it is – I am asking people in the book to frame that in terms of how can this emotion help me to spiritually grow, and expand my heart and to become a more loving person.

So to look at the spiritual impetus behind each difficult emotion, because in the book I am presenting our experience here in life, in this body, as a way to learn from these energies called emotions; and to be able to really become facile with them; so that we get the lessons of being here and learn to work with what we're given, which is hard because so many of these emotions are wrenching and can just tear your heart out, and are just so intense. However we all go through them, and I am presenting each emotion in spiritual terms to really can ask yourself, how can this be my teacher instead of how this is my tormentor.

Dr. Dave: Yes and I think that's really part of the originality of this book is that approach; and later on we are going to step through some of those specific emotional, spiritual challenge transformations that you cover.

You have come up with your own unique synthesis here which you call *energy psychiatry*; and again the reference to energy might make one think of EFT, but I know we are not supposed to. What do you mean by energy psychiatry?

Orloff: Energy psychiatry is a sub specialty of psychiatry that I'm developing, which combines traditional medicine including biology, neurobiology and everything that goes along with that, and traditional psychiatry, along with spirituality, and an appreciation of subtle energies, and intuition. So I want to combine all worlds when it comes to appreciating emotions.

Part of energy psychiatry, and the framework I really use to present emotions, is that we experience emotions two ways. One of which we process it through our linear mind – I'm depressed, I can't stand this, I wish it was over. But then we have a second way of processing it with our intuition, which is our gut feeling, or the non verbal still small voice inside that tells us the truth about things. That voice can sense into the deeper meaning of the emotion and why we are experiencing it. And so in the beginning of the book I draw that dichotomy: saying we experience emotions with our mind, we also experience it with our intuition.

What I am asking people to do in energy psychiatry is to use the intuition to find a deeper meaning; so you are not stuck in this small appreciation of the emotion that the linear mind has, which really just wants to get out of pain. That's all it's really interested in.

Dr. Dave: Yes. I was really struck by the role that intuition plays in your work. This is something that many psychiatrists would be loath to talk about

I think, yet you had a variety of experiences early in your life that made it clear that you have a very open, intuitive channel. Perhaps you could share with our listeners the story of Eric, the dashing British businessman your parents introduced you to. I hope you remember that story in your book (laughing).

Orloff: Oh I remember it very well. I tell some of these stories in *Emotional Freedom* to really get across to people what it's like as a child to experience these kinds of energies and emotions, and how we are sensitive people. So many times people have blocked out these intuitive experiences early on. But I was a very intuitive child, and I would predict things as a child, and I would be able to sense energies around people; and my parents finally forbade me to ever mention my intuitions at home again. So I grew up believing there was something wrong with me, because I was never really validated in that way. So *Emotional Freedom* is really a vehicle for me to express my voice which is clear and powerful now, and not afraid to bring intuition into the emotional realm.

But the experience with Eric was: when I was a child my parents were friendly with this man named Eric who was a dashing businessman; he was handsome, he was British, he was rich, he would come up and pick up my parents in a Rolls Royce and they would go off to parties. And I would sense him, and I would get afraid, and I would get put off. It was very non verbal, it was just an energy, and a sadness – a deep, deep sadness – and a danger that I felt from him. And I told my parents I felt this, and they said, “Oh honey, how could you say that, you don't even know him, and there is nothing to back this up.” So I didn't want to feel anything negative about their friends, it wasn't something volitional. And some time passed and then it turned out that Eric committed suicide, unexpectedly; because nobody ever knew about his depression, he didn't speak about it. And so I was able to pick that up with my intuition on an energetic level very early on; and it isn't something a child wants to be able to predict.

Dr. Dave: That's right.

Orloff: It really isn't. But I was able – and am able as a psychiatrist now to sense energy around people which helps with diagnosis and treatment – but as I child I didn't know what I was doing, and I didn't have any guidance.

So people can use emotional freedom, parents can use emotional freedom to help their children, people in health care can use it to learn how to sense energy, and I really go into it with each emotion: how to sense the energy of fear, how to sense the energy of courage, what does it feel like in the body. I

wanted to really take people by the hand and tell them how to do this – because this isn't by any means only something I can do, and I don't want to put that out.

Dr. Dave: Yes. Now that experience that you just told us about happened to you when you were twelve; was there an intuitive experience you had later on that persuaded you to start trusting your intuition in your clinical practice, to be more boldly out in the open with it?

Orloff: Well I had an experience when I first opened up my practice in Century City where I had a very traditional practice – it was in the early 80s, I had graduated UCLA, my residency there in psychiatry – and I had a very booming practice, and lots of inpatients, and I gave out lots of medications. And I had a patient who was named Christine, and she came in with a major depression, I medicated her with an antidepressant, she got so much better and over a period of time she really began to blossom.

It was one day during a session that I was sitting with her, and my office was on the 18th floor of the medical building, and I looked out at the sky and I saw cloud, and I remember getting lost in the cloud and I went into kind of a trance state and in that trance state I had a very clear knowing that she was going to make a suicide attempt. And it had nothing to do with anything she was clinically presenting me with; everything was pointing to being better over a sustained period of many months. So I didn't choose to even bring the subject up with her, because I didn't think there was any truth to it; and within a couple of weeks she overdosed on the antidepressants that I prescribed for her, and ended up in a coma in a hospital in Los Angeles.

That was really my wakeup call, where I knew that as a responsible physician I had to incorporate intuition into my practice; because I felt that by not listening I had done her harm, and that was unbearable to me.

Dr. Dave: Yes.

Orloff: And she survived – after a couple of weeks she did come out of coma and we continued working together, thank god – but that was really my wakeup call. I knew even though I was afraid of what my peers would think, I didn't know how to bring intuition into practice, I didn't know anything at the time, but I knew I had to do it. So that was my wakeup call.

Dr. Dave: Yes I can see that. Another thing that I think is rather atypical for psychiatrists are the references throughout the book to the fact that you

have a spiritual teacher. How did you meet your spiritual teacher, and how did you know that he was “right” for you?

Orloff: Well throughout *Emotional Freedom* I make references to my spiritual teacher who is a Taoist, and Taoism is a very simple path. It's about learning how to meditate, learning how to center yourself in the midst of chaos, learning about the power of the heart, and subtle energies, and the forces of nature being in balance, and being of service. And it's not a structured path, which I like, because I don't respond to rules or structure. But it's a very powerful path between just me and my altar, where I meditate at my altar, and light my candles, and I tune in and I open up to something larger than myself – over and over again over many, many years – so it's my meditation practice. Meeting a spiritual teacher is like trying to find a soul mate – you can look and look and look and you may never find one, then all of a sudden there they are – it's very hard, it's a “meant to be” kind of thing.

Dr. Dave: Yes.

Orloff: I found him actually through a massage therapist of mine at the time, who just mentioned, “Oh this Taoist teacher is in town, and he is giving meditation sessions.” My teacher is a Chinese Malaysian man, he doesn't live here. So I went; and I knew – I looked into the pools of his eyes, and I knew – I never felt anything like that in my entire life, that sense of connection; and I knew. It's been over 20 years that I have been studying with him; and it's been one of the most important things in my life; and I feel that every psychiatrist, every therapist could benefit from having a spiritual teacher too, in addition to their training programs. I think it's very important.

Dr. Dave: Sure; yes. Well spirituality is one of those terms that can mean such different things to different people, and it is a thread that runs through your book and throughout your work. For our listeners, what do you mean by spirituality?

Orloff: Well spirituality is being able to get beyond the mind; and connect with a force of the heart, however you define it. And it can be religion, or it can be nothing. It can be love, it can be nature, it could be nameless; it's an energy, it's a connection of a great sense of heart that goes beyond the linear mind.

In terms of the book and developing emotional freedom it is a core principle because you can't deal with the emotions just with the mind alone, or just in traditional psychotherapy alone. I don't feel that it gets to the root of how to

transform energies, how to transform fear with courage, how to transform anger with compassion. You have to tune into something larger, as you go to get a wider perspective and to bring a much deeper sense of heart and vision into what you're going through, otherwise you can't see it, you cannot see clearly what you are going through. So I help all my patients to find a sense of spirit, however they define it.

I had one patient who I wrote about in the book whose husband was killed after a mugging; and she had been very religious before that, and after that she swore never to believe in god again, never ever. And I of course wasn't going to argue with her, she absolutely has that right. But it was interesting as we worked together through the grieving process, she was able to find a great satisfaction being of service to other victims of violent crimes; and she was able to be able to share her support and love with that, which she considers her sense of spirit now, being able to give to others. But she has never used the word god again – nor should she have to – but she was able to find something, and it's still evolving; but people have to find their own way.

Now I've worked with nuns who are in recovery from alcoholism, who have told me fantastic stories about how before they got sober, they didn't have a god – but they had to pretend they did because it would have been shameful not to, they had gone through everything, they were living in a convent – so it was only through recovery from alcoholism, and finding a higher power that really made sense to them for the first time in their life that their spiritual life was kindled.

So in *Emotional Freedom* I am talking about spirituality as a sense of deep heart and compassion that you could connect with in the middle of the night when your mind is swirling, when you're afraid, when you can't sleep – it has to be real, it can't just be a figment of your imagination, or intellectual. It has to be an experience of breathing, centering, opening up to something larger than the mind; and in *Emotional Freedom* I go through each emotion, and how this relates to it. Otherwise you are stuck in the smallness of the emotion and the smallness of how your mind perceives it; and that's a pretty small place. You can't get to the expanded vision of what you're going through without intuition which helps you connect with spirit – or finding something larger – and you cannot get there with your mind. I think that's where people end up bumping up a lot against walls; they try and understand spirit and they say, "Oh it doesn't exist" because they are trying to intellectualize it, and of course it doesn't exist there, it exists from the heart. That's the essence of Taoism.

Dr. Dave: That makes a lot of sense to me.

I was also struck by the importance you place on sleep and dreaming which came as a surprise, I hadn't expected to encounter it in this book; but it's of special interest to me because I've long taught a course on myth, dream and symbol, and have long kept a dream journal as well. You have some very original ways of writing about dreams – there are so many books out there about dreams – so I found much of your writing and thinking just, you have an original twist on things that I really admired.

For example you say, “dreams are revolutionary states of consciousness that impart intuitive wisdom about how to be free.” And you say, “dreams are naked truth; get ready for it, dreams are the fast track to freedom.” Let me have you expand on this a bit for us.

Orloff: Well dreams are my fondest love. I've been writing down my dreams since I've been a little girl, and I have dream journals in my closets all piled up – so it's so lovely to hear you are teaching a course on dreams. It's beyond me how academics are still analysing whether or not dreams have meaning (laughing). It's beyond me.

Dr. Dave: I know it's absurd (laughing).

Orloff: I don't get it; but I guess the linear mind is so small, they are always trying to find a reason why something doesn't work. But dreams allow you to bypass the ego, and get into pure, intuitive truth.

And there is a technique I use in *Emotional Freedom* in terms of remembering dreams, where you ask a question before you go to sleep – and it could be why am I depressed, or how can I get out of depression, how can I let go of the anger towards my mother, how can I feel better about losing my job and moving forward toward a creative solution – whatever your question is, ask one before you go to sleep at night. Then in the morning, don't talk to anyone for a couple of minutes at least, and just lay there between sleep and waking, recovering whatever material from the dream you can, and write it down in a journal. It doesn't have to be a long dream, it could be one image: it could be a black chair; or it could be an emotion, it could be anxiety; whatever it is that's your gift and you work with it, and you apply the answer to the question. So it's really creative problem solving to really get to the bottom of the emotions that are blocking you, so you can have more joyous emotions.

There was a great study in *Science* magazine, where they showed that in order to make complex decisions that were good, you have better results if you sleep on the question, rather than make the decision before you go to sleep. They felt that the dreaming and the sleep process helped make better decisions when it came to complex decisions. So this is great for the scientific journal to back this up, but this is something that I have known since I was a little girl (laughs) and many people do, who listen to their dreams and use feeling; only good things come out of it.

In the book I present nightmares as a path to awakening. I know they are scary; I know they are difficult to have; but the point of having them is to look at what they are trying to tell you so you can awaken; and once you deal with whatever it is that you need to deal with, then the dream stops recurring. For instance if you have a dream that you are being chased on the edge of a cliff by a malevolent pursuer, and you are scared, and you feel horrible, and you feel like you are going to be killed, whatever it is; then you wake up and it's so tempting to say, oh I'm so happy this was only a dream. But in my approach in *Emotional Freedom* I say, go back, find out who that pursuer is, don't let yourself be pursued by some dark force. It's not going to go away; you are going to have that dream over and over again until you are desperate unless you look at it.

And the point of it is compassion; it's your consciousness compassionately bringing up areas that can free you if you look at it. So it depends on your perspective when you look at these dreams. If you look at them as, oh they are just tormenting me – then you are not going to get anything out of it. If you look at it as – how can this help awaken and free me, and what do I need to deal with to clear that dark force. Maybe it was my abusive father; maybe it was a boyfriend who betrayed me; maybe it was my mother who was an alcoholic; who knows what it was – everybody has got some dark force chasing them.

Dr. Dave: Sure.

Orloff: But you find out what yours is, without shame. The essence of the message of *Emotional Freedom* is self compassion. These are hard areas to look at; these require a lot of courage to go in and say, ok I'm going to deal with this dark force. I know that, but as you do you need to show yourself compassion, and talk to yourself like you are the most beautiful little child in the world who needs support. You have to learn to develop positive self talk as you go through this; and also have support of others around you who can lift you up too – that's very important.

Dr. Dave: Right. How have dreams helped in your own life – we were talking about self disclosure earlier – I’m wondering if there is a dream that stands out for you as having played an important role?

Orloff: Well there are two dreams, very quickly. One: when I was in my 20s and I was working in the towel department in a maid company, and living with my boyfriend in Venice Beach. I had a dream in which a voice came to me and told me to get my MD in order to have the credentials to legitimize intuition in medicine. This was at a time when I had no desire to become a doctor; I was very creative, I was writing and I didn’t have any career path actually. I was living day to day, and I had dropped out of college – but I had this dream. On the basis of the dream I re-enrolled in Santa Monica City College just to take one class; and it just turned out one became two, became 14 years of medical training.

Dr. Dave: (laughing) Well that’s taking your dream seriously, I must say!

Orloff: Let me tell you another one too.

Dr. Dave: OK, good.

Orloff: It had to do with writing this book. When I was writing the Frustration chapter of *Emotional Freedom*, as I said before writing the chapter set the tone for me to experience lots and lots of frustration, which was wonderful and horrible at the same time. But I did, and I learned from it. But I was going through a phase of not being able to write because I was so frustrated – I was experiencing writer’s block, and I was pushing and pushing and nothing was coming out, and so forth, and I was tying myself up into a knot. So I had a dream in which a phone number came through, and so I wrote down all the digits of the phone number in the middle of the night, and then I called it the next day.

Dr. Dave: Oh my goodness (laughing).

Orloff: I do that, you know (laughing)

Dr. Dave: That’s taking it seriously; that’s good.

Orloff: I totally take it seriously; because it’s fun. But anyway I called and the guy answered the phone, and he said, “UCLA Labor and Delivery Room.” (laughing)

Dr. Dave: (laughing)

Orloff: So that was my healing dream that lightened me up, and it told me I was in the zone; because I was pushing and prodding and forcing and nothing was working. It was my cosmic humor that comes into my dream guidance that helped me to loosen up, and see everything was OK, and just to relax a little.

Dr. Dave: What a great story. Have dreams ever helped you in your work with clients? Do you ever for example have a dream about a client that helps to open things up?

Orloff: Oh all the time. If I am blocked with a client, I will ask a question in a dream about what I can do to get through the block. Sometimes I will be on vacation, or I'll be travelling, and I will get a dream to suddenly call somebody – and I do.

Dr. Dave: Yes.

Orloff: So I consult dreams all the time, and if they are offered spontaneously to me I will look at them too. Sometimes on rare occasions I am actually told in a dream, like “Julie is going to call you.” Or forewarning that somebody will call, and then they do – so I always take on that patient because there is a special connection. I really love to dream, and I take the information very seriously.

In the book I talk about how to differentiate between psychological dreams, predictive dreams, guidance dreams – so that you can tell the difference – because not all psychological dreams are intuitive dreams. They are about illuminating your psyche, and the darker emotions there so that you can free yourself. Let's say that you have a dream that the airplane is going to crash: if you have a fear of being out of control that's really a dream helping you deal with that fear; it's not about don't go on that airplane to travel to San Francisco.

Dr. Dave: How do you know when the airplane crash dream is a warning, versus a psychological issue?

Orloff: Well I go through in the Fear chapter how to differentiate intuition from fear, so it is important that everyone look at that list. But basically intuitions come through almost in a non emotional way, they have very little charge to it, or else they come through compassionately; whereas fear is very highly charged. Also intuitions generally aren't connected to your top 5 major issues that you have to work with; so I suggest that people make a

list of what are the top 5 things that scare me. Is it abandonment, is it lack of success, is it poor health, whatever it is – so that those dreams are probably not predictive, they are probably your issues that you get to work with.

Dr. Dave: OK, that's fascinating.

Now this isn't an advice show; at the same time though I know from my listener emails that many out there are struggling with various personal issues and are looking for some guidance. I think your book has a lot to offer in that regard, especially in Part 2 which you have titled Your Tools for Liberation. So I'd like to step through those. First you talk about facing fear and building courage. Tell us a little bit about that.

Orloff: Well I divide the book into two kinds of emotions: one I am calling more positive, and one I am calling more negative. There are a number of emotions that are derived from love and those include: courage, patience, compassion, connection, and self esteem. Whereas the negative emotions all come from fear, fear is the mother of all negative emotions, and so: frustration, anger, envy, jealousy, loneliness. All of that is derived from fear.

So in each chapter I go through a different emotion and in the first chapter I go through how to transform fear with courage. How many of us have been taught to develop courage, and what that is: energetically, intuitively, psychologically and neuro-biologically. I go through all of those sections in each emotional chapter, so that I provide biological techniques to counter fear and build courage. What do you do; how do you turn off your flight or fight response and all the cortisol and adrenaline is surging through your system, to create a relaxation response where you can have endorphins – the natural painkillers – flowing through your system. How do you harness your biology to counter fear? I go through that in the book, a very important skill. I think people too readily turn to medication before learning how to work with their own biology more actively.

Dr. Dave: Yes.

Orloff: So that's the biological aspect of each emotion is very important; as are the spiritual aspects. For instance with fear you have to ask yourself – how is this fear helping me to spiritually grow? Why did I have an abusive mother; is it just to torment me or what can I learn from it? Can I learn to believe in myself more? Can I learn to have a more open heart? Can I learn to be more loving with my children? What is it that I can learn from this

experience; and how can I keep learning rather than shutting down? So you have to ask yourself that with each fear.

Then I go into what is the energy of the fear, and how can I transform the energy. So I ask everyone in the book with each emotion, but with fear – listen to how fear feels in your body. The body is the key intuitive receptor. How does it feel? Where do you register it? Do you register it in your solar plexus, do your shoulders tense up, do you get a migraine, do you feel it as a constriction in your back? Really I walk readers through how to ascertain the energetic signs so that you can catch them early. The whole point is with the energy of emotions is that you can really train yourself to catch what's happening early so that you can shift it; rather than a week later knowing that you are riddled with fear and suddenly you have a terrible stomach ache that you can't get rid of.

So the energy of any emotion, it's important for you to really experiment in your body with how it feels. I worked a lot with envy over the years – not jealousy – but in the Envy chapter and I talk about observing the energy of envy; and how it was like a hot acid rushing through my system when I would want what somebody else had.

Dr. Dave: Yes.

Orloff: You know that kind of feeling, it's horrible and constricting, and hot. As compared to loneliness let's say which has different energy; it's more of an aching, hollow echo in my body. So I go through and each emotion what the energies feel like, so that you could transform them with your counterpart. For instance transforming envy with self esteem: I consider the root of all envy low self esteem, and that from a spiritual point of view it's totally irrelevant to compare your life with somebody else's; because you are given all the tools you need to work with for your soul's growth. But the mind, that trickster wants to compare you with someone else and tell you that you are less than, or you are not getting something. I had it with the particular issue about being on the New York Times Best Seller List. I was always jealous of people, friends, of people I like – I want to get on this list, because I never got on it.

It was very human but it wasn't something that I wanted to continue because my spiritual teacher says that a good human being is someone who recognizes their negative side but chooses to come from their positive side, and that's who I want to be.

So working the techniques in *Emotional Freedom* have helped me, and over the years I have gotten so much better. And some of the techniques I have used to work with my own envy is to pray for the person – or wish well for the person who I am envious of.

Dr. Dave: Yes.

Orloff: Pray for their happiness, even if I don't want to. The mind doesn't want to do that you see – and here's that dichotomy again – but the intuition knows that it's a good thing. So your heart knows it's a good thing, and it will free you; you want to be free. When I am in the clutches of envy I am small, and I am unhappy and I am not in my empowered self. But when I can actively do my darndest to shift out if it then I grow larger again; and it's a little period over years that I have worked with it. What's so great about this book is that I actually did get on the New York Times Best Seller List for *Emotional Freedom*.

Dr. Dave: Yay!

Orloff: Yes, I know – Yay! But I have had all those years to work with my own envy, which was great really; because I'm not totally healed but I am so much better than I was.

Dr. Dave: Yes. I love the yin yang pairings that you came up with for the negative emotion and the positive state that that could be transformed into. For example you talk about frustration, and transforming frustration and disappointment into patience.

Orloff: Absolutely, I love that chapter; it was the most frustrating chapter (laughing) and the one with the most patience too. I got to practice patience as I was writing the chapter. I am just so impressed with patience; if you google patience what you will find is an astounding fact: and that is that every world religion agrees on the fact that patience is an incredible spiritual attribute. Getting all world religions to agree on anything is like impossible, but this is one thing that they agree on; and patience is listening to your intuition for right timing for when to act. It's not the mind pushing – I'm not getting what I want so I am going to push harder – that energy; it's not that. It's about falling into your intuition and waiting; and waiting for right timing whether your mind likes it or not. So again it's the dichotomy between what the mind wants, and what the intuition tells you to do.

There is an exercise that I practice, and I suggest everyone practice to develop patience: is to stand in the longest, most irritating line you can find.

Go to the market, go to the DMV – that’s the real big one, a government agency, that’s the really frustrating one – but stand there and do it in a different way. Be able to let somebody go in front of you, instead of bearing down, rushing, pushing, nasty, upset, irritable. Let someone go in front of you; do it with a big heart, make space in the line, be cheerful, create a different energy, be nice to your fellow line waiters and see what happens. Because it might sound like a mundane exercise, and it is in a way, but what happens is you feel amazing – the person who you let in front of you looks like you gave them a million dollars – and the line moves faster. So I want to give people the experience of actually getting in a line and seeing what that shift of energy does to the whole environment there.

In *Emotional Freedom* I really say go out and practice in the mundane world because we are given everything we need there to practice some of the principles that I’m talking about. So go to the line, do it differently, observe – and the line will move faster – I promise you. But you have to see it, you have to experience this because to the linear mind this sounds like a ridiculous exercise; who wants to do it. But to the intuition, no this is very exciting.

Dr. Dave: What a generous universe to provide us with so many opportunities for personal growth (laughing).

Orloff: Yes, right – that’s what the intuition says – but the mind goes, “that’s ridiculous, what kind of statement is that?”

Dr. Dave: Yes (laughing) I’m sure some lot of my listeners are going that way too.

Orloff: Who wants to wait in a line? That’s the mind; but what I’m saying in *Emotional Freedom* – you have more inside of you than the mind, and that’s why I keep drawing this dichotomy in this interview. But of course the mind is going to say: I don’t want to be depressed, or I don’t want to go through the loss of a child, or I don’t want to stand in a long line, or I don’t want to forgive someone who has harmed me. That is the mind; but we have to establish a new paradigm for communication and that’s what I’m presenting in *Emotional Freedom* is a different way of doing it. If it attracts, you – if it doesn’t attract you don’t do it – but if it attracts you, this is a different way of looking at emotions.

Dr. Dave: I think one of the most difficult, and pervasive, and painful emotions is loneliness; yet you suggest that there is a positive message inherent in it.

Orloff: Yes. I have worked a lot with loneliness in myself. I always felt for the longest time I didn't belong here on this planet; that this wasn't my home; a really deep, deep feeling as a child. And I always thought that a spaceship was going to come and land and take me away somewhere to my real home. And I know a lot of people feel that way because they tell me.

But I present loneliness in *Emotional Freedom* as the point counterpoint to connection. And loneliness has three parts to it that I describe in the book. One: it comes from a disconnect with the self first and foremost; second: it comes from a disconnect with spirit; and third: it comes from a disconnect with other people.

So it's not just that I'm lonely because I don't have a boyfriend; it's not that. It's that I'm lonely because I feel disconnected with myself, spirit, and nurturing others in my life. It's important to look at that; because I know have so many patients who come to me who say, "Oh I'm so lonely, I want a soul mate" and then when you work with them you find it's a little bit more complicated than that.

Because relationships are so beautiful when you can bring your whole self into them, but if you go to a relationship because you're lonely, and let's say you find someone and you less lonely when you are with them, what happens if that person is taken away? Then you are lonely again.

The point is you have to find a sense of connection if you want to be free – the kind of freedom I'm talking about and that attracts me – you have to find that sense of connection with yourself and with spirit, and then bring that in to a relationship.

Dr. Dave: Yes.

Orloff: That's such a gift to bring that in, as opposed to fill me up.

Dr. Dave: Yes.

Orloff: Did you ever see that movie, *Little Shop of Horrors*?

Dr. Dave: Oh yes.

Orloff: The old movie about that plant saying, "Feed me; feed me" and they kept throwing human beings into this plant to fill it up. And we don't want to do that (laughing) or be that plant.

Dr. Dave: Right. Well you are being very generous with your time here, and I won't have you give your whole book away; but I will just let people know that you have a chapter on depression and dealing with that; you have a chapter on dealing with not only envy but dealing with jealousy which is a issue for many people; and also one on dealing with anger.

So as we begin to wind down here, I know you are doing a book tour, and I wonder if you have some appearances coming up in major cities that people might be interested in if they happen to live nearby?

Orloff: Details of the Emotional Freedom Book tour, lectures and workshops are on the website:

<http://www.drjudithorloff.com/lecture-schedule.htm>

There is a special offer when you get a copy of the book, you get 100 free gifts from friends of mine who are teachers, such as Neale Donald Walsch, Christiane Northrop and many, many others. They are downloadable gifts such as tele-seminars, book excerpts, videos and CDs; so it's a special offer that's celebrating the release of my book *Emotional Freedom*.

Dr. Dave: Oh, how neat. I'll be sure to put a link to your website in my shownotes as well.

Dr Judith Orloff you have been so gracious with your time, and I want to thank you so much for being my guest today on Shrink Rap Radio.

Orloff: You're very welcome.