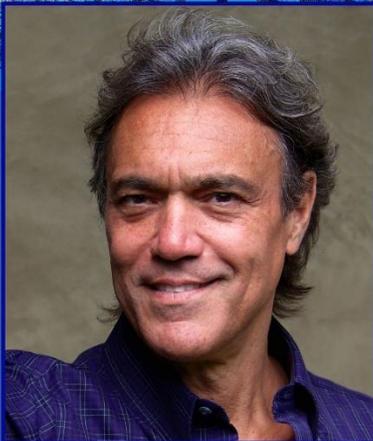


Emotional Martial Arts™

eBook Series

*Tools for Creating a Healthy Life of
Balance, Joy and Empowerment*

Waging Inner Peace



Howard E. Richmond, MD

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Disclaimer: While journaling prompts and guided meditations are excellent tools for helping to relieve stress and encourage creativity and life balance, they are not substitutes for medical advice or professional counseling and support for depression or other conditions you might be experiencing. Please seek assistance if you need it.

***Howard Richmond, MD** is a transformational psychiatrist, award-winning author, and a Black Belt in Emotional Martial Arts™. He shows you the keys to unlock hidden emotions and limiting beliefs to increase your capacity for joy, creativity, empowerment, and ultimately, inner peace.*



With storytelling and humor, Dr. H shares practical wisdom teachings about emotions, reality and perception that you can use immediately in your daily life to effect positive change.



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Inner Peace...

WAGE IT.

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Waging Inner Peace

I have been a psychiatrist for, let me see... '92, 23 years and in my second year of practice I had a patient come to see me who was really stuck but she was so stuck that it was difficult to have a conversation with her.

And I as a psychiatrist who is also a therapist, it really helps when your patient talks and she wasn't really saying too much but if you saw her body, her body language said a whole lot. She would come into each session, well, five minutes early, and she would sit with toes touching each other and knees together like this, hunched over looking down.

So at one point, maybe several months into treatment, I violated an unwritten psychiatric rule, thou shall not leave your chair. And so I left my chair. I left my chair and that was the beginning of a powerful transformational journey and a lot of what's being distilled here tonight in Emotional Martial Arts™.

My patient, when she started getting better she insisted...no, she demanded that I write the story and it came out in *The Healing Field*. So I would like to read a brief clip in that moment where I got up out of my chair and in the book I read about myself in the third person and I am Henry Kaplan and my patient I call her Lori.

Henry sprang up and walked slowly and deliberately towards Lori and then sprawled out on his back by her feet, his head inches from her toes, and looked up into her face

mischievously. Now, a visual would give you the idea, so I'm going to borrow Jan. And so imagine Jan is sitting on the chair and I got down on my back like this, normal psychiatrists don't do this. I get down on my back like this and I peered up at her. She did not look at me, she avoided my eyes and I stayed there and I wasn't going to budge until I got a response.

And so after a few minutes she says, what are you doing down there on the floor? Lori avoided his eyes as if looking at them might cause her to go blind. I am here because it's so damn difficult to reach you. I thought it was time to try something different.

Suddenly Lori giggled and then roared with laughter. Her face breaking into the biggest smile he had ever seen. It was as if the sun had burst through a prolonged total eclipse radiating joyous light. I can't believe you are on the floor, Lori said, unable to contain herself, she felt lighter and more alive than she could remember. Henry smiled widely and shrugged his shoulders, well, I guess it worked.

So that was the beginning of a breakthrough. On many levels, one it was giving me the permission that I could be creative and professional at the same time. Also I was learning how to have a conversation with this woman who was in tremendous pain and it wasn't normal language of speaking, it was body language, it was movement, it was humor, it was playful.

And what I also saw was that when she burst out with a smile, because the first time I ever had seen her smile and if you are with someone day in and day out, week after week and they don't smile and they are prolong and they have this posture which later I call the posture of shame, it's really energy-draining for everyone, for her, for me and then

all of a sudden, boom, a lightning bolt of joy opened up and then I saw her creative, wondrous, playful child. That was the start of developing the concepts or refining the concept in my own language of the three committee members which I'll be talking about tonight.

Now, her...so one committee member was a child and the child in that moment came out, the wondrous, creative, playful child. And on your way out, later if you pick up one of these cards, the 5 x 7 or the wallet size, it is this poster here which is, I know it's too far for most of you to see, it shows the three committee members in reaction mode and then also in creation mode.

Lori, her wondrous creative child came out, maybe for five to seven minutes, and then she went back into that posture of shame. And so that posture of shame I call the vulnerable, approval-seeking child that we can all have that same energy that's dance and sometimes our child is in the basement with the duct tape on, especially for us guys because we don't, you know, say much. As a healthy child, you know, we are manly. And so the child, I assign five emotions to the vulnerable approval seeking child, fear, sadness which are more overt, and then guilt, shame and worthlessness which are more covert.

I also saw the beginnings of another committee member, the parent or I call it the critic with the judge and her judge was so critical and so condemning of her. She found herself to be an utter failure for lots of reasons and so her judge, her critic, her parents her critical parents who was really powerful on the throne and her vulnerable child was stuck in that posture of shame, worthlessness.

The next time that I saw her after getting on the floor, out of the box and onto the floor, I thought, hmm, I can't do the same thing again. It's like doing comedy and then perform it and you do a joke, you can't use that joke again. And it's risky to use it again if you have some of the same audience come to see you again. So, okay, I got up out of my chair as

she was in that posture again, and instead this time I crawled under my desk where the chair was and I was scrunched up like this and I said, is this how you feel, all bound up like that? And she said, yes, yes, again validating and giving me the feedback that, yeah, I'm hitting the bull's eye of validating how she feels. And with that validation the truth meant the therapy was on a trajectory and that it was not returning to the old way.

A couple of years later when she was in and out of the hospital for severe depression I did something that I thought was very creative and powerful and as I was charging in the nurse's station after that session a nurse tapped me on the shoulder and I'll read what happened next.

“She taps me on the shoulder, Lori wants to see you before you go, the nurse said casually, she is in the day room. Okay, Henry finished his note and went to see her. Lori waited until he was just a few feet away, she glared at him with hot laser beamed eyes, her body poised to [inaudible] and declared, “you are the stupidest doctor in all the whole world, in the whole wide world and I hate you very, very much.

Henry felt as if he had been punched by a willful child, hehhh, excuse me? He said, pushing down a flash of irritation. He felt a rise in his blood pressure. “You are the stupidest doctor in the whole wide world, and I hate you very, very much” she repeated forcefully. Henry felt the full rush of his own emotions, anger, frustration and resentment for her ingratitude. He inhaled deeply, smiled at her in sincerity and headed toward the door. Half-way there he stopped.

Okay, so a little teaching moment. So here I am feeling like I am working my butt off to take care of this patient of mine and this is what I get? So, what happened next happened in about two to four seconds but

I understand it like a little bit like we are going to rewind, pause, in super slow motion. First of all, what I noticed was that her angry, rebellious adolescent, or her angry teen, showed up. I had not seen that anger before just as I had not seen that joyful child, I had not seen what I later called the angry rebellious adolescent with the angry teen, boy, it was like a harpoon, right at me. It was like I was tased with words.

I was like, well okay, I am leaving. And then I thought for a moment, and what was happening, I can explain it now, is my committee got triggered. First, my angry teen was like, psst, hmm, feeling anger and resent, betrayal, and my critic was really activated, it's like, who do you think you are, treating me like that? Don't you know I am the doctor and you are a patient and you are supposed to agree with everything I say, blah, blah, blah, blah, hmm, hur, hur, hur, and then down in the basement of sub-conscience my vulnerable, approval-seeking child had the duct tape on and the attention [sound of phone ringing] there's a phone! okay, ignore it, so I took the duct tape off and my vulnerable child was like, whining and scared, fearful, sad and feeling guilty maybe I blew it, I did something wrong to push her away and feeling shameful and worthless.

Fortunately, my NJO got activated, my non-judgmental observer, you guys know the non-judgmental observer? You know when you are doing [inaudible] usually you leave your minds and you are here present. So fortunately, I had the presence of the presence of my non-judgmental observer and my non-judgmental observer was the force inside of me that made me turn around and go back to her and look at her, thank you for letting me use you as a prop, looking at her in her eyes and saying, "thank you, thank you very much for expressing so clearly how you feel" and then I left.

Two years later she said to me, "I was so confused when you said that. I was angry at you, I wanted to fire you, I thought this for sure would push you away. I just wanted to end it all and to my incredulousness you said,

that? And my wondrous, creative, playful child was going, yippee! And my enthusiastic teen was going, whoohoo!, and my parent turned into the unconditional loving parent of the non-judgmental observer was like, yes! Yes!

Heckles from the Darkness: An Introduction to the 3 Committee Members

The 3 Committee Members
in **REACTION** Mode



CHILD
vulnerable, approval-seeking

FEAR, SADNESS
Guilt, Shame
Worthless-ness

ANGER
Resentment, Jealousy
Betrayal

Thoughts, Beliefs
JUDGMENTS
Conclusions, Story



CHILD
wondrous, creative, playful



ADOLESCENT
angry, rebellious

Joyful

Loving

Accepting

Aligned

Integrated

Present

Creative

Compassionate



ADOLESCENT
engaged, enthusiastic



PARENT
critical, judgmental



PARENT
unconditionally loving

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The 3 Committee Members
in **CREATION** Mode

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You may know that I learned to do stand-up comedy in the mid 1990's. I graduated from an eight-week comedy course and immediately performed my first set. I got a bunch of laughs and I was hooked for about two years until December 10th, a Wednesday evening, 1997.

There was a Make-a-Wish-Foundation, charity comedy event at the Comedy Store in La Jolla. I was number 11 in the line-up and still very much a rookie. The guy before me was the kind of comedian that picked on the blond in the front row. It was sort of what I'd call vulture humor.

When I got up, I just started into my routine and people weren't paying attention to me...the worst thing that could happen.

Now, if I were more experienced, I would have gone up to the blond in the front row and said, "I'm a psychiatrist, are you okay? How are you feeling? That bad comedian really beat you up. We're not going to do that now."

I didn't know how to do that then.

So, instead, I'm on stage and people are chatting, and I'm getting a few heckles from the darkness. I'm saying to myself, *oh no, this is the worst thing*. I hurried my set and got off the stage.

That event is what helped me to crystalize "the committee" – the Three Committee Members that we all have. One committee member is the child, another committee member is the teen and the third is the parent.

The child, I assign five emotions...fear, sadness, guilt, shame and worthlessness.

The teen...anger, resentment, jealousy, betrayal...those four emotions.

And then, **the critic** or the parent, are pre-frontal cortex, thoughts, beliefs, judgments, conclusions, story.

So, I got to know my committee really well, particularly on that night. My child was feeling hurt, guilty, shameful, worthless. My teen was feeling anger and resentment, jealousy and betrayal. I was jealous the other comics got laughs and I didn't. I was angry at the crowd for not laughing. And my critic said, *Howard, who do you think you are? You're not a comedian. You're a doctor.*

I listened to my critic.

For about two years, I quit comedy. I quit it altogether. Then I got my footing a couple of years later. Comedy has really helped me to walk through fear, to disentangle judgement to get to know my committee better.

Because this is the committee that's reactive, that's not feeling safe or heard, or understood.

We've all got this scared child, the angry teen and the critic. Now, when we're feeling good, the child can be the one who is the creative playful child, the teen can be the enthusiastic, engaged, adventurous adolescent, and the critical parent can become the unconditional loving parent.

Conceptually this is very sound; experientially it can be challenging to do. That's why I want to continue to help, share and show what I've learned from not only comedy, but also my other great teacher – my most challenging patients. They taught me I didn't know caca (the Spanish word for crap), because they weren't getting better. That challenged me!

That invited me to learn how to convert caca to Holy caca. From manure to fertilizer, and fertilizer to rocket fuel.

Deepak Chopra might say, “You cannot plant positive thought seeds in garbage...because nothing will grow.” But if you convert your emotional garbage to compost, everything will bloom.

So, that's the pay off when we put our focus and our energy on shifting out of reaction mode, shifting out of survival, fear-driven mode, and into a space where we can stand in our truth.

It takes awareness and practice and it's so worth the effort.