



Emotional Rescue: How to Work with Your Emotions to Transform Hurt and Confusion into Energy That Empowers You

Dzogchen Ponlop

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In this life-changing book, acclaimed Buddhist teacher Dzogchen Ponlop Rinpoche shows how to free yourself from being a victim of your emotions by gaining the awareness and understanding that will help you harness their power.

Emotions bring color and meaning to our lives, but they can also put us on an exhausting rollercoaster ride that takes us to blissful peak states, the depths of delusion and despair, and everything in between. It is only by learning to relate to our emotions skillfully that we benefit from their richness and glean wisdom, rather than letting them control us. Emotions get their power from a simple but deep-seated source: our lack of self-knowledge. When we bring awareness to our experience of emotions, something truly amazing happens—they lose their power to make us miserable.

In this book, Rinpoche leads us through the three steps of his Emotional Rescue Plan. Mindful Gap is the practice of creating a safe distance between you and your emotions, which gives you the psychological space to work with their energy. Clear Seeing involves recognizing the bigger picture. Last, Letting Go is the practice of releasing stressful physical and emotional energy through exercise, relaxation, and awareness. With each step, we become increasingly familiar with the inner workings of our emotions, seeing straight to the heart of anger, fear, passion, jealousy, and pride. With time and practice, instead of leading us astray, our emotions become our guide towards living a more compassionate, creative, and fulfilling life.

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