

Why Do We Have Emotions?

Emotions are a major part of the Earth Game. We wanted to experience duality, to see what it was like to be separate, limited, and have physical bodies. We wanted to experience all the juicy, human possibilities; to feel emotions, taste food, sing a song, ride a horse, pet a cat, and make love.

The problem is that we identify ourselves as being that emotion. We say, "I am sad" or "I am frustrated". NOT TRUE! You are an Infinite Being who is feeling an emotion. There is a belief that if you have an emotion you become that emotion. If you feel shame it means that there really is something wrong with you at a core level. There's an unconscious belief that if we feel an emotion then it makes it *real*, and it will never go away. Actually, the opposite is true, but we aren't taught that.

We're at the end of the Earth Game of duality now. It is time to release our judgments of what is good or bad and embrace the whole. It isn't about only having the positive emotions and positive thoughts in order to create a positive reality. It's not set up that way. In order to fully experience joy, love and excitement, you must be willing to equally fully experience sadness, anger and hopelessness. That's how the Game was created.

The transition we are going through now is to be willing to feel all the emotions fully while at the same time maintaining your awareness of self as the Infinite Being. We're remembering our multi-dimensionality.

In her book Initiation, Elisabeth Haich wrote about her experiences as a Priestess in Ancient Egypt and her initiation process. They deliberately brought up strong emotions (positive and negative). Ptahhotep is the Priest who taught her. He explained emotions to her.

"My dear child," he begins, "initiation, as I have already explained to you, means to become conscious on the highest level, the divine plane. To be able to do this requires long physical training and spiritual preparation. One first must strengthen the nerves to enable them to bear these high vibrations without harm, without death.

To become conscious on a given plane means to conduct the vibrations characteristic of this plane into the nerves and through the nerves into the body. From the time a body is born, that is, from the time a 'self' dwells in it, the body develops a power of resistance corresponding to the average degree of consciousness of the spirit dwelling in it.

The degree of consciousness of a living creature fluctuates up and down, depending on its emotional condition, within the limits of an octave of vibrations. These fluctuations, however, must not exceed the limits of elasticity of the nerves; for if they do, injuries and sicknesses of a more or less serious nature occur, even death. The vibration belonging to a creative vital energy is absolutely lethal for creatures whose

consciousness has not yet reached this level.

The great initiation means consciously experiencing the vital energy and creative vibrations of eternal being, experiencing these vibrations on every plane of development and in their original frequency, without transformation, and simultaneously conducting these vibrations into the nerves and the body."

They began by intentionally producing emotional states by using dream pictures.

Once that was mastered they had to experience different emotional states on command, without dream pictures, going from the lowest to the highest.

Then they practiced fast changeovers from one emotional state to another.

The next step was to experience opposite emotional states, one after the other, with no time lost for transition, shifting from deep sadness to the highest hilarity, or from fear to self-assured courage.

"People believe that there always has to be a reason for their being joyous or happy. Through the exercises with dream pictures we first imagine we have a reason for being in one mood or another. Thus we learn to control the reasons themselves! As we do not actually have a reason, however, we have to imagine one.

Then comes the next step of experiencing an emotional state by itself, without a reason. After long practice, we discover we have always imagined we had a reason for being 'sad' or 'joyous', 'depressed' or 'exuberant' etc. Through these exercises we thus become convinced that events and occurrences in our lives must not have any effect on us. We discover that every state of consciousness arises - and can only arise - within ourselves. The same event can provoke one person to laughter and another to tears, while a third remains completely indifferent; all because each is merely projecting outwardly his own inward attitude, and it is only the inner attitude which provokes our response, not the external events themselves."

Four Ways We Cope with Emotions

- Suppress/Deny: Trying to hide the emotion from yourself.
- Withholding: You are aware of the emotion but choose not to express it.
- Unconscious Expression: Dumping on another or blaming another.
- Conscious Experiencing/Expressing: Self-responsible and clear expression. Being willing to fully feel the emotion.

The Emotion/Thought Cycle

Emotions trigger thoughts, which trigger more emotions etc. The core of this cycle is the emotion. Infants experience emotions long before they have any language to form thoughts. When an emotion is felt it triggers the corresponding thoughts that triggers more emotions etc. The problem is that most of the time the original emotion that started this cascade of misery was probably not yours!

When a person suppresses an emotion that emotion is amplified out into the field. Because most people are constantly suppressing their emotions, our environment is packed. We're swimming in a sea of unexpressed emotion! And you are the empathic sponge that soaks it all up. (This is part of the reason it feels so good to be in nature, away from people.)

Life is Meaningless:

An event occurs and emotion is felt. The mind creates a meaning based on past experiences. A woman greets her husband when he returns home from work. He says, "I don't want to talk right now," and walks away. Her empathic system feels his anger. Then her mind creates a meaning; perhaps she thinks, "He's mad at me. What did I do to cause that? Was it because I was too tired to have sex last night? He said he was OK with that but maybe he wasn't." This brings up a past experience when her lover had sex with her best friend and all the fear, shame and anger she felt about that. Not to mention that it ended her relationship.

This can happen in just a few seconds.

Now the strategies kick in. These are different from person to person and could include:

- Telling herself that she's being silly (over reacting) and distracting herself with something else.
- Seeking her spouse and trying to get him to talk with her (most likely about something else, or without really addressing her feelings honestly).
- Creating a plan to "win him back", perhaps a special meal or deciding that she must have sex tonight, regardless of how she feels (adding resentment to the mix).

All of this is made up. Her mind created a meaning that may have nothing to do with what's really happening. Every event is basically neutral. Different people will react in different ways to the same situation or event. And at different times in your life you will react differently to the same situation. Think about driving in traffic. Sometimes you don't mind and other times it drives you nuts.

Emotional Principles

1. *The Being wants to “Get Gotten” (totally seen and understood).* This is one of the most basic drives that is deeply embedded in our soul. The illusion of separation makes us feel alone and unknown. It starts in infancy. Generally speaking, parents do not look at their baby and think, “What a grand, beautiful Being this is!” What most of us experienced was, “What a helpless, needy (albeit cute) little person this is.” Through the socialization process we are molded into what society decided is the “right” kind of person, someone who obeys the rules and doesn’t cause trouble. We spend our whole lives hoping that someone will really “get” us for who we really are, not the persona we show the world.

2. *Every act has a positive intent.* Think of the mother who gets mad at her child when she goes into the street. Her positive intent is to keep the child safe. When an infant cries, the first thing a caregiver does is try to stop the crying. There are whole books (mostly written in the 50’s) that tell you how to get your baby to stop crying. Babies get jiggled, rocked and fed, or get a pacifier stuck in their mouths. How many times have you heard (with supposedly loving intent), “Shhhhhhhh now, don’t cry.” The parent has a positive intent. They have unexpressed emotions from their childhood that are triggered when the baby expresses emotions. The parent’s positive intent is to protect their inner self (suppress the emotions) because they believe that it is not safe to express emotions. In my example of the husband and wife, the truth could be that he got anger dumped on by his boss, had a headache and didn’t want to dump on his wife. His good intention was to stay away from her to protect her.

3. *All Truths are True:* What is true for someone comes from the path they have walked, their own life experiences, and the meanings that they have assigned to those experience. You must be willing to let others be right and for them to perceive you as being wrong.

4. *Your system (mental, physical, emotional and spiritual) will seek out or create experiences that will allow you to discharge (experience) stored or suppressed emotions. This is why you keep dating the same kind of person or are repeated treated “badly” by others.*

There are four stages to changing a behavior:

- 1) Unconscious incompetence: You are not aware that you are doing a limiting behavior.
- 2) Conscious incompetence: You become aware of the behavior, but are unable to change.
- 3) Conscious competence: You can catch the behavior and change. At first you catch it a while after you do it but with conscious practice, the window is shortened until you can stop yourself before you do the old behavior and substitute the new behavior.
- 4) Unconscious competence: You are using the new behavior without thinking about it.

There will be a period of time when you are in stages 2 and 3. This is an uncomfortable place. Have patience with yourself, with practice you can get to the point where the new behavior becomes automatic.

Getting Clear on Your Own Emotional/Mental Process

Generally, we do not suppress our positive emotions and so they don't get stored and so don't need to be mirrored. These emotions include:

Joy/Happiness
Love
Satisfaction
Enthusiasm
Hope
Bliss
Peace/Serenity
Gratitude/Appreciation
Excitement

“If you don't run the juice, the juice will run you!”

Being able to track where your system is running is crucial to being consciously aware of your emotions so that they don't run you.

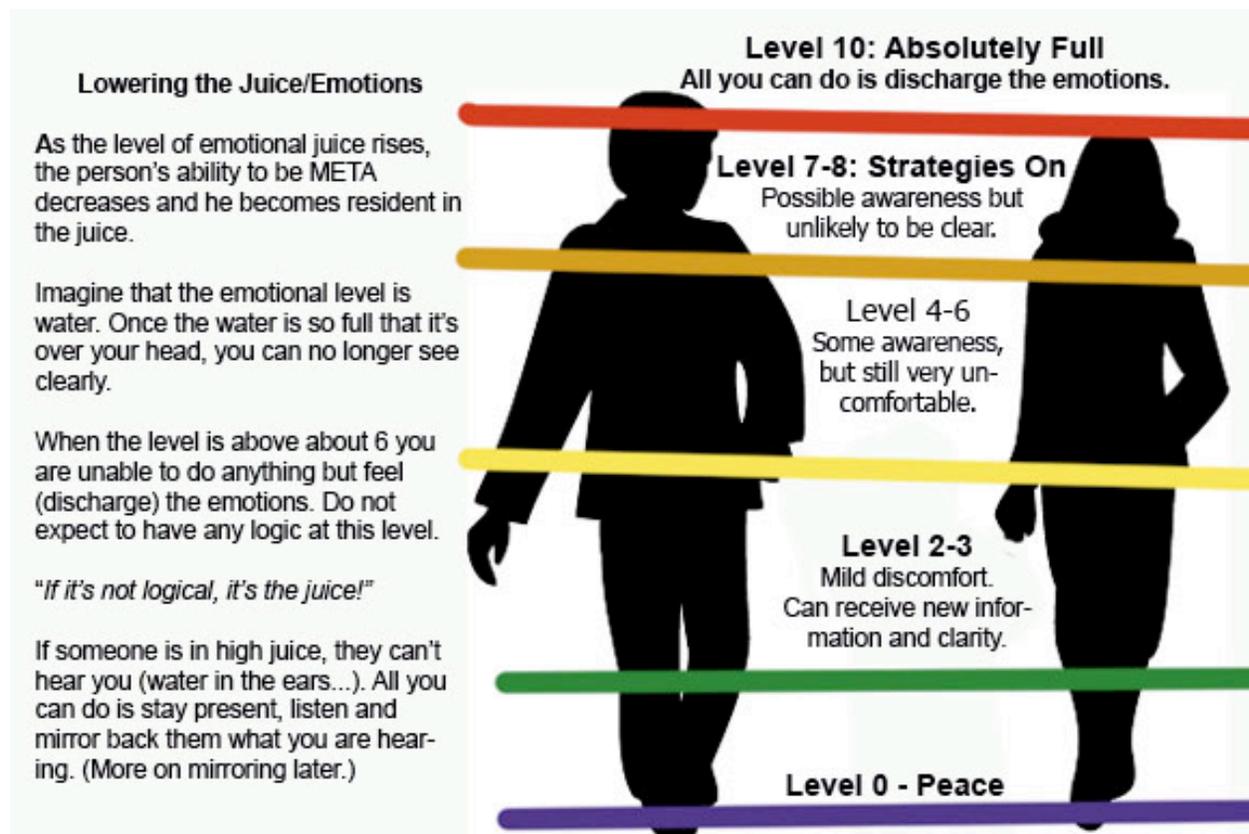
Your Juice (Emotions) Meter:



The Juice Meter is a way to track how intense your emotional experience is. It's a scale of 0 – 10.

- 0 is completely at peace.
- 10 is the full intensity of emotions.

When you are at about 5 or higher, the juice is running you. Avoid making decisions at a high level of emotional intensity.



Your inner child relates to simple feeling words.

Basic Feeling Words

Use these:

Angry

Sad

Fear

Shame

Guilty

Hopeless

Helpless

Powerless

Complex Feeling Words

Instead of these:

Frustrated, Irritated, Annoyed,
Impatient, Resentful

Depressed, Down, Angst, Bummed,
Grief

Anxious, Tense, Worried,
Suspicious

Embarrassed, Humiliated, Hurt,
Offended, Foolish

Remorse, Bad

Despair, Lonely, In Pain, Stuck,
Tired

Confused, Unfocused, Resigned,
Paralyzed

Useless, Abused,
Victimized

What is the Dialog that goes with the Emotion?

The dialog is like your mind's meaning. It's whatever thoughts are triggered by the emotions that were triggered by the event.

For example, your boss does not return your greeting as you cross paths in the hallway. Immediately, you think there must be something wrong. The dialog could be, "Is he upset with me for something? Does it mean that the client doesn't like my work? Did I get too crazy at the Christmas Party?"

These thoughts trigger emotions like fear, guilt and shame and take you right out of the now moment. You are in the past, trying to figure out what you might have done wrong and in the future worrying about what's going to happen next.

Strategies

Any action, idea, expression of emotion, physical ailment, habit, way of speaking, choice of spiritual practice, addiction, etc., can be a strategy IF the person is using it as a means of protecting some underlying JUICE.

In the previous example, let's say you don't want to feel the fear and shame. Suddenly you notice that you are hungry and head to the kitchen for a snack. Or, you get a really bad headache and have to leave work. Perhaps your strategy is to listen to a meditation CD. Whatever it is that "makes you feel better" other than experiencing the emotion is a strategy.

The classic strategy is Scarlett's line in *Gone with the Wind*, "I'll think about that tomorrow."

**** FIRST ASSIGNMENT ****

Getting clear on you own emotions

For the next few weeks focus your awareness on your emotions. When something happens that triggers you emotionally, record what you experienced on the form below.

Do this for at least one event a day.

1. When did it happen? Where were you? Who was involved?
2. What happened?
3. What was your level of emotional intensity (juice) on a scale of 1 to 10?
4. What emotion(s) did you feel? If you are not sure, refer to the list. Write down the complex form (annoyed) and the primary form (angry).
5. What was the dialog that went with this? What meaning did you assign to the event?
6. Where do you feel this in your body?
7. Does this remind you of anything that has happened before (possibly in your childhood)?
8. Re-check your level of juice. If it is at 4 or higher, stay with feeling the emotion. Go into that place in your body where you store this emotion. If possible ask someone you trust to listen to you. Tell them that they don't have to try to help or make you feel better, just listen.
9. What did you learn from this experience?

Getting Clear on Your Own Emotions Worksheet

1. When, where, who?

2. What happened?

3. Level of Juice?: 1 – 10?

4. Emotions:

Complex:

Primary:

5. Dialog / Mind's Meaning?

6. Where in your body?

7. Remind you of past event?

8. Level of juice now?

9. What did you learn?