

Understanding Emotions

Mastering Emotional Skills for a Healthy & Wealthy Life

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Increasing your energetic navigational skills...

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The Guest House

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows who
violently sweep your house empty of its furniture,
still, treat each guest honorably.

He may be clearing you out for some new delight.

The dark thoughts, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

- Rumi

Understanding Emotions...

In the above poem, Sufi poet, Rumi shares how unexpected visitors (emotions) can support us in a myriad of insightful ways.

As we open the door and welcome our emotions in, rather than keep them waiting at the doorstep until we feel ready, we begin to recognize how something so formidable can be a contribution for major growth.

Our capacity to emote is an honorable activity inspired by the Divine.

With this gift, as with many others, the first glance may cause a stirring of dissatisfaction, confusion or apprehension.

Aren't gifts supposed to make our lives easier?

...Especially from those we love? Doesn't the Divine know what we need?



...Understanding Emotions

Why do emotions seemingly appear as the enemy?

It is because of our unconscious desire to stay the same...

Humans are programmed to function from a blueprint for optimal survival. We are wired to repeat things habitually as a means to achieve a level of security. Anything that is unknown feels like a threat to our tried and true methods for controlling our reality.

Unfortunately this keeps us stuck in outdated paradigms, when opportunity awaits us at the door.

Shifting our perspective to one that recognizes emotions as driving indicators of support, we come to discover that there is a natural flow in life.

When we go with the flow of emotions presenting themselves to us, our life seems to flow more easily... Divine Grace presents itself to us and things simply fall into place.



Going with the Flow...

Let's take a look at how we can Be in the flow of life as a natural state of Being.

First, we need to recognize how emotions are playing a role in our lives right now...

Where do emotions live? How do emotions show up in our reality? What is the goal of an emotion? What creates an emotional response?

In the study of behavior, in any given situation, we know that first an event occurs in our reality and we begin to delete, distort and generalize the data and information as it enters our consciousness.

Our mind takes a snapshot of the event, creating a memory, while it runs the information of the event through our subconscious blueprint.

This process is required by the mind as an assessment of the level that we need to protect ourselves.

Based on our "knowns" (patterns, paradigms, beliefs) located in our subconscious mind, we then determine whether the situation is familiar or unfamiliar to us.

Assessing the Situation...

If the situation from our circumstance is familiar, there is usually no need for alarm and we go about our business.

If unfamiliar information is streaming into our mind, then we quickly use our Critical Mind to analyze the situation.

Should we need to, we can trigger our Primal Mind mechanism to fight/flight/freeze.

After this quick assessment of the environment, situation, information, people involved and circumstances, we then create an appropriate emotional reaction.

It is as if the memory (snapshot) now has an emotional attachment to it. We log this occurrence into our memory bank for future use as a "known."

The "known" memory with the attached emotion, creates a feeling in the body. This is also known as creating a physiological/emotional state of Being.

So emotions are triggered indicative responses based on our prior associative states and Subconscious programming...

Emotions as Behavioral Indicators...

Therefore, we can conclude that when we feel emotions, we have an indication of some past recorded event that may need attention for change to occur.

These previously recorded events, based on the past, are filed in the Subconscious mind as patterns, paradigms, and beliefs.

If we want transformation, we can use the emotion as an indicator telling us what patterns, paradigms and beliefs we might want to shift in the subconscious mind for a different future reaction.

Emotions have a mission to support you in growing, expanding and living on purpose by indicating that there is another way.

In order for the emotion to fulfill on it's mission as a gift to us, we must recognize what the triggered emotion is, specifically, and then ask for the pattern it is highlighting.

Each emotion has a specific indication of action that it is pointing you to, relating to an event, pattern and person.



...Emotions Special Gifts

Looking at emotions as indicators for behavioral transformation, instead of something to appropriately deal with, takes out the need to control your emotions and relieves you of a lot of work.

It also allows for you to have more compassion in the awareness of other's emotional reactions. You will know that the other person is simply getting a message from the emotion of some action to take, some pattern to shift or some new contract to create.

In this series, we will look at 8 Primary Emotional Indicators and what their specific gift is for you to live in the flow.

Remember as Rumi gently nudges us with his words...

Welcome emotions as guests into your home and entertain them all.



The Emotional Indicators



Confusion

Sadness

Anger

Guilt

Jealousy

Fear

Shame

Anxiety