

Emotions

"When dealing with people, remember you are not dealing with logic, but with creatures of emotion." Dale Carnegie

Emotions are the psychological and physiological responses that we normally think of as feelings. All of us automatically utilize emotional context in our communication through tone of voice, facial expressions, body posture, etc. These bodily cues are easily recognized. Sometimes body signaling is so strong we literally cannot clearly understand the words being spoken as the non-verbal signals are so powerfully present.

It is well argued that the physical body responds first to emotional signals, even before our brain interprets them as an emotion. How we think and understand a situation decides which emotion we feel. Emotions guide our lives, our choices, how we learn and how we build social relationships. Emotions are not bad. Emotions are life. Without emotions there can be no quality to living.

Subjective aspects of emotional content, such love or its contra emotion fear, engender powerful feelings. These two primary human emotions are polar opposites. From a loving center flow the various nuances of reason, peace, joy, high energy and happiness. Whereas fear triggers depression, anxiety, anger, sadness, shame, disgust, and so forth.

Emotions trigger the release of various hormones and chemicals such as adrenaline and cortisol that produce real physical sensations, which when felt tend to validate the feelings we are having. The human nervous system adjusts how our body responds when swamped with the release of neuro peptides. The most primal of these is the fight or flight reaction. This well-known physical response to an emotional reaction activates a complex cascade of internally produced chemicals involving three primary stress hormones and neurotransmitters: epinephrine (adrenaline), norepinephrine (noradrenaline), and cortisol. Emotions have a direct and immediate impact on the body, in addition to coloring our thoughts and accelerating a higher or lower frequency mindset.

Negative thoughts down-regulate the mind and generate depressive emotions. Positive thoughts enhance both body and mind. And yet, most of us tend to ignore our internal state of being until something doesn't go the way we think it should. Then the typical reaction is to blame the way we feel on others, or upon

circumstances, or on society at large. Our emotional default setting seems to go something like this: "So and so made me feel such and such." This typical response to an uncomfortable feeling is normal. It is also wrong.

No one else gets to decide how we feel. Free will is a real thing. Each of us have it whether we ignore it or not. It is up to us to decide how we allow ourselves to feel. Few of us will consider any other reaction to a given event than to our auto-reaction based on the subliminal programs operating at our subconscious level. We simply respond the way our ego has determined we shall. That doesn't make our responses correct, and it rarely makes them overly positive, but it is how we tend to operate.

The way we view the outside world of places, circumstances, and things, is largely the result of perception, imagination and belief. These trigger our initial emotional responses after first colored by our beliefs. Beliefs are dominant, powerfully ingrained thoughts. Everything we experience is first filtered through the complex of our subliminal beliefs. What we see in the world is not an "exact" reality, but a version of it shaped by our particular internal filters. Every thought and emotion we experience constitute a piece of the puzzle of our individual personality. Thoughts, and the feelings they invoke, are not neutral. Every thought reinforces a level of vibrational frequency that attracts more of what that frequency represents. This is the principal of resonance. Every thought either uplifts or down regulates our relative vibrational setpoint. And because each of us experiences the world through the lenses of our previous thoughts, feelings and beliefs, our realities are largely a mirror of our subconscious beliefs.

Whether we like it or not, all our personal struggles are in essence, a learning opportunity. Therefore, it would follow that struggle is our spiritual curriculum. Karma, for example, is not punishment, it is spiritual education. Personal struggles provide an opportunity to rise above conflict, to develop greater compassion, patience, and loving kindness. Each one of us chooses to rise in energetic frequency or vibrate in lower realms of confusion.

We decide how to feel. No one else chooses that for us. This is free will in action. The obvious problem is that it rarely occurs to us that we can choose a better way to react when we're swamped with emotional triggers. And yet it is clear enough that if we want things to change in our world, we must fervently imagine what new reality we want to experience, feed that desire with positive emotion, and sooner or later that new reality will appear in as much clarity and focus as we give it.

Every day we are choosing higher vibrational frequencies such as love, forgiveness, peace, joy, harmony, and gratitude, or we are allowing ourselves to be manipulated by pride, anger, desire, fear, grief, apathy, guilt, and shame. A decision to not consider a response to any given input and instead let our ego respond, is a decision. Whether we want to own up to it or not, free will dictates we have the power to choose, and the more we do it, the better we get at it. The more we ignore and make excuses for the way we feel, the more we will slip into an abyss of our own making.

Whereas it is true, that society is largely fear-driven, a result of worry and anxiety over circumstances, relationships, money and assets, we can choose higher vibrational ways to respond to negative input. Perhaps a caveat is appropriate at this point. In my view, short-term decisions are best weighed against life's long-range objectives. We must not mistake what we want most (spiritual and emotional evolution) for what we want now. When short term needs take priority over long-range objectives for any length of time, we tend to experience frustration and irritation. When this happens, it is typical to blame others and external circumstances for our feelings of dissatisfaction. Instead, this is exactly when we need stop and talk to ourselves. Ask ourselves, out loud if at all possible, the following critically important questions.

What can I learn from this situation?

Can I release my negative feelings?

Will I release them?

Will I release them now?

The four questions above seem repetitive. They are not. Each deals with a specific and critically important question that we would be wise to answer to ourselves. In essence, will we reach for a more evolved feeling and rise above an ego-centric reaction? Or will we continue to blame others and play the victim? That is the essence of it. Four more powerful questions to ask yourself during stressful situations I cannot imagine. Remember, we choose how to feel, whether we know it, believe it, accept it, or not. Our opinions surrounding our personal responsibility in these regards, does not change the outcome.

We must fundamentally recognize that we are the source of our fears, struggles, misery, and pain. We are the source of our gratitude, forgiveness, loving-kindness, harmony, joy, and happiness. We decide how every situation will impact us. We choose how to feel. No one else is responsible for the way we

decide to feel. Happiness is a choice. It is not something that happens to us. It is not something to search for, it is a decision on how to think and feel. Pleasure, no matter how wonderful, is temporary. Happiness is a state of being.

Pleasure is usually an effect of fun, or excitement. It is a personal response to attitude and circumstance. In contrast, heartfelt happiness flows from forgiveness to everyone for everything, coupled with sincere gratitude for everything as it is and as it may become. Happiness evokes peace, harmony, generosity, joy, and good health. Ergo, we must refuse our ego's clever desire to have us suffer due to difficult circumstances and the decisions and opinions of others. It helps when we are able to grasp that impatience and blame are expressions of the ego. Patience is the path of loving-kindness and spiritual growth. Indifference to this understanding comes at a high cost to the energy level we emit.

Emotional responses always have a corresponding effect on us personally and a gradient impact on those around us. All of us, all of the time, emit energy on a vibrational level that corresponds to the sensation we are feeling. This is true, whether we understand it or not, or even whether we believe it, or not. The vibe we put out, is who we are at any given time. The average of our thoughts and emotions is our normal vibrational frequency, which is our individual set point. On balance, this is who we are. The feelings we are now embracing represent our current vibrational set point. Take control of emotions. This is powerful.

Emotional Index

A number of psychologists, psychiatrists, and philosophical authors, have produced charts outlining a hierarchy of emotions. Overall, I prefer the one developed by the late clinical psychiatrist and author, David Hawkins, M.D., Ph.D. He performed exhaustive research in this area and compiled some fascinating interpretations over a lifetime of psychiatric care. The first few times I read his books; I only glanced at his *Map of the Scale of Consciousness*. It took me some time, but once I began to think more deeply about what he was presenting, it was a real eye-opener.

Reflecting on his approach to consciousness and comparing it with similar work done by others in his field, I began to outline my thoughts on a gradient scale of emotions. It struck me with great power that any one of us can quickly measure our personal set point and determine how we are doing by simply giving thought to the scale of our feelings. This is true, inasmuch as the lens through which we view, feel, and experience the world, is shaped and colored by our prior thoughts, feelings, and actions.

To assess our emotional set point, which is the current frequency or vibrational state through which we are viewing the world at any given time, the following chart entitled the “Map of Consciousness” is remarkably revealing and I strongly suggest its frequent and thoughtful reference.

MAP OF CONSCIOUSNESS Levels of Consciousness, Their Energetic Frequency, Associated Emotional State and View of Life			
Name of Level	Energetic “Frequency”	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

When one devotes themselves to the process of thinking higher vibrational thoughts, each upward shift is accompanied by a significant increase in personal power and a corresponding rise in happiness.

According to Hawkins lifetime clinical research, living at the vibrational level of Love, indicates one will live in a happy state 89 percent of the time. Living in a state of Unconditional Love, will keep one in a state of happiness 96 percent of the time! These are lofty goals, but attainable with focused reflection on how we think, and how we feel about what we are thinking. Ultimately everything we feel is driven by how we think about a given situation. Change the way you think about something - this most often means suspending judgment - and you change the way you feel. Sounds simple, but as we all know it takes serious intention, and careful attention to change any habit, particularly those that are internal addictions. Mental habits are usually considered attitudes, but strongly held attitudes can also be full-on addictions. It takes serious awareness; focused intention coupled with continued attention; before we can make the breakthrough from our more addictive thought processes to making the changes needed in our lives.

To become a more evolved individual we need to design our emotional responses with care. Written goals are particularly valuable because the process of writing requires we crystallize our thinking and choose our words carefully. To be happy we must first become masters of our thinking. Writing out what we want in life allows us to be clear and to be positive.

Anxiety and Depression

Anxiety and depression are low frequency emotions generated largely by habitual patterns of thinking. Depressive thinking is usually replaying past events and issues whereas anxiety is the constant worry about possible future events. These emotions are real. They are corrosive to a happy life. To dwell on either for any length of time is destructive to our health, both physical and mental. The good news is that we are capable of climbing out of these emotional quagmires. When one takes the time to more deeply reflect on what we truly want out of life, we usually conclude that the most important thing for each one of us is to live with a positive energetic sense of joy and happiness. We can have those feelings this very minute. But only if we engage in choosing higher vibrating thoughts.

When we are happy we are automatically charged with positive energy. When we are despondent, nothing seems quite worth doing. What we rarely recognize about depressive states is that we are broadcasting the very thoughts that evoke the dark emotional experience we are having out into the world at large. The outside world we live within is substantially a mirror of our inside state of being. In this regard, everything effects everything, and our becoming more aware of our

vibrational frequency can make all the difference. The adage “As within, so without,” perfectly sums up this situation.

The outside world will impact us, but it is our choice as to how any given circumstance will impact us emotionally. We decide, or we allow old subliminal programs to decide for us. External circumstances definitely produce internal impact, but it also works the other way around. When we decide to respond differently than our set-point programming expects, we begin to disable the auto-system and it is then that we begin the serious reprogramming of our emotional responses to the world.

Depression is a vibrational frequency that attracts the very opposite of what we really want. Anti-depressives will never get us where we want to be. They are simply a mechanism to cover up the symptoms of the underlying problem. Yes, sometimes the symptoms are so powerful we need a break just to get our heads around a different way of being but taking that break comes at a cost. Drugs, particularly those that are effective, are highly addictive. Real progress only comes as we reach for higher thoughts.

Thoughts create the reality we will be experiencing. When we take control of the words to which we give voice, and we are specific with our INTENTIONS and careful about that to which we give our ATTENTION, we will automatically draw to ourselves the essence of the words we have chosen. This is vibrational harmony. Can we see why it is so important that we be positive and optimistic? We would be wise to keep reminding ourselves that our most powerful thoughts, our fundamental beliefs, equal our point of attraction.

Listen to our own words. They reveal our thoughts. It is usually quite a wake-up call when first we focus on listening to our own chatter. Once we really get it, we're likely to become embarrassed at many of the things we've retched up and broadcast without thinking. That is certainly true for me. The message here is to work on our words and consider them carefully. They make a real difference in our state of mind. It would be intelligent of us to become wordsmiths of happy expressions whilst we perform surgery on our former vocabulary.

Another point we might want to consider. In my world view nothing is purely one thing or another. The happenings around us may actually reveal more about us, than what is obvious at first blush. By this I mean, that the experiences of our world have multiple dimensions, and everything about us has multiple aspects.

Everything has physical, mental, emotional, and spiritual implications. Everything. This is a deep concept for a later essay, but it is good to keep in mind.

Think Happy Thoughts

Appreciation, gratitude, and thankfulness, are all essentially the same emotion. It seems that this feeling of positive reception is the highest vibrational match to creation. Masaru Emoto's research on water, wherein it was discovered that the most beautiful microscopic reflections in water came in response to speaking directly to the water of gratitude and love. Expressions of thankfulness, appreciation, and gratitude produce powerful energy. This is the energy imprint you want to permeate your space. It is the source of a new life paradigm where life is wonderful, and happiness is able to grow and mature. This particular emotional vibration is the ground floor for what we want to have, experience, and become. Unless we groom and evolve an attitude of thankfulness we cannot rise to a place of lasting happiness. We must learn to focus on gratitude. Being thankful for everything, as it is and as it may become, is life changing. Make time for gratitude, it will make all the difference. Gratitude reigns supreme. Love is the power that flows out of gratitude.

As we develop new habits of thought, it is helpful to keep in mind that what we predominantly feel, which is a reflection of our core beliefs, will ultimately manifest in our experience. It truly is all about thought! Thought undergirds all emotion. Thoughts coupled with emotion accelerate manifestation.

If we're frequently tired and rarely enthused about things, life is no fun. If we're excited, enthusiastic, and filled with love and happiness, what could be better? We are literally designed to enjoy life; the ups and the downs, the predictable and the unpredictable. Life is a bit like a roller coaster; it's the thrill of the ride not the end of the ride that we seek. Wouldn't it be boring if life was always a flat, uneventful ride? Enjoy the journey regardless of the ups and downs. The ups are the fun; the downs are our opportunity for personal growth and development. Be open to life. Be excited about life. Be eager to learn and grow. Optimism promotes a vibration of fervor and enthusiasm. What we eventually come to realize is that what we really want from life is great energy, joy, and an abundance of love. That's real happiness.

Happiness breeds more happiness as it builds inner strength. When we are gently at peace and in a happy state, we are vibrating at a high frequency. Good feelings reinforce us. When we're happy, we can hardly fail. Negative feelings are

expressed through lower vibration and low energy. Good feelings are of a higher vibration, which in turn promotes higher energy for life.

Repressing negative feelings, or covering them up and denying they exist, is not the same as consciously deciding to not act on negative feelings. Usually repressed emotions will end up being expressed in some form. When we feel bummed out, insecure, angry, vulnerable, or jealous of others (all expressions of fear), we need to recognize these sensations for what they are. It starts with awareness; if we're not awake to what is going on we simply cannot address the needs of the moment. Once we're in a place where we are observing our own programming we'll be able to catch ourselves before we react. As we learn to do this we are free to choose a response from a place of higher vibration.

In my experience, the best response to inappropriate action or poor behavior on the part of another is limited external reaction. Those engaged in negative behavior subconsciously push for an emotional reaction. They rarely understand this, and would probably deny it, but that's the way it is. When someone is highly agitated, he or she may subconsciously be seeking an overreaction, or at least an equally bad response to their own current emotional set-point. When a person is being emotionally, psychologically, or mentally abused, but rises above their own ego's desire to respond with anger, they hold on to a higher vibrational level, thereby protecting themselves from spiraling down to the negative mindset it requires to "get even." The negative energy put in play by the offending person will dissipate much more quickly this way.

Recognize that anger, fear, and all their associated emotions are very destructive. To respond to negativity with negativity will almost always hurt us personally. Emotionally destructive feelings generate a cascade of negative low vibrations, which in turn attract more negativity. General mindset negativity, coupled with emotionally destructive feelings, if sustained over time, will spawn a myriad of psychological problems. If these are not dealt with satisfactorily, they will in turn progress to manifesting themselves in our bodies.

Quit Complaining

Those caught in a cycle of continual complaining simply cannot be happy. Thus, the most important single action that most people would immediately benefit from would be to quit complaining. To do this requires we reduce our focus on what is wrong and pay closer heed to what is going well. That's not to say there are not real and legitimate things going wrong, but our hyper focus on the negative is deeply destructive to our personal welfare. To move towards greater happiness,

we must chart a better course. Take the high road and commit ourselves to leaving the negative, hurtful, thoughts behind. Rise up to a place of gratitude. Find something to be thankful for and focus on that. Become more courteous and kind even when we don't want to be and check ourselves before we react. We need to enjoy experiences and quit branding them good or bad. Decide to be different.

For quite some time a certain field of psychology taught that conflicted individuals should openly express negative emotions. Many were encouraged to find someplace safe to yell and scream in order to get their negative feelings out. Perhaps for someone so out-of-touch with their emotions that they can no longer feel anything, this process might represent a step up, but for the vast majority of us, this is an extremely poor solution to dealing with negative influence.

Much research has been compiled to empirically demonstrate what enlightened sources have taught all along. Blasting negativity out into the world makes things worse. Spewing out negative vibrations attracts more of the same right back to us. What's worse is that these kinds of low vibration exercises begin to express themselves in our character as habit patterns. Mental habit patterns such as these become beliefs and are not life sustaining. They are instead, literally life threatening.

Another observation: When we spend much time defining what we like and don't like, we are quietly imposing limits on our happiness. On the surface this seems neutral enough, however we are best served when we learn to let go and become more flexible. It helps to look at old experiences in new ways. It's valuable to explore negative experiences and look for something good about them. Leave the stuff you don't like behind and focus on the things for which you are grateful. Challenge yourself to discover good. Something good is always there.

Choose Your Feelings

Luckily, all of us can pursue our own mental and emotional reconstruction project in the privacy of our own sanctuary - inside our head. Once we realize how empowered we can really feel as we rise above the myriad stored vibrations of fear, insecurity, and loathing, we'll want to go through this purification process again and again. Anyone can become more open, forgiving, relaxed, and genuinely happy. The only question is will you do the work? Or will your old habit patterns kick in allowing you to enjoy learning new things but putting the work off for some future time? The four questions outlined above are very valuable.

Memorize them, embrace them, repeat them to yourself with every potential conflict, and whenever you are feeling low, depressed, anxious, or uncomfortable. They seem simple, but they work. I include them here again.

What can I learn from this situation?

Can I release my negative feelings?

Will I release them?

Will I release them now?

It is wise that we interrupt the story we tell ourselves. Put the story on hold. After all, the drama we feel is really about what is going on inside our head. Either we change our reaction to external things, or we ought not react at all. This way we can let life flow without getting hooked into an emotional jag. We all have issues. And, as it turns out, we secretly do not want to let them go easily as they tend to define us and it's a part of our story. And yet, we must let them go, or we cannot build a new story for ourselves.

When negative input comes our way, let it flow right through. Do not allow the negative stuff to stick, think of yourself as Teflon. We simply cannot afford to let the negative take up residence in our head. The negative stuff flows in, acknowledge it without judgement and let it flow right back out. If we do not pass judgement, it will not take up residence within us. Rise above friction. Love will eventually overcome hate. Remember, hate is simply an expression of fear, and love can neutralize fear. So, let's begin right now to cleanse ourselves of long-held fears. We must dare to love unconditionally. And most of all, dare to love ourselves.

Take the time right this minute to increase your freedom and allow yourself more of that delicious enthusiasm to bubble up and flow outward. Low energy equals low enjoyment. Change it. Reach for a higher frequency. Reach for a stronger, more loving vibration. Free yourself from old self-defeating thought patterns. Yes, that's right: Just do it! Do it now! Don't set this aside to consider for later. Do it now.

Deliberately choose thoughts so you'll feel better right this moment. Keep in mind that your focus causes you to vibrate, which in turn represents your point of attraction. Choose the words you think and say wisely. Consider where your words might resonate on the Emotional Index. Reach for a higher vibration.

Practice smiling. Seriously. It is important. Don't ignore it. Practice smiling. Do it every chance you get. Focus on being playful, on laughing, on having fun. If it's not easy, it speaks loudly of our current condition. Make others happy along the way. Emotions create the vibrations that underly our feelings.

The quotation, "As a man thinketh in his heart, so is he," is a clear statement that includes every aspect of our lives. It is so encompassing as to include every element and condition, every feeling and circumstance. With this in mind, we should remember that every thought produces a vibration, and every vibration attracts those things in harmony with it.