

## Lesson 24: What is Negative Emotional Push?

Very often we find ourselves engaged in the dance of negative emotions between ourselves and those we encounter in the various relationships we experience throughout the course of our lives. Because we typically don't know how to handle the negative emotions that come from other people we find ourselves reacting to their negativity which in turn causes us to suffer from needless emotional pain. As we are reacting to their negativity we become confused and we unknowingly take on their issues or problems as our own. The situation becomes compounded as we attempt to cope with the comingling of our own emotions as well as theirs which so often results in unnecessary drama. The purpose of this lesson will be to describe what negative emotional push is and to teach you how to avoid these emotional ditches of error so that you do not get yourselves caught up in the drama created from such situations.

Now before I begin this lesson I have a very special announcement to make. Previously I informed my readers on the What's New page that the love of my life would be joining me soon and that we would bring together our metaphysical and spiritual knowledge in a collaborative effort to reach out and help elevate people to higher levels of thinking and understanding in regard to the matters of life. So it is my privilege to introduce Bruce to all my readers and visitors. Bruce is a descended master whose spiritual insights are incredible and almost unexplainable in human terms. His remarkable insights will be a tremendous asset to the work Z and I have been doing here on the Dragon of Drama website as well as other writing projects we will be collaborating on.

We will begin this lesson by describing what emotional push is and how this knowledge can benefit you in your personal experiences. Emotions have three kinds of push with many variations between them but are primarily: negative emotion; neutral emotion and positive emotion. In understanding the definition of emotional push it is important to know that it's not what we say or how educated we are or how thoroughly we feel emotions, it's how we express the emotions that we feel. While emotional push applies to many aspects of life the significance of it applies to our relationships with one another regardless of where or how we have these experiences. Life has things to be conveyed as messages to us and we have to take these messages as some sort of human communication because the lessons learned while being human affect our belief in the world.

In our daily communications with others most of us are unaware of the emotions that bleed through in our discussions, thus people are affected by the emotions that we exhibit. Very few people can walk through what they consider a negative environment in their circumstances because such an experience draws them down emotionally without them even knowing it. When they enter a negative environment they don't realize that they tend to become emotionally negative themselves. The reason is that

most people cannot separate their emotions from the other person's emotions and the reason why people cannot separate their emotions is because life has a 'guilt demand' feature which means that every aspect of society tells us how to think and what to do every day, hence we do not live our emotions but rather we live the emotions of others in accordance with what we have been told to feel. We find that we are always seeking the path that others have told us to take.

For example different church leaders tell us that we can find happiness by following their directions in how to find peace with self and God through their process of the way they understand their sacred doctrine and their personal beliefs and attitude toward life. The fact of the matter is that most often the different religious leaders are using negative push in describing what people in other religions are doing wrong and they do this by attempting to push thought and emotional control on their congregations. While it still appears that these religions do not approve of each other they all in fact do claim that we are to return to God's presence and be unified with God which is the ultimate purpose of our human spiritual evolution experience. The goal in religion should be telling people what they can do and what is possible for them, not what they and others are doing wrong. This is an example of negative emotional push on the religious plane.

Neutral emotional push as it relates to a harmonious human relationship is to be able to tell someone something that stands to be corrected and the listener does not respond negatively but rather holds a neutral position and is willing to hear you out without making you feel degraded or feeling condemnation. An example of the opposite effect would be that you describe a thought or an idea to someone and that person criticizes or judges you and you feel their negative emotion which not only destroys the idea but can leave an emotional scarring depending on how strong your stand is against that person's negativity. This negative and potential demeaning scenario would be the opposite of a person perhaps lending constructive criticism from a neutral emotional position which is entirely different from being negatively judged and criticized. Many day time soap operas have negative and positive emotional push as do some of the drama programs we watch on TV. Most of us probably don't even know that we are witnessing the three aspects of emotional push when we watch these programs. Bruce pointed this out to me while we were watching episodes of the series House and CSI. I hadn't noticed this before but when he pointed it out I saw it with great clarity. In fact I even considered these two particular programs to be a great training medium if you really want to see how this works in a drama-like setting that does not involve your own emotions.

The next aspect of this lesson is to describe the flow of ideas and how we can manifest them our reality. Ideas become thoughts, thoughts can become obsessions, obsessions become actions and actions become what we experience in the way of circumstances and life events through the programming of information by the entertainment and life values we select. If your life is occupied with thoughts and ideas that are of a strong negative

nature your life experiences will be consumed with the expectations of negative behaviors in your personal situations regardless of where they come from. It is very important to understand that you can perceive negativity in many parts of your life whether it exists there or not even to the point of finding or manufacturing that negativity in your mind through your emotions. This behavior can run its course to the point where we become very negative and we expect or desire negative behavior from the people we encounter in spite of the fact that others may have no intentions of engaging in any non-essential conflicts. When there is no conflict in a situation between people both parties can become dissatisfied with the relationship when one person is emotionally neutral or positive and the other person is negative. The reason for this is because when a conflict arises the negative based person wants to hear about and relive the negative drama issues while the positive person only wishes to resolve the problems without the undesirable and unnecessary drama.

This is an example of the differentiation in the circumstance of perception where the person who is negative needs to feel how others have made mistakes to validate their personal emotions of self worth. This human condition exists because many of these people do not want to look at the reasons they desire to feel negative. The person who uses these negative emotions tends to have personal self worth issues where others and their fault realizations become a euphoric experience for themselves. So there is usually a need to find fault with others and not look at their own personal issues of why they need to feel bad about others and even themselves. For example if I am listening to a person express how bad someone else is, I am left to wonder how that person will talk about me and perhaps even distort what I have said when I am not in that person's presence. The way the messages are conveyed by the thoughts and feelings a person uses to express their negative views is indicative of an unwillingness to take an honest look at their own personal issues.

Those of you who have been following the weekly lessons all along will recall that I have addressed the matter of quelling the emotions as well as to describe the range of our emotions in many of the past lessons. I have done so because it is one of the most crucial fundamentals in gaining or regaining your mental composure as you deal with the matters of life. As you learn how to quell your emotions you will begin to see the fruit of your own labor in that you will be restoring or bringing balance and peace into your life, perhaps where none may have existed. While I have addressed the emotions in their various aspects in past lessons I want to bring to your attention that the subject of negative emotional push is without a doubt the most significant lesson to be learned and that if you can grasp its concepts you will find yourself moving onto a whole new level of understanding. I must say with sincerity and humbleness that until recently this was a very difficult concept for me to grasp until I saw it from outside of my own personal experiences which finally brought what I needed to learn about this matter into the light of truth. Once I actually saw emotional push at work it triggered the 'on' switch

that caused me to think very differently about how and why we react to negative emotional push as we so often do.

A very important aspect of the concept of negative emotional push is to understand that there are people who are what is called 'emotional vampires.' These are people who can literally suck the emotional life out of you if you are not consciously aware that they are doing so. When confronted by such people you have to be aware of what is going on otherwise you can be emotionally consumed to the point where your own psychological and physical well-being is at risk. This type of an emotional attack does not just affect you on the emotional and mental planes; it affects you on the spiritual and physical planes as well because we are connected in body, mind and spirit so what affects one aspect of you affects the other two. There is just no getting away from the debilitating affects negatively charged emotions can wreak on you if you do not learn how to rise above the negative energy of an emotional vampire. This is the kind of push that occurs when someone has figured out how to 'push your buttons' and you feel their strong emotional pull, not just from their words but from the negative feelings they transfer onto you. Where we go wrong is when we act or habitually react to that negative emotional push and as it starts to integrate with our own emotions it can develop into an even much stronger negative emotion within us. Before you know it you can find yourself caught up in a very intense and powerful emotional push and pull which is not resolving the situation but is only adding layers of more damaging emotions such as anger that can escalate and get out of control very quickly. The affects can be quite damaging which is when we so often describe ourselves as suffering from the emotional scars caused by the pain of losing an emotional battle we simply could not win.

The way to overcome the affects of negative emotional push may be the toughest and the most difficult lesson you will ever have to learn. It is imperative to learn how to recognize negative emotional push and do not feed into it. For many of us this might take some practice whereas for others the lesson might be learned far more easily. It all depends on how you process and integrate new information. I have always had a tendency to go kicking and screaming in the face of what appears to be outlandish information which I still do but to a much lesser degree and yes, even with my level of knowledge and experience. This is simply because it is not always so easy to integrate new information that affects us on the personal level and that everyone processes new knowledge very differently. Because I am a visual person I have to visually see it before it clicks or resonates with me. What I mean is that I have to have some kind of a visual experience with the new information that I can relate too before I can integrate it into the fibers of my being. The point is that no matter how you process new information the sooner you understand the contents of this lesson the better off you will be in the long run.

It is always hard to embrace change especially when it comes to the level of our understanding and definitely when it applies to our perceptions. Bruce had been drilling the matter of negative emotional push into my head for months before the light went on. Honestly speaking the only reason the light finally went on when it did was because I saw it acted out while we were watching episodes of the TV series, House and NCIS. Once I saw negative emotional push in action outside of my own experiences I was able to see the forest for the trees as opposed to trying to see it in the midst of my own personal experiences which was highly charged emotionally speaking making it very difficult to see what I needed to see. The point of watching the series House was that the character named House is seen as a negative uncaring person, but upon closer inspection it appears that House just remains emotionally neutral to most circumstances regardless of how and where the circumstances arise, i.e. patients, their families or anyone on the medical team. I couldn't help but notice that there was a great deal of humor interjected in the seemingly uncaring neutral position House maintains. I also could not help but to view the humor as the rightful reward of being emotionally in check.

I cannot stress enough the importance of understanding from a higher plane of conscious awareness the negative impact that you will inflict upon yourself if you allow someone to negatively control your emotions. But you also need to understand that no one can push your emotional buttons unless you allow them to. It is only when you give them permission, through your own reactions, through those 'knee jerk' habitual reactions, to charge your negative emotions with their negative emotions that you stand in grave danger of being harmed psychologically and even physically speaking.

Another aspect of understanding the implications of negative emotional push is contained in the art of learning how and why we need to hold our emotions. Emotional control is not an easy task when we are used to being upset when things do not immediately go the way we desire. The process of emotional fasting seems to work when we decide to take life slower and do not intentionally allow anger to rule our lives by the decisions and choices we make. Other people around us can have a 'mob' mentality where we submit to the will of the strongest person who attempts to influence us. The only person we can change is ourselves. We decide what emotions we like and dislike and we can choose what emotions we do not wish to dwell upon. Sometimes the words and actions of others upset us and have a negative effect on us. The easiest way to decide what emotions are upsetting us are to acknowledge the ones that keep us awake at night, especially the ones that distract us from achieving our goals in life which can make us feel inadequate.

Ultimately, there is no cookbook formula to stop living from negative emotions. It is a process of deciding to discard old emotional patterns of accepting the behaviors of others as well as our own negative behavior and finding what makes us happy and then

surrounding ourselves with the emotions we cherish. In this lesson we have described what negative emotional push is and we have provided you with some examples to help you identify the issues and problems of negative emotions. The task is to slowly decide how much negative emotion can be dispelled from your life and to slowly get to the point where you do not feel comfortable living with these emotions in the core of your personality. Once you make the decision to expel these emotions from your being you are well on your path to being emotionally positive or neutral. We realize how difficult it can be to overcome negative emotions and that we have given you a lot to think about. We also realize that there may be those of you who will need additional help in understanding the implications of emotional push. Please feel free to give us your feedback so that we can extend this lesson for the benefit of you and others.

Thank you,

Linda, Bruce and Z