

## Lesson 26: Understanding the Psychological Implications of Your Emotions from a Quantum Perspective

Many of us have reach that crossroad in our lives where we describe ourselves as an ‘emotional wreck’ which of course has attached to our self-proclaimed belief perhaps the wreckage of severed or broken relationships, financial difficulties, dreams not realized and goals left unachieved. As we stand at this crossroad we find much to our dismay that there are certain truths we must face if we are to escape the wrath of our unleashed emotions. The first truth is to know that no one has to become a self-inflicted victim of their emotional wreckage. You can find peace and solace within when you know how to balance your emotions which of course affects your mental state of mind. But to do this you must be consciously aware of all the implications involving the matters of the emotions which include an understanding of the psychological implications of your emotions through a quantum perspective.

In past lessons I have focused on the various aspects of the human emotions to help you better understand the nature of your personal reality. I have emphasized the benefit of knowing how and why it is crucial to quell the strong emotions. I addressed the physiological aspects of understanding the human emotions to help those of you who perhaps did not know there is a physiology that affects the human emotions on the quantum level. If you have not yet read this particular lesson (Lesson 9) I encourage you to do so either before or after you have read this lesson. Two weeks ago Bruce and I collaborated on the lesson entitled What is Negative Emotional Push to help you better understand the affects of negative emotions that are pushed on you by others or that you attempt to push on others. The contents of both lessons will be integrated in today’s lesson. I intentionally keep addressing the matter of the emotions because when left unchecked they distort our perceptions and affect the quality of our day to day experiences. The effects of our emotions are not just limited to our own individual experiences but that they have a domino-like affect on anyone within close range, thus affecting the emotional experience of others as you and they become entangled in the dance of negative emotional push.

If you saw the internet movie, The Secret or read the book you will recall that you were introduced to such fundamentals as ‘thoughts become things’ and ‘like attracts like’ and you were strongly suggested to shift your conscious awareness. Through the course of the weekly lessons we have been teaching you how to shift your conscious awareness. I have emphasized how it is that your thoughts truly do become the circumstances and events of your life experiences – the thoughts that become the ‘things’ of your realities and why like keeps attracting like. The matters concerning your thoughts are crucial to your understanding because your intended thoughts are held and contained in the memory data bank in your subconscious mind. The subconscious mind is subjective to the commands you give it which is why you will keep acting and reacting to the issues of

life as you have been doing all along. If you truly want to change your undesirable experiences then you must begin by understanding how your intended thoughts become habitual and how they are affecting you on every plane of your being including the psychological and quantum planes of existence via your cellular memory.

Not only are the circumstances and events of your life recorded in your own data memory bank, they are also contained in a universal memory bank known as the Akashic Records. The Akashic Records are often described as a 'super computer' on the non-physical plane or the 'Mind of God.' The records are also described as containing all knowledge of human experience and the history of the cosmos. Typically the records are accessed through astral projection or hypnosis but they can also be accessed in full conscious awareness when one seeks to know the truth about their experiences. When you become a Questor of the truth the Akashic Records will open and reveal the truths concerning your life experiences. You are given the opportunity to see your truths in the opened records and even if you are not emotionally and spiritually ready to accept your truths the information will always be available for when you are. While on my journey of self-discovery I experienced a truth revealed to me that I was not ready to accept at the time. Six months later I was finally willing to accept this truth and learned from it what I needed to know to begin the process of effecting a positive change in my life.

As is always the case with humans we have a strong tendency to want to categorize and organize such information, hence there are those who have mapped out very specific steps and prayers to help you access your Akashic Records. If such steps speak to you or resonate with you then this is the path you should follow along because this may very well be the path that has been spiritually designed for you to embark on. In my case I followed along the path as I was led but there was no mention of opening any records, nor where there any specific steps or prayers assigned during my journey of self-discovery. I merely went as I was led and learned the truths about myself completely unaware that I was accessing my Akashic Record. The difference is simply what one needs to focus on which in my case was to focus on the circumstances and events of my life and discovering the truths about them vs focusing on any particular steps or reciting any prayers which might have been more of a hindrance or a distraction for me. Those who are spiritually guiding you know what path is best suited for your personal experience and they will guide you accordingly. The fact that you have been led to read this and perhaps all the weekly lessons are a validation of the path your guides are leading you along.

In previous lessons I discussed the emotional guidance system to bring to your conscious awareness that you do in fact have such a system built into your psyche. It is there as a means to assist you in recognizing the range of your feelings and emotions, which is how you experience the beauty of physical life, as well as to alert you when your

feelings and emotions are on the lower end of the scale. At the conclusion of Lesson 9 I provided you with the emotional guidance scale. Please feel free to access the archives to refresh your memory in the event you have forgotten or have not yet read this lesson. I encourage all my readers to keep up with the weekly lessons because each lesson builds on another; the information is often integrated into other lessons.

At this juncture it is necessary to describe the impact your emotions are having on your physical body and the ways in which your intended thoughts are being etched into the core of your being from a psychological and quantum perspective. I think you might find this information to be somewhat amazing and perhaps even surprising because it probably never occurred to you that you have been affecting your own experiences through biological processes within your own body. This part of the lesson will be scientific in its approach so that your conscious awareness is sufficiently engaged in understanding the biological implications that are taking place without your knowledge. Once you understand what is happening within your own body you will, hopefully, think twice before you give way to harmful intended thoughts that become habitual and create the experiences that become your perceived realities.

The psychological process begins in the brain which is made of up tiny (quantum)nerve cells called neurons (photo 1). These neurons connect to one another through tiny branches which creates neuronal networks. The brain builds up of all its concepts by the law of associative memory which is stored in these neuronal networks. An associative memory is the compilation of thoughts and feelings that are interconnected with one another and are linked to your emotional memories. The way you respond to a particular situation is relative to your memory of the incident itself. For example you have a bad experience with someone and from that experience other feelings and thoughts are attached to the emotional memory of your experience. Thus, when you give thought to the emotional memory of that incident all the other feelings and thoughts rise up into your memory as well. Your thoughts and feelings create emotions that can be very complex as it relates to cause and effect which is why it is so important to understand the physiological implications or the quantum mechanics of your thoughts, feelings and emotions all of which affects your perceptions as the observer of your experiences.

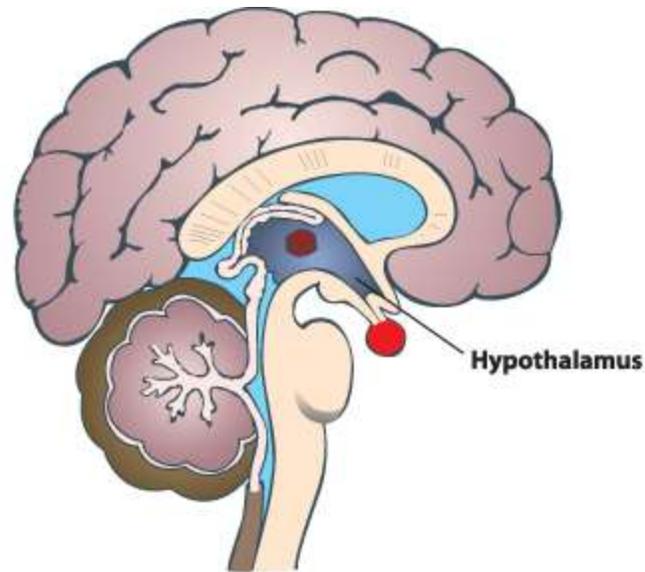
The brain does not know the difference between what it sees and what it remembers, thus the nerve cells will fire off the same responses time and time again because they have been hard wired to do so from your habituated thoughts and feelings regardless of the emotional environment in which they were created. If you are inclined to outbursts of anger you are doing so as the result of having programmed your brain cells to the emotional idea of anger. Bear in mind that the brain cells do not make distinctions between anger and say feelings of love but rather they retain the emotional memory of your intended thoughts and feelings. The feeling of anger will result in the

manifestations of certain behaviors related to the emotion of anger just as much as the feeling of love will manifest in certain behaviors related to the emotion of love. The relationship between your emotions and what you have hard wired into your cellular memory forms what becomes your identity and is what you see as a mirrored reflection. You are both the creator and the observer of your own experiences whether you choose to accept or deny this principle.



(1)

The hypothalamus (photo 2) is the part of the brain that produces certain chemicals which matches up with certain emotions, hence it is said that there is a chemical for every emotion. These chemicals are called peptides which are small chain amino acids sequences of which there are 20. These small chain proteins called peptides are neuropeptides or neurohormones that match our emotional state of mind. The chemicals, i.e. endorphins that are released into the bloodstream through the pituitary are sent to certain regions of your body that correlate to the purpose of their release. Every cell in the body contains a peptide that under certain conditions binds to a receptor on the outside of a cell. The receptor docks on a cell and attaches the peptide to the cell which then sends a biochemical signal into that cell. The cells in our body have consciousness in that they are aware of themselves and their function or purpose. An affected cell or cells must have its chemical needs met which it attempts to do by sending up impressions into the brain through mental images as a means of getting its chemical 'fix.'



(2)

The body receives the cells biochemical cravings in the frontal lobe of the brain which is the seat of intended choices and decisions as well as creativity and inspiration. When these cravings cannot be controlled through our conscious awareness we fall prey to the addiction of these emotional cravings which we respond to in the way of external behaviors manifested as negative emotional push. In this sense we become what Bruce likes to call 'emotional junkies' because we feed off of the negative affects these emotions produce. The only way to stop the manifestation of the behaviors attached to our negative emotions is to consciously modify or change our behaviors by the choices and decisions we make which of course rewires the programming in the brain receptors otherwise the neurons will continue to fire off the same exact signals day in and day out. Incidentally, it is important to know that these brain signals are the result of past experiences entrapped in our emotional memory that are perceived as today's experiences which is why we must be so consciences of our emotional behaviors.

When you come face to face with your emotions you have the ability to affect a dramatic change in your life experiences. In the biological/quantum physics world this is described as having gone down the proverbial 'rabbit hole' and then coming back up with a brand new footprint in the confines of your mind and in your brain. In essence the truths you learn about yourself while you are down in that rabbit hole are the truths being revealed to you from having opened your Akashic Record. In this sense they are both one and the same regardless of how you view the approach. Many people have described their journey of self-discovery as paths that led down a winding road of uncertainty but nonetheless inevitably brought them to discover their truths. Having a physiological understanding from a quantum perspective helps you to put the matter of the emotions into a framework that completes the entire puzzle. Once you understand

that your body is demonstrating the affects of your emotional memories through its own biological processes exhibited in your external behaviors you cannot help but to become enlightened to the degree that making the necessary changes or modifications is in your best interest. Your emotional, mental and spiritual well-being is affected by your emotions whether you agree with your own mirrored reflection or not. So if the circumstances and events of your life have been historically undesirable or are currently undesirable it is in your best interest to closely examine the nature of your personal reality wherever you are on the path of your life. It truly serves no purpose to point fingers of blame elsewhere when in fact you have not experienced an honest self-examination. We are helping you do this by bringing into your conscious awareness fundamentals and principles stated in the course of all the weekly lessons thus far. We will continue to bring valuable spiritual/metaphysical information to your awareness so that your journey of self-discovery will lead you to the freedom of anything that binds you from fulfilling your purpose for this physical existence.

As always should you have any questions please feel free to contact me at the email address below.

Thank you,

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### **Resources:**

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Roberts, Jane. The Nature of Personal Reality. A Seth Book. 1974. New World Library: Novato, CA.