

Lesson 41: Feelings, Emotions, Mistakes and Wrong Turns

We have all had the experience of making mistakes and we have all taken a wrong turn on the road of life every now and then. Even the most successful people make mistakes in the course of their personal or professional lives. We make these mistakes when we make choices and decisions that are not always in our best interest or are in the best interest of others. Regardless of the reasons for the mistakes we made and the wrong turns we took, they sometimes have a way of catching up with us somewhere along the path of our lives where the evidence is visibly seen in the expression of our feelings and emotions. There are times when the current conditions of our lives makes it possible to overcome the affects of those experiences fairly easily but there are other times when the conditions are not quite so favorable which means that other measures have to be taken into consideration. While it would be very convenient to go through life pointing fingers of blame at someone or something for the things that went wrong in our lives, there is really no value in doing so because there will come a time when we will have to face ourselves and take responsibility for our own actions and reactions, choices and decisions. The lesson this week will focus on the steps we can take that will help us to work through our feelings and emotions by helping us to find a way to overcome the effects from the mistakes we made and the wrong turns we took as well as to heed to a higher calling and to seek the fulfillment of a higher purpose. Because our individual experiences are unique to our personal circumstances, although we do share a number of common threads, the lesson will not delve into the particulars of every possible situation but will be more of an overview in which you as the reader will have to apply the details of your own personal circumstances.

When we make choices and decisions that we discover later on were not in our best interest we are apt to respond in one of two ways. We will either pick up the pieces and move on, chalking the event up to the experience of life and a lesson well learned or we will experience a range of strong feelings and emotions that might surface in our attitudes and in our behaviors either on a daily basis or it will surface from time to time. The disappointment we experience from an unrealized dream or the feeling of being a failure from a goal left unachieved or from a relationship that failed can have a damaging psychological affect on us which can lead to a loss of hope and even to states of depression in addition to the need to point a finger of blame outward. When we are confronted by these bouts of strong feelings and emotions it is necessary for our overall well-being that we know how to handle them constructively. But more importantly we need to know how to resolve the issues attached to those feelings and emotions so that the loss or failure we feel does not keep creeping up and manifesting into our reality in unproductive ways.

As we journey through the phases of life we come to recognize what we are best suited for and we strive to find our niche and to succeed in our endeavors – to realize our dreams and achieve our goals and to have the kind of relationships we desire. But there are those of us who find ourselves standing on the outside looking in as if the people we are observing on the inside possess some special talents, skills or abilities that is somehow different from our own.

Consequently we manage not to manifest the things we truly desire in our reality for any number of internal and external reasons. Before we know it the years have gone by and what we hoped to realize, achieve or experience, and rightfully should have, has now fallen by the wayside because time no longer seems to be on our side or because our circumstances have changed significantly. We might find that what was once very important to accomplish no longer fits into the fabric of our lives yet we still yearn to experience or accomplish that particular thing. Sometimes we find ourselves still being confronted by the mistakes we made and the wrong turns we took along the way and we experience strong feelings which are reflected in the emotions we express that can range from feelings of anger and bitterness to feelings of remorse and even feeling guilty for not having accomplished what we had always hoped and desired to accomplish. The question now is how do we handle these feelings and emotions when they rise up to the surface and how do we overcome the mistakes we made and the wrong turn we took especially when time appears to not be on our side.

It is very important to address these strong feelings and emotions because they are a signal that something in our life is out of balance and needs to be resolved one way or another. From a metaphysical and spiritual perspective we teach the importance of balancing our emotions which we do by acknowledging the presence of them, not by suppressing them. Whatever is out of balance in our lives cannot be resolved by suppressing our feelings and emotions but by allowing ourselves to be in touch with them but in a positive and constructive way versus uncontrollably lashing out at others. Being in touch with our feelings and emotions does not give us carte blanche to negatively affect those around us. It is for the purpose of affording ourselves an opportunity to examine what is attached to them and to determine how we can best resolve the situation which will automatically rebalance those emotions. The longer we put off getting the problem resolved the more we will be confronted by our feelings and emotions and the stronger they will get over time which will ultimately affect the quality of our lives as well as to affect those around us. Frustration has a way of turning into feelings of jealousy, envy or anger and anger can turn into rage which is when things can get out of hand fairly quickly.

So the first step is to allow yourself to acknowledge your feelings and emotions. You can do this safely by expressing them in writing which is very therapeutic. While it is sometimes beneficial to share your feelings and emotions with someone else you will need to take into consideration that this person is not going to see the situation as you do and might present an entirely different perspective that may or may not help you in the long run. However, the benefit of seeing your situation from another perspective is often the perfect antidote if you can manage to keep an open mind. Now laying those feelings and emotions aside the second step is to clearly state the nature of the situation that needs to be resolved without pointing any fingers of blame. Again, doing this in writing is very beneficial because it gives you the opportunity to tap into your higher mind which is where the problem is always best worked out because the answers have a way of jumping out at you while you are writing. The third step is to determine, based on your present conditions, whether or not the problem you are trying to resolve is feasible to attain or

accomplish. The fourth step is to then determine, based on the results of the third step, if there are other creative ways to experience an aspect of whatever it is you are trying to accomplish, such as it becoming a hobby rather than a career or a profession. Please bear in mind that this is a generalized description and because of that you will have to apply your own personal circumstances at this point of the process. The fifth step is to ask yourself how much time and/or money will have to be invested and will that investment make it worth your while later down the road. An attempt to overcome a mistake you made years ago may not necessarily change the course of your life at this time but nonetheless it may be important enough for you to realize it or accomplish it anyway as a personal goal which will indeed give you a sense of satisfaction. The sixth step, of course, is to act on the well thought through choices and decisions you have made and enjoy the fruit of your labor. Lastly is to keep an open mind to the possibility of unexpected changes that may occur along the way such as doors of opportunity suddenly opening or experiencing something that you could have never imagined was possible.

Making what can amount to life-changing choices involves a decision making process that is unique to your own personal circumstances. You must weigh everything out and then determine whether or not the pursuit of a long awaited dream or the accomplishment of a goal is indeed feasible without creating any undo hardships on yourself and that your motivations are selfless rather than being selfish. If there are others involved who are going to be affected by your choices you must weigh out the potential effects on them as well. Of course it wouldn't hurt to get their input but bear in mind that they are not likely to see what you see or to feel what you feel which simply means that they may or may not be supportive of you. Sometimes when you involve others in your decision-making process they might feel threatened by change or will feel threatened by your desire to accomplish something that they themselves have not yet dealt with, thus their intervention can have a negative effect on your attempt to resolve something that is very important to you. In this case you may have to go it alone until the others involved become open minded enough to accept your commitment to overcome the effect of your past mistakes. One last thing to remember is that the process of making choices and decisions in an attempt to overcome the negative effects of your past experiences is just that, it is a process and is not typically a one-time event so please be patient with your own progress.

On the flip side of your desire to overcome your past experiences either by the realization of a long awaited dream or the achievement of a particular goal is the matter of finding and fulfilling your life purpose. This endeavor is very different from fulfilling a necessary purpose at a particular time of your life such as the establishment of a career or profession for the sake of providing for loved ones and/or for the sake of achieving a measure of success. While the need to establish a career or profession serves a very important purpose for a period of time in your life it is not uncommon to feel a tugging in your heart which is actually an internal need that desires to be manifested externally. It is the essence of the real you, the spirit within you – your higher mind wanting that dream or goal to be manifested in the physical dimension. Psychologist Carl Jung referred to this as the “Shadow” which is the suppression of who and

what you were meant to be as well as the suppression of unresolved mental and emotional issues that so often appear as archetypes in your dream state and affect your behaviors in your waking state. Incidentally this is material that will be discussed in a future lesson. It is not at all unusual to hear stories about people who have abandoned their careers or professions to chase down a dream or a goal or even a relationship which was ultimately far more important to them than their current careers, professions or other positions of employment. After all there is something to be said about feeling a sense of personal satisfaction when you know deep down inside that you are doing something that does indeed fulfill your life purpose, that it serves humanity in a positive way and from which other doors of opportunity tend to open as well.

While on the surface it might appear that all hope is lost when we look back on the mistakes we made and the wrong turns we took along the path of our lives, we discover that finding and fulfilling our life purpose very often comes about as the result of having made those mistakes and taking those wrong turns. It often comes as a surprise to us when from out under the rubble of undesirable circumstances and events a new meaning and purpose in our life surfaces which is generally far more fulfilling and rewarding than a dream we were trying so hard to realize or a goal we wanted so badly to achieve, not that accomplishing those things was not meant to be at the time because they probably were. The difference between pursuing dreams, goals and relationships that only give us a sense of temporary satisfaction is the more meaningful sense of satisfaction that comes from the fulfillment of having answered to a higher calling. This deeper sense of satisfaction is the result of allowing our higher mind to influence and guide us, to be elevated from the earth bound ego-mindset that demands us to focus our attention on things that are usually temporal at best.

Tuning into our higher-mind is often easier said than done because it requires discipline to quiet the ego-mind in order to hear the message the higher mind is trying to convey which is usually accomplished by being in a relaxed state of meditation. The messages conveyed are generally experienced through intuition, dreams and visions as well as creative and imaginative ideas. There are written accounts of very famous people all throughout the course of history who have practiced the art of quieting their ego-minds in order to tune into their higher mind which in many cases is how they were able to find solutions to problems they otherwise were not able to work out in their ego-mind as well as to allow creative ideas and imagination to flow freely. We have the ability to access this free-flowing river of information that comes from our higher mind that ultimately will prevent us from making mistakes and taking wrong turns thus eliminating the probability of making poor choices and bad decisions. Had we known to listen to our higher minds all along we would not be assessing our past mistakes nor would we need to be concerned about the feelings and emotions that cause us so much strife. Thankfully we can learn from our mistakes and still find and fulfill a much greater and more rewarding purpose for our existence in this life.

There is a very distinct difference between the demands of the ego-mind vs the gentle tugging and guiding of our higher mind. Being guided by our higher mind is to realize our dreams and

achieve our goals as well as to be successful in our relationships as opposed to the ego-mind which likes to push and shove its way around while giving little or no thought to the consequences of the causes and effects it is setting into motion. Now this is not to say that we do not need our ego-minds because we do for a variety of very valid reasons which makes it possible for us to experience third dimension existence (see Lesson 21). When we are guided and influenced by our higher mind our life experiences are actually enhanced because we see things very differently as we learn how to maintain a balance of our ego-mind while being guided by our higher mind. This is very apparent when we see people who are genuinely happy and content and who are fulfilling their life purpose as opposed to chasing down ego-driven and ego-motivated realities which usually turn out to be temporary and not quite so enhancing after all.

In closing we truly hope that through the course of this lesson we have helped you to find a way to overcome the mistakes you may have made in the past so that you no longer have to take a wrong turn along the path of your life and be subjected to the force of your strong feelings and emotions. We hope that by exercising the steps we laid out to help you overcome your past mistakes that you will see the benefits of making well thought out choices and decisions so that you are not prone to making unnecessary and sometimes very costly mistakes in the future. We also hope that we have encouraged you to heed to a higher calling that is by far so much more rewarding and enriching than any temporary situation you may have found yourself in during the course of your life and that you will indeed find and fulfill your life purpose in a meaningful and productive way.

Please feel free to continue sharing your experiences with us because when you do other people can benefit from your experiences as well.

Many Blessings,

Linda, Z and the Collective We