

## Lesson 45: Emotional Memories and the Pitfalls of Perceptions

Because the matters concerning our emotions is so vitally important to our psychological well-being it is to our benefit to address them from every possible angle so that we can see just how our emotions are affecting the quality of our life experiences. This includes the matter of our emotional memories and the relationship between them and our perceptions. When it comes to the pitfalls of our perceptions it is more like stepping on psychological landmines that detonate on the emotional level; the results always being very undesirable. Most people do not realize that their emotional memories are interwoven with their perceptions, in fact, they are not aware that their emotions and their perceptions are feeding off of one another; that each is building a strong case for the other regardless of whether they are positive or negative. The lesson this week will focus on the matters concerning our emotional memories and the pitfalls of our perceptions and how our realities are influenced.

Our discussion begins by first describing the path of our emotional memories and the influence of our perceptions which is not a one way street but is actually an ongoing interaction between the two, a kind of push-pull affect. Our emotional memories are formed from our life experiences which will either be positive or negative in nature depending on how we perceive our experiences. When we perceive an experience from a negative frame of mind it doesn't necessarily mean that the experience was actually negative or undesirable but it does become the framework from which we will build our emotional memory on. We form a mental picture in our mind in accordance with our thoughts, feelings and beliefs which are all connected and interconnected with our perceptions, thus we create a woven version of a reality that in our minds is negative or undesirable regardless of whether it really is or not and then call it our experience. Our emotional memory is linked with the reality we created which then becomes the springboard for how we will respond, act and react to all future like-kind events based on our perception of those events. Our emotional memories become hardwired in our circuitry which causes us to emotional leap into action each time we perceive a current situation that reminds us of a past situation. Over time the emotional data becomes so embedded within us that our response to the perception of a negative situation is habitual, a knee-jerk reaction to anything that looks like a similar negative situation. We very quickly draw on our emotional memory of past undesirable experiences, perceived of course, and react as if the experience was reoccurring in the here and now.

The manner in which our emotional memories become stored internal data from a scientific approach is not nearly as significant to our personal and spiritual growth as is the understanding that there are universal principles at work that will always produce a like result in response to the causes we set in motion, including our emotional memories. It is important to understand that emotional memories carry an energy all their own and when they are negative emotions the synergy of our perceptions is equally

negative. The relationship between our emotional memories and our perceptions makes for a negative energetic push-pull interaction which keeps us entangled on every level of our being as we oscillate between our emotions and our perceptions. The most beneficial way to stop the undesirable affects of our negative emotional memories and the impact of our perceptions is to examine them from their roots up. Our emotional memories are all encompassing in that they not only become rooted within us biologically and physiologically speaking but they also become embedded on the spiritual plane and are even stored in our auric fields as well. Our negative emotions affect our perceptions and our perceptions affect our emotions which in turn affects our mental attitudes creating a constant push-pull of negative thoughts and feelings, intertwined with our beliefs; a kind of psychological embattlement within ourselves that extends into the outside world.

The history of physical scientific inquiry began some four hundred years ago and has since been on a quest in its ongoing scientific endeavor to understand the nature of our reality not just from a cosmic perspective but from an ontological and organic perspective. In the last thirty to forty years scientists in various fields of study began conducting experiments to test out numerous theories that would either prove or disprove a biological, physiological, psychological and spiritual connection as it pertains to the nature of our personal and global realities. Science seeks to empirically prove the metaphysical and philosophical speculations of the universal natural laws of operation, the fundamentals and principles of which religion and spirituality, and especially the Buddhists have understood throughout all time. In conducting a wide variety of experiments, scientists have made a number of startling and even disturbing discoveries in regard to the matters concerning consciousness where intended thoughts are concerned and the energetic power of intended thoughts and perceptions. Many of these experiments turned out results that ultimately rocked the mindsets of many a classical Newtonian scientist and threatened to unravel what otherwise had been considered concrete science that was based on a purely objective universe constructed on independent building blocks. The advent of quantum mechanics ushered in a whole new approach to understanding the nature of universal reality which has demonstrated time and time again that the inclusion of an observer and its conscious subjective participation ultimately forms our realities and that without a subjective observer there is no objective reality to observe. Thus, the matters of perception found its way into the scientific equation of the observer and what is being observed and how reality is subjectively perceived as opposed to being a cut and dry objective experience. It is this participatory observer relationship that shapes and molds our lives and becomes the personal experiences we call our realities which is very subjective to our perceptions and can wreak some very strong havoc in our lives if not kept under check and balance.

We are living in a time when we are no longer bound to the oppression of what was once considered by many to be our unbendable objective realities; the acceptance that life is

what it is and was a condition we were expected to just live with. Thanks to quantum mechanics the business of living and experiencing life is no longer a matter of it simply being what it is but rather is about being empowered to reshape our realities through the intelligent use of our subjective perceptions and balanced emotions along with our spiritual intuitiveness. This simply means that our personal experiences are not left to the whims of chance or coincidence or worse yet to our run-away emotions but that our experiences are indeed the unfolding of synchronistic events that we call into being through the action and interaction, the balanced synergy of our intended thoughts, feelings, emotions, beliefs, perceptions and mental attitudes. The veil of illusion is being lifted and people all around the world are beginning to realize that they do have a say in the shaping of their realities and that life is not merely reduced down to the mindset of it is what it is. But in order to act on this empowerment we must understand all the principles and fundamentals that govern the natural laws of the universe such as the law of cause and effect and attraction because we really do exist in a causal push-pull relationship with ourselves and the karmic world we live in. This is the point where the matter of emotional memories and perceptions really begins to unfold. Although science has uncovered the mysteries of emotions on a cellular level, biologically and physiologically speaking, it is what is going on in the world of subjectivity that sets every thought, action, belief and perception into motion which then results in a like-kind human experience, good or bad, desired or undesired. Our emotional memories are no exception to the rule, thus their subjective relationship to our perceptions must be understood if there is to be any hope of changing our undesired personal realities. Skipping over the biological processes does not weaken the foundation of our discussion but rather it affords us the opportunity to get to the meat of the matter.

Throughout the course of our lives we engage in all kinds of life experiences in which we express and hold within us a wide array of correlated feelings and emotions. Generally speaking our feelings and emotions rise and fall relative to the intensity of our experiences, both positive and negative. These experiences and the feelings we have about them actually shape our ongoing realities simply because reality is not a one-time independent event but rather it is a series of entangled events that unfold with every event being linked to the other as we move through the stages of life. There exists within us an interdependent relationship which ultimately shapes and forms our day to day realities that is manifested externally in the relationships we form, the dreams we realize and the goals we achieve. Even external influences are not always what they appear to be but are a part of this interdependent relationship because the attitudes we form internally exert an external influence that predetermines how others will respond to us. Now that is not to say that every event in our lives is of our own choosing but it is to say that the thought energy contained within every human being eventually directly or indirectly contributes to the shaping of our global realities. What is important at this point is to examine that interdependent emotional relationship we have with our

perceptions and the pitfalls we so often encounter as the result which does shape our personal realities.

While we are having our human experiences, our emotions are being integrated into the memory of our experiences, thus the memory of our experiences and the associated emotions are etched into every aspect of our being. Every time we are engaged in a similar experience the emotional memory of a past experience leaps to the surface of our conscious awareness and all too quickly distorts our perceptions. The distortions of our perceptions become the pitfalls that trip us up and cause us to believe that our reality is something other than what it really is. We create an illusion of our perceived reality which in our conscious mind is as real as real can get accept for one important fact that we are not consciously aware of. The reality we conjure up is not our true reality, it is an illusion, a misrepresentation of the truth yet it becomes our truth because the reality we created was the result of the pitfalls of our subjective perceptions. This misrepresentation of the truth can remain hidden behind the veil of illusion all throughout our lives where it will manifest itself in a long series of strung together unidentified causes and effects and it will not stop wreaking havoc in our lives until we are finally able to see what is going on below the surface of our conscious awareness. We seldom connect the dots because we have a tendency to believe that the events we experience in our lives are separate and isolated when in fact they are actually all connected.

Unfortunately there is no magic formula that can best determine how we should all come to terms with our emotional memories and the pitfalls of our perceptions except to say that this is an individual experience. The catalyst that brings each of us to our breaking point is unique just as the path of life each of us travels on is unique to our personal experiences. A methodology that works for one person may not necessarily work the same for another person simply because their experiences are so different and their cognitive processes are also different. But regardless of the fact that no two experiences will ever be alike there is at least one common denominator that does provide a good starting place but it requires a willingness on your part to begin with an honest examination of your personal motives when an undesired circumstance or event occurs in your field of day to day experiences. The common denominator is in regard to how you emotionally react to a particular circumstance or event. Your own reaction can be your first clue that the emotional memory of a past experience has kicked into high gear and is affecting your perception of that situation which in turn is creating the reality that is ultimately going to become your next undesirable experience. If your knee-jerk reaction or emotional response is negatively charged you can be assured that there is something going on beneath the surface and that when all is said and done your emotional reactions had little or nothing to do with the situation before you but rather your reactions was an unconscious response to an emotional memory from a past event furthered triggered by the pitfalls of your distorted perceptions.

The first step in overcoming the negative effects of your emotional memories and your perceptual pitfalls is to become aware of how you are responding to certain situations that perhaps are just a bit over expressed with strong negative emotions. When you find yourself engaged in an emotional outburst based on your perceptions of the situation at hand, this would be the time to find a quiet place and begin to contemplate on the matter which involves a degree of honesty and absolutely no outward finger pointing. You cannot afford to point fingers of blame at this stage of the game if you are going to exercise any degree of honesty for the sake of coming to terms with your own emotional memories and the affects they are having on the quality of your own life experiences, which should be your primary concern. Once you have quieted yourself down and can think more clearly it will be very beneficial to start invoking some serious honesty. The next step then would be to take yourself back through the experiences in your life in order to establish a point of origination where your negative emotional memories first entered into the picture. Again, this exercise is not for the purpose of pointing any fingers of blame or to rake up any painful memories but is only to establish a remembrance of your life experiences so that you can stop stepping on mental and emotional landmines and falling into perceptual pits. Once you have established a point of origination the next step would be to determine how you see your emotional memories affecting and being affected by your perceptions. You will need to ask yourself in all honesty if what you remember as having occurred really did occur that way or did you fall into a ditch of error in your thinking thereby creating the illusion of a reality that really does not exist except in the confines of your mind. You will also have to closely examine the beliefs you hold that are related to your emotional memories and how those beliefs are affecting your reality in regard to the choices and decisions you are making today. Next in the line of personal scrutiny is the matter of your subjective experiences which are based on your perceptions. As human beings we are prone to distorted subjectivity because we see exactly what we want to see and we create realities regardless of whether these are the realities we truly desire or not. But then when we are confronted with the realities we have created in our minds which manifest externally in the form of consequences we automatically want to blame everyone and everything else for the results.

An honest examination of our emotional reactions and the pitfalls of our perceptions is not an isolated or a onetime event but is part of an ongoing personal and spiritual evolutionary process. It is a succession of many steps or periods of enlightenment that ultimately raises us up onto higher planes where we acquire greater depths of understanding, wisdom and knowledge, where we see things more clearly. An inquiry into the matter of our personal experiences is not the unfolding of one single layer, it is the unveiling of many truths that come before us, some that are often hard to digest let alone assimilate and integrate into our day to day living. Most often these truths are connected and interconnected to each other and there are no separations except for the

time it takes for them to enter into our conscious awareness. Such an endeavor has to reveal certain truths to us on every level of our being which thankfully comes into our awareness over a course of time and is uniquely different for every individual. Personal and spiritual enlightenment can feel like a journey that never ends, where a revelation is not the end result and life moves on but is merely a story to be continued which can become a frustrating experience to say the least. Without a doubt, the rug will be pulled out from under you time and time again as each of the pieces that tell the story of your own personal and spiritual evolution unfolds. Just about the time you start to feel comfortable in your adapted comfort zone is precisely the moment when another piece of your puzzle is about to drop into place and you are once again feeling as though you have been pushed out of a perfectly good airplane without a parachute or you have been thrown over the side of a boat where you either have to sink or swim.

Our hope for this lesson is that you will take away from it the importance of understanding how your emotional memories are intricately connected to the pitfalls of your perceptions which result in the creation of undesirable realities or the illusion of a non-existent reality. That you will commit to slowing down, to hold your emotions at bay long enough to see how they are really affecting your actions and reactions and how they are clouding your reality as well as the potentially dangerous implications of your subjective perceptions. And that you are able to see that there are no isolated matters when it comes to the journey of your personal and spiritual growth but that every mental, emotional and spiritual matter that concerns you is connected one to the other. Should you have any questions or comments please feel free to contact me at the email address below.

Many Blessings,  
Linda, Z and the Collective We

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### **Recommended Reading:**

Entangled Minds by Dean Radin

Hands of Light by Barbara Ann Brennan

Hidden Dimensions by B. Alan Wallace

The Field by Lynne McTaggart

The Intention Experiment by Lynne McTaggart

You Can Heal Your Life by Louise L. Hay