

Lesson 56: The Benefits of Holding down Strong Emotions~

Through the course of the past lessons we have been attempting to help you weave an undistorted picture of your personal reality. The weaving process has consisted of in-depth discussions regarding the many facets of your third dimensional being, the undesirable realities you create in this dimension and the affects of these realities in your day to day living experiences. You have been encouraged to see just how you form the fabric of your realities from the vibration of your own thoughts, feelings, beliefs and perceptions. You have been encouraged to look into the mirror of your life experiences where you were challenged to see the honest reflection of your thoughts, feelings beliefs and perceptions manifested in your day to day realities. The ideas and mental images that you hold as truths about the nature of your personal reality are woven into the fabric of your strong emotions and it is for this reason that the matter of the emotional guidance scale was brought to your conscious awareness again. The intent was to help you become aware of the range of your own emotions visible to you on the various points of the scale as well as to help you discern the basis of your strong feelings that so often distort a real or perceived adversity. So to help you lessen the influx of unwanted and undesirable circumstances and events that enter into your reality, it is vital that you learn to understand the benefits of holding down your strong emotions.

Just as it is essential that you train your mind which is the generator of your thoughts, beliefs and perceptions in collaboration with your emotions it is equally important that you learn how to train the expression of your strong emotions which in turn generates the endless recycling of your thoughts, beliefs and perceptions. Given the fact that your emotions are constantly responding to your thoughts, beliefs and perceptions it is vital to your well-being that you have a thorough understanding of the nature of your emotions and more importantly is perfecting the art of holding down your strong emotions. When speaking about the art of holding down your emotions it is for the purpose of gaining your composure rather than being emotionally reactive to an adverse situation that has threatened the sanctity of your perceived reality. The art of holding down strong emotions is easier said than done if you are not familiar with the range of your own emotions in response to certain situational stimuli. As you read through the contents of this lesson you are encouraged to use the emotional guidance scale as a tool from which to visually see where your feelings are along the scale of good and bad feelings (see lesson 55).

The matter of holding down strong emotions has not been described as holding down ‘negative’ emotions for a valid reason. As you look at the emotional guidance scale under the heading of Bad Feelings you must understand that these emotions are not “bad” in the sense that it is bad for you to feel these strong emotions but that they are generally producers of undesirable experiences when left to their own devices. They are not feelings you necessarily desire to feel because they do make you feel bad about

yourself and your circumstances, therefore it is important to understand the distinctions between these two words: bad and negative. Emotions can feel good or bad but they are not necessarily negative in your experience unless by the action of your free will via the choices you make that they become negative influences in the creation of your personal reality. The emotions associated with the feelings that fall under the Bad Feelings heading result in the exhibition of negative behaviors when they are distorted through your own thoughts, beliefs and perceptions. These include your most current and habitual thoughts which are like igniting a rocket that is sent into orbit around vibrational frequencies and that ultimately returns in the form of undesired consequences.

Although you need to release your strong emotions, the problems you encounter after having done so is not so much about the act of releasing your strong emotions as it is in how you choose to release them. Thus understanding the principle of holding down your strong emotions becomes vital to your mental well-being as well as those who may be involved simply because you seldom give thought to the consequences that follow after you let your emotions loose. Learning how to release strong emotions from a non-reactive mental and emotional position requires knowledge first and then practice. It would be very difficult to attempt to hold down strong emotions, especially in the face of some kind of adversity or an unwelcomed challenge, if you are not consciously aware of what is going on from a fundamental level of understanding and comprehension. Therefore, if you are to learn how to hold down your emotions you must have a foundation on which to build your practice upon until holding down your strong emotions becomes effortless.

The first step that leads to all subsequent steps is likened to what the Buddha referred to as the acquisition of and possessing a “right knowledge” which in this case is to recognize and admit that you are indeed feeling a strong emotion that falls under the heading of Bad Feelings. The implication of this first step is very important because attempting to deny feelings that range anywhere along the lower end of the emotional guidance scale is not the least bit beneficial to your cause. An attitude of denial becomes a psychic barrier that hinders the possibility of successfully reaching a conscious state of mental and emotional empowerment. Worse yet is an attempt to suppress your strong feelings regardless of how far down on the scale they may be. There is a very distinct difference between suppressing your emotions and holding them down, thus it is imperative that you understand the difference between them. The act of suppressing your ‘in the now’ feelings carries with it dire consequences, the likes of which can lead you straight into the throes of mental and emotional instability as well as becoming manifested as certain physical ailments. But no matter what anyone says, these are your real feelings in this moment of time and these feelings will remain very real within you until you come to terms with the basis of them in spite of the fact that they might be cloaked in the camouflage of your own self-propagated delusions. No matter what the

basis of your feelings are or perceived as they must be examined for the sake of not enslaving you to the principle of cause and effect in the form of undesired consequences that are manifested in the circumstances and events of your life experiences.

The second step in the acquisition of right knowledge is to not only admit that your strong feelings are on the lower end of the emotional guidance scale but to accept that these feelings are occurring in the 'now' of your reality which means that they must be dealt with in the 'now' in order to empower yourself to deal with them in a positive manner. It will not be in your best interest to allow these feelings, generally viewed through distorted lenses anyway, to fester within you or to escalate into a situation that is not proportional to the matter at hand. In other words - don't make an emotional mountain out of an ant hill! This is said because your emotions are always closely associated with the memories of your past experiences, thus your ability to segregate past emotional memories with an event occurring in your 'now' reality becomes that much more difficult. Much like a knee-jerk reaction you will be strongly inclined to act out in response to your present feelings, based on your past experiences before ever giving thought to the real basis of your feelings. It's a habitual reaction when it comes to the memory of your past experiences and the feelings that were generated during those times, thus leaving a short lived interim period of time in which to properly assess a situation before your past memory association permanently switches to the on position. On the flip side of the coin is the equally dangerous act of letting your feelings fester within you which only serves to instill them deeper into the fabric of your psyche making it that much more difficult to pull them back up into your conscious awareness and come to terms with them and more so to come to peace with your strong feelings once you understand the nature of them and the role they play in the formation of your reality.

The third step serves as a gateway to the situation at hand and the feelings associated which is to examine what you believe is true in both respects. This means that not only must you examine the situation that is occurring in your 'now' reality but to also examine the feelings you have attached to the situation. Because you are your very own thinker you must examine the source of your feelings, that is, where are they coming from and why are they making you feel badly about yourself and your situation. More so is the importance of examining them with the understanding that you create your own experiences from your thoughts, feelings, beliefs and perceptions. You must then examine all angles of your emotions to properly assess the purpose and reason for why they have surfaced into your conscious awareness as they have. Because such an exercise is so vast and varied, unique to your own personal circumstances, attempting to compile a list of infinite possibilities is truly an exercise in futility. Therefore, your personal truth can only be attained by the acquisition of "right knowledge" which once again is the only antidote to discovering the truth that is pertinent to your individual circumstances.

The fourth step required in honestly evaluating your strong feelings as they pertain to a particular situation at hand or just in general often involves letting go of resistance. As you can see the process of coming to terms with your strong feelings that range along the lower end of the emotional guidance scale is not secluded nor is it isolated in any manner of speaking but that it involves other mental aspects that are attached to the whole of your life experiences. Thus, the matter of letting go of whatever it is you are resisting must take its place in the process of coming to terms with your feelings. Emotional resistance does not stand alone but rather it brings its entire entourage of undesired feelings along for the ride. The uprising of a strong feeling may not be so much about the condition that brought it forth as much as it is more along the lines of your thinking process, something erroneous contained in your beliefs that skews your perceptions, all of which causes you to be bound to a mental and emotional state of mind that is not conducive to your personal or spiritual growth. However, in all fairness, you simply cannot let go of something that you have no conscious awareness of. So as you examine the nature of your strong feelings, wherever they range on the emotional scale, take a real close look at what you find yourself resisting.

It is sometimes necessary to invoke karmic experiences for the sake of freeing yourself from an unknown source of mental or emotional imprisonment. These experiences can be provoked by your own guides or others whom you have entered into a karmic relationship with for the purpose of helping each other work out certain karmic conditions for the sake of personal and spiritual growth. Therefore, the emphasis should not always be placed on the actual conditions that brought forth a strong feeling or feelings as seldom do you experience just one feeling on the lower end of the emotional scale but rather what lesson is being brought to your attention that is there for you to learn about yourself which is ultimately going to improve the quality of your life experiences. So before you exhibit your typical knee-jerk reaction, habitual at best in a negative manner of speaking, and before you go off into a state of denial or attempt to suppress your feelings take a deep breath, try to relax and then allow the lesson to flow through you until the truth surfaces and comes into the light. Afterwards you will find that many of your experiences will be largely affected by any changes in your thinking processes or in the beliefs you hold and of course these changes will alter the perceptions of your reality. This is how you ascend along the emotional guidance scale. This is how you get to the place of peace, contentment and an overall happiness in your life experiences.

Regardless of the conditions that brought forth your strong feelings and the range of them you may also have to contend with the feelings of blame, anger, resentment, revenge, hatred and jealousy right along with insecurity and fear. These feelings are no laughing matter and must be addressed lest you risk your own mental and emotional stability, not to mention the adverse affects on your relationships. Failure to come to terms with these strong feelings that may be associated with the conditions that brought

them forth in the first place is detrimental to your well-being, even if any of these feelings are lingering from past undesirable circumstances and events. Not addressing them as the result of attempting to deny or suppress them will not alleviate the fundamental affects of ongoing undesirable causes and effects. The causes and effects will just keep surmounting and over time they will continue to contribute to your every life experience that will indeed be anything other than what you desire it to be. The only way to stop the progressive machine of ongoing causes and effects is to come to terms with your strong feelings by making every effort to be consciously aware of your feelings, to consciously take notice of how they are affecting your reality and even the realities of those around you. Simply put, the process begins by holding up a visual image of a stop sign whenever these feelings rise up to the surface. You need time to digest most everything else that you learn in the course of your life; therefore, you need time to digest the recognition of all the many different facets of your feelings that when examined in the light of their truth requires time to accept them and to integrate them into your day to day living experiences.

The process is that when strong feelings from the lower end of the emotional guidance scale surface know that this is precisely when you need to pay close attention to what is going on all around you in terms of the reality you have already created and are about to create in response to the condition that gave rise to these feelings to begin with. Just as soon as you give way to pointing a finger of blame at anyone or anything you have already defeated yourself – you will have lost the mental and emotional battle. Sure other people, places or things can and most often do act as external influences often posed as unwelcomed challenges and adversities but it is not these undesired influences that rock your world as much as it is the manner in which you choose to emotional respond to them. With the acquisition of a “right knowledge” comes self-empowerment and with self-empowerment comes the ability to come to terms with you strong feelings which you do by first holding down your strong emotions. This is accomplished by making a conscious choice to accept your feelings followed by a willingness to not react to the situation or condition at hand and then sticking to your own choices. This affords you time to quiet down your unstable feelings and allow the process of understanding the underlying nature of your strong emotions to proceed without any hindrances on your part. As the truth begins to enter into the light you will see how your feelings were indeed acting as an informant rather than an adversary by alerting you to the fact that your attention was required because a mistruth in some aspect of your reality was leading you astray. The mistruth is seldom about the actual condition that provoked your feelings but is really about the mistruths you fashioned in your mind in response to the condition by way of your thoughts, beliefs and your perceptions. The condition, whether person, place or thing was merely acting as the catalyst to help you see that you have been holding on tight to a mistruth about your own reality – a reality that was self-created by none other than you.

In closing we were excited to bring the details of this discussion to your attention because we so hoped that it will help to free you from any bondage or entanglements concerning the nature of your strong emotions and the feelings associated with them that, without your knowing, are forming the fabric of the reality you create and co-create with those in your circle of life. It is our hope that as you learn how to practice holding down your strong emotions that you will begin to witness the value of just such a practice which is then manifested in the quality of your own reality. As always should you have any questions regarding the contents of this lesson or any others please feel free to share your thoughts and comments.

Many Blessings,

Linda, Z, the Collective We and the influence of Seth

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Recommended Reading:

Metaphysical Meditations by Paramahansa Yogananda

The Nature of Personal Reality, A Seth Book dictated through Jane Roberts

You Can Heal Your Life by Louise L. Hay