

## Lesson 85: The Dynamics of Emotional Change Energy

The energetic force of positive or negative emotions not only affects the realization of dreams and the achievement of goals, but also negatively or positively influences relationships. While there is usually no cause for concern when things are going well, that is, when dreams are being realized or personal goals are adequately achieved or the experience of relationships are perceived as being satisfactory, it is an entirely different realm of reality when dreams are not being realized or goals are not being achieved or relationships are not perceived as a rewarding experience. Because there are so many external and internal influencing factors that give rise to negative emotions, the benefit of understanding the dynamics of emotional change energy provides mental leverage as a means to make more effective choices and decisions in response to an undesirable or unfavorable event, especially when the event threatens to undermine an intended outcome. The discussion in this lesson will focus on describing the dynamics of emotional change energy as well as to provide you with a realistic and tangible means of overcoming the often debilitating effects that typically result when the energy associated with negative emotions threatens to alter your reality in an undesirable way or makes coping with an undesirable or unfavorable event a mental and emotional challenge.

There is a dynamic exchange of emotional energy that will either enhance your personal experiences or will threaten to undermine your intended efforts. The word *dynamic* is indicative of an energetic force, which on a personal level equates to the exchange of positive or negative emotional energy. Although there is an exchange of positive and negative emotional energy in response to the events of day to day life, it is the long term shift of negatively charged emotional energy that can make an undesirable or seemingly unfavorable situation more negatively charged, to the point of being disproportionate to the causing event. But when the dynamics of emotional change energy is intellectually understood and is cognitively processed, events that threaten to change or alter the realization of your dreams, the achievement of your goals or that have an adverse affect in your relationships can actually be approached from a positive mindset, which not only changes the dynamics of the energetic forces, but actually results in a noticeable change in your personal environment.

The process of understanding the dynamics of emotional change energy is to realize that the energy emitted from negative emotions is just as strong as the energy emitted from positive emotions. The only difference between the two exchanges of emotional energy is not in the actual force of the energy itself, but rather is reflected in its polar opposite affects. Positive emotions have a positive influencing energy with respect to like attracting like, as well as thoughts becoming things. Negative emotions have an equally negative influencing energy, because the negative energy emitted from your feelings, as well as your thoughts and words will not only attract more negativity into your personal reality, but will manifest that negativity in ways you will not necessarily know to connect the dots too, including manifestations that can adversely affect your health and well-being. Such manifestations can appear as symptoms of certain illnesses such as the flu, stomach virus, headache or body aches and unfortunately, are

undetected and erroneously perceived as isolated incidents when, in fact, they are directly related to the energy of your negative emotions.

The process of understanding the dynamics of emotional change energy is to recognize its root cause; as such exchanges of positive to negative emotional energy are fundamentally causal in nature. But because the human condition itself has a built in propensity to be mentally and emotionally complex, it is often difficult to discern the order of emotional change energy with respect to the events experienced in life in terms of which comes first: the events attracted by the emotions or the emotions generated as the result of the events. Such human scenarios are likened to discerning which came first: the chicken or the egg! To put the matter in its proper perspective is to say that both cases apply to the human condition. Emotions trigger events and events trigger emotions. In either case, understanding the dynamics of emotional change energy is an effective mental tool that has the cognitive power to overwrite an event that might otherwise be considered undesirable, unfavorable or potentially threatening with respect to the realization of a dream, the achievement of a goal or the desire for a certain kind of relationship.

The drive that motivates you to act on the pursuit of your dreams, goals or relationships is no less energetic than the emotions that you experience either in the pursuit of these desired manifestations or as the result of them not occurring. Either way, there is an exchange of energy that relates to how you perceive the onset of an event that in of itself does not stand alone but is intricately biologically and neuronally connected. It gets somewhat complex at this more scientific level, but suffice it to say that if you are not well rested, if you are not burning energy, physically speaking, and if you are not eating properly, these conditions can result in a chemical or hormonal imbalance in the brain as well as in the body that can adversely affect how you will mentally and emotionally respond to undesirable or unfavorable events in your life and can even cause undesirable events to occur as the result of your negative state of mind. Thus, the more chemically and hormonally balanced you are and the more your neuronal synapses are firing off positive messages, not just to the related parts of your brain, but also to the cells in your body, the greater are your chances to intellectually process undesirable or unfavorable events in your life, as opposed to emotionally responding to them from a negative reactionary state of mind.

In addition to these biological and neuronal influencing factors, there is the equally important internal influence that comes from your spiritual state of mind. There is something to be said about being spiritually grounded so that when undesirable or unfavorable events occur in the course of your life; you are not as shaken, disturbed or thrown off course as you would be without the stabilizing effect of being spiritually grounded, which of course, allows you to see the bigger picture right in the midst of unforeseen and unexpected events and furthermore, such events do not have to be perceived as a personal assault. Spiritual stabilization helps you to maintain a more consistent emotional level of energy that is not subjected to the instable dynamics that occurs as the result of strong negative emotions. Not to mention, spiritual balance is crucial to maintaining mental and physical balance, as body, mind and spirit do not stand apart

from one another, but are dynamically connected to one another and are interconnected through the auric layers.

Your mental attitude, aka your state of mind, is shaped and formed by your own beliefs, thoughts, perceptions and expectations, and because there is just no getting away from these internal influences, they in turn affect your emotional stability. Thus, the more limiting and disabling are your beliefs> the more negative are your consistent thought patterns> the more distorted are your perceptions> the less realistic are your expectations>the more your emotional stability is adversely affected - all of which sculpts the landscape of your personal reality. It is right here in this internal influencing equation where the adverse affects of negative change energy occurs. As the energy of your emotions draws down in response to an undesirable or unfavorable event in your life, the situation risks being magnified if there is little in the way of a cognitive or even a spiritual process to help stabilize the situation. However, you cannot put an effective cognitive process into motion if you do not know what steps the process itself consist of. Since the likes of such fundamental instructions are usually found in obscure sources, that as an average person you are not likely to seek out, you are at a definite disadvantage from not having the benefit of an education, say for example, in conventional or metaphysical psychology, biology, neuroscience or even quantum physics. And because there really is no practical “book of life” per se, there are many life related perspectives that yield a variety of psychological, spiritual and even religious instructions. However, these are often more subjective than they are objective because they rely on human interpretations that by its very nature is subjected to all sorts of internal and external influences and stimuli. Thus, the process of becoming aware is more of a subjective trial and error leaning experience than it is an objective learning experience.

There is an intellectual approach to coping with the events in life, regardless of whether an event is triggered by your negative emotions or the event triggers a negative emotion. When these steps are acted on, cognitively speaking, the risk of running highly charged negative emotions is eventually minimized and as these cognitive skills are developed over time, they become a very effective emotional stabilizing tool which results in a favorable exchange of emotional change energy. Now this is not to say that feeling a negative emotion in response to an undesirable or unfavorable event puts your well-being at stake, because this is not the case. You should never suppress, repress or deny the internal and even the external experience of negative emotions, as this is your own psychological built in gauge that measures your human experiences and alerts you when things are out of whack in your internal or external environment and even to the degree that an event is or is not a threat to your well-being in any sense of the word. However, there comes a time in the process of dealing with an event when your negative emotions are no longer necessary or are vital to your well-being. This is the moment when the exchange of negative energy most needs to shift in the opposite direction, otherwise, you will become enslaved to your own negative emotions and they in turn will dictate your current and future experiences. The approach to making this dynamic shift in energy is to begin exchanging negative energy for positive energy which can be accomplished in a variety of ways. It is a well

known fact that when you push yourself to do something that involves either a physical or mental activity of some kind, the feelings that produce negative energy are automatically exchanged for feelings that produce positive energy. Not only are your feelings affected, so is your perspective affected, as like always attracts like. So when your perspective is lightened, as opposed to being energetically heavy, burdensome and overwhelmed, your feelings follow the dynamics of this emotional energy shift.

The path to exchanging negative energy for positive energy involves an intellectual approach that is cognitively acted on. Regardless of what kind of activity you choose as a means of lightening your mental and emotional load, it is first approached through the intellect by way of your will and is then manifested as a choice or decision to rationally act, behave or to do something that is *not* in keeping with your negative state of mind. Now make no mistake, such forced applications are challenging to say the least, especially when you are in the throes of a situation that is very undesirable and you feel like you want to lash out in anger and frustration. But making the effort to activate self-empowerment is to push back even harder against the energetic pressures from the negative emotions that are forcibly pushing back against your psyche. It truly becomes a mental and emotional physic tug-o-war, but nevertheless, you are self-empowered to physically or non-physically push your way through the exchange of these energies. There are cognitive steps that can be successively worked out and are an effective tool that can help you move from a negative state of mind to a more positive and productive state of mind. However, given the nature of the human condition, the succession of working out emotional responses to an undesirable or unfavorable event is often a one step forward and three steps back progression of raising awareness and ultimately affecting the dynamics of emotional change energy. And as you move through the phases of becoming more consciously aware, you begin to see how your emotional responses directly affects the events you encounter in the course of your life as well as understanding how your emotions can actually trigger certain undesirable events.

Working through each of the five steps that follows is a process that you may or may not be consciously aware of already doing in some capacity. You may be processing these steps from an emotional perspective, as opposed to processing them from a cognitive perspective, which most certainly skews the results. But even if you are cognitively processing the steps you might not be aware that there is an order to them, which can also skew the results. The purpose of describing the individual steps is to bring the sequential order of them to your awareness so that you can better understand their natural flow, which affords you the opportunity of gaining a much broader and less resistant perspective. The cognitive steps begin by first acknowledging that an event has occurred. While this may seem like an obvious beginning, it is not as obvious as it appears to be, as there are events encountered in life that are extremely difficult to comprehend, let alone to accept as having actually occurred. In the 12-Step programs, the acceptance of an event, situation, condition or circumstance is the very first step to successfully working through the remaining 11 steps. Often there is a mental and emotional inclination to

deny or disbelieve that an event has occurred, especially when it occurs unexpectedly and abruptly and is a shock to your psyche. In other cases there can be an inclination to deny or disbelieve the occurrence of an ongoing situation, condition or circumstance and is one that does not appear to be favorable or conducive to a desired change in your personal environment.

The second step is crucial because it pertains to your perception of an event, situation, condition or circumstance. This is precisely where the dynamics of emotional change energy enters into the picture. The moment you perceive your environment to be a certain way, and that certain way coheres with your beliefs, your thoughts will likewise run in agreement with your beliefs and perceptions and consequently, will affect what you realistically or unrealistically expect from yourself or from someone or something else, or the combination of these. This is where the emotional stage is set for the success or failure of realizing your dreams, achieving your goals or the experience of a desired relationship.

The third step pertains to your appraisal of an event, situation, condition or circumstance. This is an internal evaluation process that is measured by degrees because it relates to the significance, importance or impact of a dream you wished to realize, a goal you intend to achieve, the kind of relationship you desire to experience or whatever changes or alterations you choose to bring into your reality. But again, perception plays a determining role in how you measure or gauge the relativity of an event, situation, condition or circumstance. If your perception is distorted or skewed, there can be no doubt that how you evaluate a perceived loss, a challenge or an obstacle, will be adversely affected. Thus, what might otherwise be a perceived loss is not really a loss, or the issue of there being certain challenges and obstacles that you perceive you cannot overcome, may just be that you really can overcome them with an attitude adjustment that requires you to view the matter from a different and more positive can-do perspective. An improper appraisal of an event with an equally improper evaluation of the perceived conditions of the event, due to distorted perceptions, inevitably leads to a related feeling which adds another layer of mental contention that also has to be worked out somewhere along the line.

The fourth step pertains to how your appraisal of an event, situation, condition or circumstance relates to or is associated with other events in your life. This is where it gets tricky because you can erroneously filter a current event, situation, condition or circumstance as being linked with a past experience. Although perceptions, beliefs, thought patterns and expectations do have an energy dynamics that links the past with the present, this is not always the case. There are events that occur outside of your control, that are influenced or brought into your reality by the actions of someone external to your personal environment or that occurs as the result of a place or a thing. The human potential for the broadness of such experiences would be far too numerous to even briefly mention in this discussion. However, the means by which you can discern whether or not a present event, situation, condition or circumstance is linked to a past experience is by your own emotional response to those memories. If the memories of certain past experiences has an adverse or disturbing affect on a current event, situation, condition or circumstance, it is very likely that there is a psychic connection and is one that should be unraveled for the sake of

revealing what lies at its core. However, there is a very fine line in discerning what actually occurred and what is perceived as having occurred, whether in the past or in the present, thus caution should be taken when examining what actually did or did not happen and how the perception of a past experience does or does not relate to a current experience.

The fifth and last step pertains to how you react to your internal appraisal of an event, situation, condition or circumstance. This is where you have the option to make certain intellectual or intuitive choices or decisions that will either work for you or will work against you. As you can see, this entire process so far is one that is cognitively worked out as opposed to emotionally reacting from a negative perspective, which is an entirely different change of dynamic energy. By the cognitive choices you make, acted on in accordance with your will and hopefully your ego, as the last thing you need is a derogatory influence from your ego, empowers you to accept, perceive, appraise, evaluate and react to an undesirable or unfavorable event, situation, condition or circumstance from at least a more neutral state of mind, as opposed to a negative state of mind. Of course, you are always free to test out the results for yourself, but in doing so you must bear in mind that the manifestation of some consequences are not always apparent or appear to be linked to the event itself, which can be deceiving. This includes the timing of certain manifestations which may or may not immediately occur, but can occur over a long period of time, which masks the manifestations even that much more

When you allow the energy of negative emotions to be the determining factor in dealing with an undesirable or unfavorable event, situation, condition or circumstance, cause and effect are going to play out their role one way or another, which guarantees that you will inflict some form of unnecessary suffering, including physiological suffering upon yourself. Taking a more cognitive approach, even if it means wavering back and forth between the cognitive steps and your emotional reactions, will eventually give you enough contrast to determine that the best approach is to ultimately exchange negative energy for positive energy. This is accomplished by means of acceptance, which is often an ongoing process and by avoiding the pitfalls of distorted or deceptive perceptions by accurately appraising and evaluating an event, situation, condition or circumstance, which enables you to react more positively, as opposed to reacting negatively. But remember to be kind to yourself as this is a work in progress, not an overnight success story. If you are inclined to go kicking and screaming every step of the way, your experiences will correspond to that particular state of mind. If you are inclined to travel down the road of hard knocks, your experiences will correspond to that state of mind as well. However, if you choose to experience the dynamics of emotional change energy from a more positive approach, your experiences will likewise correspond to the energy of positive emotions which incidentally, begins with acceptance. Your mental and emotional load will be significantly lightened and perhaps to the degree that what you perceived at first to be an undesirable or unfavorably event, situation, condition or circumstance is not only accepted, but holds within it the possibility of being viewed as a learning experience that will serve to ground you now and in the future, thus promoting personal and spiritual growth.

In closing, we hope that we have provided you with some new knowledge and working mental tools that can help you to understand the dynamics of emotional change energy that when asserted into your personal environment has the power to enhance the realization of your dreams, the achievement of your goals or the experience of desired relationships, as well as to change or alter other aspects of your reality. As always, please feel free to ask questions, share your thoughts or make comments.

Many Blessings,

Linda, Z and the Collective We

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