

Lesson 90: Choices and Decisions; Chasing Down Emotional Energies

Although many choices and decisions are made in the course of life, the results do not always manifest in the most desirable ways. Manifesting results are not only relative to the reasons why certain choices and decisions are made; they are equally relative to the emotional energies that consciously or unconsciously support the reasons why certain choices and decisions are made. Being aware of these emotional energies is crucial not only for the sake of manifesting a desired outcome, but to make conscious choices and decisions that are not emotionally oriented. Given that making choices and decisions requires a thought process, there is an immutable certainty of thought. It is that thoughts will always become things; therefore, thinking cannot help but to manifest a result that corresponds to the emotional energy that supports the thought. And just as thoughts manifest into form experienced as a reality, different kinds of thoughts produce different types of manifestations. As there are no exceptions to the law of cause and effect, attraction, unfoldment or correspondence, the consequence of making choices and decisions by chasing down emotional energies, as opposed to being intellectual, will adversely affect your reality. However, the ability to make intelligent choices and decisions does not necessarily apply to academic intellect, although it certainly does have its benefits, it is more about the application of spiritual intellect which has the power to change the energy of manifested results. The purpose of this lesson is to exemplify how to avoid making poor choices and bad decisions by bringing to your awareness the difference between intelligent based choices and decisions as opposed to chasing down emotional energies that result in making poor choices and bad decisions.

When it comes to making good choices and smart decisions, it is essential to understand the role feelings and emotions play in the results that take on a form and manifest in your reality. As feelings and emotions are a form of creative energy, their role is for the sake of expression, because without feelings and emotions, creativity would be quite difficult to express adequately. Ideas, inspirations and even aspirations are first formed in your mind, supported by your own beliefs and fueled by your emotions, which may or may not be to your advantage, depending on the thought process behind your beliefs, feelings and emotions. The stronger you feel about an idea, the more inclined you are to its pursuit; your belief in the idea cannot help but to provoke an objective result. The result produced in a manifested form may not be to your liking because the choices or decisions made with respect to the emotional energy behind the idea can adversely affect your own reality as well as the reality of others. The kind of choices and decisions necessary to realize your idea should come by way of intelligence and intuitive guidance, as opposed to making choices and decisions that are based on strong emotions, which tends to not end well for you and even for others. As acting on strong emotions hinders the intellectual application of governing principles that must be applied if the desired

results are ever to be manifested in your reality, acting on strong emotions in no way hinders the operation of the governing principles which will always produce a like-kind result; this you can be sure of.

Intuitive guidance is overridden when choices and decisions are made in response to strong emotions. The end result is that the thought process which is necessary to the pursuit of a desired outcome is circumvented as logic and intuition gives way to the power of strong feelings and emotions. This creates a mental conflict which causes confusion and undermines clarified thought. Thus, the attempt to pursue a desired outcome is clouded by the inability to think with clarity. And as clarity is crucial to the pursuit of a dream realized or a goal achieved, an intellectual approach guided by intuition is the path to manifesting a desired outcome. But even an intellectual approach has its limitations unless there is an awareness of how certain principles operate with respect to achieving a desired outcome. Not all successful people relate to these principles as being spiritual in nature, however, they do understand these principles at the most fundamental level and are very familiar with how the principles of manifestation work. They know achieving any measure of success is attributed to a certain kind of thought process that is intellectual and is backed by a compelling belief. And because they know how to think with clarity, they cause these principles to work for them, not against them and they do so intellectually and intuitively, not emotionally. Feelings and emotions are the creative components that fuel ideas, inspirations and aspirations, but they are not the catalyst for making good choices and smart decisions.

There is a science to knowing how to make good choices and smart decisions. When you understand how this science works, fundamentally speaking, you not only avoid making choices and decisions that you will inevitably end up regretting, you will learn how to make them without your emotions turning a good choice or a smart decision into an undesirable experience. This science, which is spiritual in nature, involves thinking with clarity which comes by way of a stable mentality that comes by way of acting on enabling beliefs, having realistic expectations, undistorted perceptions, balanced emotions and last but not least, the ability to keep an open mind and be receptive to possibilities that are not limited as the result of dysfunctional thinking, disabling beliefs, unrealistic expectations, distorted perceptions, unbalanced emotions and a closed mind to possibilities. But this can only come by way of intellect and more specifically it comes by way of spiritual intellect because the principles back of every reality manifested are spiritual in nature. These principles are spiritual in nature because they are not visibly seen although they are mentally, emotionally and physically felt and experienced everyday in your reality.

Before describing the difference between human intellect and spiritual intellect, you must first become aware that you exist in an intelligent universe that is subjective and

responds in like-kind to the exactness of directives. On the human plane these directives come from the energy of your very own thoughts, beliefs, perceptions and expectations, most of which is the result of race suggestion, environmental, cultural and religious conditioning. This is merely a fact of life; however, none of these forms of conditioning, whether internal or external is an immutable fact. Every one of these conditions can be changed into a completely different experience which, of course, is dependent on the direction of your own thought process, which is relative to what you choose to believe or not believe, what you perceive is true about yourself and your environment and the expectations you have of yourself and others in your environment. This is the fundamental basis of your experiences in life, which is both scientific and spiritual in nature and is the key to making good choices and smart decisions.

Spiritual intellect differs from human intelligence because it rests on the willingness to learn and abide by universal laws that are fundamentally spiritual in nature, as these laws operate on the human plane of personal and collective experience no different than they operate on the molecular, chemical, thermal, gravity or cosmic planes of reality. The knowledge of these laws and knowing how they operate in your day to day affairs eliminates the need for excessive emotions, especially those on the lower end of the scale that when acted on in the form of choices and decisions, tends to be far more damaging in terms of personal experience and often has lasting results in the mental or material form of undesirable consequences. The cost from having made choices or decisions that were made without the benefit of intellectual thought, especially spiritual intellect, can create consequences that keep manifesting even though the original cause has long been forgotten or the energy of the cause has been identified and changed accordingly. This is very serious business, as it can bring much undo suffering to bear on you and others in your environment and can last a lifetime.

A cause that is unidentified or left unresolved creates an inner turmoil that the psyche will not put to rest until the cause has been identified and resolved, regardless of where the root exists and in spite of how many lifetimes ago it occurred in. However, getting to the root of causes that are not easily discernible requires a special kind of intervention that will enable the identification and the release of a deeply buried root cause. The root of those causes that can be more easily identified with the aid of professional help and/or through self-introspection are resolved by backing into its effects, which eventually will lead to its cause that over time have been habitually acted on, mentally and emotionally . As inner mental and emotional agitation manifests as outward irritations, unresolved or unadjusted causes will manifest objectively sooner or later. Causes that are buried in the sub-conscious mind become subjective to the directive of the conscious mind, thus creating habitual mental or emotional reactions that will keep approximating the original condition, situation, circumstance or event as if it were occurring only in the present time and threatens to continue unfolding in the future

until it is resolved. The means to stop the destructive force of habitual reactionary behavior is to change the thought process from emotional to mental and from mental to intellectual.

Spiritual intellect understands that different kinds of thoughts produce different types of effects and all effects are relative to the energy of the emotions that generate the thoughts or the thoughts that generate the energy of the emotions, whichever is the case at any given time. For example, the thought of fear will manifest a reality that corresponds to the thought process behind the emotional energy of fear.

Discouragement will manifest a reality that corresponds to the thought process of discouragement. Indecision will manifest a reality that corresponds to the thought process of indecision until the condition is neutralized by clarified thought which makes it possible to not only make a decision, but to make a smart decision. The results manifested will like-wise correspond to the decision made.

Depression will manifest a reality that corresponds to the thought process of depression unless the depression is neutralized either by a change in thinking or a change in the chemical balance. The chemical balance is typically the result of personal and environmental stress as well as discordant thinking in response to an undesirable condition, situation, circumstance or event, which results from a lack of intellectual acceptance. All symptoms can be traced back to a limited and dysfunctional thinking pattern which puts the physical body in a state of dis-ease. Worry, stress and anxiety leads to the manifestation of even more stressful situations that create more worry and more anxiety because the emotional energy of the thought process behind worry, stress and anxiety attracts more of it. The resolution is not solely in the desire to alleviate stress, worry and anxiety, it is in the thinking and the thinking is what it is because the laws that govern thinking are not understood and applied. You simply cannot go against the grain of any governing laws, whether in thought or by strong emotions and expect to produce desirable results.

As unresolved anger can turn into resentment and even hate, jealousy can turn into bitterness and the need for revenge, thus both negative states of mind will manifest a reality that corresponds to the thought process as well as the condition that generated the emotional energy of anger to begin with. The same is true of insecurity, inferiority, inadequacy or the lack of self-esteem and self-worth. The unresolved need for validation will generate a thought pattern that will result in an insatiable emotional energetic need for even more validation from any person, place or thing. And since true validation can only come from within, the search for what is lacking internally will never be fulfilled externally. It will prove to be a mental and emotional exercise in futility, which will adversely affect every choice and decisions made while under its negative emotional influence and will manifest in its associated form in your reality.

Continuing to live in the past by dwelling on past undesirable circumstances and events is not only a refusal to live in the energy of the present, but will surely keep manifesting the past over and over in different but like-kind undesirable ongoing circumstances and events. Although the results are unavoidable, a change in thinking will affect a change in the short and long term affects due to habitual dysfunctional thinking. Self-analysis for the sake of putting under check habitual feelings and emotions, thoughts and reactionary behaviors leads to inner healing and outer manifestations that speak to poise, peace and tranquility, which invokes mental stability, balanced emotions and an overall balanced equilibrium of body, mind and spirit. The benefits far outweigh the effort it takes to examine your own internal condition.

Chasing down emotional energies means that the intellectual thought process is hindered by the influence of strong emotions, therefore, the choices and decisions made under the influence of unchecked and unbalanced emotions creates a duality that is not inherent in nature and, therefore, is not conducive to making good choices and smart decisions; the price for duality must be paid and it is paid in the form of undesirable consequences. As the law of cause and effect, attraction and repulsion is no respecter of people, places or things, all emotions are subject to its rules. Although the emotion of joy, happiness or love perpetuates an internal state of poise, calm and peace, these emotions can have an adverse affect, not by their own nature, but can do so by the nature of your thought process. The strong emotional energy of love, when by the action of your free will is imposed on another by force rather than by attraction defies the rules of logic and intelligence; the consequence is an adverse affect. There is a fine line between force and attraction, yet both are mentally distinguishable when the emotions are not undermining the intellect.

Acting on the principles of spiritual intellect is to abide by presiding spiritual rules, one of which states that for every action there is an equal and opposite reaction. If you are consciously aware of just this one principle and you act on it fundamentally speaking, you have within you the cognitive means of making intelligent choices and decisions that will not wreak havoc in your life because they simply cannot attract a result that is dual in nature, as such duality does not exist in nature for the simple fact that nature does not oppose itself. However, as a human being, there is a propensity to oppose the rules of nature every time you chase down emotional energies, which will inevitably perpetuate undesirable conditions and results.

Ignorance of your own actions and reactions does not safeguard you from the inevitable consequences of them. However, you cannot act on or abide by principles you are not aware of. You can only act and react in accordance with the level of your insight, wisdom and knowledge. In such a case as this, two possible conditions exist. Either there will be enough chaos in your life to send you scrambling in the direction of a

journey of self-discovery, or you will remain oblivious to the nature of your reality and continue to function in your state of mental denial, and with that comes the need for blame, whether you blame others or yourself, ultimately someone, or something needs to be blamed for the conditions of your reality. The only means of digging your way out of your mental and emotional rut is to desire a healthy change in your environment, which will not manifest in your reality until you learn how to stop chasing down strong emotional energies. As it is common to be angry in response to adverse conditions in your life, the emotional energy of anger, when left unchecked and unresolved will continue to attract conditions in your life that will propagate even more anger. So when you make choices and decisions from having chased down the emotional energy of anger, your reality will perfectly reflect your anger and the condition itself will propagate even more anger. The duality you experience in your reality does not exist in nature; it exists as the result of your anger and the thought process behind the anger.

Even though emotions are experienced by degrees, they often appear to be dual, such as when joy gives way to anger. Although anger appears to be the polar opposite of joy, happiness or love because it is on the opposite end of the emotional scale, it is an appearance that is deceiving. Anger is actually a decrease of joy, happiness or love that occurs by degrees. The same holds true for light and dark, hot and cold or black and white. In all cases neither condition exists to the extreme of the other except by degrees, therefore, there really is no duality in nature with respect to light and dark, hot and cold or black and white. To say there is a duality is to infer that there are no degradations of light into darkness, hot to cold or black to white. The concept of duality in of itself is not a real thing, but rather it is a mental condition that exists only in the human mind. The emotional energy of joy cannot possibly be dual in nature, it cannot present in the form of oppression or depression, anger or frustration. The emotional energy of joy perpetuates happiness, therefore, neither joy nor happiness can exist in any other state other than the energetic state that is relative to the degree of joy and happiness felt and often emotionally expressed as love. The principle of relativity, when its fundamental is applied to the human condition, has to correspond to the energy of every emotion felt and expressed that when left unchecked and unbalanced will adversely affect the nature of your reality in the exact measure of its degrees.

The problem does not lie in the emotional energy of joy turning against itself in the form of anger, as this is fundamentally impossible because it goes against every universal principle. The problem lies in the thought process which in of itself has the power to repel the energy of joy, which cannot help but to alter your reality by manifesting a reality which corresponds to the emotional energy of anger instead of joy, as thoughts will always become things and like will always attract like. Thus, chasing down the emotional energy of anger will affect every choice and decision made while in the mode of anger. This destructive mindset can easily distort the facts, thus creating the illusion

of a reality that does not exist in form, but does exist on the mental plane, backed and fueled by the continuance of the emotional energy of unresolved and unreleased anger. The same condition exists with every emotion; the degrees felt and expressed results in a like-kind experience manifested in your reality – this is Law.

The purpose in describing the adverse affects from chasing down emotional energies was to bring the potential severity of this condition that is mental in nature to your conscious awareness by showing you how cause and effect, attraction and repulsion play their inevitable roles in response to the lack of intelligent thought processes. And although the focus of this lesson was placed primarily on the undesirable aspects of chasing down emotional energies, it is important to know that these very same principles work in your favor when you learn how to apply them in your day to day affairs, which means that intelligent thoughts, specifically spiritual intelligent thought is the key to manifesting a desirable reality, as well as to repel an undesirable reality. The benefit of thinking logically, rather than emotionally is worth the effort it will take to retrain your habitual patterns of reactive emotionally based thinking. The lesson is also intended to help you learn how to think proactively, which means taking the time to logically process a situation, condition, circumstance or event, which then makes it possible to make good choices and smart decisions that you will not end up regretting in the long run.

Although it is said and known that experience is the best teacher, and as life is all about experiences, in no way implies that life should be nothing more than an ongoing series of mental, emotional and physical painful burdens to bear. Jesus understood the fundamental of this metaphysical and spiritual principle, which accounts for why he said: “I have come that they may have life and have it more abundantly” (John 10:10). This statement is undeniable in principle. There is no reason to not live life abundantly; however, abundance in any measure is not attainable when it opposes itself mentally and emotionally. An abundant life experience is attracted by the awareness of spiritual principles that by application of intelligent thought processes cannot repel abundance as opposed to emotional thought processes that will repel abundance.

In closing we hope that we have not only brought a very important matter to your awareness, but that it triggers an awareness of your own thought process that will inspire you to consider whether or not you are inclined to act on the energy of your emotions when you make choices and decisions and that if you are inclined to operate in this mode you will consider changing your ways and allow for spiritual intellect to be at the helm of your thought process. We encourage you to feel free to share your thoughts and comments, to ask questions or to request assistance to:linda@dragonofdrama.com.

Many Blessings,

Linda, Z and the Collective We