

Emotions

Inside you is a knowing. It knows everything about you and it knows that it knows. It has a core of love, light, truth, warmth, bliss, peace, humor and a perfect blueprint of health. This is your true gift of life, your stable and ever present center.

The first things that pull you off your center are shame and guilt. Shame is related to something you think you are. Guilt is related to something you do or have done. Shame leaves you "stuck" in that time frame in which you made a decision somewhere in the past. Guilt can be a useful tool during decision making times, but it is a terrible drain on energy when indulged in daily. Shame and guilt are both false information that people use to control and manipulate themselves and others. In our society, some of the most common shame and guilt related to being sexual human beings. Although advertisers use the lustful urges to stimulate the subconscious, our society has a remarkable double standard about it being unacceptable to discuss sexuality openly. This is an amazingly pervasive incongruent message of our society.

After shame and guilt come sadness, sorrow, grieving and pain. These things can be temporary situations or habitual thought patterns. In the case of temporary states of being, these states contain large doses of change and learning. In the case of habitual thought patterns, these states lead to:

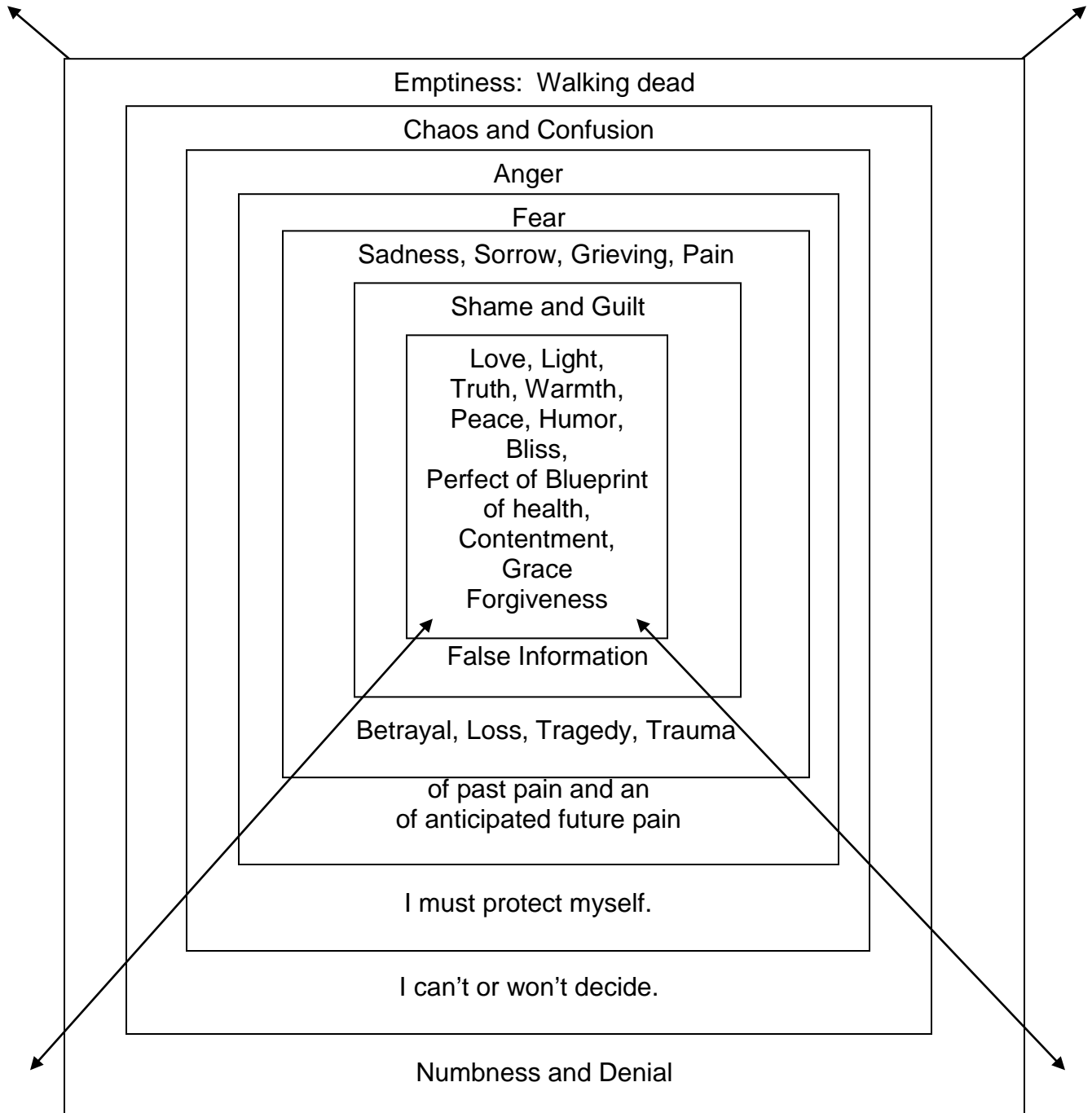
Fear is largely based on past pain and the concern that it will happen, again, in the future. Fear is usually based on something other than now, instead of response to the real issues at hand.

When you have been sufficiently provoked, or frightened long enough, you will respond with a desire to protect yourself. This usually finds its expression in anger. Behind all anger is some form of fear.

If you are successful at hiding from your feelings and you pretend that you do not experience shame, guilt, sadness, sorrow, grieving, pain, fear and anger; chaos and confusion will set in. Chaos and confusion are the result of conflicting messages, decisions and actions. The inner message is "I can't, or won't, decide."

If you are successful at avoiding decision making, you may find yourself in denial, numb to the discomfort of chaos and confusion. Numbness and pretending leads to the idea that "Nothing is wrong; Everything is ok."

Pretending nothing is wrong and living with a numbness eventually leads to the experience of the walking dead.



If peace of mind is your goal,
look for errors in your beliefs and expectations,
seek to change them and not the world.
and be always prepared to be wrong.
But if being right is your goal,
you will find the error in the world and seek to change it,
but don't ever expect peace of mind.

Peter Russell, Passing Thoughts, Vol 1.
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