



# Expressing Your Feelings Or Expressing Your Love?

Love always puts the best for the other before the ego's selfish tendency to indulge in destructive emotions. That's a Natural Truth.

But this Truth, like many others, has been negated by the secular "feel good" psychological community that preaches relentlessly that it is somehow noble and honest to *always express your feelings!* This, more than anything else, is a relationship killer that doesn't need to be.

First of all, feelings are mental states that project a real and powerful energetic field that can be measured and verified. Feelings can be "felt" in a scientific lab with sensitive devices that measure changes in the electromagnetic field of the environment. Humans and animals are especially sensitive to this magnetic (feeling) field projected in their environment. So, your thoughts produce a physiological mood or electromagnetic force field that affects everything and everyone around you! Conclusion: **We have a responsibility for our thoughts!**

Feelings are the ultimate results of our thoughts; therefore, over time our feelings can change as we think differently. But that's not so easy when we have certain mental patterns that are habitual ways of processing our reality around us. How do we change these thoughts? One way is to listen to the thoughts of the saints. Let their thoughts superimpose new patterns of understanding on ours. (i.e. We

are not victims. And “nothing happens to us, everything happens for us. ) Almost all of our negative thinking comes from immature and selfish ways of processing our life. We get into an “emotional” tantrum because we don’t like something or someone/a thing does not live up to our expectations. We focus on what we want and forget that what we have is exactly what a loving God wants us to have – to brings us back to the “Kingdom of Heaven” which He has placed within us. We are ungrateful for what He has given us and are angry that we didn’t get what we wanted – as if we know better than He what is in our best interest. No surrender here – just arrogance and childish acting out! If you are ill, poor, hate your apartment, don’t like your car, are bored with your work, try to make the necessary changes but – **get over it!** Do your best to change things, but realize that it is all a great gift. Life is a gift. It is the opportunity to participate in God’s existence as you are experiencing “this” for Him – not you! **This is not your experience, it is His.**

Be grateful that He is letting you in on the experience of a lifetime – **Life Itself!** Your life conditions are His mysterious gift – faith which is the understanding that everything happens for a higher good unknowable to the human mind.

Now, back to the power of thought and emotions. When you love someone, you want to give them the best you have. Negative emotions, the indulgence in them, and the expression of them is certainly not your best. **You have no right to hurt the peace and joy in the other with your negativity.**

I am going to use a very earthy and explicit example here: the human body. The body is God’s design. It is pretty incredible. We take in food – life’s experiences. Some of tastes good – pizza, and some of it tastes funky – broccoli. Both types of experiences, good tasting and not so good, are part of the landscape. We take these in and assimilate what we need – what God thinks we need to grow and thrive. What we don’t need is processed through the colon and expelled. In society, we appropriately use facilities to allow us to properly dispose of this waste and not subject others to the unpleasant sight and smell of our discharge.

On a material level everyone understands this. However, the same phenomenon exists on a more subtle and more life-affecting level. “Expressing our negative emotions” freely is like the exact same thing as placing bodily waste in the emotional environment of those around you. That, in today’s culture is considered noble, honest and being your self? No matter what the secular psychologists call it, it is disgusting. It does not belong in relationships - professional, casual or especially friendships and love relationships.

Practically, like the example of the human body, if you need to pass gas, leave the area. Announce that a bad mood has clouded you and you are going to retire until you can make some adjustments. Announce to the people around you (if appropriate) that you need to take a “time out” to make an attitude adjustment. While you are in a time out take your point of focus off your self and your “feelings” and think of how much you love and appreciate your loved ones. Think of how you can give something positive and nurturing to them. What do they need to “get” that you love them? Think of what Love would have you do right now.

If it is a female partner or friend, treat them with the same respect and reverence as you would the Divine Mother. And if a male, treat them like you would Jesus of Nazareth, or your Guru Teacher.

**Love is a sacred commitment to the others highest good – on all levels. Expressing your negative feelings freely is a violation of this sacred commitment.** You are violating the emotional space of the others heart – the space where dwells the Loving God that expresses as them! Don’t kill their inner joy!

**Teaching:** There may always be times when negative emotions cloud our landscape. That’s part of being human. However, these emotions are destructive

to those subjected to them. So, it is never OK to spew them out polluting another's inner state and causing them the inevitable distress that follows.

**We are how we affect other people!**

Therefore: **Get over your self!**