

The World of Emotion: The Emotional Gym

It is truly incomprehensible how emotionally illiterate we have become.

Most people try to hide their emotions. For centuries, we have been encouraged to suppress them. During the rise of the corporate mindset, a lack of empathy was favored. Needless to say, it took a fatal toll on our psyches. We were punished for being too emotional, too happy, too sad, and for connecting with natural human emotions. We created a deadly habit of abandoning our natural feelings. Suppressing emotions led to a demise in emotional language, communication skills, empathy, our relationships, and our physical health. Being unable to name our emotions correctly prevents us from releasing them. There seems to be a rise in narcissism largely due to emotional bluntness. We lost connection with our intuition, our needs, and our bodies.

Anything suppressed comes out in a violent way.

The saddest thing is, those who are still in touch with their emotions are consistently ridiculed and abandoned, so they numb themselves to avoid being shunned. We get shamed for being human. “You’re too sensitive”. “Be a man”. “You are so dramatic”. “Stop crying”. “Don’t be so weak”. We have become emotionally abusive, and then blame the abused for reacting. As long as we judge our emotions, we will not learn our lessons, nor will we be able to contain them over time.

Judgment is the antonym of empathy. It blocks our understanding. We cannot resolve what we do not understand.

Judging our emotions creates an internal war zone. When you fight against nature, nature prevails. Actors know this. Their job is to release their own emotions, so it doesn’t betray them and seep into their performance. They must empathize with their characters. They have to begin from a place of non-judgment. Without understanding, actors resort to dramatic gestures to compensate for this lack. Their performance is over the top. It is insulting to their audience, as well as the voiceless people they represent. When it is time to leave a character, an actor has to go through a process of emotional release, and re-integration.

Our level of understanding others relies on the depth we understand ourselves. When we are judgmental, it indicates how harsh we are on ourselves. Our emotional struggle is reaching a boiling point due to our lack of self-empathy.

Misrepresented Emotional States of Being

Some emotions are essential to a healthy state of being. They are necessary abilities that we need to acquire. Some of the most critical emotions have lost meaning over time, which is why we lost our ability to embody them. How can we put something into practice, if we don't know how to define them properly anymore? Keeping true definitions alive, eliminates their natural obscurity. Still, all esoteric knowledge is beyond description and requires a personal experience. So, I am sharing the definitions to the best of my ability.

Forgiveness

Forgiveness is the ultimate gateway to well-being.

Forgiveness is releasing yourself from the chains of the past. It does not mean that what was done is ok, nor does it mean letting yourself or someone else off the hook. Forgiveness means that what was done to you will no longer have power over you. It will not dictate your future behavior, or cause negative emotions to occupy a permanent residence within you. It is about releasing bitterness, resentment, regret, and anger. Refusing to forgive someone takes away your power, not theirs. In fact, you lose your power to them. Refusing to forgive yourself depletes your life force. Refusing to forgive a situation makes you its hostage.

What happens when you do not forgive?

Lack of forgiveness is, not only unhealthy but potentially, fatal.

1. You strengthen the toxic bond between you and the one you cannot forgive. Even when the situation is over, their energy is still there controlling you.

2. You deny yourself the opportunity to grow and become a better version of yourself by remaining stuck in an old story that belongs to your old self.

3. You do not take the lessons you need, and risk repeating the event by energetic invitation.

4. You develop physical and mental illness. Lack of forgiveness is the cancer of the mind, body, and soul. When you do not release resentment, anger, blame, guilt, and shame, they manifest themselves in physical form and block blessings from entering your life.

5. I believe that when we die, all things unforgiven come to deal with us. The more we forgive, while we are here, the easier our transition will be when our time is up. This is not scientific. It is a vision I received during an Ayahuasca journey.

Unprocessed emotions form crystals within our body temple, and darken our pattern. This is why we feel heavy when we don't resolve things and hold it in.

How Forgiveness Feels

The first step to freedom is forgiveness.

You feel lighter in your body, your face illuminates and radiates. You invite more blessings into your life. As you reach your highest potential and fulfill your true calling, abundance flows into your life and gratitude becomes your home emotion. You don't need the other person's participation. Forgiveness is a personal cleansing. Inviting the other person back into your life is your choice; however, cutting them off will not feel hostile.
