

MESSENGERS



There aren't really such things as negative emotions. There are just emotions. They are the bearers of information. They let you know what's going on for you. They keep you connected to your environment. There's always an interplay going on between you and your environment, and your emotions – all your emotions - are your sonar. Are you fed up stuck in traffic? Why? Did something disappoint you today? Do you regret your part in an argument with your spouse earlier this week? Are you tired and in need of the comfort of home? What's going on? You're not fed up just because. There are reasons.

A line of cars can't affect how you feel. A line of cars is just a line of cars. All it can do is trigger the things that contribute to your feeling of fed-upness. Likewise, a person can't affect how you feel. Not even a behavior can. It's your reaction to the person and the behavior that affects you.

So when you find yourself experiencing an uncomfortable emotion (or a happy one for that matter), ask yourself the question "What information is being given to me?" Then look below the surface of the obvious and search inward for the answer. Emotions bring information in layers, so you have to search deeply sometimes to get to the root of their origin.

This is the beauty and intelligence of all your wonderful emotions. They guide you to yourself, and this gives you freedom. It gives you freedom to make aware choices – including choices about how you feel - and aware choices guide you to deeper connection with the world. Emotions teach you who you are, and in so doing, offer you the opportunity to become who you want to be.

So don't be afraid of your emotions. Don't reject them. Welcome them instead, not just the joyous ones, but the troublesome too. No matter what form they take, they are exquisite gifts and have much to tell you.

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