

Emotions Verse Feeling States

We are going to talk about emotions and feelings, feeling states, and emotionality. I hope to reach a point in your understanding of these different states of consciousness that you can be able to see them, work with them and bring yourself to a balanced state of consciousness.

Emotions and Feelings:

Anger is an emotion when we feel we have been wronged in some way.

Love is an emotion that when certain conditions are met we feel a sense of belonging. Or an emotion that is based on senses being stimulate and pleased. We love ice cream because it tastes pleasant to our taste buds. We love the sunsets because they are pleasing to our eyes.

Shame is what we feel when we fall short of who we think we should be.

Disappointment is an emotion when we feel things haven't gone as planned.

Jealousy is an emotion that we feel when we compare others to ourselves.

Grief is an emotion we feel when we lose somebody or something we love.

Compassion is an emotion we feel when there is an understanding and acceptance of the pain for another or ourselves.

All these emotions are based on feeling a certain way in reaction to life. And we all have experienced these emotions at one time or another. And I bet we can even re experience these feelings just by bringing up the story of the past experience.

All of these emotions are felt in the lower 4 chakras and relate to our connection with the material world. But that is cool because we are living in this material world. And that is why we are here to experience. Grow connection and mature spiritually. But this material world is not happy, it is not compassionate and kind, it is not based on unconditional love, and guess what?

It is not content.....santosha!

What we are trying to do in Kriya Yoga and in Santosha Recovery is when we are feeling emotional, to sit with yourself in those emotions, give your full 100 percent attentive awareness to the emotion, drop the story behind the emotion and move into a place we call our intuitive center or 3rd eye chakra and sense what is underneath.

When we are in our 3rd eye chakra, *ajna* chakra, all the mind stuff has ceased to exist and we move into a state of consciousness with no stories, no judgment. Consciousness with attentive awareness. Sometimes that state of consciousness is called God consciousness but whether you believe in a God or not, there is a consciousness in which we all have the ability to access; which is a state of being rather than a state of doing. Emoting is doing; you are feeling or reacting based on some kind of experience and your sensory perception of that experience. When we are hanging out in a state of attentive awareness (in the 3rd eye chakra) we let go of emoting and doing, and move to just being and this being is in a balanced state of consciousness.

Feeling State: Maybe this balanced state of consciousness seems kind of boring; no drama, nothing to feed our sense of ego. But when you get into this balanced state of consciousness, then you start to move into a feeling state of purely unconditional love, universal compassion, and contentment. It may not last very long if you are new to meditating, but the more you get here in your meditation practice the more you know it exists and the easier it is to get there.

Intuition as shared by my teacher Goswami Kriyananda is “the innate ability in everyone to perceive truth directly- not by reason, logic or analysis, but by simple knowing within from one’s own self, and from the heart of whatever one is trying to understand. Intuition is the inner ability to see behind the outer forms of things to their inner essence.”

And every experience and every emotion has a deeper or inner essence. I hope to lead you and give you the tools to lead yourself to the deeper and inner essence.

Lets throw out a few examples.

When my I found out that my brother had told his girlfriend that I was fat, I was so hurt that my brother would do that. And I was also so embarrassed because I wanted his girlfriend to like me, and to fit in. And of course because I did not believe in myself I felt shame because I was a bit chubby. So all those emotions that I did not process (sit with and let the inner essence of the feeling come forth), became a part of my personality of being shy, resentful, not willing to be vulnerable with others, and seeing myself as Kevin’s fat sister. And then one day 40 years later, that memory of the event came up while doing bridge pose. At this point I was beginning to evolve in spiritual maturity, so I sat on the cushion (meditation cushion) and moved up beyond the heart of hurt into the intuitive center (we move into the intuitive center when we are quiet and just being) and a huge wave of compassion came. First compassion as an emotion, compassion for my brother that he so desperately needed to make fun of everyone else to make himself feel better, then an emotion of compassion for myself for being so hurt all those years by someone I really loved, but then something else happened, I moved into a **feeling state** of compassion for all of it! For everybody! For the animals, for the trees, for every moment! No conditions, no stories, no logic, no reason, just compassion, then Love. And in that moment I felt totally content and happy. In that instant, the doing was done and the underneath feeling, or the inner essence, was a feeling state of compassion for the predicaments that we all get ourselves in. We are all here, humans and all life forms, to experience, to heal and to find unconditional love and contentment. We are here to move away from suffering and find bliss! It can be done! I have witnessed my own healing and growth to know that it can be done. And how do we do it: Do your practice (*sadhana*). Even if you do not understand or like the teachings, just do the practice. Sit, and meditate.

How do we meditate:

- **Find a time and place for 5 minutes at the beginning.**
- **Start with sensing the breath**
- **Then move into a version of alternating nostril breathing (nadi shodhana)**
- **Perform the Kriya rotation.**
- **Rest your awareness at the intuitive center or the 3rd eye chakra and feel the deeper essence of Life.**

What I am saying: I will start by telling you what I am not saying.

I am not saying that emotions are bad. I am not saying to be indifferent.

I am saying that when we experience emotions, at some point, if we sit and find the inner essence of being or the deeper essence of the emotion, you will learn a lot about yourself and that is where the healing begins. Then you can move up to the intuitive center and sit in the *feeling state* of balanced self awareness or balanced state of consciousness. Then you can sit in a feeling state of compassion and unconditional love.

And from this balanced state, you can go out and meet the world with happiness, contentedness and bliss!! But if you go out and meet the world when you are emoting, you are going to do and say a bunch of regretful things. Another way to put it: If you go out into the world emoting, you will be producing more and more negative karma. You will be adding more regretful experiences into your chakras. You will be adding more stories to your list negative past experiences.

What if the emotion is a positive emotion such as extreme joy from watching the sun set in the evenings. That is beautiful to enjoy the beauty of the world. But try not to let it become so extreme that when you move and do not have access to the sunsets anymore you find yourself depressed. Or I have actually heard of people cutting down trees so that they can see the sunset every night from their back patio. You can have eternal bliss while watching a sunset, if you take it upward to the intuitive center and it becomes a feeling state maybe of genuine gratitude for the divine beauty of creation! That is ananda! Spiritual Bliss!!

What is emotionality? Letting your emotions drive your thoughts, words, and actions.

Your emotions are really based on your reaction to life.

Neutralize them before you go out into the world. Stop the momentum of the hurt, diffuse the anger, and be responsible for your reactions about life experiences. Aham Brahmasmi- you are the creator of your life. If talking with a friend helps, that is nice. Tarka, reflection and writing down your emotions lets you see the deeper issue. And as yogis you need to move up into the intuitive center and let yourself deepen into the deeper essence of the emotion, face what is there and then drop into a balanced state and a feeling state of compassion and love. The experience already happened, you survived the experience! The emotion is what is left over. Can you neutralize it? Can you bring it to your place of attentive self awareness, your intuitive center? You can, everyone has the capability.

Bottom line whether you understand this perfectly or just some of it or not at all: Meditate, move up (take your awareness up to) the 3rd eye chakra, the intuitive center and just sit. Don't cause anything to happen, just let thoughts and feelings arise and then let go. And someday there will be a feeling state of contentedness, unconditional love and joy, underneath all those thoughts and feelings just waiting for your presence. This is what we are looking for, and this is what will let us walk through life with compassion for ourselves and for others so that we can help soften our karma and thus help soften the hearts of others.

Om shanti shanti shantih

Let the hurt be healed!

Let the karma be dissolved!