

2-27-05 Group

Please address the issue of balancing and mastering the emotional body and of any other topic of the greatest good for the group at this time.

*Emotions – the chicken or the egg?*

We welcome you once again our friends in Light. It is I, Kuthumi, the designated World Teacher who will continue to address you and who will also receive instruction from the Lady Pallas Athena on this topic. In many ways we have been dancing around this topic since we have been connecting with your higher selves in the very beginning of the formation of this group. We speak very often on topics of spiritual interest and edification – but that which we hope to impress upon you is the illusionary nature of what you call reality, other than an understanding on your part that what you think, feel and say is the reality of energy. It is often the outer manifestation of the cumulative forces of energy that you see as the reality of your life, rather than the impelling energy which created these manifestations in the first place. This is the same as the chicken and the egg question you like to ponder on occasion. From our perspective, the egg always comes first. The thoughts are the egg, the emotions are the gestational period of the new life form, the accompanying words and actions are the energy of birth and the outer 3D pictures are the final result of the effort to create a physical reality.

*Mastery in the eye of the hurricane?*

You have all been consciously made aware of the fact that for most of humanity, the emotional body is the weakest and most in need of mastering. For most of humanity at this time, emotions are like a hurricane. Some people are skilled at staying in the eye of the hurricane for long periods of time, seemingly under “control”, but when the winds of nature push them out of the safe zone, so to speak, emotions will rage out of control with a life of their own, disturbing all other energy bodies and all people and energy around them. Yes, this is very true. For most people have an illusion of being in control of their emotions when this is simply not the case. How many of you can say you are true masters of your emotions when you are put to a test? How many of you can say in your heart that when faced with personal injustice or disappointment, you do not give in to the emotions of anger, resentment, despair and even hatred? We will allow you to each answer this question in your own heart.

*Emotions are the key to higher self and spiritual mastery*

Why, you ask, are emotions so important to master? Are not emotions a great teacher in this earth plane? Are not emotions the great gift to humanity? Are not emotions and the emotional body a pathway to the higher self and to spiritual mastery? Yes to all of these questions. For we are not suggesting that you become an emotion-less puppet in your walk through this lifetime. We are not suggesting that emotions are “bad” or “wrong”. No indeed, we are speaking of the concept of mastering the emotions which is very different from shunning or denying or giving uncontrolled power to emotions. Thus, we

will tell you why, from a higher dimensional perspective, mastering emotions is so important. Mastering your emotions is the key to your higher self and your spiritual mastery. It is this simple. Emotions do indeed serve as a very important ingredient in the earth plane. We will call emotions the “yeast” of life as you experience it. Without emotions, your life would be like unleavened bread. Flat, dry and as most of you would agree, rather dreadful.

### *Emotions in childhood – family rules and expectations*

You are born into this planet with no control over emotions. For the first several years of your life you are primarily an emotional being, reacting to stimuli without the ability to process the meaning, significance or lessons behind that which you experience. You simply react to that which is both pleasant or unpleasant, physically soothing or physically painful, and to states as you develop, of pleasure from mental stimulation and mental boredom. As you develop, you begin to have a greater awareness of the world outside of yourself, and begin to understand that even through emotion, you have little or no control over the larger world (or so you are conditioned to believe). You grow up learning how to work within the rules and expectations of your family, your community and your society at large. And emotions play a very significant role in this experience.

Growing up, you learn that certain emotions are more acceptable than others. We would invite anyone who has had the experience in childhood of being allowed to be angry, to speak of this reality to the group, in whatever form you choose. For this is a rare experience. Most of you learned that you could not be angry, or that the emotion of anger had serious consequences that were not pleasant. Most of you learned that anger was unacceptable, or that only one adult person in your family had the right to express anger. So you did what made sense to you at the time, bottled it up, stuffed it down, or expressed it in very powerful ways only inside your mind. Now, this is a very interesting dynamic in and of itself. And we take this example because it is one of the most profound examples of what happens to your energy bodies when emotion is not mastered. (This is also why we invite anyone to share with this group who believes that they have had a positive experience with anger in their childhood (on a consistent basis). For you would teach much to the rest of the group who has not had such an experience. Most certainly, our messenger cannot speak on this topic! And we will tell you that this is much more than a two way street here. You are ALL teachers and when there is the opportunity for any one of you to teach a new reality, we heartily invite you to do so! )

### *Emotions are great teachers*

We will address the issue of anger in a few moments. First, we will ask of you, why are emotions such great teachers? It is largely through emotions that we build our reality. Emotions, as we stated, are the yeast of three dimensional reality. But of course, they are much more than this. Emotions impel your thoughts and your spiritual imprint into life. The stronger and more intense the emotion, the more energetic is the vibration which creates the out-picturing of reality and the people and events that are attracted into this reality to intersect with it and provide you with that which you need to experience.

### *An example of how most learn to experience love*

Let us take one example to clarify this concept. Let us look at the emotion of Love. (and as an aside we will tell you that Love is much more than emotion, it is the prime moving force in the universe – but for this purpose, we will look at the emotion of love as you define it, that of having great affection, affinity and compassion towards self, others, life or ideas.) Let us say that growing up, you learned that receiving love was dependent on certain behaviors. If you exhibited these behaviours by following the rules of your family, then you were loved. If you did not follow these rules, then you were chastised, not only for the behaviour but for the essence of who you were. You may have been made to feel that you were unworthy of love because you were unable to be perfect in the following of these (usually unspoken) rules. Now, somewhere along the line, you began to formulate your own rules. You may have decided that you would love others only under certain conditions and rules. And the more restrictive these rules, the more constricted would be your experience of love and the opportunities to encounter love. Let us say that even while your soul longed for meeting the outer appearance of love in another person, in your heart, you did not feel worthy of love. So you carried within your emotional body, the vibration of unworthiness, of a sense of personal imperfection and failure, and the belief system that emanated into the world that “love is rather random, unpredictable and perhaps, just too risky to hope for”. What then did you encounter in the outer world? Simply that which reflected your inner world of emotion, experience, belief and expectation.

### *The keys to Love*

All of you experienced great longing of heart and soul for a partner to express this unconditional love to and to receive it back in like form. And most, if not all of you, have been disappointed in this great longing. For you have not received that unconditional love in the ways that you imagine it exists. You have all experienced heartbreak, disappointment and loss through the expectation of love that was tainted with conditions. Now, dear hearts, this is the human condition and the teacher. For many of you have discovered the key and the “secret” to this condition. That key is two-parted: first, that you must love yourself in all of your manifestations in order to draw to yourself that type of perfected love, and second, that you must love others as you love yourself. The greatest lesson of the Christ. Yes indeed.

Many of you have attempted to love through lesser vibrations of conditions and attachments and have found this not to work very well. For you have set yourself up for disappointment time and time again. For at the very root of this disappointment, is your lack of willingness and true Right Effort to love yourself. If you continue to send yourself messages from your mental body that you are unworthy, you are unattractive by some exterior standard, that you are flawed or less than perfect, you will continue to meet this type of experience in your outer world. You will continue to attract people to you who send back to you these messages. You will continue to pick up the newsstand magazine that tells you that you have to look, act and buy certain things to make you more loveable. What a horror is that?! We ask you each to put down that magazine of your own

thought-forms which is this equivalent of self-criticism and doubt. For you must, first and foremost, see yourself in the Truth and reality of who you are: a perfected being of Love. A divine spark of life from the Creator. A soul experiencing life in order to ascend to wisdom, through spiritual understanding.

### *The ultimate question of love*

Let us postulate this question: Why, our dear friends, do you believe that the single most frequently asked question of people seeking the advice of others through what you call psychics, seers or channelers of the spiritual realms, is the question: when will I meet my soul-mate? Or some such derivation of that question? Think of this for a moment. When one has the possibility of having any question answered by the Masters for example, why then, would a person ask about meeting another person to love and be loved by? Why would a person not ask of the Masters, “*How do I learn to unconditionally love myself so that I can manifest a perfect partner in my life?*” Is this question not a more fundamental one dear hearts? If you seek this type of unconditional love outside of yourself first, then your search will never end. If you ask this question about meeting a soul-mate to another person who claims to be able to answer such things and to then to predict such outcomes, you are sending out this vibration of flawed neediness and of power-less-ness to create your own greatest reality: that of being Love, of experiencing your own divine self as a perfect being, that of faith, trust and hope in the Creator who impelled you into being in the very first place out of a Love that knows no imperfection, hurt, jealousy or fear.

### *Christ's example: self-love and the masterful expression of emotion*

Let us tell you one other thing about the lesson of the emotion of Love. Do you believe that Christ did not love himself? Well, we will tell you through the energy of his divine wisdom that he did indeed walk the human path, that he did in fact, live to learn lessons of Love early on. And from the moment of his baptism in the river of life, he loved himself with great unconditional love. He surrendered his ego-based self in that moment in time, to allow all lower thought-forms and then resulting emotions to be washed away through divine grace. From that moment on, he experienced perfect love of his own self, and became the master of his emotions. This is not to say that he did not express emotions thereafter. No indeed. For he exhibited great emotion in situations that called for it such as when the temples were being desecrated on holy days. But he was the Master of these emotions. He was not pulled about haphazardly by emotion, but used the emotion as the great tool of manifesting change and impelling change into reality through the passion behind the emotion. He was very skilled at expressing emotion and emanating emotion to create power, wisdom and love. He did not seek approval from any human, he did not seek to improve himself in any moment in time, for he simply was the Master. He did not have a desire to control people, only to show them the Way of self realization through Love. And it was not emotional love he was teaching. It was and is the ultimate Love of the Creator that he lived and breathed and impelled into humanity as a possibility.

### *The emotion of anger*

So now, let us look at the method of mastery in your own lives which results in balance. We will return to the emotion of anger. For when anger is not mastered, it becomes the ruler of all of your bodies and as a consequence, settles into the physical body in a myriad of dis-ease. Anger is often described as the color red, as fire, as hot. For what anger does dynamically is to vibrate at a low, but intense level, and tends to consume finer, lighter vibrations. If unresolved anger is burning in the background of your life, and has been roiling about for years, you will most likely have physical symptoms such as various headaches, joint pain, digestive problems and circulatory illnesses such as high blood pressure and cardiac dis-ease. This is the case of suppressed or repressed anger. Over-expressed anger in the form of bad temper is usually expressed in the physical body as colon problems, hearing difficulties, stomach disorders and prostate issues. Of course, these are generalities and each person has a unique way of expressing the impact of uncontrolled emotions. (And we have not addressed the impact of your belief system which also profoundly impacts your version of reality but then the topic becomes too complex for our purposes here.)

### *Masterful anger – a mundane example*

Now, what does masterfully expressed anger look like? There are most definitely situations in your life on earth when anger is an appropriate response. But the power, energy and significance you give to this emotion are the determining factors to whether or not you are the master of the emotion or the emotion controls you. Let us say you are driving on the highway and someone cuts you off just before your exit. If you rant and rave inside your car at the other driver, is this a masterful expression of anger? In most cases, it is not, for the anger serves no purpose other than to rile up your own emotions and create a vibration of futility and rage which indeed, does vibrate into the universe as futility and rage. Does the universe need more futility and rage which is directed toward others for no real purpose? Indeed not. Let us say that in the same example, you get cut off on the highway by another driver just before your exit. When you are on the path of mastering your emotions, you may still have the feeling of anger leap to your conscious mind. When you are consciously working on mastering emotion, you then take a different path. You notice your own reaction, acknowledge it and allow yourself to say “I am being stimulated to anger.” What is your conscious choice in this moment? If you wish to master your emotions, you may wish to bring in the light of your soul, your higher self or the assistance of your guides and focus on the image of balance. For some, this is the pyramid, for others it is the cross, the scales of justice or another symbol of balance.

When you bring in the light of your soul, the energy behind the emotion will often dissipate and the lessons of Love will come forth. In our example of driving, you may experience the emotion of anger fading away as a higher awareness comes into your mind. This awareness may simply be that you gifted yourself with the opportunity to master the situation, or it may be that missing your exit gave you an opportunity to realize that there are no mistakes in the universe. Perhaps you fear you will be late to

your destination. Now do you see how another emotion surfaces for you to master? When you put your consciousness in your higher self in these situations, you will experience the feeling (you see, not the emotion) of peace and the grace of understanding on a higher level. For in the true reality of spirit, one can never be late, lost, cut off, or harmed. This is masterful emotion in a simple situation: the expression of anger, acknowledgement of the emotion, the invitation to higher understanding by bringing in the soul, and the realization of the true lessons behind the situation. These lessons may always be distilled down to Love and the opportunity to choose Love.

*Extreme situations: mastery through anger or through Love*

Now, the above example is relatively benign and we mention it simply for the reason that many of you could practice mastery in this and similar situations. If you begin to master your emotions in the small, daily occurrences of your life, you will have experience in mastery when the more challenging situations arise for your “testing”. We could look at many examples available through the awareness of your media at this time to examine the more extreme instances where anger presents itself. Let us say that while these situations presented to you that are not part of your own reality can be opportunities to master your own emotion, they do not carry the same impact and opportunity as those situations that are directly related to your own life. Learning in your news about instances of beheadings, injustices towards children, wars of suspect origin and maltreatment of animals are all instances where anger seems appropriate as a response. But you may quite easily transcend above this emotion by reminding yourself that this is not your own story. You may be able to see it as the pathway of another for their own soul’s purpose and thus, be able to move through anger to understanding, to compassion and then to your own contribution of sending light and love to those involved. Perhaps you may even send a prayer that “for the greatest good of all concerned, may the energy of Divine Love hold all in love and light.” We will tell you that this response does far more to aid and assist those directly involved in such situations than does a response based on reactive emotion.

*Anger in your own life situations- impact on the energy bodies*

Let us now look at a situation which directly impacts your own life. You may wish to think of an example where you experienced anger in your own life. Perhaps you were unjustly accused of something in a work situation which had an impact on your reputation or which resulted in the loss of a job. You may have been betrayed by someone you loved. You may have been lied to by someone close to you. You may have experienced physical hurt or violation from another. All of these situations give rise to many emotions, including the emotion of anger. When one is in a direct experience which is unjust, it takes great skill and overall, great consciousness to master the emotions. These situations will arise with a primary impact on one of your energy bodies with secondary effects on the others. In a situation of betrayal, you will be first impacted in the emotional body, followed by reverberations in the mental, physical and spiritual bodies. In a situation of unjust accusations, you will first be impacted in the mental body, followed by reverberations in the emotional, physical and spiritual bodies. In situations of

physical abuse, you will be first impacted in the physical body, followed by reverberations in the emotional, mental and spiritual bodies. And then there are situations where your spiritual body is impacted first such as in instances where the core of your belief system is attacked. (As an aside, we will tell you that nearly all of you have experienced several lifetimes where this has been your primary lesson – in cases of inquisition, witchcraft trials, destruction of pagan societies and hierarchical control of entire nations.)

### *Emotional mastery – three aspects*

We will tell you again: Mastering your emotions is the key to your higher self and your spiritual mastery. It is the power, energy and significance you give to emotion that are the determining factors to whether or not you are the master of the emotion or the emotion controls you.

### *The ego's need to be right vs. the Soul's experience of self-forgiveness*

Let us take one of these direct situations of challenge. How does one master emotions when one is being unjustly accused of something? The unmastered response is to leap to anger and hurt, often times, accompanied by unresolved feelings of guilt and shame. A very complex set of emotions which, when left in the control of the ego, are largely centered around the primary vibration of needing to be Right. If for example, you were to strike back at the one who has unjustly accused you, you engage in the struggle, you create more strife and you allow yourself to be drawn into the drama of ego. You give more energy to the fear that “I must defend my reputation and protect my finite self so that I am not destroyed”. The rising above issues of such drama may on the surface seem to be a pacifism that results only in suffering, more victimhood and ultimate physical death. However, the conscious decision to “Turn the other cheek” actually allows one the power to step off the wheel of karma. In turning the other cheek, one is consciously acknowledging that as a spiritual being experiencing the human incarnation, one has been on the other side of the power struggle. One has been the aggressor, the prosecutor, the judge and the executioner. If you manifest this situation of unjust accusation, somewhere in your soul's other experiences, you have been the accuser, the liar, the defamer. You have sought in previous experience to demean others so that you could experience yourself as “better”, with a high esteem, with a great “self worth”, in order that you may be Right. But Right to whom? To be Right is to engage in the drama that others are wrong. To accept the belief that you do not “Deserve” to be treated in certain ways because you are Right. But, when you do as Christ taught and turn the other cheek, you are engaging in the ultimate act of forgiveness. For when you practice forgiveness, even when you know you are Right, you are forgiving your own self. You are saying, “I have been in the exact position of this person who is harming me, and I forgive myself in all forms that I have experienced which brought this energy back to me. I forgive the other person for engaging in this struggle and accept the lesson in the experience of being hurt.” For it is not the experience of being hurt that is of value. It is the act of forgiveness and compassion that creates the value.

Every time you are able to look upon those who harm you as your brothers, as did Christ, you are disengaging from the struggle of “right and wrong”. You are acknowledging that you have already chosen the experience of walking down the path of the victim and are now, in not striking back, disengaging from this struggle. For the more you engage in it, the more you will bring it back for opportunity to do it again. It is the pattern of victimhood that you must address, not the specific “wrong”. What if you were to let go of this struggle? And not only that, to love those who have wronged you because in so doing, you are loving and forgiving your own self? If you stay in the ego this is impossible to do. For the ego has to be Right. The ego bristles at this thought. The ego asks: “If I allow myself to idly stand by and be wronged, will I continue to be the victim?” For the ego cannot understand the process is far beyond the picture presenting itself in outer manifestation. It is the soul that must step in and be the Master. For the soul knows that turning the other cheek is in no way passive. It is the greatest and highest action in the laws of karma. For it is relatively easy to do good unto others, to practice love, compassion and charity and live in harmony when there is no conflict. But it is very difficult to turn the other cheek. To do so requires the conscious action of the soul to step out of the human drama in order to forgive the self for having brought the drama to manifestation.

#### *Mastery through the three aspects of emotional response*

What are the power, energy and significance of the emotions in the above example when one is a master? When one is a master of the emotional body, the power of the emotion is the linking factor to the higher purpose of the situation one is confronted with. As you know, the stronger the emotional response, the more likely it is that within the situation are keys to healing. If you are simply aware that a strong emotional response is the first key to signifying that there is an opportunity to heal through love, then you have the beginning consciousness to step energetically into the next stage: that of understanding the energy of the emotion. The energy of emotion carries the vibration of the lessons that are presenting themselves for healing, or for conscious transformation. If one observes a strong emotion, recognizes it as an opportunity to delve deeper into the situation and then is open to working with the higher self in the drivers seat, so to speak, one is then able to give appropriate energy to the process. This means in our example, rather than giving the ego free reign to emotions of anger, resentment, and rage, which will often lead to secondary emotions of hurt, guilt and shame, one acknowledges the emotion of anger, and goes within the places of unresolved pain to see what exists within that is causing the outer manifestation. One does not deny the emotions of anger and all its concomitants, one masters the energy of the emotion, by going within, with the aid of the higher self, and asking for clarity, consciousness and awareness to transform the energy of the emotion to the energy of understanding. The final step in this process then, is assigning a significance to the emotion. In our example, if one understands that being accused of wrongdoing is simply a reflection of your own souls’ experience in this or previous lifetimes where you have through ignorance, caused someone else to suffer, then you can move to a place, as we described above, of self forgiveness. The significance of the emotion then becomes, that of providing a teaching, a lesson, a healing and a transformation from within. The opportunity to increase conscious light, to love and

forgive one's self, is a pathway to mastery. And it is through the great teacher of emotion that we often are impelled to delve into the depths of the soul.

*Emotions – the gifts of healing through time*

Once again, it is not in denying the emotion that we grow, it is in accepting them as signifiers to deeper and truer meanings within the context of our current life. If one is able to think of emotions as gifts of healing through layers of time, one can then begin to feel the emotions, rather than do what we have usually been taught to do: avoid emotion. So our dear ones, much of this discourse has been about the mental process of dealing with emotion. While we must first have an intellectual understanding to begin to unravel the tangled threads of our emotional bodies, it is only through having the courage to delve into the emotions themselves that we are able to work through this process. It is not in thinking about emotions that one masters them. It is feeling them, allowing the feelings to touch the heart of the soul, where all feelings are transformed into Love, that one becomes the master.

*The signposts of emotional mastery*

In our three part method then, one acknowledges an emotion (anger), and sees it as an opportunity presenting before us to heal. One then can choose to delve into this emotion through the higher self, to call in the compassion of forgiveness for our own prior acts and beliefs which have created this situation in the present. Standing in the power and energy of the soul, one can then understand and feel the significance of the emotion as a tool for transforming our lives into ones of healing, purpose and intention. Do you see then, how one has gained mastery in this situation? The transformational power of forgiveness of self and others, the ability to Love in the face of challenge, and the willingness to let go of the ego's need to be right, are the signposts of emotional mastery. This our dear ones, is your assignment in this lifetime: to gain the clarity of a master in your life. To do this, you must first balance and heal the emotional body. You must forgive yourself over and over. You must see your human self through the compassionate eyes of your soul. You must accept that you are already on the path to perfection, and every step forward leads you back to your authentic self. Yes, most perfected in the divine scheme of things.

For the greatest good of all concerned.

Kuthumi with the aid and assistance of Lady Pallas Athena

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