

# emotion

## Dialogue on Awakening

"...understand that **emotions** serve well the *ego*, but do not serve the *spirit*. **Emotions** are derived as expressions from *ego* activities." Dialogue on Awakening ↗ page 26

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## Manly Palmer Hall

"The lost key is the mastery of **emotion**. Through each one of us courses the fiery rays of human **emotion**, a great seething cauldron of power behind each expression of the dynamic energy of human experience. Through the perversion of human **emotions** there comes into the world untold sorrow, which through reaction, manifests in the mental and physical bodies. The Great Work of the Master can be called the art of balance. It can be truly said of the Master that through suffering she or he has learned to be glad; through weeping, has learned to smile; and through dying, has learned to live. The Master is not ordained, but is the natural product of cause and effect, and none but those who live the cause can produce the effect." [Manly Palmer Hall]

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## Jesus

The only **Truth** is **Love**. It has many faces, and sometimes it is confusing when one attempts to discern **Love** and its expressions in one's **life**. Such confusion can be dispelled through the power of the **Good Heart**. Your **Heart** is naturally good. The **energy** which surrounds you, swirling in response to your outlook, **emotions**, **actions**, **thoughts**, **dreams** and **illusions**, filters the **Love** that comes **from you and that which comes to you**. Your quest for **Truth** must begin with the **Beauty** of the **Self**. That is the **Good Heart**. The **Good Heart** is one that sees itself as a **Center to and from** which blessings flow in **abundance**. If this picture is desired, the **heart** will open to accommodate its full **power of Love**, bringing **peace** to the **Self** and others. We stand by to assist your **unfolding**, and the clarification of your **beauty** and **Light**. [Jesus, Good Heart]

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## Christ Returns - Speaks His Truth

"**Male and female** have also been individualised to experience and express **WILLPOWER**.

**WILLPOWER** in the **MALE** is experienced and expressed primarily as **Activity**. In primitive forms - he moves out into the environment to fulfill his **INTENTION**. Therefore, he dons the robes of the leader and quester. He was individualised to think and work to fulfill his **purposes** without the encumbrance of **emotions**.

**WILLPOWER** in the **FEMALE** is motivated and experienced primarily as **Feeling** - the **Need to Nurture** the **original INTENTION** and bring it, **PURPOSE** fully to full term - fruition - through the process of caring, feeding, clothing, repairing, teaching, protecting.

**PURPOSE** is entirely different to **INTENTION** since **purpose** comes down from the mental plane of **intention** and becomes an **emotional** drive, a desire to formulate 'a means to achieve the intended end'.

A '**powerful INTENTION to do something**' becomes a **PURPOSE behind continued existence**. In this way, **thought** and **feeling** are married to perform the **work** of **creation**.

The **male** is constantly roaming seeking new ideas, new ways to fulfill his **INTENTIONS** to give him **purpose** in life.

The **female's intentions** are '**purpose personified**', sensitive and stable, prepared to make sacrifices for the loved ones.

Therefore, the two basic **IMPULSES** within the **SOURCE of BEING** - **expressed in physical form as male and female** - are inter-dependent. One could not survive without the other. Both are needed for the **continuity** of **creation**.

Because of his **masculine** mobility, his leadership drive, the **male** has considered himself superior to the **female**. This is because she remains stable, creating security for the **male**. **But the feminine drive is the drive of unconditional love, the drive worthy of the highest respect and consideration to enable her to**

**flourish and perform her innate purpose within the household in peace of mind and joy.**

The **man's** role is to provide physical security and material means of subsistence for the family.

The **woman's** role is to provide **emotional** security and the **emotional** means of personal fulfilment and **joy** within the family environment." [Christ Returns - Speaks His Truth, Letter 4, page 18]

"As I revealed to you in **Letter 1**, during the time I received full **illumination** in the desert, I was shown that 'matter' was not really **solid**. I was not given to understand exactly how the **electrical particles** which I termed the '**shimmer of motes**' took on the appearance of **visible 'matter'**. I only knew that these '**motes**' were moving at high frequencies of speed within '**GOD MIND**' and '**GOD MIND**' was therefore universal.

**I perceived that 'GOD MIND' was both the creator - and substance - of all things within creation itself. Of this, I was absolutely certain.**

I also 'saw' very clearly that **human thought**, when fraught with **conviction** or **emotion**, radically affected this process of **materialisation** of visible forms.

**Therefore the human mind could - and did - interfere with the true intention of 'GOD MIND'.**" [Christ Returns - Speaks His Truth, Letter 5, page 6]

"As the **ego drive** gradually relinquishes its hold over your **mind** and **emotions**, you will find that **laughter** bubbles up spontaneously and brings a wonderful feeling of release. The '**ripple effect**' of **laughter** raises your **consciousness frequencies of vibration** not only because it is energy released where you most need it - over your **heart** - over your **diaphragm, the seat of your emotions** but because **LAUGHTER** is directly of **Divine Consciousness**.

**Therefore, laughter is Divine.**" [Christ Returns - Speaks His Truth, Letter 9, page 14]

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## Cayce

"The **spirituality** of each **soul** is such that - the **purpose**, the **design**, the **desire**, the application of **self** in any direction changes the **urges** and builds or lessens the **emotions** in the physical." [Cayce (2279-1)]

"Not that the entity in its meekness is not capable of being fired by **emotions** even to madness or anger. These are well. For they that are not capable of becoming **emotional** over their own **ideas** and **ideals** are very lax, but those who may not control same are in a sad plight indeed!" [Cayce (1129-2)]

". . . don't get mad and don't cuss a body out mentally or in voice. This brings more poisons than may be created by even taking foods that aren't good." [Cayce (470-37)]

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## Seth

"**Imagination** and **emotions** are the most concentrated forms of **energy** that you possess as physical creatures. Any strong **emotion** carries within it far more **energy** than, say, that required to send a rocket to the **moon**.

"**Emotions**, instead of propelling a physical rocket, for example, send **thoughts** from this interior **reality** through the barrier between nonphysical and physical into the "objective" world - no small feat, and one that is constantly repeated." [Seth / Jane Roberts, Session 625, p. 95, The Nature of Personal Reality]

"When you feel the rise of unpleasant **emotions**, take a moment and make an effort to identify their source. The answers are far more available than you may have previously believed. Accept such **feelings** as your own in the moment. Do not shove them underneath, ignore them or try to substitute what you think of as good **thoughts**. First be aware of the **reality** of your **feelings**. As you become more aware of your **beliefs** over a period of **time**, you will see how they bring forth certain **feelings** automatically. A man who is sure of himself is not angry at every slight done him, nor does he carry grudges. A man who fears for his own worth, however, is furious under such conditions. The free flow of your **emotions** will always lead you back to your **conscious beliefs** if you do not impede them." [Seth / Jane Roberts, Session 625, p. 95, The Nature of Personal Reality]

See Also

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**Awareness**  
**Belief**  
**Consciousness**  
**Desire**  
**Ego**  
**Enneagram**  
**Fear**  
**Feeling**  
**Gratitude**  
**Happiness**  
**I AM**  
**Mind**  
**Reflex - Conditioning**  
**Spirit**  
**Thought**