

## Emotions - Energy in Motion

To members of [Awakening the Self- The Journey of Self Discovery](#)



Jeff Eisen

May 21 at 7:10am

We all have emotions, but some of us are able to handle them better than others. I was one of those who didn't handle emotions very well. I was taught that men don't really show their emotions. It's better to keep them hidden. As a consequence I held my emotions inside of me. Unfortunately I paid the price as I developed many health problems related to my digestive system.

I have since experienced several healings that have allowed me to let go of all the unexpressed emotions I had been storing within my body. I feel so much better and because of that I have now become a great proponent of always expressing our emotions in a healthy way. I have come to believe that emotions are simply Energy In Motion and if we do not express them, the energy gets stuck in our body eventually becoming dis-ease. So what can you do about preventing this dis-ease from forming within us?

Express how you are feeling always!!! Unfortunately I have come across some people who don't even know how they are feeling. They have lost contact with that part of them - the ability to feel. Many people have restricted their emotions to a narrow band of emotions, not wanting to feel the deep pain of lower and slower emotions. However, as a consequence they have given up feeling the exuberant heights that come with the higher and faster emotions. I believe we are on this planet to experience the widest range of emotions we can. It makes life so much more interesting.

Most of us were taught at a young age that it's not good to feel sad, mad, unhappy, despair and a whole range of lower and slower emotions. I have come to realize that is not the case for me. I refuse to feel guilty about experiencing the lower and slower emotions. The key is to let them move through you and they will pass. Try to deny them and they stick with you for a long time. I have come up with a mantra when I begin to feel emotions that don't necessarily feel good. I accept the way I feel and I allow it to move through me. I have found that emotions are like a rain storm, they have a beginning, a middle and an end. If we let them they will move through us, sometimes in a short period of time and sometimes it takes longer for the emotion to move through us, but I know that they will always move through us if we let them. The key is to not resist them. I have witnessed many people who in some way or other resist what they are feeling. Resistance comes in many forms. Observe yourself and try to become aware of when you are resisting any emotions. Resistance often happens because we think we should not be feeling the way we do. Two big emotion blockers are guilt and shame. Let go of any guilt and any shame you have about anything and allow those 2 emotions to move through you freely and easily.

I have become a crusader promoting the healthy expression of ALL emotions that come our way. As I have begun to practice this I have found I feel so much better. A bout of sadness comes over me, but then it passes and I feel good again. Anger comes over me and I express it in a healthy way and then it too passes.

Emotions - Energy in Motion. Always flowing freely through me so I may continue to learn and grow and experience life to the fullest. I encourage you to please try to get in touch with your feelings, your emotions and allow them to pass through you as easily and effortlessly as possible. Love yourself, be kind to yourself, be gentle with yourself and always feel your feelings with great intensity. You may find life is so much more intense. Instead of going through life with shades of grey you will find so many vibrant colours in your world. Live life to the fullest - Feel, Feel, Feel. It's time to give your mind a rest and let your Heart of Hearts lead the way.

Love and Light  
Jeff