

THE ART OF SUFFERING

The Oneness University reminds us that: Every emotion that we feel whether positive or negative translates to a physical sensation in the body.

Using the earlier example when you first fall in love you physically feel butterflies in your stomach and a feeling of euphoria like you are on top of the world. If you are scared or angry you feel a tightening in your chest or a lump in your gut. These are very physical sensations.

We have no problem fully experiencing the positive emotions such as love, happiness peace etc...We naturally fully experience these emotions all the time and it does feel very joyful.

However, when we start to feel any negative emotions we do anything we can to escape feeling it because it is too painful and we are afraid to let ourselves go and feel it.

On top of that we are always told to stay positive and there is a stigma against people expressing negativity. This means that at any hint of negativity, we use several methods to escape from feeling emotion and the pain:

1. We tell ourselves its OK, even when we know it's not.
2. We use philosophical sayings like, it's just the way it is, life isn't easy, it was meant to be that way, it will go away, no pain no gain etc....(notice how this is all in the HEAD....THOUGHT
3. We blame others or we blame ourselves and get caught up in the drama of the story.

4. Finally when none of those help us to feel better we go to McDonalds i.e. overeat, smoke, drink excessively, do drugs, etc... These are the ultimate escapes because they actually change the physiology of the body and make us feel better physically, at least temporarily.

We have all done these types of things so no one is alone. It is great to feel better, however if we never fully experience these painful emotions they get physically stored in our body.

These emotions are stored as an electric charge in our cells. Eventually they can cause blockages that lead to sickness or dis-ease if they are not released.

You have also heard of “The Secret” and the Law of Attraction I am sure. These stored negative emotions are actually much more powerful attractors than any thought you could ever produce consciously. Having these negative charges will actually attract people and situations into your life that will once again give you the opportunity to fully feel that particular emotion over and over again until it you fully experience it and release it.

Each time you feel the emotion and fail to release it, the charge can get stronger and stronger and the events become even more difficult and even more painful!!!

Have you ever experienced this in your life? Do you wonder why you always date the same kind of person or why the same basic patterns happen over and over in your life? This is one of the main reasons why!!! Knowing this information is vital and can be life transforming.

So how do you fully experience a negative emotion???

1. When you start to feel the negative emotion notice where in your body you feel the physical discomfort.... normally in the chest or stomach.

2. Focus your full attention on that area of your body.
3. Your mind will try to take your focus off of experiencing the pain, by all of the things I listed above and more. Here is the good news...You can't stop the mind from doing that, so don't waste energy trying. Just let it be!
4. What you can do is be aware that the mind is trying to help you escape from the feeling. Becoming aware of what is really going on will stop the mind in its tracks. So instead of going into drama or blame or self-pity you simply say internally, "my mind is trying to escape." This in effect is like putting up a roadblock. Once you have this awareness you will want to bring your full focus back to the physical sensation in the body.
5. This is a process that you might have to repeat over and over until all escape routes the mind can take are blocked off by your awareness. You might have to say, "my mind is escaping" every 5 seconds if that's what it takes. Any distraction either internally or externally the mind will grab on to and try to run away with your attention. Blame is the easiest distraction. "It's his fault or her fault or the companies fault or the Government's fault".... Be keenly aware that this is a distraction and will keep you in suffering.
6. You will eventually get to a point in which you feel the physical discomfort in the body, but there is no mind activity or very little. At this point simply focus all of your attention on and fully experiencing the sensation. At this point you could simply ask whoever or whatever you consider the Higher Power to be for you whether it's God, Light, Jesus, Buddha, Krishna, The Universe, Your Higher Self, Void, Nothingness, Higher Intelligence etc....to help you release this emotional charge from your body.
7. Then just relax and fully experience the physical sensations that occur.
8. You might experience a range of things at this point and they are all perfect for you. You may experience a deep peace, laughter, joyful tears, if the emotions are really deep and painful, your body may shake and jolt

around. This is just the charge being physically released and it is a huge blessing to have this happen. Depending on the severity of the emotion you could experience intense physical pain during this process as well. If you simply face it and experience it in this moment it will save countless days, weeks and months in the future of continued suffering.

I have used this process in my life and it gives you a freedom that is indescribable. You can then face any situation, any feeling, and any emotion in life knowing that it will turn into a feeling of joy or peace! When you experience it one time you will have the faith that it works and magic will start to unfold in your life!

Obviously there is a time a place to go through this process. You will want to be alone in a quiet place with as little distraction as possible. When you are in the heat of an argument, or at work for example you have to do what you have to do in the moment to get through it and then find some quiet time later to go through this process.