

Run your Emotional Stories

You meet a friend for coffee and you give them your story and they give you their story. Who is speaking? The emotions of both of you. What's the point? It's not the truth! It's just a story you've concocted to make you feel better and often to get the other person to feel sorry for you or take pity on you or side with you. And how great it feels when they get involved in your story and offer their perspective – now you can expand it even further!

Listen to the 'stories' in your mind and you'll see how good your mind is at constructing them. The more you do this the more you'll realise that you are the observer and they are not the truth. Your 'mind constructs' are your emotional demons that you haven't resolved into wisdom. Pulling the rug from underneath your fantasy life is probably the most subtle mastery there is...

One could even argue that this life is entirely fantasy, deliberately designed as a playground to enhance self-understanding; for the purpose of delivering one from false, self-created identity (labels) to the truth of one's nature, which is free of all the aforementioned illusion. Just email me (gary at whatstress dot com) if you're struggling with any of this.

On my home page I've stated that people die because of what they believe in. Have a real good think about that one because it's very deep. For instance, isn't your belief in your own death a factor in bringing it about? The policeman who died recently in the Cumbria floods did so because he was pursuing what he believed in, and the same applies to the servicemen.

The reason I digressed a little there was because what I'm trying to say is we all eventually die because of the stories we create in our minds and believe in; instead of understanding what a big lie it all is. Whatever you believe in, no matter whether it's from a book you're read or from a teacher you've heard or from advertising or from your own mind construct; this will feature in your reality, somewhere along the line...

It's so easy for the student who reveres the teacher, for that student to cling to everything being taught as gospel – I've witnessed it many times over. Be very careful not to 'take on board' somebody else's limitations otherwise you will have a commonality with them!

Which emotional stories are you running? And what are the real motives to them? Are they really the truth or have you concocted them to serve you in some way? I love those PAIN stories! They seem to go on forever! What choice has the body got when it is the sufferer's mind keeping the pain in place by continuing to run the story?

You know even the most powerful people on this planet (3rd Seal entities) sometimes swing and play victim when they don't get their own way. And sometimes a powerful person will follow another powerful person if they perceive that that person is more powerful than they are. This 'raw' power is seated in *control* and is very different from 'authentic' power (4th Seal of unconditional love), which is all about letting go...

Now please don't delude yourself by convincing yourself that you have crossed the great chasm to the blissful 4th Seal, because to do so, all of your emotional stories have to end; which means you have to differentiate between the lies that serve you and the truth of your very nature. You should never want to be more animal-like when you are really a god (goddess) in animal flesh.

How often do we all fall short and fail to consciously create anything in our lives? We seem to prefer to continue the conditioned chase of a material life full of stress coupled with going to the gym and going on holiday as temporary relief from it. It doesn't matter whether you are more versed in Western or Eastern medicine, emotional stress is the cause of all disease. Even hereditary conditions are just the genetic transference of emotional mindsets from one generation to another.

Emotion is the fabric of life and feeling a new emotion is an orderly sense of experience when one's creation is finalised. So emotion is not the enemy here but the constant replaying of past emotional experiences is evidence of a lack of wisdom and is what is dragging the body down energetically. So once again I make the case for *wisdom* being the pearl of this life.

For me, I have come to understand that 'peace of mind' will be my greatest achievement. No amount of material comfort, adrenaline hits or satisfying addictions can ever bring about fulfilment for me – I know I tried it! Peace of mind and sweet slumber is all I crave for...

Run your emotional stories for as long as you like but from now on they will never feel quite right for you. Once your soul (your conscience) emerges as a dominant force in your life, you will be guided more by what you 'feel' is right for you than by a passion you once had. It's not about 'right or wrong' or 'denying pleasure' but is simply that your soul wants you to move on because you've done it many times before and now it's bored!

Copyright Gary Bate 2010

Gary Bate

Author of:

We are here to Know Ourselves

Inspirational Articles of Wisdom

Christ Consciousness – 101 Reasons Why

www.whatstress.com