

## SPARK 020

(Matrix Code: **SPARK020.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Emotions are incomplete feelings.

**NOTES:** There are four primary feelings: anger, sadness, joy and fear. All other feelings can be sorted into one of these four categories.

If you have been educated within modern Western culture then you have been trained to think that there are three bad feelings (anger, sadness, and fear), and one good feeling (joy). Concluding that certain feelings are bad or negative automatically makes the energy and wisdom inherent in these feelings unavailable for your use. As a Possibility Manager you depend on using the energy and wisdom of all of your feelings. Thus, learning to feel and recognize the four feelings in both yourself and in others is a core skill in Possibility Management.

But, there is a distinction to be made before you can be responsible in the domain of feelings. The distinction is between emotions and feelings. Emotions are incomplete feelings. What does this mean?

When you have a feeling it naturally arises and provides information and energy. The information gets integrated and the energy is being used which results in the feeling vanishing completely from your body in a matter of moments. There is no residue. If you are not able to experience, integrate, and use the feeling because it is not permitted or it is not safe to do so at that time (as is often the case when we are children), then the incomplete communication gets stored in your body as an emotion, sometimes for decades, sometimes for the whole of your life.

This explains why you may have an automatic resistance to the experience of being present. What happens when you enter the present here-and-now moment is that all of your locked-away emotions start to become present too. Modern culture teaches us that it is in general not okay to feel. This means that if you are feeling *anything* then something must be wrong with you – perhaps you imagine that you are broken. The result is that if you are about to become present and emotions start to arise, you will bounce out of the present like a cat bounces out of water. You learn to stay out of the present and keep your attention spread into the past or future – anyplace but now, and you learn how to keep your attention on others or on problems – anyplace other than simply here. By using these socially sponsored techniques you can in general avoid being present and thus avoid having to acknowledge or experience the emotions locked away in your body. Nonetheless the emotions are there, and until they are unwound and can complete themselves by being allowed to flow through you they will still continue to affect you in unsuspected ways.

For example, it is emotions that hook you into low drama where you react as a victim. How does hooking work? If present circumstances simulate the circumstance in which you originally had feelings but could not express them, the similarity of the present experience awakens locked-away emotions. We call this “getting your buttons pushed.” And for a good reason: the emotional buttons on you are just like

buttons on a soda machine. If you push the cola button, cola comes out. If you push the orange soda button... you are mechanical in this same way. If you dare, you can observe your own repetitious behavior. Working to free up your emotions makes you less hookable.

Here is another effect of emotions. Have you ever felt your temper rise and then an hour later you are still angry? This is emotional anger. You are not feeling a feeling at all. The person you think you are angry at or the circumstance that frustrates you has nothing at all to do with why you actually feel angry. The person or incident was in the past. Have you ever felt yourself getting sad, or afraid, and a day later the feeling is still there? These are emotions. Even joy is often emotional joy, not from your present but only stimulated from your past. Emotions are only completed by disconnecting them from what is happening now and by going through the past incident where you originally locked feelings into your body.

Or perhaps you have suddenly felt scared, angry, sad or glad for no apparent logical reason. For example, you see a small black dog being walked down the street and you feel scared. Or you see a ceramic vase and feel sad. Or some man with a mustache walks by and you feel angry. These emotions can be manifestations of unexpressed feelings associated with old experiences that long ago faded from your conscious memory but still remain in your body.

## **EXPERIMENTS:**

**SPARK020.01** Since most of what you feel is uncompleted emotional communications from your past, this experiment involves completing those old communications. The experiment has two stages. The second stage cannot be accomplished until you succeed with the first stage.

**Stage One:** Stalk yourself until you detect a pattern of consistently experiencing the same emotion, the same tone of voice, the same posture, or the same reactionary adrenalin pouring through your veins. Perhaps someone frightens you whenever they are around. (You already know who I am talking about.) Perhaps there are certain kinds of conversations or topics that irritate you for no apparent reason. Write the pattern down in clear specific terms. For example, "I notice that whenever a ticket-taker or police officer approaches me I feel irrational fear and anger." See if you can find two or three such patterns in yourself.

**Stage Two:** Choose one of the patterns that you identified above, perhaps the one with the most emotional charge (or the least, if you prefer). Go to the person involved – there will always be a person involved – and ask to speak with them. In that conversation, explain that you have observed a pattern of emotional reaction within yourself, and that you know it has absolutely nothing to do with them personally. Explain that you would like to find out who it does have to do with from your past so that you can complete the unfinished communication. Then cogitate for a few moments. Within a minute an image will usually appear. When the clarity comes, you make a choice. You can ask the person to role-play the original person so you can speak with them directly, or you can write out your message. In either case, your message needs to be clear, direct, and include specific feelings. For example, "I feel

angry! It was not okay what you did!” or, “I feel sad. I am sorry for what I did.” Sometimes the communication is as simple as saying goodbye. Ask the person to repeat back what you said to them. When you are finished, thank the person for role-playing with you. Or if you wrote the communication, then tear it up and burn it.