



Decoding the Emotions in the Heart as Representations of Emotions in the Mind

19th August 2023 - 12:00

<https://divineconvergence.love/>

**** Please notice that the recording was transcribed using automatic transcription software and might contain errors and discrepancies*

We spoke at the start that some students have difficulties to open energetically the heart, due to certain resistance perhaps certain lack of sensitivity. But speaking of which, how otherwise are you going to become sensitive if you don't try?

Then we have those who manage to open energetically the heart but then they are afraid to feel what is there and a fear of feeling pain and a fear of confronting pain. To be afraid of one's own heart is something that obviously has to be resolved. It's your own heart and what is there is also yours. It's what you have gathered through your countless experiences. All these different layers, including layers of pain or unresolved issues, need to be made

conscious and fully experienced so that you can own your heart so it can become even more your own.

And there are those who don't really know what it is they feel in their heart or may even confuse the energetic sensitivity of the heart for feeling pain. It's not pain, it is just a very intense energy. Emotional sensitivity of the heart is something else and it is called vulnerability, which is still a certain form of fearfulness. So you are entering the heart in order to face your pain, ideally. But then you are afraid of that pain, you are afraid of reality that it will hurt too much. It will not. It will hurt, but just enough. And when you experience it fully, you realize it is a good pain.

There is a bad pain and there is a good pain. The good pain is what transforms and heals. And there are those who just don't feel anything emotionally. Am I feeling pain? Ok, maybe, but what does it really relate to? The heart has its own language. It has its own code which is unlike any other language and it's not always easy to decipher it to actually know what the heart feels or what is in the heart in terms of its emotional content.

This is why it can be quite beneficial, helpful to explore your heart in action by becoming aware of your psychological reactions. Whatever is happening in you psychologically, that includes also emotionally but in the mind because the mind has its own emotional dimension. For instance, you feel insecure about people or you feel threatened, you feel terrified and what not. Go to your heart and identify the corresponding emotion in your heart and there will be certainly, doubtlessly, an emotion in your heart because the heart will respond. It responds immediately.

And then, get in touch with that emotion in your heart so that you can identify its flavor and identify the connection between the flavor of that emotion and what you experience psychologically emotionally in your psychological self. You can even experiment with that, such as imagine a situation that is uncomfortable, that is challenging, that is stimulating in you negative emotional reactions. There can be all sorts of let's start with fearfulness of others where somehow you feel psychologically threatened. And as you know, you can be threatened in many ways and sometimes there is perhaps not even an objective reason for that, such as how you interpret the situation. You project, this is the case of projection.

But that projection does not come from nowhere, perhaps in the past, in a similar situation, you have been hurt. So you feel insecure. You are afraid, like the child inside you is afraid that it will happen again. My personality is pretty repetitive, moving in circles. We are

basically living in repetitions. Whatever behaviors or responses we have, they are integrated in our psyche, or assimilated so they become the base of that repetitive pattern. This is why there is a saying that people do not change. Well, they don't change, or not much, because they don't work on themselves.

So imagine a situation, you can use your creativity, whatever is usually terrifying to you where you move into the mode of running away, or self-defense or even when you are dealing with a situation of aggression and anger. Because there are many different strategies to cope in that situation. That fundamental psychological distress basically, you are in a survival mode. But what matters here, we would like you to, if you create that situation in your mind, simultaneously to feel not even simultaneously, just to take a step back and try to identify what you feel in your heart. You already can, especially if your heart is more sensitive. You can clearly recognize that your heart is responding. Your heart is agitated. Your heart is actually fearful. Your heart is in a survival mode, enters survival mode. Your cellular plexus perhaps too, depending on the situation, what kind of things you are facing.

But you don't know what the heart is saying. You just know that it is responding because you experience it as something on the periphery. So we would like you to go into the heart in order to know how the heart actually responds to get in touch with that root emotion that corresponds to whatever it is that you experience outside or in your personality. And that emotion has a particular flavor. Next time you will be in the same situation and you go back to the root emotion it will be more or less the same unless different emotions overlap. And now, when you have identified and you do not need to really deeply look around in your heart to identify that emotion, it should be pretty obvious. It is the main emotion. Maybe the whole heart is agitated but there is one basic emotion at the center of it.

And try to fully experience it. Be with that emotion. Do not see it just as some kind of a problem that you want to cut off from your existence, exterminate. See it as showing you something, telling you something, speaking to you, extending its hand to you. Actually, it is calling you for help, asking you for help. "Help me. I am part of you that you have pushed away and I suffer deeply. It is time that you help me because I cannot help myself." And the only way you can help me is by experiencing me 100%, not just paying attention to me, experiencing me at my root. If you do, I can dissolve. But not just that, I become light. I go into the light of yourself. Breathe fully, experience it until it is released and something opens up and you can feel how more freely you can breathe.

Then remember when you work on yourself when you are alone. You stay there as long as it takes until it is released and it doesn't take long. If it takes long, meaning you are not 100% experiencing it, you are still resisting. You are still not being fully honest. Then how do you know that for certain that emotion has been released and into the light? Because when you again are in the situation that triggers, that used to trigger the same psychological negative patterns, you will see first of all that your heart is quiet. Your heart is not responding. Your heart is not responding in a negative way and your mind is quiet.

You are no longer threatened. You are no longer terrified of that situation. You may experience the situation as well slightly not to your liking, but you are fundamentally relaxed. This is how you know that. If you again have that negative experience and your heart responds in an anxious way, you have to do it again until it is complete. I don't know whether perhaps the first time you have managed to release some of it completely, entirely. So is it gradual or sudden? Enough one time to dissolve that root emotion, that root negative emotion. You need to go through layers of it. If it's total, if you experience it absolutely, there is a big chance that one time is enough.

But it is also possible that there is something in that root emotion that you are still not able to access. It's sort of hiding itself in the subconscious of the heart. This is why you need to verify in your experience whether it is happening again or not. And if it does in a lighter manner, you need to repeat the process until everything from that root emotion is released. Even if you do not, you need to all the time activate hypothetical situations. Of course, things are naturally happening in life. So this is why you can very much experiment with your heart becoming more conscious in your heart of these root emotions.

But you can also observe your mind because your thoughts are telling you something. Of course, sometimes you are not thinking much, nothing particular is happening. But usually, when there are some issues in the subconscious, there is a tendency for repetitive thinking going over and over through the same subject. We are speaking here about subjects that are emotionally charged. What people think about you, what they told you, how they speak of you. Perhaps you have some resentment. Perhaps you feel hurt by someone, so you keep thinking about it. Then you forget and then these thoughts are reoccurring. Remember, as we spoke about the repetitive nature of human psychological processing. So it is exactly like that. We keep repeating the same things over and over again because they are not being resolved.

And they are not being resolved because they are not being fully experienced and from the right place. Of course, perhaps you are protecting yourself in your mind in the self-protective mode against any kind of criticism, for instance. Whatever it is, instead of suppressing these thoughts because they are unpleasant to you, they actually make you suffer. They are not thoughts of light. They are not thoughts of love. They are thoughts of lower nature. So instead of trying to suppress them, or distract yourself from them, or change the chain of thoughts, perhaps you listen to these thoughts. Perhaps you take them seriously and ask yourself, are they really right?

For instance, if you have an issue with someone's criticism and you keep justifying yourself in your mind, or resisting, or fighting back, or having anger towards the other person. Instead of all of that, ask yourself, why do you care so much? Because it threatens you. It threatens your survival. It threatens your satisfaction with yourself. It threatens your self-image. There is a fear that perhaps you will not be loved by others, so you will be alone again, you will be abandoned again. So the mind may be very sophisticated. The ego is so very sophisticated, so clever in justifying itself. But deep down, there is just a child of being in the dark.

So when you are having thoughts like that of negative nature, low-frequency thoughts, go to your heart. Listen to what the heart feels. Learn, identify the responding emotion in your heart. The heart was already responding when you were having those thoughts. The situation was not as extreme as some kind of external confrontation. The heart was not responding that strongly, but it was responding. It was just quietly suffering there. This is what it did. So when you go to your heart in that moment, get in touch with that suffering, with that root pain, and experience it. Allow yourself to experience it. Forget the mind now, forget those thoughts. Go to the bottom of it.

You can repeat the process again. You may even, on your... willingly activate these thoughts that you of course remember. What kind of thoughts are they? But more from the place of honesty, then go to your heart, identify that corresponding emotion, and you may even want to experience these two together. It's another strategy so that you find the connection. There is a connection between heart and mind, mind and personality. I think that abstract is something very tangible. Be brave to enter the heart. Your spirit has to be brave, and you need to surrender any resistance. It's a little bit like dying. Confronting each root emotion is a little death. Be with it totally until it dissolves.

Fully experience it. In fact, you experience it so much that you dissolve in it. That's why it's called a little death because you actually dissolve in it. As you disappear in it, it's a dark space inside. But as you disappear in it, because there is no higher way of experiencing it, no more total way of experiencing it than disappearing in it, dissolving in it. As you dissolve in it, it goes into the light, becomes released.