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EMOTION AND EMOTIONAL

This definition has been boosted through Loredana's question to which a beginning of answer has already been written.

"The Cassiopeans, through Laura Knight, say that there are emotions which limit the progression to Knowledge and emotions which open to unlimited possibilities... Well... What are, according to you, the ones which limit and the ones which open ?"

We will therefore try to go further into the subject while precisising the vocabulary of emotional phenomenons and by widening to other problematics of that type of order.

What we have understood through our multiple emotional experiences, is that **there are no good or bad emotions, but more likely a "better" or "less" appropriate way of going through an emotional wave.** And even then, it is not correct to categorise attitudes in this way, as this "good" or that "bad" simply corresponds to the level of personal progress of an individual.

However, in order to bring more precision, it is possible to understand better the emotional traps thanks to a more psychological approach - which Virgine Duchaine and Joël Ducatillon have transmitted to us - to which we add the "predator" ingredient.

It is important to make the difference between emotional and emotion :

- **The emotional state is the state of psychological slump in which the individual drowns himself and in which he has trouble from getting out of** (by being for example eaten from the inside through grudge, hate, anger dwelled over during many hours in a row, even during whole days). This state is caused by the emotional hold that our appointed predator reinforces and feeds thanks to our matrix programmings. The energy freed in this way feeds him and exhausts us, and is the one which can be qualified as "restrictive" or "bad". Finally, the emotional state is all of the manipulated emotions.

- **The emotion corresponds to the same types of perceptions than in an emotional state, it can be very intense, in a way like another, but is for its greatest difference that we manage to let it pass.**

As through sinking in the emotional state, the individual in a quest of Knowledge has learned to observe the action mode of his predator over his own psyche (generally

an accomplice with the other predators). As he learns to SEE, he learns to get out of the hypnotic situation and therefore to contact more easily the “Emotion which teaches” without being drained from a maximum of his energy at the same time. It is it which delivers the consciousnesses’ seizures, it is the emotion “which opens” which can be qualified of “good” or liberating. To cry your eyes out during a few minutes like a child is a liberating emotion. Whereas to mope around in everlasting cries, is not at all the case.

Here is therefore the trick of the entropy system. To maintain us locked up in a state of emotional weight the most intense and extended possible, in order for the human being not to be able to get in touch with the Emotion which teaches.

However obviously one does not work without the other, this means that the “good” or “bad” are part of the same original force which lives in each of our cells.

The one who is in a phase of strong emotional hold, or the one who dives into it regularly, is not on the “wrong” path as we know that it is the predatory energy which sets back our sclerosed beliefs into motion. It is it, which at the end, gives the impetus to SEE beyond the veil.

This trap can therefore transform itself in a liberating springboard from the moment where the person cultivates the Will of the shaman which consists in unearthing the always more subtle predator’s hideouts...

It is therefore important to understand that the experience “of emotions which open to unlimited possibilities” do not correspond in any case to whatever emotional expulsion, but results from **a deep understanding as for the limit between the Emotion which teaches and the emotional drowning.**

This comes back to putting what is named “equanimity” in certain Buddhist teachings into practise. Getting focused on the breathing or the sensations of the physical body, makes it possible to balance ourselves on the present moment, and therefore to not feed the gears through the projections of our thoughts in the past or the future. **The present moment is the only “dimension” with which the predator can not interfere. Therefore the emotion remains emotion, and can not be transformed into an emotional weight.**

It is also the famous “strength of the interior silence” which teaches Don Juan, through the writings of Castaneda, single practice which does not make us “eatable” anymore for the dark Shadows.

It is for this reason that psychological attacks have the goal to send back our emotional energy (through the “mulling over” stimulated by the reptilian brain, chair of the survival and control mechanisms) in the past or in the future. These two “dimensions” forming the illusion of the artificial matrix are the stretched nets in

order to retrieve this energy. The Masters of the service to the self are the technicians of it but lose all of their power when the consciousness is plugged on the present moment. Which is logical as the present moment is the connexion vector to the dark energy, the cosmic energy driving Knowledge.

An important subject to talk about concerning the emotional world, is the dual trap in which everyone has fallen at a moment of his life and maybe still falls in it.

It is the fact of considering an enjoyable emotion like “good” and “opening to unlimited possibilities” whereas the disagreeable emotion would be “bad” or “limitating”. This exactly corresponds to the trap of 3D which influences us to search for the enjoyable emotion and to reject the disagreeable emotion, clearly used by the New-Age movements which make reference to these factors like the criterias insuring us to be on the right or wrong path.

Equanimity, is to not freeze (therefore not reject, nor catch hold of) none of these emotional polarities. To be attached to a feeling of aversion or of desire blocks the consciousness flow, transforms the emotion into emotional charge and opens a loophole to the predatory energy. And the predator can just as well sustain himself of a terror state than a devotion state. The only difference is that the state of terror is much easier to cause...

Therefore, whatever the polarity which is assigned to the emotion, each is a carrier of information.

And if it happens to us to drown in an emotional tide, it is not “bad”, it is only the path to cross in order to access the Emotion carrier of the Information. **When we feel ourselves defenceless and lost in all this tide, the only thing to do is to stop all forms of struggle, by simply accepting the pain.** Already here, the emotional will tend to become emotion again.

Little by little the path from emotional to emotion will happen more and more fast until becoming direct. **It is by developing our knowledge and our discernment on the predatory reality, associated with the shaman discipline (therefore the training to the interior silence) that the information of the Superconscious Emotion will come to us better and better.**

It is once we have “incorporated” it, that the emotional represents a transformation potential that we can have access to the energy-emotion which carries us. Thereafter sensations (hardly comparable to peace, joy and New-Age gratitude...) coming from the consciousness expansions due to this alchemy, appear naturally.