

T KEOFF

HOLISTIC HEALTH

Emotions Are Rocket Fuel

On the Origin, Energy, and Mastery of Feeling

What is an emotion? The word “emotion” ties back thousands of years to early Latin & Greek, where the root *meu* meaning push/move, was formed. Here is a look at the timeline of the word:

EMOTIONAL EVOLUTION — THE ROOTS OF THE WORD

4000 BCE — Proto-Indo-European

The root **meu-* (push/move) is used.

500 BCE — Latin

Romans combine *e-* + *movere* to create *emovere*, meaning to literally displace, migrate, or physically shake up.

1500s CE — Middle French

The French adapt it to *émotion* to mean a public disturbance, riot, or commotion.

1600s CE — English

English borrows the French meaning of physical or political turbulence before it finally moves inward to mean psychological feelings.

PRESENT DAY

Today, Merriam-Webster defines it as a conscious mental and bodily response — a strong feeling, like anger or fear, aimed at something specific, that shows up through changes in the body and behavior.

As we can see, the word has evolved and changed meaning from an external disturbance, movement, or even riot to an inward force or experience, but the essence of the word is the same. We can summarize the meaning of emotion as *an exchange or movement of energy*. When we know emotions as energy movements, they are neither good nor bad, they simply are. When we know them as they are, they naturally lose their grip & stronghold upon us. They become objects perceived by perception, just as we see a cloud in the sky, or a bird in the tree.

You are the sky. The emotion thunder clouds are simply passing through you, Awareness.

WHEN EMOTION TAKES OVER

At times, it can seem as if an emotion has taken over; it takes over our thinking, our bodies, and can even lead us to “lashing out” or expressing the emotion outwardly. Psychology and psychiatry calls this moment of disturbance in energy normal, but this lashing out is the result of being cut off from our source & acting out of emotion. When we act out of emotion we are forgetting who we are. It’s no wonder that people say, “I don’t know what came over me!” Or “that’s so unlike me” after acting out of emotion, because, for that snippet of their life, they became their emotion & lost themselves. It is a result of believing we are separate, talking heads, identifying with the ego-mind rather than dwelling in our true nature of soul, spirit, an extension of divinity, where there is no separateness.

WHERE DO EMOTIONS ARISE FROM?

Of course, most of us rocket beings have experienced a wide range of emotions, from intense elation to anguish and despair. But where do these emotions arise from? While it seems that external events and circumstances are the triggers & causes of emotions (and certainly we have all experienced being at the mercy of them), let us consider the alternative: emotions arise from within. Why is it that one bloke panics when exposed to a sticky situation while another bloke maintains complete composure, being exposed to the same situation? How can they have vastly different responses?

The second bloke has learned to master the emotions. They may feel the pull this way & that, but they remain centered in who they are: Awareness, Spirit, Atman.

OBSERVING WITH NONJUDGEMENT

When a so-called negative emotion (remember: it is just energy) is seen with Awareness, it is instantly transmuted into it (and into You). Because the power of consciousness is ever-expansive, loving, and compassionate, the emotion is now free to express itself. Conversely, when emotions are repressed or suppressed, their energy gets stored & trapped somewhere in the body, where they can remain for the individual's life, and will subtly affect every decision, interaction, and how we feel. That is why it is essential that when an emotion arises, whether we call it fear, doubt, grief, anger, frustration, guilt, pride, shame, sadness, despair, depression, that we simply observe with nonjudgement. We give it the attention it needs until its energy dissipates. We do not add analysis, we do not rationalize or try to understand why this emotion is here, nor do we condemn ourselves for feeling it. We do not distract ourselves from it, we do not spread it to other beings. We simply accept it as it is, we hear it out, knowing it will pass. & for the so-called positive ones, we let them express themselves in abundance, we let them dance, enjoying their experience but not clinging to it. Living this way, we get to enjoy the full experience of life, for we wouldn't know positive emotions if the negative did not exist. We know that every experience is impermanent, & we can enjoy the energy flow happening within & all around us.

REFLECTION PROMPTS

1. Check in: What is the emotion(s) you are experiencing now? Do you feel them anywhere in your body?

2. Are there any emotions that you have been resisting due to their association with a memory or past event? What can you do the next time they arise?

3. What emotions would you like to experience more of? What associated experiences will accompany these emotions? Be specific!

Have Grace, Young Astronauts

The worst thing you can do is repress or suppress the emotions. You will find (and probably have found) they come back with a greater energy force, and you experience drastic fluctuations in mood. Instead, the way through is observation, through acceptance, through surrendering. If one is lingering, or you are having great difficulty letting one pass, let go completely. Allow your being to experience it in full, and watch what happens. They never last! So have patience, young astronaut, you are exactly where you are supposed to be.