



Emotions And Their Stories

Here is a list of the common emotions we feel and examples of the stories/beliefs (from my own journey). It is important not to just use my stories here but to actually ask the emotion what it wants to tell you. The emotion is a reflection of the story or belief and so it cannot go till we have identified the story and questioned its Truth. These stories will feel true as a separate being but are completely untrue for the infinite Self.

- Sadness tells us we feel "I don't have what I want to be happy and I cannot ever have it. I must live without it forever". (Similar to apathy but still with a tinge of hope, a belief in time, in the future it will be better than now etc).
- Grief tells us we feel "I have lost what I want and need to be happy and I cannot ever get it back. It is gone." (A belief that you possessed what you wanted and now it has been taken from you against your will because it is viewed as separate to you)
- Anger says "I cannot get what I want to be happy, I am being blocked and there is no way around this block". (A belief that someone or something (such as time) can stop you getting what you want.)
- Frustration says "What I want is taking too long to come, why isn't it here yet?" (Belief in time, belief in manifestation being gradual)
- Irritation says "It is too difficult to get what I want and be happy and there are too many things to do first" (A belief in process, progress, waking up, learning to receive etc)
- Guilt says "I don't deserve to get what I want and to be happy because I am not good enough.."
- Shame says that "I don't deserve to exist and I don't deserve happiness". It is similar to unworthiness and guilt but without hope of improvement. Shame is in effect self hate or loathing.
- Apathy says "There is no point wanting anything anymore because it never comes to me, happiness is gone forever. I am powerless to get what I want and there is no way to change it. There is no point wanting to exist even." (Belief in being totally disempowered and cut off permanently from what you want and need).

- Jealousy comes from a belief in separation and lack. The belief here is "Somebody else has what I want and because they have it, I don't have it. They have what should be mine". It is a belief in separation because the other person is seen as not you and therefore has your resources that were marked down for you so to speak. There is the belief that there is only so much of what you want and it can run out..
- Fear says "I am not safe, I am in danger. My existence is threatened and there is danger; the world is dangerous for me".