

### **Energy Motions Show as Feelings**

The Emotional Energy Body is an extremely important and often overlooked puzzle piece in the thought-to-create-reality process. Without this piece, your thoughts will create inconsistently, for it is that, your energy vibration must be in tune with the intent of the thought itself. You are the master of your energy body and in realizing this, you write your own script in the thought-to-create-reality process.

Feelings in themselves are not bad; they are the energy motions (emotions) of your energetic self. Your thoughts, if harmonious, will maintain your energetic self, vibrating at a particular frequency. But energy transference happens all day between people who are associated with each other, and happens more consistently with people with whom you spend a lot of time. Until you bring yourself into awareness of energy and its movements, you will undoubtedly feel physical sensations and not know where they originated. When you acquire, or recall, a thought that holds a different frequency than your present energy-self frequency, you will physically feel the effect of that particular thought. This effect is what constitutes an emotion, or energy motion. This energy motion needs to flow through its own course, whether it be through an expression of tears, laughter or even intense anger. Whatever the energy motion is, it needs expression. When we as children do not learn how to communicate what we are feeling, or do not feel safe enough to fully express this energy motion, we suppress it. That means we hold on to it. The energy motion then becomes part of your personal energy self in the form of a block in your energy field.

It is for this very reason that many people who have seen *The Secret* become frustrated and continue maintaining where they are. Because unless your feelings are vibrating with the desired intent, you probably will not see the results claimed in the movie. Understanding where and how these transferred energy vibrations originate and develop, and what to do about them, will give you the key to enjoying a masterly and fulfilling life.

Think of the emotion of anger or annoyance at a particular person or situation. You may want to yell at the person or do something about the situation. But you

decided not to do anything because you thought it's wrong to be angry, or that you could not change the situation. The emotion itself does not just disappear it; stays in your energy matrix as a vibrating block. If you had allowed that energy flow of anger to be expressed, by a safe release tactic such as exercise, hitting a pillow, playing music, etc., you would have released the anger or annoyance and then able to maintain your high frequency energy flow.

By withholding expression, the energy motion (emotion) stays with you because it has not been able to complete its cycle. Then the next time you have an unexpressed feeling, such as the one you initially suppressed, you will now add more of the same frequency to the energy block, hence one day, with enough suppression, you will simply explode emotionally. It will be then that the energy motion will hold enough powerful force that you are no longer in control of the emotion or the situation. The emotion is now powerful enough to be in control of you and not the other way around.

Communicating your energy motions, when they appear as feelings, will allow those feelings to flow through you. Universal energy is like a river: build a dam and the river simply finds another way to flow. It is the same with energy.

This is an area that for children requires a great deal of work. Children have feelings and expressions, and, all too frequently, they do not know until it is explained to them what is happening. For younger children, being technical is not most important, but rather guiding them to recognize expansive feelings as opposed to restrictive feelings, is. By using the communication tools found in "*The Feelings Map*," you will discover the best place to nurture a very necessary part of your child's education about emotional self awareness skills, as well as giving the child the gift of mastering their emotions and a big piece of the puzzle about the thought-to-reality process.

Create the life of your dreams.

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With daily communication utilizing *The Feelings Map*, children will have a greater understanding of the emotional energy body and its inclusive role in the Thought-to-Create-Reality process.

Program available at <http://www.higher-vibrational-living.com>