



Toltec Wisdom

Emotions & Feelings

Unfortunately our society has blurred and confused a very important contrast. The Toltecs teach a distinction which provides a powerful perspective from which a spiritual warrior maintains awareness. A Toltec spiritual warrior observes and monitors one's energy output. A warrior is aware of how energy is used as one manifests (creates) the dream of the day. Knowing the distinction between emotion and feeling is a powerful weapon which can be used to conserve valuable energies.

Emotions are not feelings. We *feel* our emotions. This is one reason few are aware of the distinction. Feelings are the body's natural reaction to our perception. When our body does not contain enough fuel we *feel* hungry. We *feel* cold when we are losing body heat. We *feel* hot when we cannot lose enough body heat. Taste, smell, touch and hearing are also forms of feeling using various parts of our body. Feelings are the message of what is being experienced at any given moment. Feelings require little to no energy to manifest. Feelings are simply the signal being received by our senses.

Emotions are quite different. Emotions require two elements in order to exist. The first element can be found by examining the word emotion. Notice how the word emote is within the word emotion. Emotions are something that we emote or give rise to or create. We manifest our emotions. Thus, in order to emote an emotion, we must use energy. We expend energy when we emote emotions. This is very significant knowledge for the spiritual warrior who maintains awareness of energy output. Remember how at times one can become too tired to get upset. "I just don't have the energy for that right now," is a common expression which highlights the point. Therefore, the first element required for the creation of emotion is energy.

Mastering the second element required to generate emotion is the gateway to inner peace, tranquility and serenity. This element has been known by many teachers and is taught by many. Emotions require thought in order to exist. Without thought one cannot emote. Without thought one can only experience.

Try this as an experiment. Create any of the following emotions without thought; anger, jealousy, resentment, despair, mistrust, remorse, worry, envy, dissatisfaction

Emotions are an expenditure of our energy which we generate through a thought process. Reacting is unconscious thinking and is part of the emotion generation process. Reactions are like programmed thoughts which place us on auto pilot. When we react we are generating emotions from preconceived thought processes.

One way to alter emotion generation is to alter the thinking. This is why people recommend that we take a few breaths and count to ten before we react. By changing the thought process we can alter the emotion being generated.

Mastering awareness of thought leads to mastery of emotion manifestation.

- Gordon Eagleheart