**Journey Into Wholeness “*Seek peace and pursue it” Ps 34:14***

**Session 6: “CHANNELING EMOTIONS”**

***Overview: This session will discuss emotions and how to channel them in a healthy way.***

1. **WHAT ARE EMOTIONS?**

Emotions are a part of your soul – the inner part of man that consists of the mind, will, emotions, and the personality of each person. Emotions are complex and touch every part of us. **Emotions are feelings that effect a full range of reactions we have in response to situations, perceptions, and thoughts (either real or perceived).**

The origin of the word “emotion” reveals that it is something that is moving – it’s “in motion”. The word “emotion” is derived from the French word “emouvoir”, which means “to stir up”. **Emotions are moving things inside of us that stirs us up for the good or the bad.**

Emotions are not just chemical or mechanical, they are a waveform. Emotions are fundamentally an electromagnetic phenomenon within us that gives rise to chemical and physiological changes (heart rate increase/decrease, muscle tension, breathing rhythm, euphoria, etc.).

***“There is actually a chemical, molecular component to emotion. When we feel something, a set of electrical impulses as well as a molecule of emotion is generated. Different emotions, of course, have different chemical compositions. Fear creates adrenaline, for instance, while love creates oxytocin, and excitement creates dopamine. The brain and gut generate molecules that carry the vibration of that particular wave, and the waveform carries them throughout the body.” Eileen Day McKusick, Electric Body, Electric Health, page 80.***

As an emotion happens within us, it naturally rises up as a waveform, creating its electrical and chemical phenomenon within our body and person, and then it crests and begins to ebb away. Emotions naturally ebb and flow like the tide. Each emotion has its own electromagnetic frequency/energy wave that has a different effect within our persons.

**Emotions are a natural and healthy part of our life when they are managed effectively.** When we don’t manage our emotions well and learn to release them in a healthy manner, then problems arise. The goal is to learn to channel our emotions in a healthy way.

1. **HOW DO EMOTIONS ARISE?**

According to psychology **Professor James Gross**, there are four components of feeling an emotion (the **Modal Model of Emotion, https://www.psychologytoday.com/intl/blog/dealing-emotions/202101/what-are-emotions**):

1. **The Situation** - The situation you are in (whatever is happening to you at that moment).
2. **Your Attention** - The details you pay attention to.
3. **Your Appraisal** - Your appraisal of what the situation means for you personally.
4. **Your Response** - Your response, including the physical changes (like blushing or shaking), and your behaviors (like shouting or crying).

You feel an emotion when something about the situation you are in draws your attention - you notice some aspect of the situation that is relevant to you (your goals or needs). If there's nothing happening that matters to you, you will not have any strong feelings.

Once the relevant part of the situation has drawn your attention, you would interpret what this means for you – you make an appraisal of the meaning of what is happening.

Once you have appraised the situation's meaning, then you will have an emotional response to the situation. The type of response (feeling happy versus angry) would depend on how you appraised the situation. For example, if you thought it was unfair, you might feel angry. If you thought your goals were being blocked, you might feel frustrated. If you thought there was a potential threat, you might feel anxious.

1. **HOW EMOTIONS GET STUCK?**

**If we understand emotions to be electromagnetic waveforms, then we can understand that they are like a river we want to keep flowing.** We don’t want emotions suppressed, stopped up, and dammed. We want to manage our emotions and for them to be like a free flowing river.

In the West, we are taught to be rational thinkers and we are not as in touch with our emotions and what is going on with our feelings. When we suppress our emotions, then they get stuck in our electromagnetic field, that energy is not released, and unhealthy consequences result in our spirit, soul, and body.

All of us to some degree have unprocessed or suppressed emotions. These unresolved emotions become signal jammers that create stress in our whole system, resulting in unhealthy patterns that undermine us. The Center for Disease Control and Prevention says that 85 percent of chronic illness is stress related.

Emotions get stuck when we don’t allow them to flow through us in a healthy way. Before an emotion can crest, be released, and ebb, we suppress and bury it. There are countless ways we can bury an emotion: taking a pill, eating a chocolate bar, going shopping, sitting in front of TV, or by denying it with other forms of busyness, distraction, and thoughts.

***“Emotions buried alive never die.”*** When you suppress your emotions, they don’t go away. When the electromagnetic energy of an emotion is suppressed, the energy and molecules stay in our system and try and find a home. Sadness may find a place in your heart or lungs, guilt might settle into your hips, anger in your liver, hurt from the past in your feet. It is like your emotions say, ***“Nobody wants to deal with me, so I need to go hide.”*** Disease and sickness are often the body’s last resort and attempt to make the emotion heard.

Often, as a result of unresolved emotions, we can build up such a flood of repressed emotions that something trivial happens, and we explode and release a disproportionate emotional reaction to something. It is because of the emotional baggage that we are carrying around with us that is looking for an expression.

As humans, we all are created to experience the full range of emotions. **If we do not express our emotions in a conscious and healthy way, then they will express themselves subconsciously in an unhealthy way.**

1. **GET RID OF THE BACKLOG**

Our goal is to get rid of the backlogged emotions we have, release them to God, and get healing. When our emotions are stuck and bottled up, we close off the life energy flowing through our bodies and often closing off the Holy Spirit as well. When we release the blocked emotions from the past, then a greater flow of energy and the Holy Spirit will be felt and experienced in our lives as we move into greater wholeness.

**Some steps to releasing stuck emotions from the past and also present emotions:**

1. **Pray that the Holy Spirit will guide you and give you revelation** – Simply go to Lord in prayer, and ask Him to reveal to you what emotion you need to focus on and release.

***“When He, the Spirit of truth, comes, He will guide you into all truth.” John 16:13***

1. **Recognize and feel the emotions** - Many people are afraid to feel and experience the so-called negative emotions – sadness, hurt, anger, fear, disappointment. Remember, we are humans, and we are made to experience the full range of emotions, even the bad stuff. All emotions are part of the wonderful, ever-changing experience of being alive and human. Thus, all emotions need to be addressed and felt. We must accept the emotion we are feeling as legitimate and not suppress it.

It is resistance to the feeling that causes us pain. If we are afraid to feel a certain emotion, we repress it, and ultimately that is what results in pain. We need to go before the Lord, recognize and acknowledge how we are feeling. If we recognize how we are feeling about a situation and then bring it before the Lord, then we can constructively deal with it.

**Key** – Acceptance of our feelings and emotions is directly related to becoming a creative channel for your emotions to flow rightly. If you don’t allow your emotions to flow, then they will be blocked.

1. **Transform your emotions** – We must assert that we have the God-given power and resources to be healthy and whole, and to deal with our emotions.

***“Let’s approach the throne of grace with confidence, so that we may receive mercy and find grace for help at the time of our need.” Hebrews 4:16***

1. **We must approach the Lord and our emotions with a positive outlook.** The *“glass half-empty”* people combine negative thinking with a negative emotional state, locking themselves into a very restricted worldview of limited possibilities. To transform our emotions, we must come with a positive outlook and faith that God loves us, is with us, and is able and willing to come along side us and provide His grace to help.
2. Emotions are energy, therefore they can be channeled. We want to recognize the emotions that we are feeling, then channel them in a constructive, positive, and biblical way. In this process, we want to utilize breathing exercises, reframing, visualization, and biblical meditation.

Our goal is to accept negative emotions, release them to the Lord, and then to redirect them in a positive way. You are not your feelings and emotions. You can control your “appraisal” of the emotions you feel, and you can also learn to control your “response.”

 **Example** – **Dealing with a deep past emotional hurt from a loved one who wronged you.**

1. Seek guidance from the Holy Spirit - ***“Lord, you know how messed up this situation is…I am so hurt and angry about how he treated me and our family, and how unjust this situation is. My heart is really in pain. Help me, Holy Spirit, to deal with this and get healing. Show me what I need to do and help me get free.”***
2. Recognize and feel the emotions - We don’t want to whitewash the emotions like they aren’t real and don’t exist. Don’t blame yourself for feeling the way you do – you’re human. The emotion is valid. We can’t move into transformation unless we identify and acknowledge the hurt. Let it out to the Lord, express, and share your feelings. Maybe you need to talk to someone or write it down in a journal or on piece of paper. Under the guidance of the Lord – feel it and release it.
3. Transform your emotions – Now that we have accepted and felt the emotion, we can take proactive steps to transform them.

Breathing Exercises – Come into God’s presence and use Box Breathing Method (or another technique) to calm your spirit and mind.

Reframe – Step out of your negative mindset and begin to distance yourself from the negativity and recharacterize the situation in a biblical and God-focused way that is positive and constructive. ***“Lord, I know that he is a broken man and that he is blind and deceived, and he can’t even see what he has done and how wrong it is. I also know that You want to use this for my good and development. You are in control, Lord, and I am grateful that you are working for me and my good. I declare that You are working for good through this in my life. Right now, I choose to forgive him and release him into Your merciful hands. I do not hold on to the pain and hurt and anger. I forgive him, Lord. Now, help me to release the pain and hurt I am feeling. I choose not to hold on to the pain and hurt I am feeling any longer. Let it flow through me and out of me right now, in the name of Jesus. I am grateful and thankful, Lord, for Your love for me…that You will never leave nor forsake me, and You love me with an everlasting love and care. I am free! I am whole! I am at peace!”***

Visualization and Biblical Meditation – Envision what you wanting to achieve. In this situation, I am now visualizing all negative energy, pain, hurt, and anger leaving me. I am at peace and tranquil in my heart and my whole being. I am living in forgiveness. I am receiving God’s love and grace and pleasure over my life, and my choice is to release him and put my life and heart in the Lord’s hand.

I am incorporating biblical meditation and visualizing Psalm 23. ***“The Lord is my Shepherd, and I have no other wants or needs.”*** I am meditating on the Lord’s loving care for my life. I visualize the Lord leading me into a place of abundance (green pastures). I meditate on the Lord now leading me beside quiet and peaceful waters. I am at peace. My heart is still, and the Lord is taking me into deep harmony and peace. He is restoring my soul. I visualize and receive the ministry of the Holy Spirit and Him flowing through me with grace, love, and contentment.

Note - Healing and transformation of emotions that are deeply felt may take some time. You will likely need to return to this process many times as different situations arise or as the Holy Spirit brings things to light. Taking inventory as to how you are feeling will help you to know the progress you are making.

1. **FLOWING IN THE POSITIVE EMOTIONS OF THE SPIRIT**

***“It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery…The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control…If we live by the Spirit, let’s follow the Spirit as well.” Galatians 5:1; 22-23; 25***

The “old man” of the flesh wants to keep us bound to the all things of flesh and the yoke of slavery of being bound to negative emotions and baggage. The Lord wants us enable to walk in freedom and to experience the flow of the Holy Spirit in our lives that will produce wholeness and the positive emotions of love, joy, and peace.

**It comes back to what we choose to focus on and be rooted in – our old ways and emotions or the new ways and emotions of the Spirit of God.** Love, joy, and peace are fruit of “standing firm” and being rooted in the Lord and His Spirit. A great deal is accomplished if we will just surrender and submit to truth, grace, and love.

**There is a tremendous amount of positive emotional energy and grace if we apply these principles:**

1. **Forgiveness** – Letting go of another’s sin and releasing them and all judgment to God. We choose not to be critical, and instead we learn to be “big hearted” and walk in acceptance towards all.

***“Bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so you must do also.” Colossians 3:13***

1. **Love/Compassion** – Compassion means “to suffer with”. We recognize the shortcomings, weakness, and sufferings of all humanity and choose to express love, mercy, and grace. We also learn to have compassion on ourselves and all of our shortcomings!

***“Put on love, which is the perfect bond of unity.” Colossians 3:14***

1. **Peace** – We become peacemakers wherever we are. We recognize that God is in control, and He loves us. We learn to live in the moment and leave the rest to the Lord. If we look to Him and trust in Him, He will bless us and give us surpassing peace in every circumstance.

***“Let the peace of Christ, to which you were indeed called in one body, rule in your hearts; and be thankful.” Colossians 3:15***

1. **Gratitude** – Each of us has so much to be thankful for, especially in Christ. A grateful heart, even for the little things of life, releases contentment and joy.