

# Key Concepts on Emotions

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1. Emotions are comprised of both thoughts and feelings.
2. Emotions are vibrational frequencies ranging from the most expansive frequencies of love, joy, and gratitude to the most constricting frequencies of hate, loneliness, and despair. These frequencies are not inherently bad or good; What you do with your emotions determines their impact.
3. The emotions you experience don't mean anything about who you are. They don't increase or decrease your value as a human being. You are not less worthy of love if you feel hostility and hatred than if you feel joy and gratitude.
4. Expressing emotion is not the same as communicating emotion. Before you communicate it is important to first honor your emotion by expressing it to yourself with acceptance and without judgment.
5. You get to choose your emotions.
6. You claim the power to choose your emotions by being responsible for the ones that you have. The power to choose your emotions exists in the present moment. You cannot simply deny your unpopular emotions and choose other ones.
7. Your emotions attract the circumstances of your life. Your circumstances do not create your emotions.
8. Your authentic emotions are the path to your truer self. Denying your emotions is the fastest way to stop your spiritual awakening. Discovering and feeling your authentic emotions accelerates your spiritual awakening.
9. You are responsible for all your emotions. As you take greater responsibility for your emotions, you can consciously choose to live your life from love, joy, happiness, and peace. As you deny your emotions, you get stuck living in false emotions such as blame, pity, powerlessness, and victim.
10. It's more fun to live in high frequency emotions such as love, joy, gratitude, and passion than to live in lower frequency emotions such as blame, guilt, self-pity and martyr. It's also more vulnerable because it is more honest, but it doesn't make you "better than".
11. You can learn to harness the power of the full range of emotions and consciously lift your frequency of vibration to fill your life with expansive emotions and attract the life of your dreams.