



51 PAINLESS WAYS TO CLEAR YOUR TRAPPED EMOTIONS



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My mother for the unconditional love no matter how tough times we've been through.

My two adorable kids who keep me energized and motivated and teach me to live in present.

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# INTRODUCTION TO MY LIFE



I Lost my father at very young age of my Life. He was just 35 while I was 4. My mother who was just in her late twenties wasn't prepared for this sudden loss and widowhood for the rest of her life. As I got older and understood more about life, resentment and sadness eventually crept in...feelings that could have led me down the wrong path in life, if it wasn't for my amazing mother.

A single mom that pulled double duty to make sure that I never lacked anything. She did it all she could...yet it never seemed to fill the emptiness of not having the father.

I still remember the camping trip that I declined going on because I knew that all the boys were taking their dad and I was the only one with no dad to take along.

Transitioning from a boy to a man was a challenge for me. I drove my mother through hell with my erratic, irresponsible and immature behaviour. Not having a male role model to look up to and to emulate in my life took its toll. This might come as no surprise since research shows that fatherless children are more likely to develop behavioral problem, commit crimes, do poorer in school and also more likely to commit suicide than those who grow up in a home with both their mother and father.

In my early twenties, I experienced several life-altering events that led me to a major epiphany.

My father was a smart businessman and had done enough to secure our lives financially. He possessed enough financial policies which were to be paid out when I turn 18. He had created enough wealth to ensure we have a home. The greed of wealth took over in people who we believed the most and we lost everything my father had left for us. We felt all alone and left to god.

Raising two children by herself meant struggling to make ends meet. My mom worked multiple jobs to make sure we never lacked basic necessities. Our clothes came from the goodwill of others, but we were never without shoes or shirts. From primary school, I moved to secondary and then to college, but our life hadn't changed. It was when my sister had to leave her college so I could continue my education was the extreme point of my patience and tolerance for our circumstances. I was determined to change it and fight for the life we deserved.

I decided from that moment on that I did not want to be a loser. I promised myself that it was time for me to become a man. A real man to change my own destiny.

- A real man to stand up for his mother to give her the life she deserved
- A real man to earn a very fulfilled life
- A real man that treats others that way that he wants to be treated
- A real man that is fully committed to his promises
- A real man that is a leader and sets a good example for others to follow

When I made the decision to rise up and become a real man my life changed, things that were out of order before seem to just fall into place. Although, it's an ongoing challenge to walk the path of a real man it's the challenge itself that forges you with the character and perseverance that is needed to become a successful man, husband, father and a human!

On November 13, 2012, my first child, Umair entered the world. As I held my son for the very first time and felt an overwhelming love for this human being in my arms, in the back of mind I thought about my father and I felt like giving him everything that I missed throughout my life on that very day .... I felt gratitude.

Part of becoming a man is also learning to forgive....so although I forgave the people who were responsible for causing pain and distress in my life. ...I never forgot.

And I forgave them for my own benefit. I forgave them, not with the hope that they would ever change or that we would have a better relationship, but in order to free myself from the negative effects this resentment was having on me. I went along with it because I realized there was no point in holding onto these bad feelings. The moment I let go of those feelings, I felt cleansed, uplifted, energized and positive towards life and people around me.

So, in the next few pages, I am going to share my roller coaster ride through emotions and the learnings that I have made over the years. The reason that I chose to write about managing

emotions is because I very strongly realized that winning over emotions was one of the biggest factors to where I am today and to all that I have achieved in my life so far.



# CHAPTER 1

## UNDERSTANDING EMOTIONS

Emotions can master our minds, take over our lives, and destroy our future. It is up to you to deal with your emotions while learning how to command and master the emotions. The emotions are human makeup that stems from natural inborn sources, while as the emotions grow (birth – child – adult) the emotions learn, believe, misconceive, disbelieve, teach, lie, deceive, etc. The emotions are powerful, since emotions stem from the heart's learning as well, which the heart is deceptive. This is where fact-finding comes into play, if you do not have facts you will lack confidence, self-esteem, self-assurance, self-trust, self-respect, and all those other words that make a human being whole. This brings us to problems. The problems include acting on impulses, becoming angry, experience sadness, emptiness, and the like.

The problem is within the person and not the person him/her self. Toss out that old saying, “You have a problem,” since the person is never the problem, rather it is the source inside the mind, which sparks the emotions. This brings us to emotions, heart, feeling, and thinking. This person needs to understand his/her human makeup more clearly, since it is the ultimate method in getting to the problem. Therefore, I will define emotions, while briefly touching upon all the factors that contribute to how emotion responds to them.

Emotions sometimes are obsolete. This means that the emotions are no longer useful or in usage, rather it is imperfect. Emotions are sometimes complex and stalwart state of the mind. The responses can induce or expose physiological alterations. The emotions are parts of our mind that works with the conscious while promoting sensitivities and feelings, such as anger, sadness, joy, fear, etc. What underlies the emotions produces results.

Now, emotional state of mind is at what time a person is sensitive and may act on his or her emotions. We can also consider emotionalism where a person will tend to place higher value on the emotions, rather than his or her thinking processes. This is a person, which speaks, or acts out excessively on emotions, rather than thought. Then we have emotionalist, a person with excessive usage of emotions. This person will illustrate his/her emotions by usage of his/her conduct, rhetoric, or thoughts. Rarely will the person demonstrate reasoning.

Still, we have considered that all aspects spoken in the article of emotions comprise each one of us. The difference is we all have different background, experiences, beliefs, and teachings. In addition, we all handle what we learn differently. This brings us to feelings. It is important to understand how feelings connect to our emotions.

(#1) As I write I want to point out that I am a firm believer that understanding what you are dealing with is the first step in healing and moving toward commanding and mastering the emotions. Furthermore, once you have an understanding of what you are dealing with you can grow to accept and move forward.

### **EMOTIONS ARE FEELING PACKED THOUGHTS**

Feelings overall mark the emotional responses. In other words, if a husband strokes his wife's hair, it sparks an emotion, which provides her a sensational feeling.

The emotions are not an easy task to master. To command the emotions, you need some intense abilities to look inside you and pull up some of your leadership qualities to put the mind to work. Emotions are feeling packed thoughts that stem from the heart. (#2) The heart is deceiving and will mislead the mind, thus to understand emotions, you have to go deep and beyond and put your emotions to the test by understanding and controlling the heart.

Because the mind wanders and thinks, as well, the emotions feed from the heart and mind.

Still, you have an inner child within, that either helps you or harms you.

# CHAPTER 2

## UNDERSTAND YOUR INNER CHILD

Now I am going to discuss about your inner child. The inner child is the person that you left standing in childhood and that still plays a vital part in your mind, emotions and heart. If you have impulsive response, thus it is because you have an inner child driving your feelings and/or emotions. Most times these impulses will infringe on other people's rights and may even hurt their feelings. This is at what time you unleash the leader inside you to gain control.

The day I decided to become a real man, it meant to take control of my emotion, my feelings and my actions. I chose to practice more self-discipline – as opposed to doing things only when I felt like doing them or when I had the impulse to do them. Even though I still struggle with procrastination, I find the more I discipline myself to complete the tasks on me “to do” list daily, I do better emotionally and physically, and I sleep better.

I had to choose to be mindful at all times about what was happening around me, what I was feeling, and also identify the important things to be doing on me “to do” list.

I also began to know my triggers. When triggered I would easily become more impulsive. So, it was important for me to pay attention to those things that would trigger me so I could stop the flood of emotions that most likely would burst forth.

I chose to take control of my tongue. Instead of lashing out with my words when angry, I found that it was easier to wait to express myself after the flood of emotions had passed. Truth is, our words easily hurt others. It's impossible to take your words back.

I chose to be accountable to others in regards to my impulse control; especially when they were seeing behaviors that would indicate that I was having difficulties controlling them.

(#3) The key is to practice controlling your impulses by controlling your child within. The more you practice the more your emotions and heart, as well as your feelings stemmed from the heart and emotions will obey your commands.

A person that has not mastered his emotions will often make another people's life miserable. Most times these people live for the minute, instead of taking it one day at a time. The person often views his/her loved ones as slaves while he/she dictates their every move. Sometimes the behaviors lead to excessive alcohol intake, drugs, excessive eating, poor diet, tempers, uncontrolled emotions, and a saddened heart.

However, there are ways to overcome this behavior. You can turn those impulses and slaving emotions into a positive force.

Now you are the slave of your emotions. You must take control of these emotions. This means you will need to develop that child within you and retrain the child so that he/she begins to see that maturity has to take place. It's time to grow up child.

Impulses in itself are not a bad mechanism. In fact, we have impulses incorporated into our personality. In truth, it is a natural element. Impulses are inspiring mechanisms, motivating sources, and a force that communicates to our minds in an effort to promote actions. For instance, your friend asks you to go to the movies and your favorite film is showing, you impulsively say yes and rush out the door to go to the theatre. You acted on impulse in this instance without forethought likely. Now, if you would have seated self, thought about the request, consequences and your surrounding responsibilities before responding, you would have commanded your emotions, mastered your thoughts and unleashed the leader inside you. The first scene shows your child coming to the fore, while the second scene shows maturity taking control.

Unleashing the mind is a step in commanding and mastering the emotions.

## **UNLEASHING IN**

Mastering and commanding emotions are not an easy sport. It takes great effort, loads of work, and an ability to laugh. Sometimes we have things hidden in our subconscious mind that breaks down our personality, character, and self-worth as a whole. The key is unleashing those memories, words, influences, etc. and making them work in your favor.

The emotions are conflicting or opposite backdrops of the mind (psyche). That is the emotions contrast from the awareness of the mind. This means that the emotions separate from the mind's thoughts, perceptions, and recognized sensations. On the other hand, the mind can work with the mind by illustrating high awareness through acknowledgement.

Examples of emotional response both commanded and non-commanded:

A woman responds emotional to the touch of the man, yet although she is married she responds to the touch and gives into his desires: We know where this is going. The woman is allowing her emotions to control her, rather than thinking of the consequences of her adulterous behaviors. The man is also giving into his emotions, therefore no commanding or mastering of the emotions exists in this situation.

The woman touched him desirously; he pulls away from her touch and explains to the woman assertively and responsibly that he is already taken. She tries to persuade him; yet again, he pulls away and stresses his place, while slowly moving away from the woman. This man is showing control of his emotions and desires. Thus, he has command and masters his mind.

In both illustrations, you see, desire, feelings, emotions, thoughts, sensations, and so forth.

(#4) Now we can see that the heart is where the personality stems, as well as where considerations, compassion, love, emphatic, sympathy, affection, and the like all come from. Pull this heart together with emotions, mind, and feelings and what do you come up with.

Going through everyday life is hard, because you have to deal with everyday emotions. If you are like me, then I know that you have many emotions that you express throughout your day.

## **SADNESS**

Let's begin with talking about sadness. I know that occasionally you have something in your life that causes you to feel sad, down and out. (#5) I have learnt that at what something happens in your life you should just go with the flow. Even though you may be sad, you still have to live your

life and move on. I know that, at the particular moment you feel like you could cry a river, and you should, but once you get it all out of your system, you should be able to look at the situation from another point of view. The outside view, where you take the time to look at the situation from a wider angle, sometimes you are not able to prevent things from happening, sometimes situations are destined to occur and you can't do anything about it. That is part of life that you should just face and grow on.

(#6) However, if there is something that you can do to prevent from being sad you should. Think about the things that make you sad and try to avoid them altogether, if you avoid the things that make you sad then you will not have to go through the hassle of dealing with those painful emotions.

Yet, this is not the only problem. People storing and holding guilt, hate, animosity, lies, etc. are all prone to allow their emotions to master their mind. Instead of being master of the mind, the emotions command these people. Therefore, we have to move all negative thoughts from the mind in an effort to grow into becoming the master of the mind. By adhering to this advice and taking the steps to achieve you will soon feel a wealth of relief off your shoulders, which puts you in command.

## **HAPPINESS**

The next emotion that I would like to talk to you about is happiness or joy. Happiness is at what time you can't stop smiling for anything in the world. It's as if someone painted a smile on your face and you just can't take it off. If you experience happiness, then you are one of the lucky ones, because most people don't even smile or laugh. I guess they don't have anything to smile or laugh about. Otherwise, something is seriously wrong in the mind. (#7) Do things that make you happy. It can be going to your favourite coffee shop, meeting with friends, watching movies, doing your favourite activity like cycling, trekking, or even painting. The more you make an effort to keep yourself happy, the more you will get in to the habit of staying happy and positive in life. And when you are happy, people around you will feel happier and comfortable being around you.

## ANGER

Let's consider anger for a moment. Anger is a strong heart inclinational feeling that stems from something displeased triggering the emotions. (#8) At what time things don't go your way, you start blaming everyone else for your bad day. At this point, you shouldn't, if something makes you mad, cuss it out or beat it up, and don't blame the other people in your household because they are not the ones that made you mad. If one of your family members is to blame then you should avoid punishing them and go for a walk or a drive just to get away from things. Most times when a person is mad it is because they fail to have control of their minds. Anyone striking out at another person is only showing that he/she is not the master of his/her emotions and something within is in command.

While anger itself means nothing as long as its intensity is subdued or controlled. However, if the intensity level rises it could show through verbal reactions. Then we still see feeling. On the other hand, if the anger expresses rage the person may act out violently either verbally, which means the person has no self-control. If the anger intensifies further, leading to fury, we have a mind that is overmastered by emotions and its destructive wrath could lead straight to insanity. Generally, some form of psychosis is behind this type of mind. The person often acts out emotionally in lunacy, foolishness, folly, stupidly, idiocy, or just plain mad. This brings us to wrath. A wrathful mind will often act out of revenge toward others. While a person is in a fury, the person may accuse an entire group of people. Indignation is an anger that puts emphasis on righteousness. In other words, the person may accuse everyone around them of ignoring them, while this is a righteous communication, it has no justifiable cause at most times.

Sometimes as human beings it is hard to command and master your emotions, that is why I hope that the information that I am about to share with you helps you out with your emotions and the struggle to command and master the mind. The emotions stem from feelings, which stem from the heart. At what time a person feels hurt they will often lash out, rather than gain control. Therefore, it takes you to control the mind and gain power of self.

(#9) In order to master your emotions you must be able to know what extent you can stretch out to and then try not to be pushed to that point. If you are able to say, "I need to cool off" then you are on the road to success. If you are able to tell yourself that you know that something bad is going

to happen if you don't cool off then you already know you're high and low points. All you have to do now is build on them.

I am going to tell you a couple of ways that you can help command and master your emotions.

(#10) Instead of getting mad and taking your emotions out on someone else, you should avoid the situation for a while. Do something that will take your mind off the situation until you can think clearer.

(#11) Instead of being sad and crying all the time, try to think about why the situation happened that made you feel sad, once you realize that it couldn't have been prevented then you will be able to understand and accept the situation. If the situation was a death that made you sad, then you have to keep the memories of the one you lost alive and remember all the good times you shared with that person and know that they love you.

## **BEING A PARENT REQUIRES COMMANDING YOUR EMOTIONS**

Being a parent is hard and a tremendous experience. I am father of two and I believe that my two kids are best things ever happened to me and I wouldn't trade it for the world. I am helplessly and hopelessly in love with my son and daughter, and would fight and die for them.

However, children nowadays are major stressors, yet we can't get rid of them. The children today are influenced by media, television, peers and many other influences that misguide and mislead their way. Sometimes we just have to take action right now, rather than putting it off, and sometimes we just have to let go and let them learn the hard way. (#12) The best solution is catching the child on a good day so that you can teach him. This will open room for you, since the emotions of the child may be in good working status

Being a parent is already hard enough without having to involve your emotions. Once your emotions kick in, you are in for a ride. As a parent, you will feel every emotion that is humanly

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possible because your children will take you there over the years and as these children grow, you will continue down the emotional path of raising children. It never ends!

At what time your child is in pain, you will feel pain because you are there mother or father and you don't want them to feel hurt. Your children may have fallen and scraped their knee or fell off his or her bike.

At what time your children are sad, you are going to feel sad with them, because, seeing the child hurt makes you hurt inside as well. As parents, importance is placed on sharing emotions. Your children may be sad because of something that another student said to them at school.

At what time your child is happy, you will be happy, even if you don't agree with what they are happy about, it still will make you smile. If they are happy about an achievement then you should feel happy with them and give them some kind of reward. This promotes good working emotions.

(#13) When your child does something wrong, you wait until you know how you are going to counsel your child. Then you should correct them because it is up to you to raise your children the way that you would want them to be raised. It is important to give positive discipline, rather than hurt or beat the child.

(#14) You don't want to hurt someone that you love and care about, since it will only cause you hurt too. You should treat your family members with the up most respect and honesty. Respecting other makes you a humble being and loved.

(#15) You should keep no secrets from your spouse and if your spouse does something that you do not agree with you should tell them about it, rather than letting it go. However, don't try to talk about it when you are angry or you may say something that you will regret later

I recollect many moments when I said things I never meant like telling my wife how unreliable she is while I know that she is the one managing the home, kids and their needs brilliantly in addition to being a full-time marketing professional. I remember yelling at my mom over very silly matters when I know how amazing and patient she has been with me.

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Emotions are rooted from heart, inclinations, feelings, thoughts and physical elements within, yet it goes back to roots of learning, teachings, beliefs, and the like. We have to decide what's inside of us and how we deal with it to start working toward commanding and mastering the emotions.

Emotions can work in your favor or against you. It is up to you to remove the obstacles in your way to train the emotions to work in your favor. You can start by sitting down and thinking. Consider guilt. Is there some area in your mind where you feel guilty about something you did or said? If so, consider what you can do to remove that guilt to start mastering and commanding your emotions. Next, you can sit down and think of the hate you harbor inside and follow the steps to wiping it out. The mind requires training to work sufficiently.

## **TRAIN YOUR EMOTIONS**

(#16) Practice is the ultimate solution for minimizing problem areas that give emotions control of our lives. Practicing to do what is right is the healthiest solution in gaining control of the emotions, which produces fruits of growth. Practice means to put something into practice to achieve. It means to carry out efforts that lead to success. Practice means to apply self, observe, perform, and follow rules while rehearsing to achieve a targeted goal. It is an exercise of exertion to move ahead.

At what time you go to the gym you begin to train the muscles, joints, and overall body. During the process you start working out three times each week, starting the first session at 15 minutes, working up to one half hour, and gradually working out one hour three times per week. You have your equipment picked out, which includes all equipment that works on each section of your body. Gradually, you start feeling good, looking, good, and ready to reach the top of the world.

Likewise, the mind requires training in order to gain control, feel good and ready self to reach the top of the world.

## **FEAR OF CHANGE**

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Changes are a fear packed mechanism in our lives that hinder us or else help us move ahead to achievement. Change includes changing habits, thinking, beliefs, friends, profession etc. Changes are alterations in a life, which modifies a personality or lifestyle, and often varies in transformation. Often the transformations bring on revolutionized adjustments, which bring forth amends. It is a modification in variations of differences, amendments, adjustments, conversions and the like.

As you can see, change has nothing to fear since it can only bring in amends if you do what is right. Examples of changes can help you to see positive and negative changes and how they help us to grow. For instance, Mary was 50 pounds overweight and invested her bodily parts to exercise a change of biological, physical, and mental changes that would lead her to weight loss. She started an exercise program, diet, etc. and laboriously worked toward her goal. The changes Mary will go through will only bring in fruitful rewards.

Now let's consider Mary in the same situation, yet reverse to negative changes to see what happens. Mary, 50 pounds overweight resented herself and often felt ashamed of her appearance. Mary allowed her emotions to rule while continuing to feel ashamed, she gradually started binge eating, drinking alcohol, thinking suicidal, and eventually seen no worth in self, which gradually she died a death caused by her negative changes.

Gratefully in the first scene, Mary was able to control her emotions and master her mind so that she moved toward positive changes while accepting her fears of change. In the last incident, unfortunately, Mary's emotions ruled as she followed her own induced grievance to death. Mary could not see her worth or that she was human regardless of her size, thus Mary seen no way out of her situation.

In the last event, Mary was afraid (overwhelmed by fear of rejection) of the transformations of exercising. Mary was afraid of modifications in her life, as well as terrified of adjusting to a new lifestyle. Mary was afraid to revolutionize, while altering her appearance. Mary was timid of amendments owned to her, and terrified differences. This brings us to see the ultimate master and commander of emotions, which is FEAR!

(#17) Start doing things that make you are afraid of or are not comfortable with, start with the smaller ones like waking up early to exercise or cooking your own food, taking up lead in small

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assignments at work you have never done before or even exploring a new job or profession. The less you fear about change, the faster you will adapt to any change.

# CHAPTER 3

## BUILD THE BLOCKS

The building blocks are elements we choose to incorporate in our life. Rather the building blocks are already there, yet it takes you to build those elements. Building blocks include pieces of our lives that have been shredded through life's tumbles and falls. For instance, if you recently come out of a bad relationship, you will need to reconstruct the pieces to make you a whole person again. This helps you to learn control, which helps to command and master the emotions.

How I started building blocks

### (#18) **FORGIVE MYSELF**

An important part of the forgiveness process is forgiving yourself. Self-forgiveness requires self-compassion and learning that, even with your flaws and vulnerabilities, you still have tremendous self-worth and deserve to be treated well. It is important to know that the behavior of the other person was his or her choice and reflects who they are, not who you are.

### (#19) **I FORGIVE THE OTHER PERSON**

It is impossible to regain trust without first regaining control of your emotional well-being by finding your inner peace with the situation. Many people struggle with forgiveness because they don't want to let the other person off the hook for his or her bad behavior. It is important to realize though that forgiveness isn't about the other person but about your emotional freedom. Learning to forgive and make peace with things that happened in the past happened more easily when I took my focus off of the specific events that occurred and instead tried to see the perspective of the other person. Seeing someone else's perspective helped me understand the events that occurred and made them less personal. It can also be easier to forgive someone when you see them as a whole person. If you find yourself stewing in anger over a situation, try to pull back and

remember the good qualities you know the other person has, and recognize that we all have flaws and make mistakes.

#### **(#20) I TRUST MYSELF**

It is nearly impossible to trust someone else unless you first trust yourself. A good deal of the fear that people feel when they think about trusting someone who has betrayed them comes from the belief that they will not be ok if it happens to them again. They fear being emotionally devastated by loss, the shame and humiliation of being duped again, and the toll this would take on their self-esteem. The fear can be so unfathomable it needs to be avoided at any cost. This is where the work needs to be done. Instead of focusing on why you won't be ok, it is important to know why you would be fine and still be able to live a good life without the other person. If you are like most people, you've probably already lived through several very difficult challenges—think about what strengths got you through those times.

Some people also fear that they are being weak for not leaving. If there is any type of emotional or physical abuse you should leave and get professional help if necessary. However, when there isn't abuse involved, in many situations it takes a good deal more strength to work through a difficult point in a relationship than it does to walk away from it. You need to believe that should it become apparent that it is time to separate from the relationship, you will be able to do so and still be a wholly functioning person. If finding this kind of trust in yourself seems very difficult on your own, consider working with a professional who can help you see the blind spots you can't see in yourself.

#### **(#21) TRUST THE OTHER PERSON**

The truth about trusting someone else is that the only certainty is that there is no certainty. There is always an element of faith in the trust we give to someone. After a betrayal, all you can do is assess the situation and make an appraisal about what you think is likely behavior in the future. Does the person seem sincerely apologetic and willing to make amends? Does the person act with integrity in other areas of their life? Were there circumstances that played a role, or does the betrayal seem to reflect their overall character? Has he or she broken your trust in similar ways in the past? In the big picture, is there more good than bad in the relationship?

If the answers to these questions affirm the positive, the choice in front of you is whether or not you can accept the flaws of the other person and again trust that they will act in the best interest of your relationship. (#22) There are never any guarantees when it comes to other people. Only time will show whether trust is deserved. However, withholding trust out of fear or anger will prevent you from emotionally reconnecting with a person and keep your relationship from moving forward in a healthy way.

Relationships are vital to our well-being and quality of life. Without the difficult times, we wouldn't be able to appreciate the good times. Working through a ruptured relationship offers you the opportunity to grow as a person and perhaps find a deeper meaning in the relationship itself.

(#23) As you stumble and fall throughout your lifetime, you are tearing down the human qualities, mechanisms and the like that pastes you together. Some of those qualities include confidence, self-esteem, self-assurance, hope, faith, and the like. Once these qualities and elements of human makeup are torn apart, it often takes great effort to build the blocks. The problem is doubts set in, inferiority complexes arise, guilt takes over, grief, and blaming steps in the door, thus tearing you down. Thus, the emotions become the rulers. However, note that the your learning or the process of your evolution in life will be much slower if you don't fall and if you don't fail.

Since we have considered a breakdown in relationships, let's consider inferiority. Inferiority is a critical significant view of personal inadequacy, which often is a consequence either in diffidence or from overcompensating in overstatement. In other words, the person will compensate by placing higher value of self in one area, while recognizing flaws in another area. This person has a self-esteem problem.

Overall, inferiority complexes are collections of national inferiorities, cultural and provincial accumulations. How do you build on inferiority to control the mind and command the emotions? (#24) First, you look in the mirror and start changing the things about you that you want changed about others. This will help you build confidence and self-esteem, which can wipe out those inferiorities. The problem is media, television, and the world as a whole places high emphasis on sexy, sexuality and the like, thus it has created nothing more than an ongoing chain of problems; and inferiority complex is on that list.

Now, let's say you had recently left a bad relationship. What do you need to rebuild or reconstruct to make you complete again? Do you feel guilty? Do you believe it is your fault the breakdown occurred? If so then you must realize it takes two to tangle. Consider what the mate has done throughout the relationship without blaming. Do you feel grief? Do you feel less than adequate? Do you feel attractive? Are you blaming him or her for the failure? Are you taking any responsibility for the let down? Do you have doubts of your abilities? Do you feel like you will never give love another try?

You must move these blocks from your path to build the mind, learn to master, and command the emotions. This helps you get with the program.



# CHAPTER 4

## EMOTIONAL ALERTNESS

To command and master your emotions you will need to enhance the alertness or awareness of your emotional mind. If you are wondering how this is done, then think of opening the windows of chance and opportunity in your mind. The mind grows and learns, while processing what it sees, hears, acts on, and the like, all stemming from physical developments. The windows in your mind present visions, which are eyesight mental images pictured in the mind, at the same time, the mind hears.

The mind functions through language through input and outputs, i.e. our actions are languages that the mind accepts or disagrees with, thus putting is in or out of control.

(#25) Alertness of the mind is essential while dealing with problems. If you are alert, you will have the ability to take control at what time control is needed. The mind response well to alertness and that awareness includes understanding what is inside of you. You will never know your limits until you take the steps to put action in full force.

## EXPECTING TOO MUCH

What do you expect from you? What do you expect from others around you? Do you know? Can you even define expectations and if so, do you know what this means to you. Expectations can be helpful in survival, or else damning in our lives. It takes you to put expectations in their boundaries and own up to what you expect from self as well as others. Expectations are stressors, which lead to stress. What follows stress is sadness, misery, depression, grief, poor health if continued, and the list continues. This is a lack of controlling the emotions if you all stress to continue to the next levels.

Overall, two levels of expectation either make us or break us. One level of expectation is expecting more than you can achieve. This puts weight on the emotions, which weighs down the mind and finally you are out of control. Another form of expectation includes assurance. For instance, Sophia was sure she could finish the job by tomorrow. This is a positive expectation placed on self, which could make Lisa feel confident by tomorrow.

The problem is most people place too many expectations on self as well as others. They will often strive for perfection, which it takes total disaster to help them to see that perfection is out of human kinds reach. A person showed this yesterday. He was expected something from a friend, which let him down at the last minute. At this time, he phoned me and bore the weight on his shoulders, lifting it and sending it to me. He mentioned that he should have asked another friend, since the person strived for perfection. I saw immediately that I was dealing with expectations, high emotions, and people expecting perfection. Furthermore, I seen these people had their mind set, therefore I wasn't about to waste my time trying to correct the irrational, irresponsible, illogical thinking signaled. The irresponsible comes in since this person was expecting others do what he should have done his self. In fact, I had already told him that designers were already available to handle the issue. Therefore, there should have never been a problem in the first place.

(#26) Anyway, the point is if you place high expectations on others it will come back to you. This will close the windows in your mind, which causes stress to increase. As you see from what I am saying, sometimes we bring on our own heartaches, which weighs down the emotions and mind, thus we lose control.

If you are experiencing stress, you will need to reduce the stress to remove the blockers. This will clear the mind and help you to focus on your next step. Don't sit around waiting for others to do the work for you, rather get busy, and get it done now. Two of the most helpful tools in relieving stress are writing and music. Combine the two and you may have a good day.

(#27) As you move along in your journey to commanding and mastering your emotions, don't forget to use your imagination, sense of humor, supporters, rewards, goals, faith, changes and more to help you move along productively. For instance, using the imagination is it possible you can take a step that will send you closer to your goals.

# CHAPTER 5

## BE AN ORGANIZED MIND

An organized mind will manage his life appropriately to his needs. The organized mind will dictate, plan, control, and coordinate as he arranges to move toward a goal while adhering to schedules, daybooks, and goals. Still, he applies effort as he works along smoothly to control.

A master and commander of one's emotions are superior of his own feelings. For instance, he upheld control of his emotions as his friend called him a liar. The master and commander of emotions will manage his behaviors, words, actions and etc. while continuing to follow his own commands and subordinations. This is a self-disciplinary action process that is required to control the emotions.

(#28) A person in control of his emotions will uphold his principal to direct his emotions to positive influences. This person shows through behaviors, actions, words, etc that he has control of the stern wheel. This person is capable of leading self and others, as well as showing conduct that influences others. He is a funnel that leads to a point of piloting, which guides him along the tour in his mind to success.

(#29) Principals take a person to directorship. This puts the person in control of his own emotions, which makes him manager and boss of his own mind. He has full administrating right away, to execute his own thoughts without erupting anger, sadness, hate, etc.

A person in control of his own emotions can manage, organize, regulate, direct, and check his facts. This takes him to coordination, which makes it convenient to organize and arrange thoughts, ideas, etc.

## INTERNAL FINDINGS

(#30) Internally you must reach down inside of you and pull up some dirt, cleanliness, and the like to master and command your emotions. Internally you must gain an understanding of you before you can work toward commanding and mastering the emotions. Therefore, we can consider a few details to help you gain specifics while avoiding abstract ideas.

Are you egocentric? Are you prone to selfishness, self-centered, insensitive, egotistic, inconsiderate, and the like? Are you altruistic? Let's consider weighing out the good and bad in each type of trait.

Philanthropic (altruistic) is a person willing to give, and who is benevolent. This person is humanitarian based and is generous in nature. The person is bighearted and gives in good heart while avoiding nasty words, actions, and behaviors. What could result from this type of person? We can see a clear mind since this person has nature ingrained qualities that bring him to success. Thus, this person has the strong ability to command and master his own emotions. Yet, we want to be careful while demonstrating these qualities, since people will take full advantage of this type of person. We need boundaries and limits thus to produce fruitful results.

Egocentric again is prone to act out selfishly. An egocentric person will often seek gain for self rather than others, which incorporates greed in the mind. An unclean mind is cluttered with grief, hate, distortion, dishonesty and the like.

A person of egocentric nature often hurts self as well as others, since he will act out without thought in most instances. Thus, this person is insufficiently capable of seeing his own awareness and will miss seeing awareness in others. This person is indifferent, which only brings forth harm. The mind is cluttered, since fear is the ultimate purpose this person acts in such way.

Inconsiderate people give little thought to others around and are often insensitive to other people's needs. These people are careless in their actions, behaviors, and words and rarely care for what others feel from their actions or words. The unkind souls often gravitate toward debauchery, and

the like, thus reflecting their own inability to control their emotions on others around them. They are prone to control and dominate. This person is incapable of realizing their heart inclinations, thus making them heartless.

As you can see callous people vs. goodhearted people are different in many aspects, yet all have the same need and that is to master and command their own emotions. Regardless of what a person tells you, or how he acts, the facts will reveal self.

(#31) Therefore, if you want to master and command your own emotions work toward respect, consideration, honesty, trust, sensitive, sympathetic, control, etc. This is the only way you will achieve.

While we can look more into traits that will lead you to controlling your own mind, thus you still need to consider feelings, heart, and inclinations to achieve your goal. A few examples may help you.

# CHAPTER 6

## FOR MEN ONLY

Men have had it difficult for centuries, since men are taught to not, show emotions. The old saying, “Big boys don’t cry,” has left imprints on men’s emotions for centuries. This is unfair to men, since men have emotions too, which include feelings and heart. It makes me sad that people misunderstand men in many instances, since men have feelings just like anyone else. The belief is a quality remover that minimizes desires and needs. It dulls the senses, thus making the person mechanical. Men are not machines they are people too. It is wrong to tell a man that he cannot express his emotions appropriately without infringing on the rights of others. It is wrong for people to criticize a man for properly showing his emotions in public while commanding and mastering his emotions. Therefore, the dehumanizing souls that have put you in this state of mind must ultimately be removed. Thus re-conform your mind to grow into mastering and commanding your own emotions. Much love to you gentlemen! Now we can view criticism to see where it takes us in master and commanding the emotions.

(#32) Did you know that crying is a relief? Crying can help you disable negative emotions, which could put you in command. There is nothing wrong with a good cry now and then, regardless of the control freaks that tell you otherwise. (#23) Therefore, if you are feeling over weighted, let go. Sometimes you have to let go of your emotions to find relief. Relief brings you to command and mastership of your own mind.

Relief releases anxiety, tension and expresses feelings of release. It is a feeling of lightness, cheerfulness, and a factor that disengages anxiety. Crying releases pain caused from stress, which includes eliminating a hunger, boredom and the like. This takes the weight off, since it helps you to see the longer road in your pathway of blurriness as you start to release. Crying is an expression of the emotions and heart. Crying proves you are human.

## **PRINCIPLES**

Principles are fundamentals that we setup for self-while consider basic needs, the most important goal, and the primary focus. Now controlling is devious scheming, which a person calculates based on abstract ideas. Yet, we need control of the emotions.

(#33) To have control over the emotions means to respect your morale and rights, as well as respecting the rights of other people. It is a skill in managing our life through organizing, staying in charge, and having the power to stay in control. It is the process of commanding the mind to do as you direct. Sometimes you have to manipulate the mind, since it will play tricks on you.

(#34) You also have to inject positive influences that do not restrain, nor dominate others or self. It is a dictating process, since you have to find ways to master and control your emotions to function properly.

A person in control of his emotions will uphold his principles to direct his emotions to positive influences. This person shows through behaviors, actions, words, etc. that he has control of the stern wheel. This person is capable of leading self and others, as well as showing conduct that influences others. He is a funnel that leads to a point of piloting, which guides him along the tour in his mind to success.

To work toward the goal of commanding and mastering your own emotions, you need skills that are honest. Principles take a person to honesty and directorship. This puts the person in control of his own emotions, which makes him manager and boss of his own mind. He has full administrating right away, to execute his own thoughts without erupting anger, sadness, hate, etc.

## **FEAR**

Fear is the destroyer of emotions. If you wander through life, fearing your own fears you will not grow to master and commander of the emotions. Fear is worries, concern, and frights of something revealing self. Fear is a trepidation that takes us out of control, while putting anxiety and phobias in our mind.

Thus, we see that fear is a hindrance of the emotions, therefore we must face our fears, and otherwise the mind will destroy. For instance, I am a survivor of various traumas. I had to go inside my own mind and face realities that happened to me, yet I am a survivor, so it was very difficult. The process entailed role-playing out the memory so that I could see more details of the incident to recover. The result leads to a feeling of relief and clearness of the mind. I had endured flashbacks, which caused great pain. Yet, as I worked to put pieces of my life back together by facing my fears, I feel a great strain lifted off my shoulders.

(#35) Review fear for a moment and tell me what you think your worst fear is. This will help you to grow. This will also help you to find relief, which removes anxiety, worry, and phobias. The result is a clearer mind that puts you in control of your emotions. What are you afraid of? What do you worry about? What is inside of you that makes you panic?

As you quiz self you may feel discomforts, however it is important to learn to face discomfort since it is a part of growing and learning to master and command the emotions. Don't be afraid; rather remove those hindrance out of your way.

## RELIGION AND BELIEF

Is your religion hindering you from growing? Did you know beliefs stem from religion? Did you know some of those beliefs are faulty and untrue? Consider that superstitions come from religious foundations or roots. (#36) While many may conclude the superstitions will not harm you, nor are they emotional stimulus that interrupts the emotions, the fact is superstitions are a harmful emotional issue we have all faced at one time. Where do beliefs of superstitions come from and how do these beliefs effect the emotions? While superstition is one false belief taught throughout, our centuries there are more to follow.

## 51 PAINLESS WAYS TO CLEAR YOUR TRAPPED EMOTIONS



Many people believe that they have to give up a tenth of their gross earnings to a religious organization in order to go to heaven once they die.

The saying commonly spoken in the world, such as “It’s God’s will” is not, factually based in some instances. For instance, a child dies and people will say, “It’s God’s will.” Thus, these people are accusing and blaming God for taking a child’s life. This is abstract ideas that have no concrete basis of reality or truth. If God is love and cannot lie, rather there are no ifs about it, why would anyone in their right mind think otherwise. This is a saying that comes from religious grounds, which has no concrete evidence to support its claim. God wants see goodness in its people. That’s all we need to do, to be good to each other and self.

The point is we sometimes believe what others tell us, although it is a lie. This brings us to lying. What and how does lying affect the emotions?

(#37) Lies are dishonesty that deceives others into believing something is factual. Lies are a falsehood that fabricates ideas into mendacity theories, which brings in deceptions contrary to honesty. Do you see anything, positive coming from this transaction? No you don’t. The logic should help you to see that honesty is a relief to the mind, which promotes commanding and mastering the emotions.

Deceit is dishonesty leading to treachery, trickery, and is a sham and pretense while cheating and duplicity is involved. It is a falseness that leads to guile, which leads to fraud, which contradicts honesty.

Now can you see behaviors, patterns, habits, lies and all the negative setting up in the two examples of misconceiving ideas? Do you see that this could lead to distress, depression, anxiety, worry, grief, and the like? Now consider what this can do to the emotions as you acknowledge the weight put on the mind.

(#38) The key is to find facts that support your beliefs in order to free the mind so that the emotions are not bottled up, or weighed down. This prevents the emotions from functioning properly, which only puts your emotions in control of you. You must also understand principals to master and command the emotions.

## **SELF-RESPECT**

(#39) Self-control is a strong trait we use to command and master the emotions. Self-control is a self-disciplinary trait that helps us to grow smoothly along life's path. Self-control helps us to discipline self while using our willpower to achieve. At times, we restrain our emotions so that we show others we have strength of mind and will. This is a great quality to achieve, since it helps you to master and command the emotions.

(#40) Self-indulgence on the other hand is a hindrance of development, which only causes emotional stress. Self-indulgence is the process of decadence, or hedonism. It is a self-pitying trait, which restrains the mind from growing. Decadence is a corruption of the mind where debauchery and depravity live. Decadence is a dissolution that leads to excessive weight on the mind, thus the person profligacy destroys self. In other words, the person is wasting the mind while recklessly thinking in a licentiousness, which only causes stress.

Comparing the traits, we can see self-control, and how the strength could help one to master and command the emotions. Yet we also need other qualities to achieve the goal of mastering and commanding the emotions. What else do we need?

(#41) We also need respect for self and others to achieve commander and mastership of the emotions. Respect is almost outdated, yet it still exists. Respect is self-control in action since it shows value of self and others. Self-respect builds your integrity. This is an esteem trait of reverence. If you cultivate this trait, I promise you will see a big difference in the way you think.

Emotions are feelings we express, such as sadness, hate, anger, and joy. Sadness needs self-control, since if you are sad and have no control it will lead to grief. Once grief creeps in you will feel sorrow, unhappy, miserable, and find self-depressed often. You will feel wretchedness inside that only brings in melancholy feelings of gloom, despondency, and dejection. If you can will self to come out of the sad state, you will see pressure remove self from the mind.

If you are happy, it brings you contentment, pleasure, joy, and delight. Pleasure stems from the hearts inclinations, which rises to the emotions. Pleasure is a stimulation that brings a person satisfaction of self, and contentment within.

Still, we need to consider traits unselfish in nature. If you have a selfish mind it will only bring you distress. Selfishness is a self-centered mind that seeks own gratification, and is often an egocentric, egotistical person. These are bad qualities. It is important to have unselfish nature otherwise the mind is burdened. Thus you need altruistic qualities to achieve mastering and commanding the emotions.

(#42) Altruistic minds are unselfish, which means that the person has traits of humane. Humane is caring, kindness, gentle, humanitarian, civil, charitable, and loving. All these traits bring nothing but good rewards. Keep your heart and mind clear and white, let positivity flow in and you will see the difference. It is very important to keep distance from those who are self-absorbed and judgemental.

Inhumane people exist around us everyday. These people do not have control of their emotions, since they often treat others cruelly, heartlessly, sadistically, atrocious, callous, appalling, and merciless. If you consider atrocious you will see brutal, evil, wicked, fright and the like in between. This only causes a person to weigh down the heart and mind, which gradually the emotions will be so suppressed that the person will only act out atrociously to others.

We see self-control along with other traits can help us to grow without our emotions controlling our lives. Emotions that act out violently or out of anger are only causing harm to self and others. Evil minds are malicious and wicked and lack immoral. Thus, we need morale, morality, and morals to survive and master our own emotions. At what time emotions are hindered, the mind has little room to develop.

SELF EXPECTATION

We have many emotional hinders that prevent us from mastering and commanding our emotions. Some of these hinders include exaggerations of masculine, fears of showing weaknesses, and so forth. The problem is the person hides his powerlessness and/or impotence by acting aggressive or adventurous. The person has high demands on self, and is ambitious to win. It is a strong need. The person lacks his own individuality and originality.

(#43) Originality is important, since it brings us innovations, uniqueness, creativity, inventiveness, freshness, and helps us to use our imagination. Establishing an identity is also important, since it helps us to show unique qualities of independence, individualism, personality, and eccentricity. Therefore, we can see that establishing an identity and originality is essential in commanding and mastering the emotions. Still we need to place lower expectations on self and stay real.

# CHAPTER 7

## FORGIVENES IS A CHOICE

How often are we ready to blame others and hold ill feelings towards them when they are only reacting to things we said or did to them. So if you are waiting for someone to apologize before you can forgive them, the reality is that you don't have to wait a moment longer. But if you plan to wait, there's a good chance you will be carrying that resentment with you the rest of your life.

(#44) Don't think that great acts of forgiveness are only reserved for the great souls. We can perform them as well. Forgiveness is an amazingly powerful tool because resentment will not reside in a heart full of appreciation. This is because what we focus on expands. When we focus on the good, the good expands in our minds, and this purifies our heart. When we focus on the resentment, it just gets worse. If we can bring ourselves to see the good in those who hurt us – and certainly there must be some good in them – this acts miraculously to dissipate resentment. So, we have watch out for our false ego; it is fighting this battle. It is saying that you should stay offended and hurt and you should continue to fight. The ego wants to be right. But the reality is that we are only hurting ourselves. Remaining offended is a weed in the heart - and it keeps us bitter

If we don't feel like dancing we should dance anyway; then we will feel like dancing. Similarly, we need to practice forgiveness even if we don't feel like it.

(#45) As we practice forgiveness, it becomes easier to forgive and enables us to forgive on a higher level, perhaps even coming to the point that we can help the offenders.

(#46) Forgiveness reaches its highest level when we wish to bless or help the offender. And remember we should not forgive expecting the person to change or to have a better relationship with us. This may never be possible.

(#47) It's important that you understand that letting go doesn't mean you are making a wrong a right. It doesn't necessarily mean that you are letting a criminal off the hook. It means you are letting yourself off the hook.

## AWARENESS

Although emotions need to flow and to be expressed during moments when it is appropriate; they are often inhibited and denied the chance to be expressed. Now, there will always be times in ones life when it is not appropriate to express them and yet when one is in a different environment, it will be important that they are released and the emotional flow can return.

(#48) This is one reason why positive thinking and changing the minds thoughts or beliefs alone doesn't always work. For if one has all these emotions trapped in their body, changing what's going on in the mind is going to do very little. All it may do is create more frustration, anger and a sense that one has no control over their reality. It would be like one changing the icing on a cake and expecting the cake itself to change. If the cake is a fruit cake, changing the icing won't make it a sponge cake.

(#49) Therefore, it becomes important that a person is or is made aware of his/her painful emotions. Self-awareness is the key before you decide on the pathway. Once you are aware of your emotional burden and emotional turmoil, you can act on all the things you have accumulated in your mind, heart and soul over time and clear the ones that's not benefitting you.

These emotions that have become trapped in the body will need to be released. And this can be done with self-awareness. I am sure you have reached the point of self -awareness and therefore you are reading this book. In many cases a person may need the assistance of a therapist or a healer. They will allow one to get in touch with their feelings and release them. How long it will take can depend on how much of an emotional build up one has.

When this starts to happen one will be able to experience self control and perhaps this will be something that has never been experienced before. The need to control others will start to diminish as a result.

# CHAPTER 8

## THOUGHTS ARE POWERFUL

Your thoughts are immensely powerful. Whenever you say what you're thinking or write something down, you're using the energy of your thoughts to affect the world around you. It is through thought, belief and intention that all things happen. Studies have proven that when the energy of thought is directed intentionally, it can impact someone else, regardless of whether they are nearby or all the way around the world.

Depending on whether the person focusing the thought uses calming or activating imagery, for instance, they can create a greater sense of relaxation or anxiety in the targeted person. The effect is so distinctive that it can be measured in a laboratory by galvanic skin response, a highly sensitive method of measuring electrical changes in the skin.

What about other people around you? Do you ever wonder if others can sense how you feel about them? Their people's subconscious minds are continually detecting the vibrations of your thoughts. Have you ever had a moment with a friend, where he or she blurted out just what you were thinking? Have you ever instinctively known who was about to call you, before the phone even rang? These are not coincidences, they are evidences of the power of thought energy.

Imagine how your own thoughts affect you. Everyone has some kind of internal conversation at times. What do you say to yourself? Many people criticize themselves far more often than they praise themselves. Negative self-talk may be hurting you more than you realize.

(#50) Since this is the first step in any empowerment process, it would be fitting that we gear our thoughts to go in the right direction. If our thoughts are powerful, the outcome of those thoughts will determine our final outcome. This means that what we think will in the end produce the result we thought about, whether it is good or bad.

Since thoughts are powerful, it is only fitting that the thoughts we have be conducive to what we want. If you think success and prosperity, you will receive prosperity. If you think failure, you will reap failure. No matter what your station in life may be, what you are right now is the way you thought previously. Always remember that. It is imperative that you keep this in your mind. What you think about is what you will manifest.



## CHAPTER 9

### BE GRATEFUL THAT YOU CAN FEEL EMOTIONS!

Where would you be without your emotions? If the sum total of all your experiences makes up the tapestry of your life, it is the emotions you have experienced that give that tapestry its color.

Our emotions really do give color to our lives. Try to imagine for a moment a world where no emotions could occur. No joy would be possible. No feelings of happiness, bliss, charity or kindness. No love would be felt, no positive emotions of any kind. On this imaginary emotionless planet, there would be no negative emotions either. No sorrow, no anger, no feelings of depression, and no grief. To live on such a planet would be to merely exist. With no ability to feel emotions of any kind, life would be reduced to a gray, mechanical ritual from cradle to grave.

But are there emotions you have experienced that you would rather not have felt? If you are like most people, your life has had its darker times. You have probably experienced moments of anxiety, as well as other times of grief, anger, frustration, and fear. You may have experienced periods of sorrow, as well as depression, low self-esteem, hopelessness, or any of a wide variety of negative emotions.

What you may not realize is that some of the negative emotions you've experienced, even though you may have felt them long ago, may still be creating problems for you in subtle, yet very damaging ways. Much of our suffering is due to negative emotional energies that have become 'trapped' within us.

Many people have found that when they free themselves of their trapped emotions they are able to live healthier and happier lives. A single trapped emotion can create both physical and emotional problems. Sometimes, for reasons that we do not yet understand, emotions do not process completely. In these cases, instead of simply experiencing the emotion and then moving on, the energy of the emotion somehow becomes "trapped" within the physical body.

### **51 PAINLESS WAYS TO CLEAR YOUR TRAPPED EMOTIONS**

So instead of moving beyond your angry moment, or a temporary bout with grief or depression, this negative emotional energy can remain within your body, potentially causing significant physical and emotional stress.

Most people are amazed to find out that their "emotional baggage" is more literal than they had imagined. Trapped emotions actually consist of well defined energies that have a shape and form.

Although they are not visible, they are very real.

Freeing yourself from your trapped emotions can make you feel more secure and motivated, and can liberate you to create the relationships, career, and life that you always wanted.

People frequently sense that they are somehow burdened by their past emotions, but they don't seem to know how to get over them. Some seek help through traditional psychotherapy, which does not directly address trapped emotions, but typically addresses their symptoms.

Many people fail to perform up to their ability and have difficulty making their life work as they should. Oftentimes, the underlying cause of their frustration is a trapped emotion from a past event that they may not realize is sabotaging their efforts.

Trapped emotions can cause you to make the wrong assumptions, overreact to innocent remarks, misinterpret behavior and short-circuit your relationships. Even worse, trapped emotions can create depression, anxiety and other unwanted feelings that you can't seem to shake. They can interfere with proper function of your body's organs and tissues, wreaking havoc with your physical health, causing pain, fatigue and illness.

Yet, no matter how great your suffering may be, the invisible energy of trapped emotions will remain undiagnosed by conventional medicine, even though they may be a major causative factor in your physical and emotional difficulties.

## **51 PAINLESS WAYS TO CLEAR YOUR TRAPPED EMOTIONS**

Finding and releasing those trapped negative energies can literally make changes in how you feel and behave, in the choices that you make, and in the results that you get.

Removing trapped emotions can often relieve pain and suffering, even in cases that would be considered hopeless by conventional medicine. When a trapped emotion is released, a burden is literally lifted. In fact, people often experience a feeling of lightness upon the release of a trapped emotion.

Finding and releasing those trapped negative energies can literally make changes in how you feel and behave, in the choices that you make, and in the results that you get.

Because trapped emotions are nearly universal, and because they always create distortion in the energy field of the body, and because they are completely invisible, they can cause an incredibly wide variety of physical problems without being unmasked.

Sometimes the release of a trapped emotion will bring about an instantaneous and dramatic effect, but most of the time the effects are more subtle, yet they always seem to bring a greater sense of contentment and peace, whether they are immediate or gradual.

Releasing trapped emotions will give you a greater feeling of serenity because you will be freeing yourself from your old emotional baggage. The results can bring balance, a new inner calm and profound healing where nothing else has before.

## **IF I CAN, YOU CAN**

It took me years to learn how to command and master my own emotions. Unfortunately, I came from a background of severe trauma. Still, I was able to master and control my own mind through the years. I had assistance of a counselor, but it took me good effort to complete the mission, and now here I am informing you on how to command and master the emotions. If I can do it, so can you.

(#51) We must learn to change the things we can change, taking it one day at a time, and accept the things we cannot change. For example, you can control how you live your life and only associate with people and subjects that bring you advantages. Everyone has different expectations of what they want to do in their lives and with their self and we also have expectations of the others around us. Only you know what you expect from yourself and others. Your expectations can either help you or hinder in you in this game we call life.

I hope that you have found my information to be helpful and I hope that you will be able to learn from what I have said. I am sure there are going to be times that you wish you could just run away but you can't. If you know how to command and master your emotions then you should be able to be a wonderful parent and a wonderful wife and/or husband and a person as a whole. Emotions are very tricky and sometimes you may not understand why you feel a certain way until something happens to confirm that you feel that way.

## RESOURCES

How would you like to [BEAT your procrastination? For Good?](#)

If You like to get more things done in less time, and with a clear head. You can use this revolutionary Mind Hacking method to operate at a high level of efficiency with a clear mind...

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**51 PAINLESS WAYS TO CLEAR YOUR TRAPPED EMOTIONS**