

Excerpts from “All Grace,” by Gina Lake

From Chapter 7, The Truth About Emotions

I want to tell you the truth about emotions, since there are some misunderstandings about them.

The problem is that people think their emotions tell them something true and useful about themselves and others, while feelings don't actually inform you about objective reality. For instance, people often say things like, “I feel lost” or “I feel alone.” Having such feelings makes them believe they are actually lost or alone, when there is no evidence for that. Feelings make something seem true that is not true. In other words, your feelings aren't true! They don't tell the truth.

Emotions cause you to believe things that aren't true. Emotions lie. All they do is tell you about what is going on inside of you, not outside of you. They belong to your personal, subjective reality, the illusory reality of the self you believe yourself to be. Feelings justify the ego or imaginary self's perceptions of reality, but they don't actually represent reality. They belong to the illusory reality, which reinforces and sustains the false beliefs of the false self and keeps you from seeing reality as it actually is. Emotions color and distort reality.

People go around and around in their feeling-fueled reality, suffering and causing others to suffer, without realizing that the suffering can stop—but only if the truth about feelings and about life is understood. So here is the truth: Emotions belong to the ego and uphold the ego's illusory reality. They do not deserve honoring, but they do deserve investigation.

There is a way to relate to emotions that is not acting them out, repressing them, or even expressing them. The alternative is to be with the emotion and investigate it in the following way:

- Notice the emotion.
- Accept that it is there (because it is).
- Let it be there and let yourself experience it.
- Sit with the emotion with curiosity and invite it to reveal the beliefs behind it.
- See that those beliefs are untrue.

Once you are aware of an emotion, you can work backwards from that emotion and discover the thought or thoughts that caused it. When you choose to investigate an emotion in this way, you have turned the tables on it: That emotion is no longer controlling you; you are using it to uncover the mistaken beliefs that underpin the illusion.

Emotions provide very useful information. Although they don't tell you what is objectively true, they do tell you what you believe to be true but which is not

altogether true. Emotions show you the false beliefs, generalizations, misunderstandings, stories, assumptions, judgments, and black-and-white thinking that uphold the ego's illusory reality and the imaginary you that exists in that reality. By investigating your emotions, you can begin to disassemble your ego's illusory reality and the false self. Then what is left is your true self and life the way it really is.

Once you understand the truth about emotions, you are empowered to free yourself from the ego's lies. Every undesirable emotion points to a lie that helps uphold the ego's reality. The fastest way to dismantle the ego's reality is to examine your emotions and discover what is really going on.

So why do people ... believe their minds? They really don't have a choice until they realize what is going on—that thoughts and feelings don't tell the truth. Until you realize this great truth, you are stuck with the lies and suffering of the egoic state of consciousness. You will see life through the lens of your ego, and you will miss the beauty, peace, love and bounty of the life you are given.

Emotions cause the suffering that eventually motivates people to find a way out of their subjective reality and suffering. So you could say that even emotions are pointers to the Truth. Sadness or unhappiness and particularly depression, because of the degree of suffering involved, often are very effective in getting people to question more deeply. Nevertheless, emotions are not one of the ways the true self communicates with you. For instance, your true self does not use fearful thoughts to warn you about some future event. Emotions are there to hold the illusion in place, not to provide any useful or true information.

Love is your true nature, and it is by loving that you find your way, by going after what you love and by responding to life with love and acceptance. Grace delivers its lessons and its gifts, and by being willing to learn those lessons and receive those gifts, you find your way Home. Grace is the great goodness behind all life, and it carries you on the wings of love every step of the way. Know this, and your way will be made clear.