

Emotional Reality versus Spirituality

WORDS TONI REILLY

It concerns me how out of touch we seem to be with allowing our emotions to hold a place in our lives. They along with touch and taste are a privilege that we experience as we navigate through life. There is so much out there about how negative certain emotions are, backed up with a forceful expectation that being positive and happy all the time is the way to be.

Pretending to feel happy when we don't is showing a mask to the world, and covering up how we really feel, and it is exhausting to try to uphold the farce. Being honest with ourselves first and foremost, and then developing the courage to show emotional vulnerability is what some of us are here to learn. Ultimately we need to open up and show our true selves without a care about what anyone else thinks. Being vulnerable enough to reveal our flaws, our feelings and the depth that we experience, is paramount to our personal growth, and this means being

responsible for our feelings, and the actions we partake in to hide or to express them.

Anger is an emotion that cops a bad wrap. There are times in all of our lives when we will feel angry, frustrated or short tempered and it really is okay. The background is almost always that we are angry at ourselves. When we lash out at someone with the wrath of our fury, then we are tested on whether we have the strength to own our behavior or not. Anger is sometimes a driving force that some need to learn in order to stand up for themselves rather than passively allowing others to take advantage of them. Unconditional love is the energy where our soul lives, the home that we are all from and we will all return to that bliss when our incarnation is done. We are busily trying to emanate unconditional love here on earth; realistically this is unlikely to happen because earth is the school of emotion. Let's instead be realistic

and embrace our emotions instead of beating ourselves up for having them.

Let go of unrealistic expectations and replace them with awareness, this assists you to understand how, and what makes you feel the way that you do. All emotions are valid and it is unreasonable to expect anyone to be in one constant state. Variables are the very nature of being human. Enjoy the journey without pressuring yourself to feel the way society or anyone else expects you to. Express your feelings instead of suppressing them and bask in the immense relief of self-acceptance.

TONI REILLY is an internationally recognised regression facilitator and professional trainer who devised her own unique techniques. As the founder of Toni Reilly Institute she developed the Diploma of SoulLife™ Psychology, a professional qualification for intuitive practitioners. tonireillyinstitute.com
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