

How to Control Your Negative Emotions

Excerpts from the book
'Meaning & Happiness'
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Negative Emotions'

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Out of Control People Use Anger to Get Control Back

You must learn how to be patient with cruel and thoughtless people. You must learn to be poised and calm; otherwise, what is wrong in them shows up in you and makes you look like the bad guy.

Being upset is your weakness – your Achilles heel. All heartless, cruel, power-hungry, unprincipled people inherit the know-how to make your slavish emotional responses work for them, and they have no qualms about casting you aside after you are spent and broken.

THE AWARENESS THAT COMES FROM OBJECTIVITY IS THE KEY TO EVERYTHING THAT YOU SHOULD BE SEEKING.

Look carefully at patience and see how it is also love. Patience is self-control and, therefore, happiness. Since patience is calm, unresponsive and disobedient to evil pressure, it is also peace and joy.

Do you reach for the glorious illusion or for the humble Reality?

Practising the Presence

Until you become objective, you cannot concentrate, and this lack of concentration (the giving of your complete attention) is the basis of every problem you have in the world.

We were created for the sole purpose of acknowledging Our Maker and His Truth.

You tried to deal with your conscience by escaping from Reality or forgetting error, but by doing so, you also lost the awareness of who and what was manipulating you. And so, you continued to be manipulated.

How can you realize the Truth about yourself and continue being proud? Abandon excuse-making. Never again defend your mistake, even the smallest ones. Don't let the moment pass without observing any error you make. Become aware of distractions and pleasures that involve your attention, preventing you from seeing the fact that you are a slave to what fascinates you.

So, become aware. Just learning to be consciously aware of your thoughts, your feelings (everything around you) will unlock you. Being aware is really the same thing as giving your attention with patient, unmoving, Divine Love.

Be wise; never again allow yourself to be entangled in worldly associations, friendships, cares and ambitions. Cultivate a friendly uncomplicated awareness through which all good can come.

No i, Know 'I'

You always lose understanding when you lose yourself in your thoughts, and consequently you make your problems worse rather than better. Worry, by the way, is simply talking to and holding thought about your problems. Instead of stopping to realize the truth, you deny understanding by worrying and striving to work out everything for yourself, and so your prideful ego does not have to admit it's wrong. Surely you can see that nothing will change for the better until you see the real cause of your problems, which are always grounded in pride.

But how do you become aware, recover that objective viewpoint that you lost so long ago? The answer is simple: by reversing the process that occurs when you are tempted. For every time you yield to temptation and choose wrong, you are less aware than you were the moment before your fall; but if your inclination is pure and you shrink from temptation, you become that much more aware, more able to see temptation for what it is, more capable of delivering it a mortal blow. And every time you respond to temptation properly, your state of awareness, or consciousness, will increase, progressing to a higher level.

You can overreact to criticism in order to avoid facing the ugly truth about yourself. If you become sensitive to destructive as well as to constructive criticism and let it hurt you, you may eventually come to believe that criticism itself is responsible for your suffering, rather than your wrong reaction to it. For this reason, you grow to hate and fear all criticism. Never be afraid of valid correction. Learn to realize the difference between constructive and destructive criticism by becoming objective. Realize that words of approval can be as wicked as unjust criticism.

By thinking about your problems, you tighten their hold over you; you become a part of the very problem you are trying to solve. Unless you yearn to know what is right and to be objective, thinking becomes an escape that triggers irrational and compulsive behaviour and a morbid feeling of hopelessness. The belief that thinking about your problems can solve them is the underlying principle behind many forms of compulsion. Only when you realize the truth about your problems, not when you think about them, will these compulsions be eliminated. All you ever accomplish by taking thought is to stir yourself up needlessly; you achieve nothing positive.

The memories of your problem and the experiences that caused it are connected, for memory is the glue that holds the sick personality together and keeps the problem alive and active, serving as an ego refuge. Memories are really just impressions made on your subconscious by the way in which your ego reacts to temptations and pressures. Usually, resentment is a key ingredient in these reactions, and therefore, it colours your memories.

If you were in your centre of understanding, you would realize what your basic problem is: in your pride, you want to impose your will on your life, rather than wait for God to show you His. Willing is an act of ego: even willing not to will. Once you realize this principle, your problems will dissolve and your anxieties vanish.

Just as any father who loves his son corrects him, your heavenly Father will correct you and bring you back to Him – if you will let Him. Allow Him to show you through realization the truth about yourself and the Truth beyond. For a short while, these realizations will be painful to you, but soon you will discover the infinite joy of His love, the quiet happiness He gives you.

You will find true rest and innocence only in desiring to realize God; you will never find it if you continue to know yourself as God. You can be saved only by allowing God to take the responsibility for your salvation upon Himself, for in Him there is no sin; in Him our sin ceases to exist.

Understanding, The Word Made Flesh

Vain men live in a world of make-believe, where the ego-appealing lie, the cherished belief, is reality, and where the truth is but a dream.

The more aware you become, the more awareness inherently understands how to resolve problems: you know intuitively what to say, do, give up, dissociate from; and you find that shrinking from what is

wrong is the same as being obedient to what is right. The first and only decision your soul can make is whether to seek the Truth, the highest knowledge in the universe.

If you do not understand that the natural state of the body is one of health and that illness is produced by your interference with this natural state, you will continue to become sick, and probably you will try to worry yourself well. Faith in this or that remedy often reduces the worry and allows for a recovery, and people believe that the treatment made them well; therefore, they go right back to living the kind of life that made them sick in the first place. Most courses of treatment are designed primarily to placate worry, and for that reason, a great many people recover; but there is a limit to your body's ability to cope with standing in the freezing rain, as it were.

The Negative Influence of Positive Thinking

The true authority is within; those who are truly linked to that authority in themselves understand the very delicate process of slowly introducing their children to their own centres of dignity.

Unfortunately, most parents and teachers condition the child to answer to the pressure of outer authorities, and thus they separate them from their Real Selves. Once this conditioning process begins, there is less and less direction from within and more authority imposed from the outside, which children either learn to depend on or else rebel against.

Thoughts and dreams run on the energy of emotional power. You react, you feel yourself think, and then you act out of emotion-powered thought.

The moment you become aware that you are not aware is the moment of truth. It is essential now that you discover how to discover for yourself, for if you cannot, you will not grow up as a child of the Light to live in the projected world of good that is called the kingdom of God. Paradise is a mental state before it is a physical one. To learn, in the purest sense, is to discover the universe in such a way that every discovery awakens you to marvel at its Creator. To marvel and wonder is what man was created for. To live in perpetual awe is tantamount to the worship of God, and to worship God is to be loved by God. This worship is precisely what we seek for ourselves when we pathetically play the role of God, saying to the world, "Look at me; look at what I've done!"

Suggestion involves a two-stage process:

- ◆ One, suggestion in the form of outside condemnation becomes internalized because of a little-understood weakness of character. The emotion you summon to keep the suggestion out (anger, resentment) happens to be the very emotion that lets it in!
- ◆ Two, suggestion in the form of praise contains its own excitement value and renders you even more suggestible to the negative world.

Remember this rule: your emotional responses always make you disobedient to the internal world represented by your conscience. Stop fighting your conscience. See it as the friend it is and don't resent being shown the truth about yourself.

Praise is what you crave from the cradle to the grave, and because it is the wrong thing even to want, you are unhappy because you are guilty. The result of craving love and being rejected is guilt – but so is being accepted and glorified. Craving praise stems basically from your wrong ego nature trying to assert its righteousness and claiming its "divine" due.

Dealing With Morbid Thoughts

Have you ever wondered why you were so sensitive to words, constructive or destructive? (You notice more in the negative form.) The ego is built on exciting ideas, and fantasies are assembled from the words we need to hear. Naturally we resent people who fail to look up to us and who, instead, condemn us – but that's how guilt forms and begins to associate with the words. We even make ourselves ill so that we can think that there is something wrong with the body instead of its owner. In refusing to suspect the real reason within, we come up with ideas (compensations, really) that help us throw the blame elsewhere, something like a physical ailment, but never a spiritual one!

We are really much more vulnerable to negative suggestion than we are to positive suggestion. Morbid thoughts merely reflect the state of the soul and portend its future. THE CURE LIES IN IDENTIFYING THE PARTICULAR GUILT OF THE SOUL WITH EACH FEAR AND ANXIETY.

Remember, what excites or irritates you away from yourself, will always get inside you and end up as a memory, a wrong experience or trauma, causing anxiety and guilt to form.

A morbid thought can be just as much a distraction as a pleasant one – perhaps even more so. When we are unable to turn away from our morbid thinking, we tend to use it as a distraction from knowing just how wrong it is (and we are), and so we neatly avoid the failure it represents.

Morbid and negative thoughts have only one basic origin, namely the soul's weakness: pride. This apartness from God's protective circle of grace, which pride brings, allows these dark thoughts to enter our consciousness.

But never for one moment believe that you have no control over your hatred. You have control to the degree that you can admit and be sorry for the secret pleasure you find in hating! It is the denial of your faults to yourself that keeps you bound to them. It is not you who lives but God, through Christ, who should live in and through you. Awaken! Realize the folly of pride. Repent, so that the Light of God can be fully realized through you.

Perhaps the most important thing you must now realize is that EVIL HAS NO POWER OF ITS OWN. It exists only through the power you forfeit to it by way of pride's ambition. Evil grows when you are tempted to use it to urge your ego toward the forbidden, and again when you seek escape from the guilt over what you have done. Don't force yourself to believe in God; just reject the doubt, and you shall both know and see God.

The Real You and the 'Not You'

Repent of your anger and thus fast from the stimuli that feeds a prideful, brutish existence, and then the Light comes shining in, flooding your mind and body with the essence of the Light. You will then move and have your being in a positive way that will also bring a whole, new and beautiful world into existence.

By hating the sinner, you are really in accord with the sin in him. To be tempted to hate, you must first have had an ego need to judge, and the tempter merely sensed that need and brought it to light. Currently, the invisible Prince of Darkness rules on Earth through the lives of sinners, who cannot refuse to serve him for fear of losing their glorious illusions and false righteousness.

He who tempts you to play god is god over you. Remember the rule: whatever gives you a high, turns

you on. Whatever comforts you in any way at all, unfailingly reduces your awareness of what is wrong with you.

The solution? First of all, you must give up your victims! If you don't, then you remain part of a food chain: a victim of those who can still victimize you. They will take the energy you take from your victim. So, repent of your proud, vampirish, sinful nature: and give up your victims, your children, husband, wife, etc. As long as you tempt others for advantage and life, you remain unprotected in that dog-eat-dog world. As long as you tempt, you will be too bloated with worldly delight to have room for God's saving grace. Realize this in the Light of Truth, and you can shrink back from harming others, and no more harm can come to (or through) you. Evil things are afraid when they see that you honestly don't know of yourself how to deal with them and that you inquire of God.

A man browbeats, enslaves, degrades and exploits other men for advantages and to recover life-force and then yields it all up to his demanding wife as payment for her approval. In the pit of iniquity, fallen men degrade one another and fight amongst themselves in the pecking order of animals to obtain life. The more sophisticated, cunning female-oriented or female-exchanged males live on the energies seduced from other men – but the less sophisticated ones glean life by working close to nature and loving the excitement that comes from animals, pets, drink and drugs, and so on.

Implanted Identity

Whenever you become stimulated emotionally, the source of that excitement implants something of its identity in you. Then a strange thing occurs; instead of being terrified and revolted by that particular experience, you can become attracted to it, fascinated by it, even needful of it. You can grow to love the most despicable, degenerate people, places and things and never see anything wrong with your associations.

Resentment is a reaction to temptation, and that resentment can build to become the shock that one day will change you permanently. The only shock that can change a man for good is the shock of Truth. You must not try to create change in others, for to do so is to act from pride.

You may find yourself attracted to a man who has the same peculiarities as the father you hated in your childhood. You may even marry him for no other reason than the dubious luxury of hating him in order to sustain the personality within you, which came into existence as a result of your former feelings of resentment toward that parent.

One part of you wants to come up to the Light, but the other doesn't. You are afraid; the negative side tells you "you are not ready," "you are not pure enough," "you don't need it," "you're way beyond all that," "your motive is wrong," anything that will work will do, because the "not you" is terrified of being exposed to the Light. For you will then see clearly that the "not you" does in fact exist within you, that it is not pure and that it has the wrong motive.

You must realize that only through meditation can the real you separate from the "not you," and only then can the Light stream in through the you and cauterize the "not you." You must learn to remain objective in all your experiences with feelings and thought.

BE STILL...AND KNOW the pain of anxiety – fears that need to be resolved.

Learn this lesson well: your new life must come from the Light inside you – that Light that now testifies

to all that is being said here about the futility of striving to change the world outside you for the better. Repent of your part in this struggle; relax and let the Light do the work through you. Remember the causes of resentment:

- 1) fixing blame on others
- 2) reaction against being made aware of your faults
- 3) reaction against the problem itself (it could be a problem husband, wife, mother, child, sickness, or even a doctor who made you worse with his help)
- 4) reaction against injustice
- 5) reaction against a “friend” who had made you helpless and dependent
- 6) reaction against a dearly departed, dead or living, for depriving you of love (attention, support, approval, etc.)
- 7) reaction against a deformity or a disadvantage or an emotional block that prevented your success.

If you have an emotional block against learning, you can be sure that resentment underlies the cause. Similarly, a block against loving or any other proper human activity indicates resentment, or else the object itself is wrong.

Believing, Loving, Hating

Everything you do is a result of what you believe. Human beings cannot function at all without belief. THE SOUL HAS ONLY ONE POWER: THE INCLINATION TO BELIEVE. The truth is, you will never recover your health, your sanity, your happiness and sense of purpose unless Truth is gently and quietly revealed to you from within, through the stillness of your soul. You must not affirm a faith nor must you hope in any man-made system or concept, merely because you know that you can only be rescued from the false-belief by faith. It is not simply faith that saves, but faith in the Truth.

“As a man thinks in his heart (according to his inclination to believe), so is he.” Proverbs 23:7. Truth is axiomatic, that is to say it is self-evident; therefore, it cannot be denied by a true seeker.

If you even resent the memory of your tormentor, if you resent the object that tantalizes as a means of dealing with it, you will give your problem unbearable power over you. If you will but resist that twinge of resentment toward your own feelings, the compulsion will be conquered, the cycle broken. Naturally this won't be possible if your ego enjoys challenges to justify its existence. Some people love the rottenness of society and enjoy being cheated a little bit, because it gives them the excuse and motivation their ego needs to go on cheating and getting the better of others.

So, you can see, then, that you must watch this resentment against your own compulsion. Don't become disgusted with yourself because you haven't the willpower to break a habit. Instead, simply observe your weakness, be sorry for it, and yearn to be free of your compulsions.

Realize, then, the complete folly of resentment against whatever it is that is making you unhappy: your vice, your work, your long list of tempters, motivators and comforters. Eventually, you will be able to repent of your resentment against whomever or whatever trapped you originally. You must face your last and most immediate problem first, then – as the Light leads you – the others, one by one, all the way back to the original trauma.

If you resent your drink, and resentment starts to play tricks with your mind. Resentment, you see, increases the very anxiety that drives you to drink. If you resent anyone, you can be driven to the bottle. Then, if you resent the distraction itself for enslaving you and making you more miserable, drink

becomes more attractive than ever.

The basic lesson, again, is: watch out for resentment and blame (disguised resentment). Resist the temptation to rise above your weakness with resentment; resist the impulse to conquer what has defeated you in memory and imagination or what, in reality, is trying to conquer you, what mocks and dares you to prevail (egotistically). Don't give in to it. There is discipline in just understanding.

The ancient rule set by Christ was: "Seek the Kingdom first, and all other things will be added in due course." Matthew 6:33. The motivators, appealing to pride, reverse this principle. They say: seek the things to be added first; never mind your principles; you can't eat principles; who needs principles when you are great and powerful? It is to their advantage to make you believe this. Not only do you leave behind the ground from which you could have resisted, but in doing so, you also leave behind the criteria for argument against the deceiver. "For whosoever will save (preserve) his (ego) life shall lose it: And whosoever will lose his (ego) life for my sake (Christ's) shall find it" Matthew 16:25.

You trust in His judgment rather than your own. And through that faith comes patience, and patience does its perfect work through you so that you become whole, lacking nothing. "Now faith is the substance of things hoped for, and the evidence of things not seen" Hebrews 11:1. "...we glory in tribulation also, knowing that tribulation worketh patience, and patience, experience; and experience, hope." Romans 5:3-4.

Restoring the Soul

A little girl went into her father's room late one night and said, "Daddy, I see a big spider in my room. I don't think it's a real spider; it seems more in my mind – but it scares me just the same."

"In that case," said the father, "you must just watch that spider until it disappears."

The child returned to her room and quietly watched the spider from her dream world, and she soon fell into a peaceful sleep.

This simple little story illustrates one of the most vital lessons that we must all learn: observe problems in a detached manner, and they will finally melt away. Evil, operating through the medium of imagination, cannot function when it is consciously observed by the aware mind, because once it has been exposed, little more is needed to counter its effect. Simply continuing to watch, without becoming involved, is enough. You must not allow yourself to be tempted to resent any of the feelings and thoughts you may observe as they rise into the Light. To react to them in any way, and particularly, to resist them, causes you to become impatiently entangled in the stuff that thoughts, feelings and remembered-experiences are made of. And so, you perpetuate the problem by providing it further substance.

Let me emphasize that meditation is not an elaborate procedure; on the contrary, it is the very essence of simplicity. In fact, the only real problem in learning how to do it properly is realizing just how simple it is. Your role is entirely that of an observer; you must resist the impulse to make things happen, especially in those moments of impatience (doubt, really) when nothing new seems to be occurring.

Some people commence meditation expecting fiery revelations, coloured lights and angels singing, yet the only kind of thing they may discover in the beginning is that they hated their parents. The first truth is always the truth about your own faults. In the beginning, you must not expect to become much more than an ordinary person; don't expect to become a saint. The way back from where you are now to a

normal, natural self involves a seemingly endless series of discoveries and a mental sorting-out process that can become quite painful at times.

Do not try to make your mind blank. It is proper to think while you are observing your thoughts passing by. Only the improper thoughts will attempt to attract the observing Self to follow them; however, you will be made aware that you have been caught up in your own mental activity, and that very awareness restores your objectivity. This process of becoming involved with wrong thoughts, being made aware of your involvement and being returned to the objectivity of the moment, will happen often and for a long time to come.

Through your meditation, you must grasp the principle of remaining aware and staying in the moment. This is the key to the Kingdom. Do not project by looking forward or anticipating future events. Looking to the future or dwelling in the past causes you to remain in the world of your imagination. Because of this fact, you fail to apprehend reality and to appreciate the true beauty of the Ever-Present Presence, filled with vital meaning in the true present moment.

You can enjoy every moment properly only if you remain objective. If you seem to find joy in hobbies, new clothes and other material objects acquired through ambition, you are really in a trance. These pleasures constitute a counterfeit mode of living in the moment; in reality, you are emotionally involved, escaping into a manipulated relationship with present time, away from the Presence. This type of false pleasure is relief from the knowledge of anxiety and being caught up in the temptation of escape.

It is sufficient to disagree consciously with the temptation, to realize that it is no longer you who craves, but the “not you” dwelling in your body. Realizing this fact, you know you are not really denying yourself Life when you elect not to accept a given temptation.

What the ego has lost spiritually it tries to compensate for in a material-emotional way. You are slowly dying as a spiritual being. After each high, each escape from the moment, you “awaken” to a life on a lower and lower plane of existence. With each step down that you take, your ego tries desperately to believe that it is closer to the top of the staircase, because, enthroned on the dais of pride and ambition, it cannot believe that it is moving from life to death.

You must yearn to be in this objective stillness at every moment; therefore, you should read these words calmly and unemotionally. Observe your tendency to be carried away by words or imagination. Do not be too eager to learn or to grow. STOP READING WHENEVER YOU ARE AWAKENED TO THE LIGHT, and by that Light, reflect calmly upon the errors you will see about yourself. The Light, shining through the still, objective conscious self, will then incline your soul to the attitude of repentance. Change for the better in your life can never come through an effort of your will; rather, it follows an attitude of repentance, which is preceded by the willingness to see your faults. Salvation is the fruit of a soul’s recognition of its own shame in the Light of the freely-given grace of God.

If you will only be still and separate your conscious mind from the chatter of the subconscious, then it will not be you who prays, but the Holy Spirit interceding on your behalf; and then, if the words are of any value, they will come together in your mind through the action of the Light.

Cry when you experience the pain of affliction in your soul! Cry that you might know how to believe the true belief in the true Christ. Cry out in a wordless desire to God, whom you have only known as conscience, or words in a book, and He will reply in His time and make Himself known to you – ever so gently and gradually.

Roy Masters writes about one simple principle that will KEEP YOU SAFE UNDER ALL CONDITIONS OF STRESS AND PERSECUTIONS.

The secret of anger management already exists within. Therefore, the solution lies in the present moment. The present reaction of resentment builds upon the original implanted event and reinforces all aberrant behaviours. I have found a way to break that spell by reconnecting a person to his or her original innocence. If you discover the way to stop reacting to the present as the extension of your past, a wonderful thing happens.

This can be accomplished by a simple technique that needs no support group, just a recording and a book through which to relearn the way to connect to our original selves and disconnect from overreacting. We become calm in the face of confusion and cruelty, and by remaining poised in the face of adversity, we starve the original root of implanted behaviours of their daily reinforcement. We become free and in perfect control of our emotions.



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