



Negative Trapped Emotions Reoccur or Come Up Again?

10/26/12, Christos

If you seem to have emotions reoccurring or coming up again", we have been given by Spirit (The Oneness of It ALL) the following four things most likely going on:

- 1. NEW SITUATIONS:** Sometimes new situations not handled well can cause the same trapped emotion to reoccur! Remember the saying "keep your house clean?" This means your body. You must watch your thoughts and actions as well". The best way to prevent this is by taking any concern or perceived challenge immediately into a "prayer" of Love acknowledging the God is right there, here, in the situation managing things perfectly! This acknowledges that God is a God of Love and easily can manage and be there no matter the situation or circumstance.
- 2. A NEW ASPECT OF A SITUATION ADDRESSED BEFORE:** While the situation may have been addressed before, some aspect of it was not. By continuing the session being guided by the Holy Spirit, the "word" or emotion is discovered to be difference once we bring the session to its conclusion. We have seen this happen several times - and in a couple cases, were surprised that the energy that actually came up this time brings tears with it.. (funny I had this happen three times yesterday during 5 self-healing sessions/releases). I was like "wow" - knowing then it was most certainly something new and while I had address the same "situation" before, Spirit lovingly was giving me what was 'best for me' in its most perfect order.
- 3. RELEASING SMALLER PIECES:** In rear cases, the Holy Spirit will break the 'release down' into two or even three events (like a couple pieces of a pie). Trust that the Holy Spirit is always is gentle and loving and knows there is a balance in your energies that needs to be maintained. Thus releases (removing all the negative energy) are sometimes made over time (#4 below will add clarity) as releasing the whole pie would cause unbalances if released all at once.
- 4. MAINTAINING YOUR ENERGIES BALANCE BETWEEN CHAKRAS:** As the Holy Spirit assist us in unraveling the tapestry of our ego thought system, there is a 'balancing that is considered' within with our energies systems (Chakras + their expressions). Or perhaps better put, "a consideration of not creating imbalances" as the ego energies of negativity are released. This is why it is called a gentle and loving process... as consideration of 'maintain mental balance' is important to preventing a sense of 'lost' - which could create 'fear' (which of course is to be prevented). This is why I am getting, that in A Course In Miracles, it says we need not be concerned with "how" the Holy Spirit works, but rather that it simply does what it is here to do - returning us to our sanity!