

Article 1<sup>st</sup> October, 2012



## Life Skills

*'Every thought we think is creating future.'*

"Our feelings are our most genuine paths to knowledge."

Feel your emotions

**Can we really feel our emotions?**

**Do we really know how to accept what we really feel true at heart?**

**Do we really deceive ourselves to honor our true feelings?**

**Do we ongoing emote or we ongoing keep faking our emotions?**

**Do we know how to express happiness or sadness?**

**Do we really know how to express hatred or love?**

**Do we really know how the body reacts to our anger and upsetness?**

**"The key is to not resist or rebel against emotions or to try to get around them by devising all sorts of tricks; but to accept them directly, as they are."**

-- Takahisa Kora

Yes so truly said!!!!!!! Emotions are energy in motion. They bring us information if we are willing to experience them. Unfortunately, many of us are afraid of the energy of emotions and so we automatically resist them. And when we refuse to experience our emotions, we block them up. They become trapped and that entrapment drains our energy and brings continuing discomfort. This energy blocks creates block in our neuropath ways and blood vessels and becomes an illness, such as arthritis, high blood pressure, diabetes, etc..

Emotions need to flow, move. Accept them the way they come, be like an observer, see the possibilities if you can transform the negative emotions to positives.... if they are still not getting transformed to positives, that means there is a deep rooted conditioning and resistance to change

them....Don't let emotions push you into action or reaction.... Just STOP and PAY ATTENTION..... Allow them to be and to speak to you.... Dwell more and find out the roots of it... Once they are acknowledged, their energy is released....once the energy is released there is flow, there is movement, there is change, there is transformation, there is awakening, there is enlightenment, there is dLIFE.....

We become rigid when we do not experience emotions...we flow when we accept and pay attention to them....we flow with flow of life...life full of love, compassion, trust, peace and bliss...

**"We have to become more conscious of our feeling-world. By learning to identify the 'emotional baggage' and manage our feeling-world reactions, we can view life based on current information instead of being held captive by our past."**

-- Doc Childre

People loves to carry baggages, they feel good to feel responsible and proud to carry...Emotional baggage carry lots of pain, frustration, resentment, regrets, hatred and ill feelings... there is no positive rewards while carrying emotional baggage...do we choose to get forwarded for our higher growth and spiritual progress or get pulled by negatives, and feel low....it is high time to get awakened and be more conscious of our emotions, identify them, understand if we are choosing to operate out of responses or reactions, are we loving our conscious choice to be happy or sad, are we choosing to carry emotional baggage or are we ready to drop them as soon as they get accumulated....do we love blaming people for what pain they caused to us or are we responsible to understand it is our choice to create pain irrespective of environment, people and situations...do we really know our soul qualities of love, compassion, peace or are we choosing to remain blind to the soul qualities.... Do we really know what to ignore and what to consider..... do we really need awakening to our true essence of consciences.....

**"Instead of resisting any emotion, the best way to dispel it is to enter it fully, embrace it and see through your resistance."**

-- Deepak Chopra

***Love you all***

***With Divine Guidance***

***Roop Lakhani -Khar, Mumbai, India***

***- WMA - USA Certified, Tarot Master Consultant & Tarot Master Tutor***

***- Theta Healer and Clinical Hypnotherapist***

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Mob: +91 98216 12031 ~ +91 98213 36195 (to fix appointments) - Mumbai, India

E-mail: [roop@tarotfuture.com](mailto:roop@tarotfuture.com) - Web: <http://tarotfuture.com/> - Twitter ID: tarot\_cards

Facebook ID: Roop Lakhani Tarotfuture and Roop Tarot Card Reader

Blog: <http://rooplivechat.blogspot.com/> AND <http://www.itimes.com/public/people/roop1962/blogs>

Video on Sify.com: <http://videos.sify.com/Tarot-card-reading-with-Roop-Lakhani-SIFY-watch-ldzoJgbbahb.html>