

Emotions – The Spirit Aligns Our Emotions With Christ

The second nail of crucifixion, the purification of our emotions, integrates our emotions into Christ so that we no longer live reacting from our emotions, but we live our emotions according to His Will. We have now arrived at the deepest purification of a soul.

12/28/21

Feast of Holy Innocents

At the core of every human person are their feelings and emotions. At the core of every wound, desire, and expectation are feelings and emotions. Every sin is brought about by reacting to one's feelings and emotions. The purification of a soul's emotions is the deepest purification of a soul, the purification of the essence of your being. As you choose to no longer react, nor even act, from your feelings and emotions, your interior gaze is focused on Me, on seeking only God's Will. It requires a profound interior attentiveness to the deepest stirrings within your being. This deep interior contemplation can only be lived by souls who have entered a life of silence and prayer. You now begin to know yourself in God. You come to understand that nothing good can come from you, but only from God.

*(My Lord, how do you die to all your feelings and emotions, they are part of all men?) Your feelings and emotions do not die, but your will discerns them according to God's Will and for His glory. You **choose, for love of Me, to allow the Spirit to align your feelings and emotions to please Me** in all things and to aid in the salvation of countless souls. You are no longer driven by your feelings and emotions. You choose to deny yourself solely to please Me in all things.*

From the beginning of the *Simple Path*, the Holy Spirit has taken us to travel into our hearts and to become very attentive; first, to our wounds and all the infection buried deep within our wounds, which includes our disordered tendencies, desires and expectations rooted in the lies we have come to believe about ourselves. We have lived the process of self-discovery, through the light of the Holy Spirit, coming to know who we have become that we are not so that we can, little-by-little, die to this person and rise in Christ to the new men and women in the image and likeness of God.

Understanding Emotions

The six primary emotions are sadness, anger, guilt, fear, love, and happiness. Other emotions include surprise, disgust, amusement, contempt, contentment, embarrassment, excitement, pride in achievement, relief, satisfaction, and shame.

Emotions affect our relationships and the decisions we make. Our emotions create the fabric of our emotional life which is complex. They are also very connected with our wounds; therefore, we can understand why the Lord brought us first to know our wounds and the deep infection in each of our wounds, and then brought us through a process of healing and deliverance.

David Eckman, Ph.D in his article, *The Holy Spirit and Our Emotions*, explains the significance of emotions:

Emotions are closer to us than air. They are the ever present current within us: they define the inner world and give us continual commentary on the outer world. Awareness of life even starts with emotions. Life demands an understanding of emotions. They are closer to us than our skin, than the air we breathe. Emotions are as constant and present as the weather surrounding us. We **need to understand and manage them.**

Emotions come with great intensity. Most of us struggle with our emotions. We cannot flee from our feelings; therefore, we **must deal with them.**

The place of emotions is a significant issue within the pages of the Bible. The management of emotions is critical to the spiritual life. One of the ministries of the Spirit of God is to mold the human ability to have emotions into an instrument for the display of Christ's character. A very practical understanding of the Holy Spirit's role relative to our emotions will lead to a deeper understanding of the spiritual life.

It is the Spirit who unites us to Jesus Christ and his redemptive work and integrates our emotions into Christ to live them according to His Will. St Paul makes this clear in Galatians 5:22–24, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires."

Jesus' Emotions

The Gospel reveals the beauty of Jesus' emotions, yet many times we overlook His emotions. An article from Christianity Today, *The Emotions of Jesus*, states:

The gospel writers paint their portraits of Jesus using a kaleidoscope of brilliant "emotional" colors. Jesus felt compassion; he was angry, indignant, and consumed with zeal; he was troubled, greatly distressed, very sorrowful, deeply moved, and grieved; he sighed; he wept and sobbed; he groaned; he was in agony; he was surprised and amazed; he rejoiced very greatly and was full of joy; he greatly desired, and he loved.

In our quest to be like Jesus we often overlook his emotions. Jesus reveals what it means to be fully human and made in the image of God. **His emotions reflect the image of God without any deficiency or distortion. When we compare our own emotional lives to his, we become aware of our need for a transformation of our emotions so that we can be fully human, as he is.**

- *As you choose to no longer react, nor even act, from your feelings and emotions, your interior gaze is focused on Me, on seeking only God's Will. It requires a profound interior attentiveness to the deepest stirrings within your being... Your feelings and emotions do not die, but your will discerns them according to God's Will and for His glory. You choose, for love of Me, to allow the Spirit to align your feelings and emotions to please Me... 12/28/21*

Importance of being CONNECTED emotionally

The CCC 1764 states that **our emotions “form the passageway and ensure the connection between the life of the senses and the life of the mind.** Our Lord called man's heart the source from which the emotions spring. (Mark 7:21)” Therefore, being connected with our emotions is being connected with our hearts, which is the essence of being connected with ourselves. If we are NOT connected with our emotions, we live DISCONNECTED from ourselves and others.

As we have learned from *The Simple Path to Union with God*, we live disconnected from our emotions when we live from our wounds. Our minds and senses are not in harmony and connected with each other. The expression, *the great disconnect*, describes a person who lives from their mind but is disconnected from their heart. Since children do not know what to do with the intense emotions of sadness, anger, fear, or shame their coping mechanism becomes stuffing their emotions and creating a disconnect between the senses and the mind. Because many boys have been raised with the lie, boys do not cry, many men live disconnected from their emotions, especially sadness and fear. The result is that we live driven by our emotions (message 12/28/21). Our emotions control us and drive us to vice and sin, not virtue.

In the field of psychology, avoidance refers to any action designed to prevent the occurrence of an uncomfortable emotion such as fear, sadness, or shame. For example, a person may try to avoid difficult emotions through the use of substances or dissociation. Dissociation is a disconnection between a person's sensory experience, thoughts, sense of self, or personal history. Research shows that people with post-traumatic stress disorder (PTSD) often try to avoid or “push away” their emotions, both emotions about a traumatic experience and emotions in general.

How do we become connected to our emotions?

1. Begin to pay attention to your bodily sensations. Emotions are expressed in our body, for example: ((*The 6 Types of Basic Emotions and Their Effect on Human Behavior*, by Kendra Cherry, <https://www.verywellmind.com/an-overview-of-the-types-of-emotions-4163976>) & <https://www.soulsandhearts.com/blog/the-role-that-emotions-play-in-a-good-catholic-s-life> footnote

Anger, rises upward from the waist to the neck as a warm sense of energy. This heat often spreads into the arms and hands. These physical sensations are expressed in colloquialisms like “in the heat of the argument.” Anger can be a particularly powerful emotion characterized by feelings of hostility, agitation, frustration, and antagonism towards others.

Sadness, on the other hand, comes with heaviness and often a physical pain in the chest and heart, often referred to as a heartache or a broken heart. Sadness can generate a feeling of a lump in the throat and result in tears. Sadness is characterized by feelings of disappointment, grief, hopelessness, disinterest, and dampened mood. It can be expressed in a number of ways, including crying, dampened mood, lethargy, quietness, and withdrawal from others.

Moral Disgust, is when people observe others engaging in behaviors that they find distasteful, immoral, or evil. The body language can be turning away from the person you are disgusted with or separating yourself.

We can better understand our feelings by recognizing the physical sensations of emotions. Therefore, by becoming attentive to our body sensations we can get in touch with our feelings by asking, “**what am I feeling**, sadness, anger, guilt, fear, love, or happiness?”

2. When we know what we’re feeling, we can move on to the next question of why we’re experiencing a particular emotion at a specific time. Ask yourself “**Why?**” This is similar to section 3-A-3, p. 107 in *The Simple Path to Union with God*. Why am I experiencing this anger, frustration, sadness, depression, irritation, fear...? Why did I yell? Why did I hide? Why did I begin to sweat? Why am I so tense? Why do I feel like I want to run away? Why do I want to avoid this person? Why can’t I sleep?

Jesus teaches a simple way to purify our emotions in Him

The best way to open your heart to live this purification is to sit before the Blessed Sacrament with the teachings given by the Lord to process your emotions. I strongly suggest that when you’re feeling the most intense emotions of anger, sorrow, fear and so on, you enter SILENCE and begin to process your emotions guided by the Words of the Lord in the messages contained in this section.

1/20/22

The purification of the human heart can only be accomplished through divine grace obtained through My death and resurrection. It requires a soul to allow My grace to unveil her many patterns of sin clothed in false piety and goodness. The stripping away of all darkness, which is anything that is not pure love, is a long and difficult process for the human soul. It requires a continuous Fiat from the soul, “Let it be done unto me according to your will.”

- Ex. Orlando’s testimony

The purification of your emotions is the final level of purification in the fire of My Sacred Heart. You allow My Spirit to possess your human emotions so that they serve to please Me according to My desires.

(What emotions in my heart are not integrated into you to serve your desires?)
...It is My desire that you live your feelings (emotions) of solitude, boredom at times, in Me, in silence, as a continuous prayer to our Father for your family and My Church. Remember, your emotions are not cut out (meaning the circumcision of the heart as in the 1st nail of crucifixion) like your desires, expectations, and attachments. They are integrated into Me so that through your denial of self, that is, reacting from them, they are lived solely to please Me, your beloved Spouse. This is when you live to great perfection My words, “My followers deny themselves, pick up their cross, and follow

Me.” Your emotions serve only to suffer with Me and to console Me. Our union is now consummated in My Cross. We have become one. The soul lives abandoned in Me and solely to please Me. You now live in the ecstasy of Divine Love, and you become a total gift of self to Me. This level of purification requires a constant state of silence and stillness in Me as one in the Immaculate Heart of Mary with the Holy Spirit.

By pondering these messages, Jesus reveals His **HOW-TO PROCESS of the purification of our emotions.**

In the message above from January 20, 2022, Jesus speaks two key words He has been using from the beginning of the *Simple Path*, **allow** and **unveil**. We need to exercise our will by opening our hearts to receive the gift of self-knowledge so that our Spouse can unveil us of all falsehood. Now, in the 2nd nail of crucifixion, we need to allow the Holy Spirit to possess our emotions so that they “serve to please Jesus according to His desires.” This requires GREAT DISCIPLINE OF WILL. Yet, at this level of the spiritual ascent, the soul is moved by the knowledge of God’s immense love.

Next, our Lord asks us to **integrate** our emotions into Him through the practice of **self-denial**, which means we **control ourselves from reacting from our emotions**. Notice the Lord does not want us to “stuff” nor hide our emotions. In order for us to integrate our emotions in Christ we need to be attentive and aware of them. This practice helps us live to greater perfection Christ’s words in the Gospel, “*My followers deny themselves, pick up their cross, and follow Me.*” We need to ask ourselves, “**Am I living this emotion to please Christ by suffering with Him and consoling Him?**”

This requires daily times of **prayer** where we can process our emotions with Christ. We need to look at our emotions and our reactions, and ask the question, “**Why?**”, which always opens our souls to receive self-knowledge. This requires **silence**. The silence of union, deep contemplation, and attentiveness to the many emotions which are constantly stirring in our hearts.