

1. The illusionary aspects of 'bad' emotions

Introduction

This is the first of three essays and the focus is so-called bad emotions. The next essay will outline the underlying reason why belief is reality by explaining a process called 'Rotoscoping' and will try to offer a more objective suggestion that describes our true nature. The third and final instalment will be about Heaven and the Source, which is another name for the creator.

I'll begin this by describing the emotional threshold I believe I crossed at the start of 2009. It was triggered when I thought of an idea I originally had about three years before. I recently expressed this idea in a different way to someone else and gained a different perspective because of it. The impulse was the answer their question of how to stop bad feelings if you believe you shouldn't be having them but still can't get rid of them when they come up? That made me wonder how best to explain the fact that bad emotions are usually nothing more than self-made illusions that we feel compelled to create and react to, almost as if someone else created them and forced them upon us. Highlighting the illusionary aspect of bad emotions would clearly demonstrate the irrationality behind them. If bad feelings were put under a microscope and analysed more sensibly, the absurdity of their continued use in adults would be brought to the surface in a way that would mean they would have to be urgently addressed.

Part 1: THE EVENT

The run up to the revelation

A female friend was experiencing relationship troubles so she couldn't help but think about the man in question and that naturally made her feel bad. She agreed with my theories but had not taken them onboard on a subconscious level so I refreshed her about some of the key points. In doing that however I questioned why I occasionally found myself falling for the illusion of my bad feelings sometimes, especially at times like these when it came to relationship troubles. At that time, I didn't feel nearly as bad as I used to but I still had some sort of negative feeling that sometimes motivated my behaviour. When I step out of the illusion, I find it easier to be more objective because that enables me to observe the process so I could choose to act or not. I questioned how I could best advise her step out of her illusion to see her emotions for what they were. I then asked myself why I am not using that same reasoning in an attempt to objectively process the remnants of my 'negativity' as these are based on the same illusion. I had two more questions: how could I completely break out of these patterns? How can I stop being automatically motivated by my good and bad feelings and instead do the more rational thing?

Negative and positive counter concepts

The last time I was in a relationship that the other person ended, I told myself to endure the negative sensations as much as I could and power through them. I weirdly wanted something like this happen just to test a few things I had previously thought. Well I didn't want it to happen but I wouldn't be too averse to the idea because then I'd

be able to test some of my theories due to the feelings I was forced to have because of the 'negative' situation.

That last break-up felt unusual because I still wanted to be in a relationship with the person but – this time – focused on the fact that I also respected her wishes to terminate. I initially generally felt okay about it because I knew she was doing what she thought was best. Instead of taking a more selfish stance and focus on the 'bad' of her choosing to not be with me, I focused on the 'good' that she chose to spend time with me in the first place and we did fun things together. A couple of interesting and unexpected things happened afterwards. The usual thing was out of habit to deal with the emerging bad feelings, I realised I was generating counter concepts that were mainly negative in their nature such as thinking about the potential unideal aspects of the relationship. By 'counter concept', I mean an idea to counteract the negative sensation so that I could feel better again. The unusual thing was I automatically counteracted those with positive counter concepts. It was as though I was trying to cheat myself out of my bad feelings with those negative counter concepts but I realised they came from a Bad Function-orientated place instead of one of appreciation. I then used those positive counter concepts to counteract the negative ones almost as if I wanted to evoke rational feelings of loss and then process those feelings in a more direct or inclusive way.

The positive counter concepts that automatically emerged worked substantially quicker than counter concepts I had to make much more of an effort to generate in the past. When the break-up happened, I was half-prepared to feel negatively for an extended period but after a couple of hours, the main negative feelings brought on by having to adjust to the new situation had diminished. I had a negative feeling when that happened. Just as I wanted to have feelings such as these to test my developments, I wanted the feelings to last longer so I could analyse bad feelings more whilst I was having them. I tried to think of things to feel bad over such as we weren't going to have the future I painted for us and we weren't going to do this and do that etc. but those thoughts failed to have impact because they evoked at best mildly uncomfortable sensations instead of the painful ones they would have in the past. One of the ramifications of the development were emphasised when I realised these mildly uncomfortable sensations actually felt good when I focused on the reason why they were there. The major development in that case was the fact that it was the first occasion I noticed that bad emotions or negative chemicals started to actually feel pleasant.

The new stance this development created led to me gaining a much clearer perspective on the historical belief that I am of course in charge of all my chemicals, whether it be consciously or subconsciously. Those moments of more conscious drug control gave me a different perspective on my behaviour, how people responded to it and what I ultimately wanted from interactions with people.

I saw the way I interacted had an approval priority. I saw clearly that I wanted other peoples' approval because of the chemical I would then give myself. This positive feedback loop ended with me, e.g. if someone gave me a compliment, I considered that reason to give myself a + chemical and that's the ultimate reason why I would want to hear compliments: I want to feel that +

Analogies

I've had a stutter since I was seven and this development made me feel differently about it. I choose to remain silent sometimes because of a sensation that comes up that causes partial paralysis and braindead'ness but I noticed the chemical that I pinned responsibility for keeping my mouth shut had now lost its power. This meant I found myself being able to stutter despite this feeling even though in the past, this feeling would ensure I remained tight-lipped. I was so paranoid about my speech going wrong in the past that I wanted to remain quiet rather than risk stuttering. This aspect of the revelation meant I was able to easily see my 'disability' as an illusion and treat it accordingly.

I've felt remarkably empowered feeling my chemicals knowing I can feel them and then choose to act. The next time I thought of the 'How do you make it stop?' question, I realised making it stop in spite of its intention means we're in opposition to it and under those conditions, we'll probably find we might be able to make it stop only sometimes.

A clear analogy of my current situation in terms of my bad emotions and how I continued to be under their spell came to mind: how effective would a magician be to an audience if the audience knew how the tricks worked? Continuing to feel bad because of my bad emotions is the same as a magician wowing an audience with tricks even though the audience knows they're tricks. Most people would see the trick clearly after they had been shown how they worked once, never mind multiple times. The downside to the fact that bad emotions were so effective when we needed them is that now most people aren't going to allow themselves to get into the right mindspace to see they are tricks. I knew they were tricks, I even knew the mechanics but despite that, in certain situations, I was choosing to be taken in by it everytime.

I was speaking to a friend who believed my theories fall far short of painting a comprehensive picture of bad emotions. I tried to explain to her that the trick or the resultant illusion is a compelling one that she has been falling for her entire life so it's understandable why it's almost impossible to see. If it wasn't a compelling illusion, it wouldn't have been nearly as effective as it needed to be.

So back to the question of how to make the feeling go away or at least make it bearable? There are many ways to answer the question. The most effective so far would be to conceive an analogy, especially if the person wants to know for practical reasons as opposed to theoretical ones. The fact that they've asked that question means the biggest obstacle has been passed already. They would need to be exposed to an analogy that makes explicit the fact that we are merely tricking ourselves when we feel bad. If this is not made clear we will continue to successfully trick ourselves. Better yet, devising an analogy based on your understanding of the basic concept would have greater impact because you would probably do it in such a way that made it ring truer or clearer in your mind.

Summary of the revelation

I conceived an analogy, which led to the realisation that my chemicals were completely under my control and this had immediate impacts on my life in different ways:

- 1) I have more choice in terms of what behaviours I can more naturally engage in after certain sensations.
- 2) I saw that a large factor of my interactions with people was approval because of the chemical I would dispense to myself if I believed my behaviour was being approved of. Approval of any kind is no longer my primary goal in interactions. This means...
- 3) I can stutter to anyone for any length of time because the biggest obstacle to me stuttering in the past was the bad feeling I associated with the potential disapproval of me speaking non-fluently. This in turn means...
- 4) I am a lot more self-reliant in terms of how much enjoyment I can derive from my experience. This had impacts on my general encounters with people because previously I wanted peoples' approval so I could give myself permission to feel good. Different people are triggers for different things but I now view people in a less dependent way after realising the portent of all of my drugs being under my control at all times.

Experience matters

These are three massive areas in my life so even if I changed just one of them, the knock on effect would be significant. The fact that all three had been changed for the much better made me optimistic about having to deal with events that in the past I had problems with. Those possible events and probable reactions would pale in significance. I tried to think about things that did now matter and at best, I realised things might matter to me merely because of the good or bad feeling I had associated to them but that was under my control. How I reacted to them is also under my control. Objectively the thing that matters above all else is our existence and the fact that we're able to experience events. If we all had more conscious control of our chemicals that experience could only be a good thing. I started to once again consider the potential obstacles to a realisation that everybody has general control of their chemicals and their reactions to them.

Part 2: POST EVENT

"Do you still want it?"

I had a development to my counter concept idea when I was in my kung fu class one week. I'm usually shown the next sequence of moves every class but this one class, I noticed the time was running out but the teacher seemed too busy showing other students moves. When it got to about fifteen minutes to the end of the class, a bad feeling emerged. I then tried to minimise the bad feeling by thinking about counter concepts such as: if he fails to show me something new, I could focus on what I've been shown already to improve upon those parts. The main counter concept was the fact I was there learning from this man in the first place. It would be hard to imagine learning from a better master so I'm honoured to be in his class.

Those thoughts made me feel a little better about not being shown something new but I noticed a slight negative sensation that lingered right up to the end of the class, after which time it immediately disappeared. This was because despite acknowledging the truthfulness of the good thoughts – the counter concepts – my primary desire was to learn something new and giving myself a bad drug might have prompted me to act in a

certain way to make this happen. When the class finished, the actual usefulness of the bad feeling in this context was no longer relevant.

Some people can know the mechanics of feeling bad but still trick themselves because the habit is so entrenched they're ill-prepared to 'fight' against it. This added to the fact that they still want the thing they're feeling bad over makes bad feelings certainties. If it was just simple habit, it could be changed potentially easily because habits are there to save time instead of to create restrictions.

If you were playing a 'three cups and a ball' type game and the ball was under the first cup eight hundred times in a row, you would probably anticipate it would also be there the next time. You could have a series of automatic thoughts/behaviour based on this belief. If the cup swapping process was done slower and more deliberately the next time so that you saw that the ball was definitely under the second cup, the possibility of it being under the first cup really is going to come to mind but you could go straight to the second as that would save time. You have a choice and most people would choose to lift the cup where they know the ball is instead of behaving automatically because of the previous results. It's the same with bad emotions. Once they're seen for what they are the subconscious will make the right choice and through consistency it will become the new habit. Habits are behavioural shortcuts because the behaviour in question was a) desired on some level and b) successful.

Analysing the routine and breaking the chain

I've had what I can definitely describe as a bizarre time since because I've now completely let go and let my subconscious do what it wants with the chemicals at its disposal. This was secure in the knowledge that I would feel positively and be able to choose how to respond after the fact. It made me realise that I had been previously holding back entertaining certain types of behaviour or thoughts because of the potential bad feelings attached to them. I believed I knew the truth behind bad feelings but still tried to avoid them where possible. Now it feels like I'm on a rollercoaster ride and I've enjoyed every single moment of it given my newfound perspective on the so-called 'bad' chemicals I'd prescribe to myself depending on the unfolding of certain events.

The first week after the event, I welcomed bad emotions from any source. I wanted to have bad feelings for a few reasons. One of the main reasons was to see if I could continue controlling my behaviour despite the severity of the feeling or importance of the situation. I seemed to be easily able to look past the apparent discomfort of the drugs and instead focus on the intent behind them. What previously started as uncomfortable sensations soon became pleasurable the more I focused on the intent and what this process meant in the bigger picture.

Elasticity and the missing link

I have thought empowering apparently life-changing things before. These things have been momentarily gratifying but the previous idea I thought it replaced was still in the background so continued to have some hold. Usually I would progress to a certain frame of mind but habit would have me resume my more normal behaviour and soon after I'd be back at square one. I failed to take major things into account and these

always negated the effectiveness of the other factors that I was feeling good about. I now believe I've seen enough of the chain so can break the connection between important parts without fear of some invisible magic force reuniting them in the future.

I first told myself most of these things years ago but failed to take them onboard because key factors were elusive. I tried to modify my behaviour in terms of approval years ago but one of the factors in the revelation was just how important approval was to me. I knew I was an approval hound but had no idea just how deeply it ran.

Chemical dependence vs. chemical autonomy

I used to depend on people to prompt me to feel certain ways, i.e. I'd feel good if I thought I was being socially competent. It'd be a good day if I had emails, phonecalls or texts from people. Conversely, it'd be a bad day if nobody emailed, called or texted. It'd be an even worse day if I had texted people and they failed to reply. In my face-to-face interactions, if someone said something negative towards me, I'd subconsciously tell myself to feel bad almost as if them saying what they did was proof that my behaviour was below standard. My words telling myself what they said was untrue or unimportant mattered less than their words. Their words were like spells that would often work. A spell that would affect me until I cast a successful spell of my own, i.e. thought or said certain things as this would be the equivalent of a counter spell or counter concept.

Now I can cleanly do something even if I think someone will disapprove or not feel compelled do something in the opposite scenario. Most adults modify that childish program at an early age but I evidently failed to. If anything I repressed or ignored it. Letting that approval program run in the background is an example of how I let my good and bad emotions continue to motivate me even though I told myself to stop over 15 years ago. This development was a clear indication that I'm moving closer towards conscious autonomy in terms of my chemical use so am much more self-reliant.

The chemical response cycle

We have subconscious autonomy of our chemicals: we are in charge of all of them, all of the time. Most of them are triggered by external things, in the worse case scenario pain but the vast majority of them are conceptually triggered because we can just imagine events and have emotions as if those events were real. Sometimes even the sensation of pain is conceptually triggered. Someone who disbelieved my theories used an example of hormones for their reason. Even if there was no escape from releasing a certain chemical to yourself because of a hormone, how you then reacted is under your control. Some may say that it's really hard to control your behaviour to this extent but if the hormonal response amplified the Bad Function, you could still focus on the fact that it is triggering the Bad Function and that means that something is happening that you do not like etc. Hormones might make people feel more sensitive around certain issues at certain times but it leads to you pressing a panic button and it's the original operation of the panic button I'm trying to describe.

A baby's emotion/response cycle is unknown to them. They have good or bad emotions initially based on whether they're in a state of equilibrium. They're in a state of rest when in equilibrium. They're in a state of emergency when in disequilibrium and push

the panic button. This is modified when desires are introduced because the idea that bad emotions gets results had been reinforced enough for it to be a permanent and frequently used strategy. When they identify that they could have more and there's an obstacle, they simulate conditions of being in danger, pretend to be in disequilibrium and feel bad as if they were actually in that state. This causes adults to act so that good feelings or activities leading to good feelings are reinstated.

Most adults' emotion/response cycle is also unknown to them and the strategy is very similar to how we used emotions when we were babies. This realisation led me to term the phrase 'Baby Theory'. The things we feel bad about are different but the original reason for use is the same. The main difference between a baby and adult's emotion state is, for adults, good or bad emotions are mainly based on desires. Adults are in a state of rest usually but in a state of emergency (push the button) when there is an interruption in desire. If they knew about this routine, they should realise that they should always feel good because the Bad Function – the only reason why they would feel bad – has been disengaged. They should also realise that they should be able to choose what behaviour to engage in after feeling the different types of good or 'bad' they are going to be feeling.

It's likely that this basic or unmodified routine is vastly responsible for the world being the way it is. We make choices mainly based on our feelings. This means we are able to engage in potentially selfish and destructive behaviour. This impacts on other people because we're putting our feelings before theirs'. We are unknowingly or even knowingly guided by our own self-prescribed chemicals to do 'bad' or 'good' acts because of a misinterpretation of our survival failsafe. The sole purpose of the Bad Function was to ensure existence in the most efficient way. This was because a better form of communication alerting someone to the fact that existence was being threatened had yet to emerge. I believe this function should've been replaced as early as possible – when a more effective language was learnt – so that a better feeling/more rational existence would subsequently last as long as possible.

Base chemicals

I'll go into detail about base chemicals in the next essay when I talk about Rotoscoping/perception. I'll just outline the idea that all of our emotions – the chemicals we dispense to ourselves in reaction to everyday events – should be felt on top of the good feeling that should be there no matter what else is happening. This is because those good feelings are based on events or conditions that are always present. An analogy of a contravention of this belief is thinking it would be okay to feel bad about what shop to cash your million pound lottery ticket, instead of focusing on the fact you've just won a million pounds.

Popular misconceptions

"What can we learn from this?"

An increasing number of people are adopting more empowering stances and believe undesired events or the general the hardships of life can be looked at from a different more positive perspective. This way lessons can be learned to prevent getting dragged down or overwhelmed. With these stances every cloud could indeed have a silver lining

and every hardship could be a lesson in disguise as you can undergo a traumatic event and come out stronger on the other side because of it. The lesson I learnt is that we should only be feeling good, all the time. Well I got an inkling this was a possibility when I first discovered the main idea. Since then a lot of things have proved it to the extent of now being reasonably assured there could be no other way. I am aware that there's a chance that this is wrong and I am just biased towards my subjective view but that chance is slim since I truly believe I have been trying to prove the main idea wrong since first exposure. I have had lots of discussions with people, who offered reasons why bad emotions are there but taking all things into account, those reasons don't make as much sense as the Bad Function. I'm convinced the 'What can I learn?' stance is a red herring distracting us from the real much more empowering and beautiful truth behind so-called 'bad' occurrences.

"Suffering is inevitable."

Suffering is a by-product of the Bad Function so we suffer when things happen that we label as undesirable. This includes hardships and other undesired events simply because it's those that trigger the Bad Function. When I first conceived this a lot of people questioned how could you feel good when something catastrophic happened? Well we wouldn't feel happy just because something really bad happened but if we identify the fact the feeling used to be a way of fixing the event, we would do something else because the original plan no longer works. That something else would not include knowingly and wantonly torturing yourself with an uncomfortable feeling because of an obsolete program. That negatively contributes to the situation so makes the event even worst. The event may not be under your control but the bad emotion part of it is.

"You're switching off."

When you make yourself more aware of the true origin/intent of bad emotions, you're just acknowledging the original intention. People have equated switching off bad emotions to becoming robots that are bereft of emotion but robots are what we are now: we robotically act on our emotions instead of choosing to act. Bad emotions can prevent you from seeing things as objectively as you otherwise may have because you're directing your energy on a probably subjective desire. Also when you view the bad feelings in a different light, the good feelings seem to vastly improve like the bad ones were significantly holding the good back.

"We should experience the whole emotional spectrum or life would be incomplete."

The bad emotions exist because of their tried and tested successful method to ensure the good. There is no other reason. Like I just said, when the bad ones are used less, the good ones mushroom. Not only that, like my website says, accurate perception of bad emotions could serve as indicator of our true nature and that stance would overrule every other so-called purpose or description of our experience that was previously stated: [human being] is a vague description of us. More accurately we're [chemists] that want to feel the best way we can. At first we learn that dispensing bad chemicals get results but I think the plan was we would look to other chemists to instruct us. However those chemists are also unaware of what's really going on in terms of why they feel bad and the fact they're ultimately responsible for their chemicals and

behaviour. This means they educate and bring up junior chemists mainly based on misinterpretations of one of the most important of our processes.

"Feeling good all the time would be boring."

This has been said to me a couple of times and if I heard it again, I'd ask the person who said it, how do they expect to feel in Heaven? Would they get bored talking with God or spending time with friends/families who passed away or whatever they believe they would do on their version of Heaven. They could feel that way right now because those events at best would trigger chemicals that we potentially already possess.

"There are important things and unimportant things."

We are able to think things are important only because we can feel good or bad about them. The most important thing is existence itself and it's debatable whether that's important in the big scheme of things. Our potential insignificance in the big scheme of things might be illustrated in a snapshot of the galaxy because our solar system would be invisible. If you had a snapshot of our solar system, Earth would be invisible. I have no real reason to believe that anything would be different to these pictures if we were non-existent except for the fact that we would not be here to have an opinion about it. I'm saying that from a stance of believing that there must be life somewhere else in the universe because it's far too big to rationally suppose it's just us. We exist but thinking our actions have universal importance is self-importance gone haywire – unless we devised a way of destroying the universe. If the Source imbued us with that capability then it's likely the Source knew of the potential ramifications.

This inherent self-importance stems from when we were babies and we thought we were the centre of the universe so nothing else mattered. To a certain extent this egocentricity diminishes with age but evidently there are remnants and these influence our perception and viewpoints.

I used to get a bad feeling thinking about the potential of how much better people could be feeling but then realised that it doesn't matter anyway; we're born, we have a series of sensations/experiences and then we die. After that moment passes, it doesn't matter. That moment is definitely going to come so it shouldn't matter now. Some people take a pessimistic stance after this realisation but bearing in mind bad emotions shouldn't exist (including pessimism), I can only conclude that we should be enjoying ourselves as much as we can at all times. We shouldn't be dragged down or distracted by seriousness and importance because those things are misguided.

Some animals are clearly capable of self-awareness and this could lead to a human being-like sense of self-importance. Most humans would agree the achievements of an above average chimpanzee doesn't matter. Things matter to us because of the chemicals we choose to dispense to ourselves in response to them and those choices are arbitrary.

8 steps in summary

There's a link on the website to a set of guidelines on how to put bad emotions into more rational perspective. What follows is a summary of what you've just read incorporating those guidelines:

I feel more empowered now than I thought I ever would. This is after seeing an even clearer picture of bad emotions. They are self-made 'illusions', which are vital for babies' survival. We survived because that part worked well, a little too well so it became ingrained and has so far continued to run far beyond its original scope and has permeated every area of our existence, usually in a negative way but we are now able to identify this, acknowledge the intent and do something different with the energy.

I'm now more able to separate my chemicals from events that trigger them. I'm definitely able to always separate my behaviour from my chemicals. So I may not be always able to stop feelings of fear after seeing a spider but I can always choose to pick up that spider despite the fearful feelings.

I've acknowledged that on a daily basis things are not going to unfold the way I want them to and because of this I am going to dispense to myself bad chemicals. My symbols of contention have been reducing but when I do focus on one and feel bad, I always instantly think of counter concepts, which will replace the 'uncomfortable' chemicals with more comfortable ones. Air-tight counter concepts are the fact that we are lucky to exist in the first place to be able to feel anything and IT doesn't matter. You can see details of the bigger picture with analogies and metaphors and it is becoming the easier to generate them. Now the very worse case scenario is, I will dispense to myself a bad chemical when something bad happens but I can enjoy the sensation because I know the intent and what it means in the bigger picture. The best case scenario is I quickly recognise that the sensation itself actually feels good.

That brings us to the conclusion of this essay.