

Feelings and their Meanings

We co-created the problems and now let us co-create the solutions. Anything that divides us from love needs to be abolished. Anything that separates us from happiness needs to be re-created. Let us use our mistakes as learning experiences, not allowing them to cause permanent damage to our souls and spirit. We need to look at our shortcomings with sharper awareness and softer eyes. In turn, we respond to life's challenges compassionately instead of reacting cruelly.

Unfortunately, we are living in a time whereby we are inundated with negativity through news, books, television, or films. As a result of this stimuli we can end up feeling very negative ourselves. Therefore, we must learn to decipher which negative feelings are detrimental and which are instrumental. Either way, we have a responsibility to transmute this negativity into something positive for ourselves, those involved with us and the world.

Peace of mind must first be adopted within ourselves before we are equipped to handle things outside ourselves. When negative emotions control our lives, we are slaves. When positive emotions control our lives, we are masters. The more we reclaim our authenticity and develop problem solving skills, the more we discover our full potential and power.

We enter and leave this world with only our souls; therefore, we must learn to live THROUGH our souls. What is a soul? Quite simply, it is connected to our heart. It speaks to us through our heartfelt feelings. Hidden in those feelings are our highest truths. Only then do we realize that we are, indeed, the heroes and heroines we have been searching for.

Four Steps to Empowering Emotions

One

Name the Feelings

Naming is identifying exactly what we are feeling.

This takes patience and insight.

Two

Claim the Feelings

Claiming is sourcing if this feeling belongs to someone else or indeed is our own.

This takes purity and intuition.

Three

Tame the Feelings

Taming is knowing why we feel what we feel and coming to an understanding concerning its origin and purpose.

This takes perseverance and intelligence.

Four

Aim the Feelings

Aiming is taking action and doing something constructive and positive about the situation.

This takes power and integrity.

Positive Meanings to Negative Feelings

Defined by the dictionary

Transmute: moving into a higher form

All of our feelings are important and our empowerment is dependent on handling them with grace and ease. Though negative feelings are meant to be transmuted and not held onto, they can be used as temporary measure to guide or teach us something.

As an example, feeling angered can be very destructive yet, on the same token it can be used as a powerful engine that creates change. In truth, most good causes were founded by someone who got angry enough to do something about it.

Feeling exhausted, more often than not, is our body's way of letting us know that we must slow down. We are either going too fast, working too hard, absorbing too much or involved too often.

Feeling imprisoned is our hearts way of letting us know that change is crucial to our well-being. Our soul requires freedom to express itself and will not stay long if feeling too closed in or too closed off. It means it is time to take action.

In this world we live in, it is evident that problems cannot be avoided. Therefore, we need to use them as a vehicle for our strength and courage. Because we are what we feel, we must learn to embrace our entire emotional spectrum. It is the pathway to our mastery and enlightenment.

Every **single** problem births a **multitude** of feelings. Our feelings lead us to our decisions and our decisions direct us to our destiny. Therefore, it is safe to say that learning to handle our feelings masterfully is the most important aspect of our human experience.

Abandoned

negative emotion

Abandoned: *given up, forsaken, deserted, responsibilities not lived up to.*

Abandonment breaks the heart and sears the soul. It is up to each and every one of us to take the steps to put an end to it, whether it be in our own life or in the life of another. The vast majority of our population has been abandoned in some way or another. It could have been by a teacher, a co-worker, a parent, the government, our children or, the worst....ourselves. It is such an everyday occurrence, that sometimes we do not even know it is happening. Be conscious, be concerned and be committed to constructive, caring communication. Indeed, it will be worth it....because it will make life more worthwhile.

Remember

We must transmute our feelings of abandonment, or we will surely abandon another.

Transmute To

Cherished

positive emotion

Cherished: *to care for kindly, to hold dear, to treat with tenderness.*

Cherishing others is a means of enrichment that knows no boundaries. It is living in a constant state of being in love. To be in love is to be enlivened. When we cherish another, we automatically start to cherish ourselves. On the other hand, when we cherish ourselves, we automatically start to cherish others. It creates a weather map in our lives of wellness, wealth and wonder. Our desires then become our realities and our dreams become our daily lives.

Abused *negative emotion*

Abused: *hurt by being treated badly; insulted by coarse language, mistreated.*

Abuse is our planet's biggest problem, where global insanity reigns. World peace will begin if each and every one of us takes responsibility for not abusing another and not allowing ourselves to be abused. People who abuse others, more often than not, have been abused themselves. It is learned behavior. However, abusiveness leaves soul scars, whether one is abused or the abuser. People who have been exposed to abusiveness tend to see the glass as half empty instead of half full. They focus on their pain instead of on their pleasure. It is a wound that needs daily care. Where there is hatred, create honor; where there is cruelty, create kindness; where there is violence, create vigilance; where there is victim hood, create victory.

Remember

If we have been abused, it is no excuse to abuse another. If we abuse another, we are really abusing ourselves.

Transmute To

Nurtured *positive emotion*

Nurtured: *fed, supported, protected, encouraged.*

Nurturing is love put to practical use. Being nurtured or nurturing another, repairs a multitude of wounds, thus creating a world of wellness. It has been and always will be in our nature to nurture and is why we were given a heart. Staying in tune with that part of ourselves orchestrates a melodic rhythm that is music for our souls.

Ambivalent

negative emotion

Ambivalent: *experiencing conflicting feelings; having contradictory and opposing emotions at the same time.*

Ambivalence is the main reason that relationships and businesses fail, children go awry and dreams die. Working with a divided mind almost always gives results that are less than hoped for. Nothing can work without commitment. Most of us want a guarantee first, and then decide if we want to commit, but by that point, it is already too late. If there is anything we want or anyone we want to be with, we need to be committed to making it happen. No matter what the outcome, the gift is ours because we will know that we did everything we could to make it possible. As Margaret Mead once said “Never doubt that a small group of thoughtful, committed citizens can change the whole world – indeed it is the only thing that ever will!”

Remember

To know commitment is to know contentment.

Transmute To

Committed

positive emotion

Committed: *given in trust, to pledge to, to entrust, to devote.*

Definite-ism is stronger than optimism, making life so simple because it eradicates all fear of not having love or success. What yeast is to bread, commitment is to life....we cannot rise without it. Commitment funds a confidence that needs no explanation. We are prepared to win, yet if we cannot, we are brave in the attempt. To be committed is to live each day as if it were our last!

Angry *negative emotion*

Angry: stormy, inflamed, sore.

Anger is the most confusing emotion. Half the population believes they could not survive without it, therefore relying on it and half the population believes they are terrible for having it, therefore denying it. Edgar Cayce said it best, “For those who are not angry are worth little – for those who lose their temper are worth less.” Anger is a reaction, not an action. It is a reaction to fear, helplessness, frustration, or abandonment. Usually, we store anger, instead of addressing it, and then project it onto others. Anger, when utilized properly, can be our greatest motivator and achiever. Righteous anger activates us to want to change something and make a difference. The “reaching the bottom” anger activates us to change ourselves and make ourselves different. We need to study our anger to understand the root of our anger. We need to be certain it is our own and not someone else’s. We will then be able to use it to propel ourselves into a greater state of being and awareness.

Remember

Conquering our anger with love will insure our triumph with no after-sorrow.

Transmute To

Serene *positive emotion*

Serene: peaceful, tranquil, clear, fair.

Serenity is a state of mind that comes from detachment, discernment and devotion. We become gifted in the ways of infusing simple truths into complexities. We are corded to our own divine nature, whereby we do not fall into the confused conditioning of this world. To feel serene is the result of us quelling our inferior emotions and mastering our superior mindfulness. This, in itself, creates a sense of willingness and wellness for ourselves and all those surrounding us. our superior mindfulness. This, in itself, creates a sense of willingness and wellness for ourselves and all those surrounding us.

Arrogant

negative emotion

Arrogant: *filled with unwarranted pride and self importance.*

Arrogance is birthed from low self-esteem. For those of us who know more than others, for those of us who do better than others, for those of us who are more spiritually aware than others, for those of us who have more than others, for those of us who are more athletically inclined than others....know this! It is our responsibility to take others by the hand and show them the way with love, compassion and humility. It is our responsibility to give thanks every day for gifts that we have that others do not.

One who embraces humbleness is rarely humiliated. It is that simple.

Remember:

People who are humble know that an apology is a great way of having the last word!

Transmute To

Humble

positive emotion

Humble: *respectful, without false pride, unassuming.*

To be humble is to be honorable. It is the sign that nothing has to happen outside of ourselves for us to feel worthy and wonderful. Humbleness is a recognition that our abilities come from a power much greater than ourselves. This leads to a knowingness of who we are, what we want and where we want to be in our life. We have nothing to prove to anyone, except ourselves, masters of our own fate. Being humble creates a harmonic convergence of sensitivity, safety and serenity.

Ashamed

negative emotion

Ashamed: *humiliated, embarrassed, sense of inadequacy or inferiority.*

Shame disconnects us from our divine potential. It is the poison that has been passed down from generation to generation. Battles were won on shaming others. If we are ever to see peace on earth, we must eliminate actions that cause this emotion. The only way this can occur is to be in charge of our own behavior. No matter how upset we are, let us not do anything to shame ourselves. We need to be our own best friend and own best partner. We must never be led into a state of selfishness or meanness, for in the end, we will be riddled with shame. Following genuineness and grace will be the refinement of our reasoning and the impeccable alignment of our actions.

Remember

We must not sell ourselves *short*. Instead let us hold ourselves responsible for a *taller* standard than anyone expects of us.

Transmute To

Proud

positive emotion

Proud: *highly honorable or creditable, satisfied self-esteem*

There is a fine line between proud and prideful. Prideful is being haughty and arrogant. Proud comes from making decisions that are self-respecting. They generate an energy of honor and reverence. We can never go wrong if we live life in the truest sense of the word proud:

Purity-Reverence-Openheartedness-Understanding-Discipline.

Betrayed

negative emotion

Betrayed: *deceived, to break faith with, to be seduced and then deserted.*

Ever since the beginning of time, betrayal is what has befallen most of the world's important leaders. Unbeknownst to ourselves, we can walk into this energy at any time and find ourselves being betrayed or betraying another. Either way, it is excruciating to the heart. It diminishes all in whom it takes possession. We must return to honor and honesty. We need to become people of our word and subsequently hold others accountable for theirs. It has been noted that betrayal after trust is deadly to the soul. Creating heartfelt, truthful communication wherever we can becomes our life line. Forgiveness should not be far behind – it is the period at the end of the sentencing.

Remember

Because we come in alone and go out alone, betrayal to ourselves is the worst betrayal of all.

Transmute To

Loyal

positive emotion

Loyal: *faithful to one's allegiance, oaths and obligations.*

Loyalty is what all good relationships must be built upon. Love without loyalty is like a garden without water. Nothing beautiful can really grow from it. Loyalty is the fundamental foundation of all that is fruitful. It creates a space between people, whereby our souls do not become tested but instead become rested. Serenity will come with loyalty, as loyalty will come with serenity.

Bitter

negative emotion

Bitter: *harsh, severe, piercing.*

There is not one person in this world who cannot find something to be bitter about. In the word bitter is the word bite. People who are bitter usually have a “biting tongue” or “bite the hand that feeds them”. Biting is a cutting way of fighting! It would be to the betterment of our life’s journey to realize that no one else can em-bitter us. We must make a commitment to our own sweet nature. It is our insurance policy for our happiness. Changing our authentic nature pierces our innocence and vitality. It hardens our heart and stings our soul.

Remember

Bitterness taxes us, whereas sweetness relaxes us.

Transmute To

Sweet

positive emotion

Sweet: *pleasing, agreeable in disposition*

Hummingbirds are known as the happiness birds. They live and thrive on sweet syrup. There is a belief that if a hummingbird is unhappy, it dies. The same goes for our souls. Therefore, we have a responsibility to our own personal path. Sweetness is our soul singing. Whenever we are sweet to someone, more often than not, light is not far behind. Whenever someone is sweet to us, more often than not, love is not far behind.

Confused

negative emotion

Confused: *mixed up, bewildered, jumbled.*

Confusion defeats our empowerment. It leaves us paralyzed and helpless. We live in a world with so many options and opinions. We have forgotten how to keep things simple. When an event happens, we have dozens of television stations giving us thousands of versions of what REALLY happened. What is the truth? These times call for us to listen to our inner knowing and infinite intelligence. We need to quiet and center ourselves. We will then hear the whisperings of our wings and wisdom. We are all endowed with a clarity of truth that is just momentarily lost and waiting to be found.

Remember

Victory is lost through confusion and vacillation and won through clarity and certainty.

Transmute To

Clear

positive emotion

Clear: *free from cloudiness, easily seen, sharply defined, easily understood, free from obstructions*

When we are clear about something, we are at peace. When we use our ears to hear what is really being said and our eyes to see what is beneath the surface, then there will be no illusions or delusions. Peace of mind comes from presence of mind. It is a commitment to our higher knowing. Crystal clear clarity is our authenticity, knowing where we have been, where we are presently and where we are going. It is the pathway to our priorities and our purpose.

Controlling *negative emotion*

Controlling: *to curb, to restrain, to regulate.*

The people who usually want to control are those who feel the most out of control. There is much time spent on people trying to change each other, when, in fact, we need only want to change ourselves. When we realize that nothing outside of ourselves can give us peace, it is then that we become at peace. We become unattached and find solace in our own life's journey. We develop an understanding that we are all different, which becomes an open forum for newness within ourselves.

Remember

To control does not leave much room for the soul to reach its predestined goal.

Transmute To

Allowing *positive emotion*

Allowing: *to permit, to acknowledge, to concede, to make provisions.*

People who do not concern themselves with loss or gain are people who do not need to be concerned. They are free to be authentically themselves and allow others be themselves. They have a wisdom of acceptance that goes beyond worldly attachments. They know that our path is not to see through one another but to see one another through. To be allowing is to be enlightened.

Corrupt

negative emotion

Corrupt: *contaminated, deteriorated, morally unsound.*

Unfortunately, corruption is flowing through the mainstream of our society. It stems from being attached to getting something for ourselves at all costs, no matter what the consequences are for another. It is linked to the demands of our times and is the result of deviating from one's spiritual origin. When one uses the mind in wrong relationship to the truth, certain destructive processes set in and thus corruption begins. It is a time when truth and sincerity are pivotal. Do not be fooled; the virtue of one individual is a secret measure by which a whole nation can improve.

Remember

Sometimes just one PURE interruption can stop a multitude of corruption.

Transmute To

Pure

positive emotion

Pure: *clear, spotless, untainted, free from moral defilement.*

Purity is the surety of good things to come. It is the perseverance of all that is integral and impeccable. To behave purely is to be genuine and guileless, a victory for our own virtue. We cannot integrate spirit into our lives without purity. It is a path that cannot be left for an instant. There is a beautiful four step program: Rectify – Don't Deny – Purify – Then Fly!

Cowardly *negative emotion*

Cowardly: *lack of courage, shamefully fearful, shrinks from trouble.*

Cowardice is the barrier between ourselves and our dreams. It is birthed from low self-esteem and small mindedness. Courage, on the other hand, is the thunder of our beings, arousing and awakening us. The French word “Coeur” means heart. Become a lion heart, a brave heart, being enthralled when encountering the unknown. If at first we don't succeed, we must try and try again. There is no judgment on those who try and fail; only those who fail to try. As long as we keep searching, the answer always comes. Genius does not spring from conformity. It is the product of courageous minds, who dare to act out their most creative dreams, regardless of what others think.

Remember

If one does not have fear, one cannot have courage.

Transmute To

Courageous *positive emotion*

Courageous: *the quality of mind that enables a person to face difficulties in a brave fashion.*

Dreams cannot be fulfilled without the courage of our convictions. They are a statement of our commitment to ourselves. When we forfeit potential that is waiting to be discovered, we forfeit our predestined future. Courage is when the quality of our mind meets our challenges with calmness and firmness. It is our ability to be daring, dashing and doubtless.

Deceptive

negative emotion

Deceptive: *the act of fabrication, fraud, lying, trickery, untruth.*

Deceit always involves an injury. It is a pretense of what is not. Where there is a secret, there is no solace. The heart is always impeded by dishonesty. Deceptiveness usually comes from attachment. It comes from a lack of trust that, if we tell the truth, we will not get what we want. If we weren't so attached to it, we would never feel the need to lie about it. Be guided by correct principles; infuse the simple into the complex. Have the faith that whatever is meant to be, will be. The only success that matters is the success that is built on the foundation of us expressing true-ly who we are.

Remember

The most important and pertinent thing in a relationship is the microscopic truth.

Transmute To

Honest

positive emotion

Honest: *honorable in principles, intentions and actions, sincere, frank.*

Truth is something we must find and honest is something we must be. The saying, "honest to goodness" truth rings true at so many levels. Honesty is the statement of our self-respect, which becomes an expression of our Holiness. Words of truth move us into our higher intelligence. They create an aura of trust and honor within ourselves, our family, our community and our world.

Defeated

negative emotion

Defeated: *baffled, beaten, conquered, destroyed, ruined.*

We must never let what we cannot do interfere with what we can do. Statistics show that a great percentage of successful business people have gone through one to three bankruptcies before getting it right. Becoming something new is the success of failure. Defeat may be the truth at the time; however, we had something to learn, to experience, to explore. Never let feeling defeated become a permanent state or become less from it. The difference between defeat and triumph is strictly a point of view. We have the option to see it as a birth of something new that is coming instead of something finished and old. Keep the light switch on; do not turn the electricity off.

Remember

When the going gets tough, the tough get going.

Transmute To

Triumphant

positive emotion

Triumphant: *victory, success.*

Triumph is giving “umph” to trying. It is a victory over the forces of ego. Be an example of perseverance because good examples have twice the value of good advice. Using our creativity to its utmost potential, not being attached to what others think is triumphant. Winning is the ability to feel like a victor no matter what the outcome. It comes with a peace of mind, knowing we did the best we could; we gave it all we had.

True triumph is in the trying – not the winning.

Depressed

negative emotion

Depressed: *sad, dejected, lowered in position, kept down.*

Depression is usually a reaction to something else, such as, suppressed anger, hurt or defeat. It is our inability to express our hidden feelings. Keeping something to ourselves is a result of needing to be right or heard. Being truthful and not being attached to what others think is an amazing freedom. The road to the best of it is paved with going through the worst of it. It is so miraculous to feel what the heart desires with no thought of opinion of others. When we stay focused on our own involvement, we experience an exalted excitement that will not be denied.

Remember

Depression is the suppression of our unique expression.

Transmute To

Excited

positive emotion

Excited: *awakened, stimulated, delighted.*

Excitement is an invitation to all that is inspiring. It creates a portal of positivity, power and promise. Excitement comes from doing what we love and loving what we do. It is our birthright to be happy and joyous. When we fully embrace feeling excited, we are refusing to just exist. We act with undue hesitation and exemplify the extraordinary.

Disappointed

negative emotion

Disappointed: *expectations not fulfilled, sense of failure.*

The moment we open ourselves to expectation, we automatically open ourselves to disappointment. Yet, if we do not expect good things for ourselves, we will never have good things for ourselves. Based on the present conditioning of the human race, it is certain that we will experience times of feeling disappointed. Since we cannot eliminate disappointment, we must learn how to deal with it. We need to have a sense of independence, coming from a place of knowing that no matter what, we will manifest what we long for. It is a belief that from every disappointment there is always a new appointment.

Remember

To avoid disappointment use the 4 D's....

Detachment, Discernment, Discipline, and Devotion

Transmute To

Delighted

positive emotion

Delighted: *joy, rapture, great pleasure.*

Feeling delighted is the awakening of our divine spark. It is a flaming spiritual force, not to be dampened by anyone or anything. We develop a confidence and conviction. We know that no matter how dark the situation, the light is not far behind and will always prevail. There is a season, there is a reason, so delight in the journey of the unknown until the time is shown.

Doubting

negative emotion

Doubting: *uncertain, undecided, vague, dubious, irresolute.*

When one is doubtful, misfortune is assured. It creates a lack of conviction and implies a negative evidence. Sometimes, we just have to get out of our own way for a successful path to be cleared. When certainty is bonded to action, we stand in our power. We must be ready at any moment to sacrifice what we are for what we can become. There is no greater achievement than conquering one's doubts. It is living as if we expect our prayers to be answered.

Remember
Doubt diminishes dreams.

Transmute To

Trusting

positive emotion

Trusting: *reliance on integrity, confident expectation, hope.*

Whatever the mind can conceive, it can achieve, as long as one believes it so. To think otherwise is false and foolhardy. When we free ourselves from doubt, our lives become divinely quickened because we stop being questioned. Faith comes with trust as trust comes with faith. Trust is a belief without evidence. It comes from an inner knowing that nothing can work with a divided mind.

Egotistical *negative emotion*

Egotistical: *giving the “I” unique supremacy, self-conceit, self-indulgence, disconnected from Source.*

Our ego mind creates illusions, constantly **Edging God Out**. We become enslaved by our own opinions, losing our connection to our spiritual center. The need to be “right” will always leave us wrong. Ego is never a way back to honor. When we search for something outside ourselves in order to feel whole, it is our ego. When we search for something inside ourselves to feel whole, it is our Holiness. We then lose our minds and find our hearts.

Remember

To be ego-free....

be humble, not arrogant; be embracing, not attacking; be compassionate, not judging;
be allowing, not controlling; be flexible, not rigid.

Transmute To

Spiritual *positive emotion*

Spiritual: *sacred, masterful, soulful.*

The spiritual life is not a theory, it must be lived. A spiritual person often appears as a fool to the eyes of the world, because their ways and rules are very different from the world at large. There is a sense of oneness with the universal laws, whereby the journey is about self- awareness, self- knowledge and self-correction. It is an awareness that the destiny of heaven on earth begins and ends with our own personal behavior.

Exhausted

negative emotion

Exhausted: *tired, worn out, depleted essential ingredients, spent, drained of resources.*

Exhaustion comes from giving too much of our energy away. Unfortunately, in this world, we have an imbalance of takers over givers. Feeling exhausted is the end result of becoming depleted from taking on situations beyond our capacity. Ultimately, this is an oversight of many over-achievers and people-pleasers. Follow the “S” instruction – look for signs, watch for signals, make time for silence and do something sacred.

Remember

The extreme of anything will take the steam out of everything. Equalize to stabilize.

Transmute To

Energetic

positive emotion

Energetic: *source of usable power, vim, vigor, vitality.*

Everything that happens is based on our energy. It creates our mind’s effectiveness, our spirit’s electricity and our body’s endurance. Our energy is our source; therefore, it needs to be guarded, guided and grounded. It is the protection of our soul’s happiness and our human giftedness. The power of our light energy field can change the entire world situation, because 1 positive thought transmutes 1,000 negative thoughts.

Fearful

negative emotion

Fearful: *afraid, apprehensive, feeling threatened, uneasy.*

Life is unpredictable and we are all vulnerable to unexpected events. On the one hand, fear can be a lack of faith and on the other hand, it can be a wisdom. Within the word fear is the word ear. We must listen to our inner knowing and intuition. Do not deny feeling afraid but do not dwell on it either. A day of fright can be far more exhausting than a week of work. To every problem there is a solution, just as to every prayer there is an answer. See fear as a challenge rather than an obstacle. Let it motivate us rather than paralyze us. In turn, we become the protector and master of our own domain.

Remember

To quote Winston Churchill, "There is no greater fear than fear itself."

Transmute To

Safe

positive emotion

Safe: *secure, dependable, trustworthy, having faith.*

When we come to the edge of all the safety we know
And are about to step into the vast unknown,
Faith is knowing one of two things will happen;
There will be something solid to stand on
Or....we will learn to fly!
-Author unknown

Frustrated

negative emotion

Frustrated: *kept from achieving something, thwarted, blocked.*

Being disconnected from our destiny can leave us feeling extremely frustrated. So often we allow ourselves to be taken off our paths. We relinquish our divine birthright, our agreement we made with ourselves. If we are not in tune with our own reason for being in this world, it is as if a piece of our life's puzzle is missing. The road to our fate is always under construction but we must not deviate from our path.

Remember

The 4 P's to our purpose - Plan, Prepare, Proceed and Pursue.

Transmute To

Fulfilled

positive emotion

Fulfilled: *bring to realization, to satisfy, to bring to fruition.*

We all have genius and when it is released, we fulfill our destiny. Destiny is fate foreordained....so let us remember what we are here for. It is not getting what we want that brings fulfillment, it is knowing what we want. Each soul has a job to do, yet each soul must find that job. When our life meets our purpose, it creates an unparalleled feeling, full of enthusiasm and filled with excitement.

Greedy

negative emotion

Greedy: *eager to obtain, grasping, insatiable, selfish.*

Today people know the price of everything and more often than not the value of nothing. Greediness is caused by neediness and the neediness of the world is caused by the greediness of the world. We love things and use people, instead of using things and loving people. It is time for us to hold ourselves accountable for the solution. We need to become map makers of a greater awareness, committed to the empowerment and betterment of all. We need to bridge the gap between rich and poor, strong and weak, healthy and sick, educated and non-educated. By doing so, we will coat the Universe with a vibration of miraculous recovery.

Remember

Money will buy a bed but not sleep; a house but not a home; a book but not brains; medicine but not health; amusement but not happiness. It will buy a passport to everywhere, but heaven.

Transmute To

Sharing

positive emotion

Sharing: *to divide, to distribute, to participate jointly.*

Sharing is the solution that can solve all the planet's problems. It creates a karmic ripening, a contribution to the wellness of the world. To share is to make things fair, to make things fair is to care. There is nothing more satisfying than when we are called to the place where our deep gladness and the world's hunger meet. Balancing the scales of injustice bring rewards that are beyond description.

Grieving

negative emotion

Grieving: *mourning, regretting, sadness, sorrow.*

Grief is the most agonizing emotion of all. Yet, surprisingly, from it stems new beginnings. Most people are afraid to change because they are afraid to grieve. Mourning unrealized becomes the death of happiness. Grief is the ocean that pulls us under, throws us about and spits us out on a new beach....three feet taller. It is the constant reawakening that things are now different. Without grieving, we cannot heal the past, without grieving, we cannot feel the future. It is the representation of our breakdown and our breakthrough. The tears of grief cleanse our soul, making us ready for better ideas to come.

Remember

The relief of grief is turning over a new leaf.

Transmute To

Joyful

positive emotion

Joyful: *great delight, elation, happiness, pleasure.*

It is our birthright to be joyous and happy. Joy creates a portal of great things happening beyond our wildest imagination. It is the unbridled expression of loving life. To know abundance is to know joy. It is the majestic essence of our beings, a joyous decisiveness of our spirit. To understand the real feeling of joy is to understand the real feeling of freedom.

Guilty

negative emotion

Guilty: *having violated a law; having done wrong.*

Guilt is the annihilator of potential. There is always a “dark” force present, trying to seduce us into doing something that we will feel guilty about. Guilt is the switch that puts out our light. Our creativity gets crushed. However, we are the only ones responsible for this atrocity. No one can make us feel guilty if we have nothing to feel guilty about. If our intentions are coming from a place of purity, our life is protected, no matter what the outcome.

Remember

Guilt is the cement that keeps us stuck in a foundation shame.

Transmute To

Guiltless

positive emotion

Guiltless: *innocent, pure, devoid of guilt.*

Seven attributes that create a guilt-free life:

Heart
Honesty
Humility
Humbleness
High-mindedness
Hard work
and of course....Humor!

Hateful

negative emotion

Hateful: *intense aversion, animosity, malignity, detesting.*

Whatever we put out, we will get back. So we must be careful about the feeling of hate because it surely will be returned to us. Don't denounce it, but don't announce it. This negative passion can certainly spur us on to making a difference. After all, there are many detestable things happening in this world, such as child abuse, animal abuse, planet abuse and government abuse. The holiest place is where a hatred becomes a love. Our hatred of something can become the catalyst for us creating something wonderfully loving.

Remember

Let's have our hate become the bait to change someone else's or our own horrible fate.

Transmute To

Loving

positive emotion

Loving: *fondness, heartfelt regard, to delight in, to take pleasure in.*

Love is the yearning or outgoing of the soul towards something that is regarded as wonderful and wondrous. In its full sense, it denotes something deeply spiritual. Love is everything and without it we are nothing. One single act of love bears the imprint of heaven on earth. Stay loyal to love; it leaves an indelible mark of mastery on our life's record. Quite simply....be loving – be loved.

Helpless

negative emotion

Helpless: *feeling incompetent, incapable, feeble, ineffective, powerless.*

Helplessness many times is at the root of anger, frustration and grief. It is our inability to connect with our power. It is as if there is a room divider between ourselves and our potential. As children, the feeling of helplessness is painful and frustrating. Unfortunately, we take these emotions into our adulthood. Our soul needs to be re-aligned and our power needs to be re-ignited. It is a potent journey, based on intelligence, intuition and integrity. People who gain victory over external difficulties are strong; but people who gain victory over their own internal difficulties are all powerful.

Remember

The less we help – the more help-less we feel.

Transmute To

Powerful

positive emotion

Powerful: *possessing great force, strong, efficient, having great energy.*

The power of love is the power of life. Most people judge power in relationship to something outside themselves, but truly, it is a force that is within themselves. It is a passion that comes from the yearning of the soul. It is detached, defined, definite and divine.

Hopeless

negative emotion

Hopeless: *despairing, despondent, desperate, sense of futility.*

Hopelessness is the “what’s the use....nothing will work anyway and no one really loves me” syndrome. All of us have felt this at one time or another. It is a feeling that causes agony to the heart and trauma to the soul. More often than not, this is the root feeling that causes feelings of suicide. A person who is feeling not capable of loving; or a business whose time has not come; or even a government that overlooks its people can cause a sense of hopelessness. We must not allow others to invade our sense of wellness. The key is to not give up, instead....look up!

Remember

As Oliver Holmes said, “What lies behind us and what lies before us are tiny matters compared to what lies within us.”

Transmute To

Hopeful

positive emotion

Hopeful: *to trust, to feel excited, to anticipate, to be filled with promise.*

Hope is the source of real innocence. It is a statement of childlike excitement, not letting any doubt of this world interfere. Life is just a journey and traveling hopefully is even better than arriving. The ability of the mind to make substance out of ideas is called hope. Alexandra Bell made thousands of attempts before he created the telephone. Being ready to do everything we were told could not be done is birthed from our heartfelt hope.

Humiliated

negative emotion

Humiliated: *pride offended, self-respect lowered, dignity degraded, integrity challenged.*

Nothing is worse than feeling humiliated. It steamrolls the heart and crushes the soul. It is sad indeed that many people empower themselves by humiliating others. It is doubtful if there is one person who has escaped this horror. However, we are called upon to examine how we humiliate ourselves. We cannot control the events in our lives, but we can control how we react to them. We must temper our tempers. Let us be careful in our words for they can be the determinant of our lives.

Remember

As Eleanor Roosevelt said, “no one can make you feel inferior without your consent”.

Transmute To

Honored

positive emotion

Honored: *respectability, credibility, good, honest, moral.*

Believe in honor and life will be honorable. Believe in respect and life will be respectable. To be respected and honored is more important to our soul than being loved. It is the stepping stone to all that is worthwhile. Let us reach above to help ourselves and reach below to help another. There will be some ahead of us and some behind us, however all that really matters is what lies within us. To be honorable is to follow the 4 T's – truthful, trust worthy, timely and tender.

Impatient

negative emotion

Impatient: *annoyance because of delay, restless eagerness, opposition, intolerance, pettiness.*

Only when we move at the pace of the Universe, will life flow effortlessly. There are three keys to the door of Heaven – practice, perseverance and patience. Practice is the easiest, perseverance the most demanding and patience the most difficult. Impatience is the hunger for the end result. This attitude yields inaccurate information and therefore leads to misfortune. When we come to understand that we are but one small piece of a very large puzzle, we then realize that everything has its own timing.

Remember

Patience is a willingness to accept whatever the future holds, without trying to change Great Spirit's plan.

Transmute To

Patient

positive emotion

Patient: *tolerant, tender, tranquil, ability to await events without agitation.*

Patience is the soul's quietude. It is a virtue that expresses flexibility and sustainability. Being unaffected by delays gives way to the summoning of miracles. It allows the universal plan to unfold as intended, without needing proof of such. Patience is an ACTIVE forcedenotinguncomplainingsteadiness. This, in itself, facilitates an awareness of the unannounced. Being patient is the proclamation of our professionalism.

Insensitive *negative emotion*

Insensitive: *deprived of sensitivity, devoid of compassion, irritating to the senses of others.*

In our harsh reality, we become desensitized in order to survive. However, this is the root of all violence. It is only when we realize how much something hurts us that we are unwilling to hurt another. If we cannot learn from the problem, we become the problem. We need to wake up our senses to come to our senses. Without sensitivity, we are condemned to the unconsciousness that wounds. In hurting another, we inevitably harm ourselves.

Remember

Always be kinder than necessary....it is the pathway to our peace.

Transmute To

Sensitive *positive emotion*

Sensitive: *wise, sensible, caring, empathetic.*

Being sensitive is an openness to clear communication. To hear the whispered voice of another's heart and understand their unspoken words are the talents of very few. Love blossoms when we are sensitive to another person's need. It seals the relationship in honesty and humility. Through our sensitivity we become more perceptive, more aware and undeniably more sensible.

Isolated

negative emotion

Isolated: *detached, separated, set apart from, alone.*

It seems as if we are all in this together....separated. Each one of us has our own mission, purpose and destiny and yet if we do not join and intermingle, we will never find it. We must constantly search for ways to unite with our fellow man. One can go alone, but one cannot grow alone. Relationships are our greatest teachers. People are brought to us not to change us but to give us an opportunity to change. They are our education that takes us to a better understanding of whom we are and why we are here.

Remember

To isolate is to not relate; to not relate seals a lonely fate!

Transmute To

Connected

positive emotion

Connected: *to join together, to associate, to unite.*

To feel a connectedness is to feel a consciousness. It facilitates the awakening of our heart and the arousing of our intellect. Connecting is contributing to the sanctity of our species. It is a statement of aliveness not aloneness, cooperation not competition and divinity not division. It expands our capacity to be enlightened and enlivened.

Achievement without connection is meaningless.

Jealousy

negative emotion

Jealousy: *envious, resentful, suspicious, apprehensive of being replaced, 'gee lousy'.*

It is a common scarcity belief that there is not enough for everyone. Therefore, it leaves us with a sense of guardianship over what we want to be ours. It leaves us watchful, maybe even a little paranoid. Before we know it, we are no longer happy for others. Even worse, before we know it, we are no longer happy for ourselves. In truth, there is enough of everything....for everybody. The most rewarding aspects of life can be seen and felt when we loyally support the goals of others. By fostering altruistic motives, we bring honor and respect to our own life. Faith is a fabulous remedy for jealousy.

Remember

There are as many paths to enrichment, as there are beings in the Universe.

Transmute To

Embracing

positive emotion

Embracing: *to include, to avail oneself, to encompass, to hold.*

Our higher knowledge and intelligence is stimulated from our ability to embrace all walks of life. When we examine, when we are open, when we expand our awareness, we are in fact embracing all life's lessons and offerings. We then become one with the limitless opportunities that are sent from the great Universe.

Judging *negative emotion*

Judging: *to form an opinion, to be critical of, to cheapen.*

It is wise to judge situations but it is wicked to judge people. When we judge others, we do not love others. Likewise, when we judge ourselves, we do not love ourselves. The truth is we all came here just to have a better understanding of ourselves and others. Judging critically comes from assuming something and is founded through ignorance. Understanding comes from studying something and is founded through intelligence. Beliefs without knowledge must be revised.

Remember

Use better judgment – don't judge!

Transmute To

Understanding *positive emotion*

Understanding: *to know the meaning of, to comprehend, to perceive, to solve.*

Understanding comes from an enlightened understanding of differences. Without it, we cannot heal the past for ourselves or others. Understanding is developed from our ability to talk in a way so others can listen and listen in a way so others can talk. It is the knowledge that listening requires more than just being quiet. It is an intention to learn more in order to love better.

Lonely

negative emotion

Lonely: *deserted, secluded, friendless.*

There is a difference between alone and lonely. On the one hand, we should always be striving for our uniqueness and our ability to stand alone. On the other hand, we cannot find our uniqueness and independence without the teachings from another. Through relationship, we learn about interdependence. It is not a co-dependence whereby, we feel we need the other person in order to survive. A healthy relationship is one, whereby we know we can achieve more together than we can alone. It is built on the mutual recognition of virtue and a mutual acceptance of differences.

Remember

Succeeding alone means we have survived; succeeding with others means we have truly lived.

Transmute To

Loved

positive emotion

Loved: *deep tenderness, devotion, delight in.*

Feeling loved can override all heavy feelings. The smallest act of love is more than every other work put together. Without love there is an emptiness that knows no solace. With love there is a fulfillment that knows no sorrow. There is no greater human experience than to experience love. It is and always has been the only reason we are here.

Pessimistic *negative emotion*

Pessimistic: *expecting the worst, a belief that evil outweighs good, to expect misfortune.*

Life is what we expect it to be. Our thoughts are our best friends or our worst enemies. It is the darkness verses the light. Working with a pessimistic mind always gives results that are less than hoped for. However, we can be benefitted by using external difficulties as tools for our own advancement. Problems and difficulties are just eye openers. They teach us to break the illusions that we created to appease our own attachments.

Remember

When we free ourselves from pessimism, we free ourselves from darkness.

Transmute To

Optimistic *positive emotion*

Optimistic: *looking on the bright side, belief in the positive, the doctrine that everything is for the best.*

Optimism leads to our power that is funded from the universal realm. It creates an opening that transforms the abused into the beautiful and a difficulty into a divinity. When we feel optimistic, our hearts flutter, our souls sing and our life takes flight. We grab a greater vision, manifest a larger mission and find a peace within ourselves that cannot be explained....because it is too extraordinary.

Rejected

negative emotion

Rejected: *not believed, cast off, passed over, discarded.*

Rejection feels like a knife wound to the heart. It leaves us feeling unwanted, disrespected, dishonored and unloved. However, we do have the choice to change our views. When we are not at the whim of what others think, we develop within ourselves a knowingness of our own self-respect and self-worth. There is so much competition on this earth plane. Competing is extremely challenging because there always has to be a loser, someone is always rejected. Cooperation, on the other hand, creates a winning space for all, because the many work for the one idea, cause or goal.

Remember

Rejection can sometimes be an intervention from the Divine, because unbeknownst to us, we were on the wrong path.

Transmute To

Accepted

positive emotion

Accepted: *agreed upon, acknowledged, endorsed, recognized, believed.*

All of us want to feel accepted. It is the acknowledgement of our being, a validity of our value. However, needing this from others can also leave us vulnerable to heartache. Though it is true that being accepted is better than being rejected, when inspected.... it can be detected that it merely reflected, we were gloriously protected!

Resentful

negative emotion

Resentful: *showing displeasure, showing indignation, feeling offended or abused.*

Resentment hardens the heart. It births a selfishness and self-indulgence, which becomes the death of our happiness and joy. Resenting something or someone is a poison that must be cleaned out. We have a responsibility to ourselves not to be a carrier of this disease. To clean is to clear, therefore, the only way to heal resentment is through forgiveness. We then create an energy of “rising above” and “going beyond”. We come to believe that problems arise in our lives because we need their lessons.

Remember

As resentment is an earlier hell, forgiveness is an earlier heaven.

Transmute To

Forgiving

positive emotion

Forgiving: *merciful, charitable, compassionate, pardoning.*

Forgiveness is the manna of life. It unlocks all doors to the subconscious and awakens us to our limitless potential. The most generous gift we can give to ourselves is our ability to forgive. It softens all hardness, whether that be in ourselves or another. The more we forgive, the safer we are. The happiest relationships are the union of two forgivers. When we forgive, we forego all heaviness so we are totally free to fly.

Sad *negative emotion*

Sad: *sorrowful, depressed in spirit, gloomy, unhappy, mournful.*

Sadness not recognized is a doorway to depression. Anger, more times than not, is a reaction to unresolved sadness. However, sadness is an emotion that must not be repressed. We all have good reasons to feel sad. We are constantly being bombarded with stories that are completely heartbreaking and heart wrenching. Our sadness is our statement of things we want to be different and of things that are not acceptable. Actually, feeling sad is a sign of wholeness and strength. It is what instigates change.

Sadness unleashed is the opening for compassion, consciousness and charity.

Remember

A smile gladdens the heart – a frown saddens the heart.

Transmute To

Happy *positive emotion*

Happy: *contented, delighted, blessed, filled with bliss, comforted, joyful.*

Most smiles start with another smile. To feel happy is to feel heaven. The highest form of mastery is sense of humor. It is the oil that lubricates all friction. Our souls love laughter and it serves as the jumper cable for our hearts. Joy is not found in the absence of difficulties but in our willingness to conquer them. True happiness is founded in right action and right action is founded in holiness.

Selfish

negative emotion

Selfish: *caring for one's own interest only, self-indulgent, self-involved, narcissistic.*

To be selfish is to be sinful. It is what has created our world of “haves” and “have nots”. With the incredible amount of abundance on this earth plane, there is no reasonable excuse for hunger of any sort. Blessings must be shared, not owned. To give unselfishly is to coat the world with a vibration of victory. The truly generous realize that we ensure our divine destiny by what we give, not by what we get.

Remember

Being selfish creates a sea of sorrow, where there is no solace.

Transmute To

Generous

positive emotion

Generous: *bountiful, chivalrous, free, magnanimous, noble.*

Giving is its own reward. It is the acknowledgement of our enlightenment. It is love put into action. In the life of the generous, funding is always available. Childlike behavior is put away and chivalry is awakened. Every time we care, we extinguish indifference. Generosity produces a wave of wellness, whereby our goodness is focused on the good for all.

Stressed

negative emotion

Stressed: *pressured, stretched to the limit, tense, strained.*

No matter what the object, when stretched too far - it breaks. As humans, we are no different. The way we manifest and express our energy determines the quality of our life. We are all unique, so we need to create the pace for ourselves that is in alignment with our own rhythm. We need to set our own timing. Life is filled with difficulty and disappointment. We cannot avoid this disturbance but we do not have to avail it either. Cultivating our own correctness is a crucial step to our own contentment.

Remember

When we stress, we second guess, we make a mess and then we end up with less.

Transmute To

Calm

positive emotion

Calm: *free from disturbance, serene, at peace, stillness.*

We must stay calm to reach our center, where our mindfulness lies. In this world we live in, trouble is bound to come, so cultivating our calmness is extremely important. Calmness comes from a sense of knowing that all will work out; it is just a matter of time. It stems from an awareness that there is, indeed, a universal plan and we are but one small part of it. Calmness creates a sense of simplicity to all complexities.

Stubborn

negative emotion

Stubborn: *inflexible, unreasonable, obstinate, not easily handled.*

We cannot learn anything when we are stubborn. It is cement for our creativity and nothing can grow from concrete. We are here in this world for self-development and self-cultivation. Stubbornness retards that process. Do not confuse stubbornness, which is a self-righteous, from firmness, which is self-respect. When we are stubborn, we have the need to be right; when we are firm, we affirm a greater knowledge or higher wisdom.

Remember

Stubbornness is a sign of weakness imitating strength.

Transmute To

Willing

positive emotion

Willing: *strong determination, practical enthusiasm, direct effort.*

To be willing is an openness that embraces the experiences of life's journey. It is an intelligence that comes from intuition and inspiration. Willingness is an invitation to our unlimited potential, leaving the controls to the unfolding of things to come. Wishes become realities through willpower not wish power. Willing to become something new is the path of the spiritual warrior.

Unconscious

negative emotion

Unconscious: *to be unaware, to not be mindful, not cognizant.*

To be unconscious is to be half alive. We dull our senses. We lose our sensitivity and our common sense. We “zone out” and do not even notice what is happening around us. It is imperative that we awaken ourselves to our consciousness. It is connected to our master within. There is an urgency for us to wake up and become part of a higher intelligence. Corruption, abuse, cheating, starvation, dishonesty and, even death come from unconsciousness. Consciousness was created by the universal plan to stimulate concern and caring.

Remember

To be unconscious is similar to lack of conscience.

Transmute To

Conscious

positive emotion

Conscious: *to be aware, to be knowledgeable, to be intellectually involved.*

Consciousness is an energy that is connected to our internal wisdom and our external awareness. It is a statement of our enlightenment. To be conscious is to be in touch with our circumstances and their origin. It is a forceful energy that can remedy any situation. Through being conscious, we bring clarity to confusion and peace to problems. We bring order to chaos and wrongs become righted. We manifest the answer we were seeking because we awaken our senses and sensibility.

Undisciplined

negative emotion

Undisciplined: *to be untrained, disobedient, unruly.*

Being undisciplined creates an atmosphere of chaos that prevents positive results from manifesting. It is a fast track to nowhere. Do not underestimate the power of discipline. Lack of it is the number one reason why we fail at things. We did not have the wherewithal to stay the course, ride the wave or keep the belief. Discipline is the vital force that activates transformation. Through it, we take the risk, we do what is right and we reap the rewards.

Remember

Being undisciplined creates a feeling of being undeserving.

Transmute To

Disciplined

positive emotion

Disciplined: *trained, educated, obedient, honoring.*

The most worthwhile intentions are worthless without discipline. Discipline is the commitment to all that is worthy. It paves the way for us to reach our predestined goals and dreams. It is a course of evaluation, education and elevation. It is a willingness to take rebuke, self-correct and become enthralled with what we have become.

Ungrateful

negative emotion

Ungrateful: *not showing thanks, not showing gratitude, denying blessings.*

Feeling ungrateful leaves us feeling empty and sorrow filled. It is the denial of what is good in our lives. It is a betrayal to our happiness. All sadness and regret are washed whiter than snow when we are in a grateful frame of mind. When we focus on what we do not have instead of what we do have, we leave out all that heaven was trying to gift us with. Worse yet, when we feel ungrateful, we forget to honor another and even more disturbing....we forget to honor ourselves.

Remember

Let us forget what we have given and remember what we have received.

Transmute To

Grateful

positive emotion

Grateful: *thankful, delightful, agreeable, pleased.*

When we feel grateful, we feel great! It is the unveiling of self-centered ego and simultaneously helps us make the most of ourselves. It is the emotion that sheds all that is impure. We begin to see obstacles as opportunities, grateful for the lessons. Gratitude is the victory of defeat. This, in itself, becomes a sealing of our good fortune, securing a grand future.

Violent

negative emotion

Violent: *raging, furious, rough, vehemently forceful.*

The act of violence never has an excuse. The only way to stop the violence in the world is to stop the violence in ourselves. We must become conscious of our words. For example, “oh I could kill you” or “I could murder you” or “kill two birds with one stone” are all said innocently, yet they create a wave of very dark energy. We have the power to transmute all this darkness into the light...it is just a matter of becoming more conscious. We can be the difference between what was and what is to come.

Remember

Violence tears up heaven's rewards by its roots.

Transmute To

Peaceful

positive emotion

Peaceful: *free from disturbance, tranquil, serene, calm, spiritually content.*

Those who love peace must learn to work as effectively as those who love war. We can give somebody a “peace” of our mind, without ever losing our mind. Fight rage with righteousness, meanness with meaning and anger with awareness. Then life becomes a “peace” of cake, deliciously stimulating and ever so rewarding. Always believe that world peace is indeed the only conclusion.

Worried

negative emotion

Worried: *uneasy, troubled, anxious.*

Worry costs a lot and accomplishes nothing. Worrying takes a toll on our spirit. It disconnects us from what is well and wonderful. There is an answer to every problem. If we center ourselves and call upon our higher wisdom, the solution will inevitably reveal itself. The only time we need be worried is if we created something in our lives that was not prudent, honest, or safe. Our impeccability and integrity are our best protection against worry because they guide us to our wellness.

Remember

Worry is the weapon between ourselves and our wonder.

Transmute To

Enthusiastic

positive emotion

Enthusiastic: *exalted, eager, excited, divine will.*

Enthusiasm is the fire that gives power to any endeavor. Enthusiastic is derived from the Greek word “enthú”, which means “in God”. When we are enthusiastic, we are in a state of oneness with the Universe and its limitless potential. We are released from all entrapments. We have activated our divine spark, our uniqueness, our individuality, our purpose, our reason for being. We are IN LOVE!