



The Energetics of Emotion By Suzy Miller

The emotional body plays a precarious role in our human experience. If we were to look at this energy linearly (although energy is not linear in nature), we would find that the emotional body is wedged, to a lesser or greater degree, between the frequency of the mental body and that of the sensory experience.


In most people, the emotional body has long been separated from the mental body, and in

this separation, most have lost their ability to feel their way through life. Instead, people have depended heavily on mental processing to “figure things out.”

The emotional and mental bodies are meant to be one body. The subtle sensory experience was meant to feed information directly into a blended emotional/mental body so that subtle information could be vibrationally experienced as awareness right into the body. Did you hear that? Subtle information was meant to pass right through a blended emotional/mental body as information to be experienced *in* the body as *knowing*. In our original state, our body’s consciousness and our expanded consciousness had clear pathways of communication.

Thus, the body responded by feeling good when things were in alignment with the soul and not so good when experiences were out of alignment. However, as humanity began to depend more on mental processing, we negated how we felt, which resulted in the body losing its ability to register the awareness of the soul.

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In the current collective, the emotional body is in a constant battle between the subtle realms of sensory information and the mental body's linear-type processing. This push and pull have made it almost impossible to merge the mental and emotional body back into a complete alignment without some conscious focus. Many of the children mirror this experience by having emotional breakdowns every time they are asked to participate in a mental task, especially if that mental task does not seem to add anything to their human experience.

Up until this point, the collective emotional body (mine and yours included) has been in a conscious and/or unconscious state of reaction and defense. The information coming from the subtle realms through the emotional body was constantly distorted, based on the trauma of its "precarious position," and hence, the mental body built a strong distrust of the emotional body's information. This still resides within the collective (and within us) as an unconscious distrust of our intuition. It also manifests in our inner and outer landscapes as distrust in our ability to hear from the place within us that knows what serves us and to act upon that information.

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