

## **Responding vs. Reacting to Your Feelings**

Feelings are not something that one can control, they simply are what they are. As human beings, we simply 'have' feelings about all sorts of things – good and bad, and they are normally not “chosen”. Also, feelings should never be denied, because in truth they can't be, they simply are. And, it is not helpful to say that we shouldn't have them, because in truth they simply are what they are. However, it isn't our feelings that are a problem, it is our reaction to them that creates the problems.

A fundamental principle (or premise) that I teach is:

*“You are not a physical body & mind (ego) with a Spirit, but in fact a Spiritual Essence (Spirit) that simply happens to be occupying your current physical body, working in this physical world, and creating a personality (ego).”*

Similarly, you are NOT your feelings, however when you 'react to' your feelings you are acting from your personality (your ego mind). It (the issue) becomes all about you and how your ego or ego mind was assaulted or insulted. Your reactions are not WHO you are, they are simply reflective of HOW you are (your ego mind is) choosing to act (or react) to the “assault or insult” by another individual or life itself.

When you consciously 'choose to respond to' rather than 'react to' your feelings, you are choosing to come from your Spiritual Essence mind (your heart center or Intuitive mind center) and choosing to create a response that states how you are feeling, which honors that or those feelings, but does not allow the ego mind to create a defensive reaction to what was said or done.

A Spiritual Essence response (a response from WHO we are) attempts to look at what was said or done from a non-defensive perspective. A perspective that asks, “Is what was said or done true or appropriate?” and “What can I learn from what was said or done?” Our Spiritual Essence “sees” the offense, or slight, as an opportunity to learn something, as well as an opportunity to create a response (a statement, or attitude) that provides a Win-Win solution for everyone involved. That however, is not an easy thing to do, because it requires that we set our ego or ego mind needs aside and listen with our Intuitive mind and look for a positive outcome, not one that makes us right and the other person or persons or life wrong or bad.

So the next time you feel offended, or are otherwise made to feel wrong or bad, look at it (the persons or the situation) as an opportunity to learn

something more about yourself or the other person, other people, or situation and call upon the Divine within and ask, “Help me listen to what I need to hear, and help me come up with a response that accurately reflects my feelings, yet creates a coming together outcome – one in which you and I or you and the other person feel acknowledged, and heard. You don’t have to agree, you just have to create an environment where Win-Win become the natural outcome.

May the Love and light of the Christ be with you as you grow in ways that are in alignment with your Soul’s purpose.

Many blessings,

***Rev. Lowell K. Smith***