

Why do we trap negative feelings? Why can't we just let it go?

The simple and flippant answer is...because we are human. Being human means that when something goes wrong for us, especially due to someone else, we think about it, talk about it and for long periods of time obsess about it. Hence we keep refuelling and reliving the negative energy. The body does not know the difference between a thought and reality and hence the body still thinks you are in that situation, over and over again. Another simple reason they become trapped is generally, we didn't know how to deal with them in the first place. As we are multi-dimensional energy beings, any disruption or imbalance to our flow creates a ripple effect. The consequence is that any stuck emotions then negatively affect us longer than they should.

During our early life we start collecting information that determines our programming. Genetic, social and cultural aspects will contribute to this programming. Over the years these pictures and programs we collect will govern the way we use our energy. We hold the information in our subtle energy systems and it determines how the energy moves through our body. The pictures or programs will remain there until such time as we start to realise that we create our experiences with the beliefs we hold...be they positive or negative depending on the meaning we attach to them.

When we experience some negative emotion or event in our life, we often make a decision or form a belief at both the conscious and unconscious levels. For example, a young child experiencing emotional abuse may decide it is best to shut-down emotionally in order to avoid certain feelings. One effect of this decision is the creation of a separate entity in its own dimension. We can feed so much energy into a limiting emotion or belief that the crystal structure grows to eventually become a life form of its own, and it will resist any attempt to remove it. How long it has been trapped in your energy fields, and how much energy you feed it, will determine how much it interferes with your existence. In the case of the child, the simple decision to shut-down emotionally is likely to cause more than a few relationship problems. Compounding this is the creation of a separate entity on the unconscious level which will inhibit the child in adulthood from releasing any emotions and healing. This is but one example of an infinite combination of possibilities. If we know how to look for the energy keys, we can unlock those limiting decisions and beliefs, and release any self-created entities.

Of course not every challenge in our life has a negative affect on us. We do allow much to flow through us with little consideration. It all depends on the meaning we give any event or experience. While the same experience will affect one person, it may not affect you depending on the meaning you ascribe to it; that's the Universal Law of Relativity. At some level, you chose to experience a three dimensional life on planet Earth. Before you were born your Spirit chose to draw to it certain circumstances to create experiences in this life. Experiences designed for you to know who you truly are, and also to bring back into balance any negative patterns from past lives. That's another factor we tend to ignore or not accept.

Not only can we recognise negative patterns in ourselves, we sometimes see them in the lives of our parents. These are genetic patterns locked into our DNA or cellular memory that have been carried over from our own lives plus the lives of our ancestors. Sometimes they are obvious and sometimes not. Although negative emotions and patterns are initiated in this life, their creation is often found back in another time. I think we have all said it at some point in our lives, "I don't want to be like my Mother or Father or whoever." The catch is you chose your parents and as hard as you might try to be different, some past patterns will remain until they have been fully accepted and released. It's almost as if it's your job in this life to bring to an end certain negative patterns for the benefit of your entire genetic hereditary line, both up and down. We call this morphogenetic resonance. This type of release is very common today with the changing Earth energies as negative cycles must be brought to an end for the good of all.

In summary, the reason we trap and experience the consequences of negative emotions is because they are tools in understanding life. They are necessary in creating the experiences we choose to draw to us. They are indicators to imbalances on multiple levels that need restoring. Until we recognise that we are the creator of our own experiences, the creator of our own world, we will be at the mercy of their effect. At Red Spirit Energy Healing, we recognise you as a multi-dimensional being and what you create you can also release. What you experience, you can learn from. It all depends on the the meaning you ascribe to it. It's always your choice.