

OBSERVING EMOTIONS WITH TWO CENTRES

“Now once you begin to feel negative emotions are mechanical . . . and *mentally see* they tell lies, then you are using two centres consciously and that makes something very powerful that can resist the great power of mechanicalness. It is these quiet emotions and insights and perceptions of truth that have the greatest healing power and help us against the tyranny of the machine.” V. 3, p. 1013

THE TRANSFORMATION OF A NEGATIVE STATE

“Sly Man. . . notices distinctly that he lies, for example. He observes it over a period and does not seek to disguise it to himself, to justify himself. He notices it, sees it, acknowledges it, accepts it, and so swallows this particular pill. Then he must digest it. It tastes bitter in the mouth. But once digested it becomes sweet. . . .It seems paradoxical to say that if you will accept what you disapprove of you reach a higher level. People imagine that by increasing their sense of self-merit and virtue, they get higher. On the contrary, they descend. This is worth thinking about.” V. 3, p. 1000

HELPLESSNESS TRANSFORMED INTO PEACE

“G once said: ‘One emotion can only be conquered by another emotion.’ . . . The feeling of helplessness and the feeling of nothingness that come from the realization that one is a machine have nothing to do with negative emotions. At the back of negative emotions lie anger, violence, suspicion, bitterness, internal accounts, and so on. But behind the emotion arising from the realization of mechanicalness lies peace. And it is this emotion that can overcome negative emotions.” V. 3, p. 1013

EMOTIONAL CENTER’S LANGUAGE

“What language does the Emotional Centre use? It uses the language of visual imagery. The Emotional Centre does not know any intellectual words or theories, but it understands visual images. For instance, if you are in danger and feel nervous, and you meet a man who is visibly quiet, it helps the horse—that is, the Emotional

Centre. The calm man is a visual image and this affects the horse and calms him." V. 2, p. 465

OVERCOMING THE PAST

"The overcoming of the past is one great line of personal work on yourself. Most people have such a great register of unhappy moments which they have nourished so much. . . . The whole of the past must be cancelled eventually. In other words, you must have nothing against anyone." V. 3, p. 811

OVERCOMING THE PAST II

"It is quite useless to forgive: you have to cancel. And this is always done by finding the same thing in yourself, and you will always find it if you are sincere. . . . You must remember here that you may not have said something unpleasant externally yourself but you have thought something and consented to it." V. 3, p. 812

REAL POSITIVE EMOTIONS

"If you, all alone, in this solitary place, in yourself, full of the integrity of your most Real I, have decided, made a decision, not to identify or feed a particular negative emotion . . . you will taste positive emotion for a brief moment—something blessed—that is, filled with such bliss that *nothing* of human love-hate emotions can be compared with it. . . . Such emotions . . . never change into their opposites but visit us and then withdraw." V. 4, pp. 1238-9