

Emotional Guidance – Misaligned Thoughts

Abraham-Hicks statement –

"If you're feeling negative emotion, it means you're telling yourself a lie"

This statement suggests that negative emotions are indicators of misaligned thoughts or beliefs. The core premise behind this statement is that your emotions act as guidance systems, signaling whether your thoughts and beliefs are in alignment with your true desires and well-being. Your natural state is one of joy, love, and alignment with your inner being. When you experience negative emotions such as fear, anger, or sadness, it indicates that you are thinking or believing something that is not in harmony with your true nature.

In this context, the idea of "telling yourself a lie" means that your negative emotions are a result of holding onto thoughts or beliefs that are not in alignment with your authentic self or the broader perspective of your higher consciousness. It implies that you might be engaging in negative self-talk, holding limiting beliefs, or focusing on things that do not serve your highest good.

Abraham-Hicks encourages you to pay attention to your emotions as guidance and to use them as an opportunity to identify and question the thoughts and beliefs that are causing the negative emotional response. By shifting your thoughts and beliefs towards more positive and empowering perspectives, you can align yourself with the truth of who you are and experience greater joy and well-being.

Simplified Explanation:

When you feel negative emotions like fear, anger, or sadness, it means there's something you're thinking or believing that isn't true or helpful. Negative emotions are like signals that tell you when your thoughts or beliefs are not aligned with your true self or what you really want.

Imagine your natural state is one of joy and love. When you feel negative emotions, it's like a sign that you're telling yourself a lie or holding onto thoughts that limit you. It's like your inner guidance system letting you know that you're not on the right track.

To change this, pay attention to your emotions and question the thoughts and beliefs causing them. Replace negative thoughts with positive ones and focus on things that make you feel good. Practice being kind to yourself and take actions that align with your desires.

Remember, it takes time and practice, but as you become aware of your thoughts, shift them, and take positive steps, you'll experience more joy and fulfillment in your life. Trust in the process and be patient with yourself along the way.

Some Tips to Focus on Positive Emotions:

1. Awareness of your emotions: Developing self-awareness and paying attention to your emotions is crucial. Notice when you experience negative emotions and use them as cues to examine your thoughts and beliefs.
2. Questioning your thoughts and beliefs: When you identify a negative emotion, inquire about the underlying thoughts and beliefs that may be causing it. Ask yourself if these thoughts and beliefs are true or if they serve your well-being. Challenge any limiting beliefs and seek more empowering perspectives.
3. Shifting your focus: Instead of dwelling on negative thoughts, make a conscious effort to shift your focus towards positive aspects of your life. Practice gratitude and appreciation for the things that are going well. Redirecting your attention can help you move away from negative emotions.
4. Affirmations and positive self-talk: Use affirmations and positive self-talk to counteract negative thoughts and beliefs. Repeat positive statements that align with your desires and well-being. Affirmations can help reprogram your subconscious mind and support a more positive mindset.
5. Taking inspired action: Once you have identified limiting beliefs and shifted your thoughts, take inspired action towards aligning with your

desires. This may involve setting goals, making changes in your behavior, or pursuing activities that bring you joy and fulfillment.

Some Tips to Help You Shift Out of the Negative Emotions:

1. Embrace self-compassion: When you experience negative emotions, be gentle with yourself. Avoid self-judgment or criticism. Instead, practice self-compassion by acknowledging that negative emotions are a normal part of the human experience. Treat yourself with kindness and understanding as you navigate through these emotions.
2. Emotional release techniques: Sometimes, negative emotions can become overwhelming or stagnant. Explore different techniques to release and process these emotions. This can include journaling, meditation, deep breathing exercises, physical movement, or getting out in nature.
3. Seek supportive resources: Surround yourself with positive and uplifting resources. This can include reading books, listening to podcasts, or attending workshops that focus on personal growth, self-love, and empowerment. Engaging with like-minded individuals and communities can also provide valuable support and inspiration.
4. Practice mindfulness: Cultivate a practice of mindfulness, which involves being fully present and non-judgmentally aware of your thoughts, emotions, and sensations in the present moment. Mindfulness can help you observe your emotions without being overly attached to them, allowing you to respond to them in a more conscious and balanced manner.

5. Trust the process: Remember that personal growth and aligning with your true desires is a journey. It takes time and patience. Trust in your own ability to navigate through challenging emotions and experiences. Have faith that as you continue to align your thoughts and beliefs with your authentic self, you will gradually experience more joy, fulfillment, and well-being.