

# GO WASTING YOUR EMOTIONS OR SEEK THE BALANCED CENTER (CT003)

◀ Clear Takes ✧ 📺 Video ▶ 🎵 Audio ▶

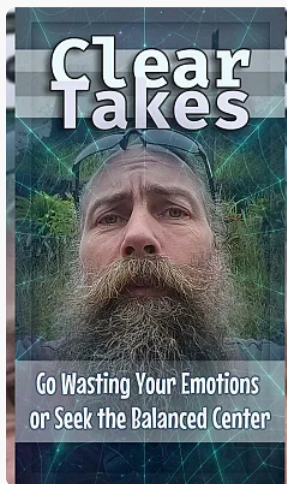
LINK 🔗 PDF 📄 YT 📺 MP4 📄 OGG 📄

**Words:** 667 ✧ **Length:** 03:34 min

✧ **Created:** 2026-01-20 ✧ **Updated:** 2026-01-28

Emotions are a powerful force in our lives. When this potency becomes our sole truth and director – and worse, when it stems not from reality – we are driven off balance as a whole, we leap into tunnels dictated by our feelings.

Unhinged feelings destabilize your inner world. You become vulnerable to manipulation – triggered in favor of slanted agendas. When emotions are tethered to our center, they serve to nourish and transform our lives. Keep them real.



#ClearTakes

#EmotionalBalance

#GroundedFeelings

#SelfAwareness

#SocialManipulation

#LifeOrientation

#FindYourCenter

**Emotional states shouldn't be the primary guide** and reference into our orientation and decisions in life. Now, no one's saying that you should suppress your emotions, pretend that they do not exist. All I'm saying is, they need to be seen and taken in their context.

You see, when you're in the middle of an emotional reaction, there's a certain push and a drive in a particular direction there. You are, by definition, off-center, out of balance. There's a certain potency, force, momentum there, and that's good – but is it called for at this time?

Are your emotions even rooted in the actuality of what is, or is it simply stemming from your interpretation? When emotions arise from our conditioning, even traumas, and begin to dominate our direction in life, we are veering off the road of reality.

When your feelings and emotional reactivity become the judge and director in your life, not only are you driving without a well-rounded compass unto yourself, you also make life very difficult for others. When everyone needs to tiptoe around, watch their words when you're present to not trigger negative emotions in you, because you are ever so convinced that truth has been validated, because you feel very strongly about it.

Beyond that, resigning your life's orientation to the mercy of your emotions makes you extremely easy to manipulate. Why do you think political agendas are delivered in emotionally loaded packages? We could also just lay out all the facts on the table, look at the big picture, evaluate for the validity of a particular proposal. But you see, it may not be a proposal at all designed for collective benefit, it's a loaded, targeted agenda in your favor.

In doing that, we conveniently short-circuit the due cognitive process of evaluation. Fast-tracking your biased agendas is trivial when the masses need but be triggered to vote based on their emotions. When but on minority engages grounded, well-rounded reason in evaluating a best direction for all of us, and when the


majority simply responds on how they feel... Then there you have your majority in a democratic society, and there is our downfall.

It's not that we shouldn't all have a say in things that impact all of us. All I'm saying is that the leadership in themselves need to stop manipulating the emotions of the masses, engage in transparent operation. And for all of us, let us be aware, if we elect leaders based on our feelings, the chances are very real, you have simply been emotionally manipulated in a particular direction. Be aware of that. Self-awareness.

As noted, looking at your emotions in their broader context. Where do they stem from – from your needs, your wants, your fears? Then pausing to reflect, are these needs, wants, fears, hopes, desires in the big picture best for all? Or are we driving in a particular slanted direction?

There can only ever be fairness and justice for all when we are in balance. Right there in the middle of all things. Not east or west, left or right, up or down, blue or red. In the greenland zone of our awareness. Not all over the spectrum in polarized extremes.

Then the take-away. The momentum rising in your emotions, recognize its origins, recognize its purpose, and make it count. Don't go wasting your emotions. Lay all your love and anger and the rest of your emotions to where they belong.

 <https://ananda.icu/talks/clear-takes/ct003-go-wasting-your-emotions-or-seek-the-balanced-center>