

COULD WE FEEL PURE EMOTIONS • PRISTINE REFLECTIONS OF LIFE (OW003)


◀ Oh How I Wish ⇨  Video ▶  Audio ▶

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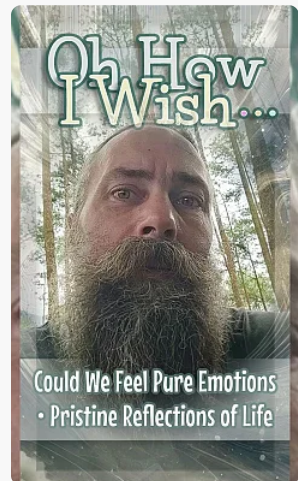
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When the mirror of your heart is clear, it fills with pure emotions. Pristine reflections of reality. When your heart is enmeshed in the illusions of your mind, the emotions you churn are troublesome and disconnected from "what is".

Untethered emotions drive us into realms of chaos. With this misplaced momentum, we create what should not be – and we destroy what should remain. Emotions have a



purpose – born of the soil of our evolution – but they should be real.

#OhHowIWish

#PureEmotions

#MirrorOfHeart

#ReflectingReality

#ObjectiveFeelings

#AuthenticExperience

Oh how I wish we could all feel pure emotions. Raw reflections from the fabric of life. Instead of diving headlong into tunnels crafted in the clouds, immersed and driven by our illusions. When our feelings are ungrounded – rooted in ideas, not in reality, we fall into imbalance, into excess and deficit.

This potential drives us to create things that should not be and to destroy things that should remain. Even when the voice of reason clearly indicates otherwise, untethered emotions drive us into lands of chaos. Interpersonal conflict, wars between peoples, and even our own inner world in turmoil.

Pushed and pulled by our shadows and distorted reflections, we are led astray from the shared fabric of life. Then, as these distorted, ungrounded emotions become sculpted into your identity, as they become the

glue that pulls our communities together, how lost we all are.


If only we could snap out of that deceptive momentum just for a moment of self-awareness – lucid, grounded – how much better off would we all be? Pure and raw emotion, born from reflections of reality as it is, is pristine, exists on a plane of objectivity. Where we can all witness for ourselves – yes, from there that potential was born, and in there is its purpose.

For emotions were not born without reason, they are a product of our evolution. To lead us to safety, to keep us bonded together. To lead us to contentment, to stimulate our ever unfolding discoveries. That and more is what emotions are for, but when we craft emotions in our minds, they all remain disconnected.

Then please, look into your heart. Evaluate your emotions, discover their origins, and discover their purpose. Investigate in sincerity. What I feel, is it born of truth or lies. Emotions nesting in self-deception are harmful for you, and they are complicated for all of us.

How many the wonders that could unfold for all of us, if only some of us stopped stomping the ground, resisting

because they don't feel right about it, when their feelings are rooted in their lies. Then into self-awareness, my friends. Keeping your emotions real.

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