

EMOTION COMMOTION

Emotion is the playground of life.
Joy sorrow happiness celebration
Grief sadness anger . . .
They're all yours to play in.

You may call them "mine," but they aren't.
They don't belong to you.
You don't own them.
. . . you just play around in them
And get to *FEEL*.

The Divine Being, that you *truly* are,
Simply observes the emotional parade
Marching through Its vehicle
And absorbs another experience.

Now, Baby Love, rise up above yourself
And take a Divine point-of-view
About the emotions that the "not you" conjures to play in,
The good ones *and* the not-so-good ones.

Consider how dull life would be without them.
Or maybe peaceful? Maybe downright boring?

But I'm here to tell you Sweetie Pie,
That Illumination is *not* a double-edged sword.

You and you become only You,
Having good feelings about *everything*.

Because You'll experience, with no doubt,
That Your vehicle is a temporary playground
And You choose all the merry-go-round's you ride.

It's all on purpose, Baby Love.

