

ROADMAP TO FEELING BETTER



SUSAN SUEHR

ROADMAP TO FEELING BETTER



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Hi,

Welcome to my roadmap to feeling better.

This roadmap can dramatically change your life in just weeks.

The best way to use this roadmap is to just read along and take your time to reflect about what you read and what you believe or not.

We spend much of our time trying to feel better. Most of what we do does not last. This roadmap I built has techniques that last.

I am going to be offering ideas that may be way out there for you. I encourage you to have an open mind and just consider that they may be true.

Susan Suehr

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Why Emotions Are Important

Emotions are important because they have two functions:

- They are indicators for us to use to discover our thoughts, beliefs, and attitudes in the current moment. Mindfulness.
- They are the engine behind manifesting our reality. The stronger you feel about something, the faster it manifests.

Many of us avoid feeling our emotions because we believe that feeling them will instill pain, fear or both. So we avoid feeling, so that we can avoid feeling any pain or fear. It is understandable why we tend to avoid them. For some of us the pain and fear in life has been way too much.

When we avoid emotions, we are denying them. When we deny something exists, in spite of what may be presented to us, we are still attached to what we deny. Avoiding pain or fear is a form of denial that we are still attached to that pain and fear. That unresolved attachment creates a life of recurring pain and fear.

If you stick with me here, I will show you a path, a roadmap, to gently navigate your emotions in order to start eliminating pain and fear from your life. You will also learn how to start mastering the wonderful power of manifestation, the same and more of what you have been doing all your life already.

I will show you how to learn to use your emotions to uncover higher truths about yourself and be able to use your emotions as the engine to manifest your heart's desires. You will become the creator of wonderful miracles in your life.

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You will begin to notice that you will feel much better each and every day, so that you will eventually create a life aligned to your natural emotional state that provides you with more happiness.

What is the Emotional Scale

The emotional scale is a list of human emotions that was developed by a renowned psychiatrist which contain the range in feelings starting at the best and in descending order. The idea is when feeling poorly, to move up the scale to feeling better. Most people are most comfortable somewhere in the middle, so don't feel like you have to rise to the very top. The higher emotional scale feelings do put you in a place to more quickly make changes in your life. Taking time to point in the direction of feeling better makes for an easier life, but being at the top is not required. Some have a misguided notion that they need to be at the top to manifest what they want. You just need to be pointed towards the top.

Many of us have used different methods to feel better. We have learned to use self pity, blame or the arrogance of believing we are better than others. These are temporary and do not serve us to feel better and sustain it. If you want to sustain feeling better, using other means will serve you better. This roadmap of pointing upward on the emotional scale provides that means.

Additionally, many have been told how important it is, to use the Law of Attraction properly by having thoughts high up on the emotional scale. There isn't much written that offers a more pragmatic way to help us navigate up that scale so that our success is significantly increased. Moving up the scale can be quite challenging as well, particularly if you are experiencing feelings at the lower levels.

I have created a guide with some additional concepts to help you point to the right direction that allows you to climb that scale to enable or accelerate change that you have chosen to make. It involves uncovering the falsehoods and discovering truths that move you out of the ego based mind and into what I call the Divine mind.

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My first discovery of an emotional scale came from reading various self help books during the 1980's. It was suggested that one move oneself up the scale to feeling better one step at a time. It wasn't easy for me; there were emotions that I just could not lift. It wasn't until I discovered this man's work that I was able to successfully navigate myself upward. A renowned psychiatrist, Dr. David Hawkins, in 1995 came up with what he called an "Emotional Scale". It contains a list of emotions and gives values to those emotions.

Here is the key difference that helped me lift my emotions upward. He discovered that our ability to learn and grow comes from being able to turn falsehoods into truths. The higher up on the scale you are, the closer you are to discovering and knowing your truth. The lower you are on the scale, the more difficult it is to discover and know your truth.

So give yourself a gentle hug if you are feeling emotions lower on the scale. It is a challenge. The roadmap in this eBook will help you be able to move up that scale more elegantly than you ever imagined.

Dr. Hawkins also discovered that when he was able to move out of an ego based mind to allowing his mind to be with what he termed "Presence," he would experience complete bliss. It was his desire to help people eliminate pain and suffering in their life. He developed what he called "The Map of Consciousness." He advocated using the scale to lift your emotions upward, one step at a time, so it would be easier to uncover your falsehoods and discover your truths.

Many in the metaphysical community have provided their version of an emotional scale. We find ourselves at different places on that scale, depending on the events that occur in our life. Lots of people believe that they need to be at the top of the scale or they will not have a good life. That is not true. The higher you are on the emotional scale just allows you to more quickly manifest what you want to change

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because positive energy is more powerful than negative energy. That is a very good thing as well, because it takes longer for our negative motivations to manifest. It would be a nightmare if all our negative thoughts manifested instantly. So if you have any fears because you had a negative thought, don't be alarmed.

I have studied many scales developed by others and consolidated them into this roadmap. You may not always agree with where I placed each emotion on the scale, mostly because words have different meaning to each of us based upon our own unique experiences. Please just treat them and their placement as a guide. There are examples to show how we can elevate our emotions by uncovering the falsehoods and discovering the higher truths of our self. They are the basis of this roadmap to feeling better. It is more important to focus on what falsehoods you may be telling yourself with the emotions and higher truths to start telling yourself to point in an upward direction with your emotions.

Some Concepts for Consideration

Why we are here, some provocative thoughts:

Let us start with why we are here experiencing this physical reality. What is important to understand is that we are spiritual beings, experiencing the physical. Try thinking of your physical reality as if you are in a dream, like going into a movie theater and watching a holographic 3-D movie that you are in. People who deeply believe in this say that our reality does not exist and we are not really here at all. I know that may be a stretch for some, just allow yourself to keep an open mind. You are better served if at a minimum, you consider yourself a spiritual being.

We are unique spiritual energy beings who chose to experience a physical duality reality that we direct and create with our energy of being, while we are here. We set it up that way so we could participate in this grand experiment with the Divine. The duality was set up to allow us to see opposites so we could make better choices of our desires.

Some in the metaphysical community tend to imply that we are lesser beings because of all the dark energy and thoughts that exists in our world. I ask that you may consider that the darkness exists on our world because we were meant to transform darkness into light. Consider for a moment that we are all masters of creating light out of dark.

If that is true, then our purpose could be to expand our consciousness by transforming dark energy into light energy with our choices of who we choose to be. In that way, the Divine (Source energy, the Universe, All That Is) would be able to know and expand itself more through us and our experiences.

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Why some seem born into a good life & some not:

Imagine this. Before we were born, we agreed on a general construct of the things we wanted to learn in order to change dark to light. The idea was that we would learn what we wanted to for turning the darkness into light. We chose the families we would be born into for us to help each other learn what we chose to. Then it would have been meant to be a learning experience for all. When we made those choices, we also knew there was a possibility it may turn out differently. It wasn't guaranteed for everyone to succeed and that could be why it doesn't work out the way we thought it would.

We were given strengths, powers, and talents for us to uniquely succeed, no matter what the outcome from others actions. That is the beauty of this whole experience. We would also be given the help to succeed; all we had to do was ask. In order to see the help given, it makes sense that we look to the light. After all we cannot see in the dark. That is why it is so challenging when we feel negative emotions. It is so tempting to just see the dark, when experiencing negativity in our life.

One major falsehood that exists with those who are more successful and those who are not is who they believe they are. Those who have a difficult time may believe they are darker or less than beings. Those who have an easier life may believe they are lighter or "more than" other beings. The whole idea of changing dark to light was to remember the light being that we are, and not believe that we are trapped in darkness.

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Why it appears that some who hurt others are succeeding:

This is an appearance only. We set it up so that we would not create all our negative thoughts immediately. The physical world contains time, which is used to allow a more buffered experience, so we are able to learn more deeply about creating light out of dark. Someone who believes they are light, yet is hurting others, may appear to succeed. But this is only short lived and they are not experiencing an easy life. They are still responsible for the actions they take. It is just a matter of time. They are here to create light out of dark as well. Each of us has a higher self, the part of us that knows completely who we are and are connected to the Divine. For all of us, our higher self will support us to succeed as long as we are able to see their guidance. Anyone who thinks they need to hurt others to succeed, is not coming from a point of truth. Their higher self will eventually step in and make sure they work towards higher truths.

Why trying to behave differently is a life of struggle:

Have you ever thought that maybe all the hard work you do to change and become a better person isn't natural? We were all taught that we had to change how we acted so we could be socially acceptable. Think about all the productive books that advocated changing what we did, so we would improve ourselves. Have you noticed that very few discuss about how you feel and what those feelings would reveal about you?

If we go back to the work of Dr. Hawkins, you find that real change happens when people are able to elevate their consciousness to states above the point of blaming of others and taking on responsibility for one's own actions, feelings, and beliefs. You cannot do that by just changing behaviors. Actions need to be supported with a strong feeling of being a person who is implementing those actions. You must be able to feel your emotions and resolve them by discovering truths about

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yourself. That is a more natural course and eliminates the struggle we experience in trying to break old habits.

I would suggest that it is in the gestalts revealed when being fully present in our emotions that our truths can be revealed to us. My roadmap uses a technique of pointing us in the direction upward. We accomplish this by changing our perspective of darker thoughts to lighter thoughts which will reveal higher truths about ourselves. If you consider for a moment that darker thoughts contain falsehoods and lighter thoughts contain higher truths, your perspective could change by focusing on the thoughts of higher truths. This is more natural and does not involve struggle or hardship. It is much easier to believe you are a person who is better than you were before rather than believe you are someone all the way up on the top of the emotional scale.

I would also suggest that people who hurt themselves and others, have low opinions of who they are. If they could follow their true nature, which is lighter, they would naturally behave in a positive manner.

How to create light out of dark:

We create our reality using **3** steps.

Step **1**, we experience the light or darkness of life and a lighter desire is born.

Step **2**, we choose who we want to be based on that lighter desire and resonate strong emotions on being one who has the confidence, esteem and trust of meeting that lighter desire.

Step **3**, we take excited actions to implement that lighter desire.

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If you want to change your reality experience, choose to be a new you. Learn from your experience by knowing what you desire. Choose who you want to be, a lighter expanded being. Then feel strong emotions of who you choose to be and take action on those emotions.

The challenge is resonating as one who has the confidence, esteem and trust of being a person who already has that desire. What gets in the way of having that confidence, esteem and trust, are the falsehoods that we believe about our self. When you are feeling negative about yourself, you are looking to the darker side of you and believing in falsehoods. You can direct your thoughts to lighter ones by exposing those falsehoods and looking for higher truths.

Many of us have been hurt so much in life. Hurts rob us of confidence, esteem and trust. To feel better, many use self pity or look to others to feed our esteem in order to fill in the gaps. We all have done this from time to time. Understand that self pity and outside esteem never work because they don't come from trusting and being your real self. So be gentle on yourself. We can do that by building confidence, esteem, and trust again by developing self confidence, self esteem, and self trust.

How we build self confidence, self esteem and self trust:

The operative word here is self. Our real self has self confidence, self esteem and self trust. When it comes from you, no one can take it away from you. You can only find it when you are looking toward the light. You only have to believe deep inside that you are a light being. If you think otherwise, know that it is a falsehood and tell yourself that. This is a grand truth: we are light beings. That is our true nature. Those who behave in ways that hurt others fundamentally feel they cannot achieve their desires without hurting others. They lack self esteem, self confidence and self trust in being able to create their desires out of sheer desire.

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The only confidence and trust they have is in their ability to hurt others, not creating out of inspiration and desire.

One very important truth to know is that no matter what we have done or experienced, we can be whoever we want to be in any new moment. We have the choice in each moment to be different, either lighter or darker. We solidify that with our emotions about how we deeply feel about ourselves. For example, those who act out darkness have made a clear choice to be dark, regardless of any light persona they wear to convince themselves otherwise.

If we continue to feel we are dark, we will experience a dark reality until we raise our consciousness to the truth of who we truly are. We can choose to change our position on the emotional scale in any moment. That is how powerful we really are. We do that by changing the falsehoods we tell our self about who we are. We can change those stories to truer beliefs about our real nature. All we have to do is tell our self higher truths than before.

What is going on when we believe we are a light being and have a darker experience:

Another grand truth about us is that we are light beings who will always grow and change. Our higher self is involved and will intervene if necessary to help us grow and change. Remember our higher self is a part of us and is more conscious. They will make choices to keep us growing and changing. We will have life experiences to facilitate that. Life happens. What is important is to grow and change from life experiences by understanding our lighter desires. What we have been doing out of bad habit is use negative life experiences and explain their meaning with believing that our nature is darker than it really is. We give those life experiences meaning that we are less than who we truly are. We start to believe we are darker beings by nature.

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It is completely understandable why we do that. Most of us give a meaning that reflects the beliefs and attitudes we were given as a child growing up, by those who cared for us and wanted us to do well in life. Some of us were given ideas by self centered, self serving adults who didn't know any better. You can always give a lighter meaning to an event that causes you confusion or doubt. At a minimum, if something negative happens in your life, you can define it only as now knowing what your preference is. Let's say for example, you run into an angry person in the line at the bank. You accidentally bump into them. They dump their anger on you, blaming you for ruining their day. Rather than feeling confused with what you could have done differently to circumvent that experience, you could redefine that event. You could say, now I know that I prefer experiencing people who are more flexible and accept me when I make a mistake.

How to look to the light:

Many have come to believe that you need to be at the top of the emotional scale in order to create what you desire. While being a person who has strong feelings of gratitude, love or joy is absolutely the fastest way to create your desires, it just isn't always that easy to get there. It is more challenging to move to the top the lower you are on the scale. You also do not have to be at the top to create your desires. You just have to be pointed in that direction. Now it will take more time, but you will create your desire if you point to the higher emotions. So how do we point to the light? We do that by revealing the falsehoods that move us down the emotional scale. Then we tell our self the truth: That it is a falsehood and we are not going to follow it anymore. Then we expose a truer statement, one that is easier to believe. It may not be the highest truth, but as long as it is a lighter truth, we are pointed to the light and higher emotion. It is taking little steps in the truer direction that gets us to being happier and more joyful.

How to Use the Emotional Roadmap

Background:

For one to use the emotional roadmap, it becomes imperative to understand the role of the ego and its importance to us. The ego is what we use to experience our physical reality. We would not experience a physical reality if we didn't have an ego. The ego's job is to deliver the content of our physical reality, much like a holographic movie projector. During our growing up, the ego took over the job of delivering the meaning of our life experiences as well. When people in the metaphysical community tell you to let go of the ego, what they mean is to detach the ego from the job of giving meaning to events in your life.

So the ego took over the job of determining how we defined our life experiences. They used all those ideas we were given in childhood. It isn't their job to determine the meaning of events in our life; that is the job of the conscious mind. What is more problematic is that the ego is a trickster as well. They work under cover by mixing falsehoods with truths or giving us half truths, so they can keep their job of delivering the meaning of life events. It is with awareness and raised consciousness that we are able to uncover the tricks of the ego and set them straight with the job they were meant to do for us.

Detaching the ego from event meaning job:

We have this wonderful gift of emotions that help us be able to expand our consciousness. We have a life experience and we have an emotion that corresponds to that experience. Use that emotion to uncover what our ego has told us about what that experience means, the dark expressions that

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we could choose. Sometimes we think we are less than others, or not good enough. Other times we think we are better than others. Now tell the ego that it is a falsehood, believing you are a dark person or better than others. We don't have to choose being a darker being. Our emotions were meant to uncover the light nature of us, to be the light being that we truly are. We use our emotions to uncover truths about who we really are, in order to change our darker reality to a lighter reality.

We usually have some story that we have been taught that says we are a darker person. Nothing could be further than the truth. So if we are feeling badly or less than, we can know that our ego has told us a falsehood. We tell them we know their game and think about what is true about us. Then we tell our self the truth about who we can be. We will know it is true, because it will help us feel better. Any bad feeling contains a falsehood about us.

Remember that the ego is a trickster and they will try to get you to feel better using self pity, looking outside of yourself for esteem, or a cheap better than someone else in comparison to you. Do not be fooled by these because they are falsehoods as well. Tell them you know the game they are playing and you are powerful, loved unconditionally always, and accepted as you are and valued completely by the Divine. Maybe we are better skilled than another. We all have variations of skill levels, yet that has absolutely nothing to do with anyone's Divine acceptance or value.

If you have done something you are not proud of, remember we are instantly forgiven by the Divine in any moment. There is nothing that is unforgivable to them. They see our physical reality as a learning tool to expand our consciousness to expose higher truths of who we really are, and make a choice to be a lighter person. Accept the truth about who you choose to be now. As you change from believing you are a darker person

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to believing you are a lighter person, your reality begins to change from darker to lighter. How quickly that happens is the degree of your conviction in believing the truth about you and high up on the emotional scale you are. Then you will have successfully detached the ego from this particular job.

Convincing the ego that it doesn't have this job anymore will take repetition with this process until it becomes automatic for you. Keep at it and you will reap huge rewards as you watch your reality shift and change before your very eyes.

Using the Roadmap:

The roadmap in the following pages has examples for you to consider for moving you down or up on the emotional scale. They may or may not be applicable to you. You may use them to help uncover your own falsehoods and truths.

A falsehood has conditions or limitations that cause you to feel worse. A truth has unconditional love and unlimited possibilities for you to feel better.

Use these steps:

1. Use your current emotions to find your place on the scale and expose your falsehoods.
2. Tell yourself the falsehoods are lies and you are not going to believe them anymore. Look into a mirror while you say it, if it helps.
3. Now tell yourself a new higher truth that helps you feel better. This is how feelings are resolved.

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This necessitates a bit of repeating here. Emotions are our tools that help us uncover truths about our self. Emotions need to be resolved in order for us to continually feel better. Unresolved or denied emotions can put us in a place of relying on old habits to achieve temporary good feelings (self pity, looking outside of self for esteem, or feeling better than another in comparison).

Here is an example that may help:

Let's take someone who has been betrayed or hurt by someone. They are feeling hurt and betrayed. There is also anger, blame and maybe wanting some revenge. It serves them better to stay with their feelings and have complete acceptance where they are in the moment. Many were taught not to feel negative feelings towards another. A higher truth is not to hold onto feeling negative thoughts toward another. Feeling this way is a gift to help them know a higher truth about them so their consciousness can move higher. So momentary negative thoughts serve a purpose to flush out what beliefs and attitudes they may be carrying. It is important that we do not judge ourselves negatively or harshly for feeling this way.

Exposing falsehoods starts with noticing the thoughts that come to your awareness as you experience the feelings you have. Past thoughts of similar experiences may come to mind. If exposing thoughts is difficult, try perceiving someone else feeling this way. Ask what someone would have to believe is true about themselves to feel this way. Then ask if it makes sense if the belief is true. If the belief requires conditions be met first or has limitations about deserving, then it is a falsehood.

Step 1: Go to the place on the roadmap where hurt and betrayal are. It is 9 steps down from the top. Maybe you are telling yourself that you aren't good enough and will always be hurt. That is a falsehood because it has a

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limitation that you will always be hurt. Not being good enough is about being loved with conditions.

Knowing the falsehood, you can now tell yourself that it is false and you are not going to believe it anymore.

Step 2: Tell yourself that believing you are not enough and will always be hurt is a lie.

If there is a falsehood strongly linked to your past, this can be challenging as well. Here is a technique that I have found very useful for this situation. There is a personality aspect inside that needs some compassion and understanding before they will let go of that belief.

An aspect of our personality develops as we experience our reality, to help us survive in life. It is helpful to understand the personality aspects because they have their own beliefs and are part of our own subconscious and unconscious beliefs. We need to bring these personality aspects into alignment with our own thinking, or they will subvert our attempts to change. In order to make a change in our personality aspects, we need to listen to them, love them, and convince them of a new way of operating to serve us better.

Our subconscious delivers us a reality that is consistent with the beliefs that we have chosen to keep, which includes messages from all of our personality aspects. Some aspects are called the inner child, the inner adolescent, the inner critic, the inner punisher, etc. They can be positive or negative. Many times these personality aspects have used ways of responding to events in our life that no longer serve us. As we grow and evolve, we are better served using different ways of responding to events in our life. In order to have alignment with all aspects of ourselves, we need to convince these personality aspects to change as we change.

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When all of our personality aspects are aligned with our conscious self, the subconscious will deliver the change, rather than the past. Talk to that personality aspect and explain that you, the newer self, is going to take control of your life now. You will take care of them as well. Tell them how creative they were for coming up with a belief to survive and feel better about them. Tell them how grateful you are for them taking care of you both that way all these years. Now ask them if they will help you with learning new truths about yourself so there will be less fear and pain in your life. Mostly they will agree to help you. Sense them agreeing with you. If not, ask them what they need from you in order to help you. Then provide it for them.

Now you can tell yourself a higher truth. Ask what someone who is loved unconditionally, completely worthy and deserving would see as a truth now. That is your higher truth. Reach for a truth that is believable. Remember it isn't about getting to the top of the emotional scale as much as it is to feeling better than you were before. As long as you are pointed in the light direction of feeling better, you are connected to the Divine and will be able to manifest your heart's desires. The speed depends just where you are on the emotional scale.

Step 3: So in our example, we would tell our self that we are always enough to the Divine because they love us unconditionally. We also would tell us that there is always help to stop being hurt.

Here is something I do in order to keep myself pointed in the light direction and connected to the Divine. At night, before I go to sleep and when I awaken in the morning, I take an inventory of my feelings and use the 3 step process to feeling better. I also do this during the day if I have an experience that stands out for me, either positive or negative.

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I find it serves us better if we use the steps to resolve positive life experiences as well. Many of us were given falsehoods to believe in, in order to avoid disappointment or to belong to the group we spend time with. We may keep old falsehoods to avoid any pain or fear of future experiences.

Deeper Understanding to Moving Up the Emotional Scale

Many imply or take on beliefs that they need to be in bliss or at the top of the emotional scale in order to have their hearts desires. It becomes a goal that they seek.

Think about this for a moment. If you were in complete bliss all the time, you would get antsy and eventually bored. Why does that happen? Our real nature in this physical experience is to expand and grow beyond where we are in each moment.

We are experiencing a duality reality, one that contains dark and light experiences to be used for comparison. Those comparisons of what we experience feed our desires and are the food for growth and expansion. We grow and expand by shedding light on the darker experiences or adding some darker contrast to the lighter experiences, both to discover a more expanded self. If we rest on our laurels of positive life experiences too long, our higher self will step in and offer some experience to provide some contrast.

While we all think we would want to stay on the top of the emotional scale, everyday life pushes us in a downward direction. Why does that happen? Well most of us want to belong to others in our world. Staying on the top of the emotional scale detaches us from others in our reality when they are operating in the lower levels. So many decide to move down to the lower levels to belong and be connected emotionally with others.

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On the other hand, moving up on the emotional scale offers us quicker turnaround of our hearts desires. So how does one resolve those opposing forces? The key is in pointing in the direction upward on the emotional scale, not necessarily being at the top. I am sure you have all heard the sage advice that it is all in the journey, not in the destination itself. That is what they are talking about.

You will find that most enlightened people will vacillate back and forth within the top levels. They are continually growing and expanding as they point in the direction of the higher emotional levels. That way they are able to interact with others in their life while keeping a balance of their own high emotional resonance in order to create their desires.

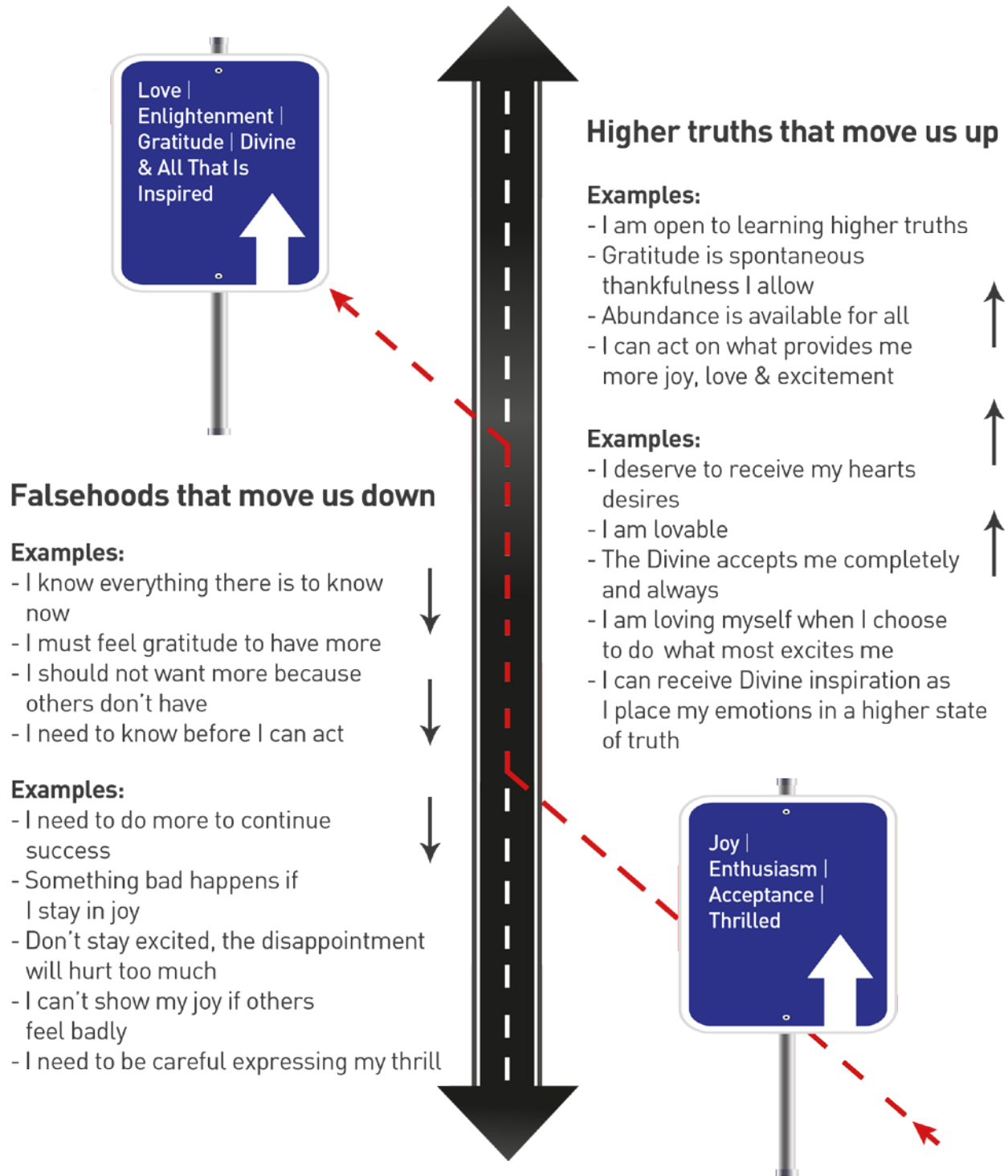
To stay on a path of enlightenment, we are better served by paying attention to directing our thoughts more towards the lighter perspectives by seeking higher and higher truths. In time, you will notice that you will be experiencing moving back and forth on the top parts of the emotional scale, while still being able to interact with others in your life. That is really how we create having a life of fun and excitement. Your sense of belonging will be expanded and you will no longer need to lower your sense of who you are in order to feel you belong in this world.

Review the following roadmap with whatever emotions you may be feeling. There are examples of falsehoods and higher truths to help you discover and point into the higher direction if that is your preference.

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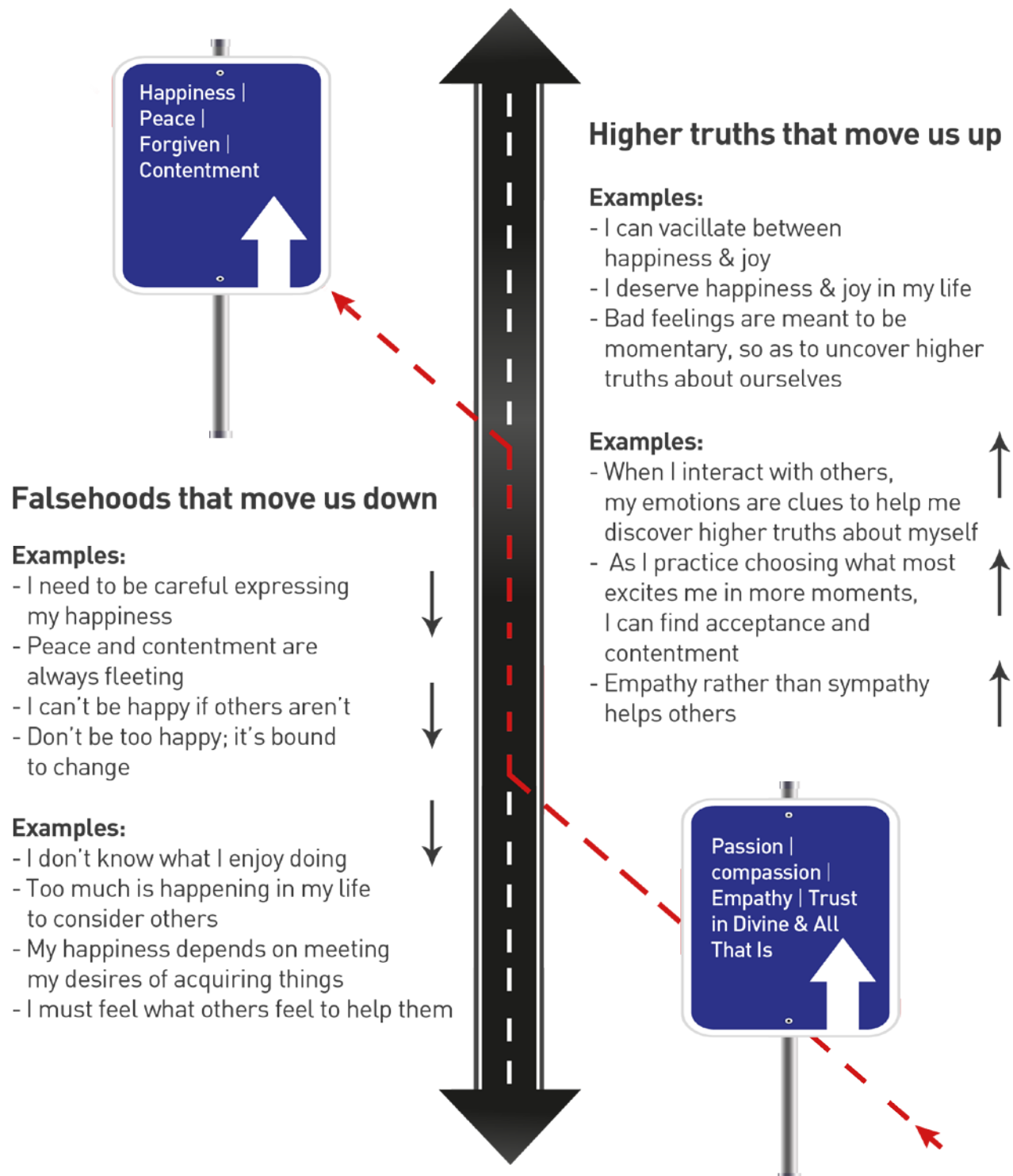
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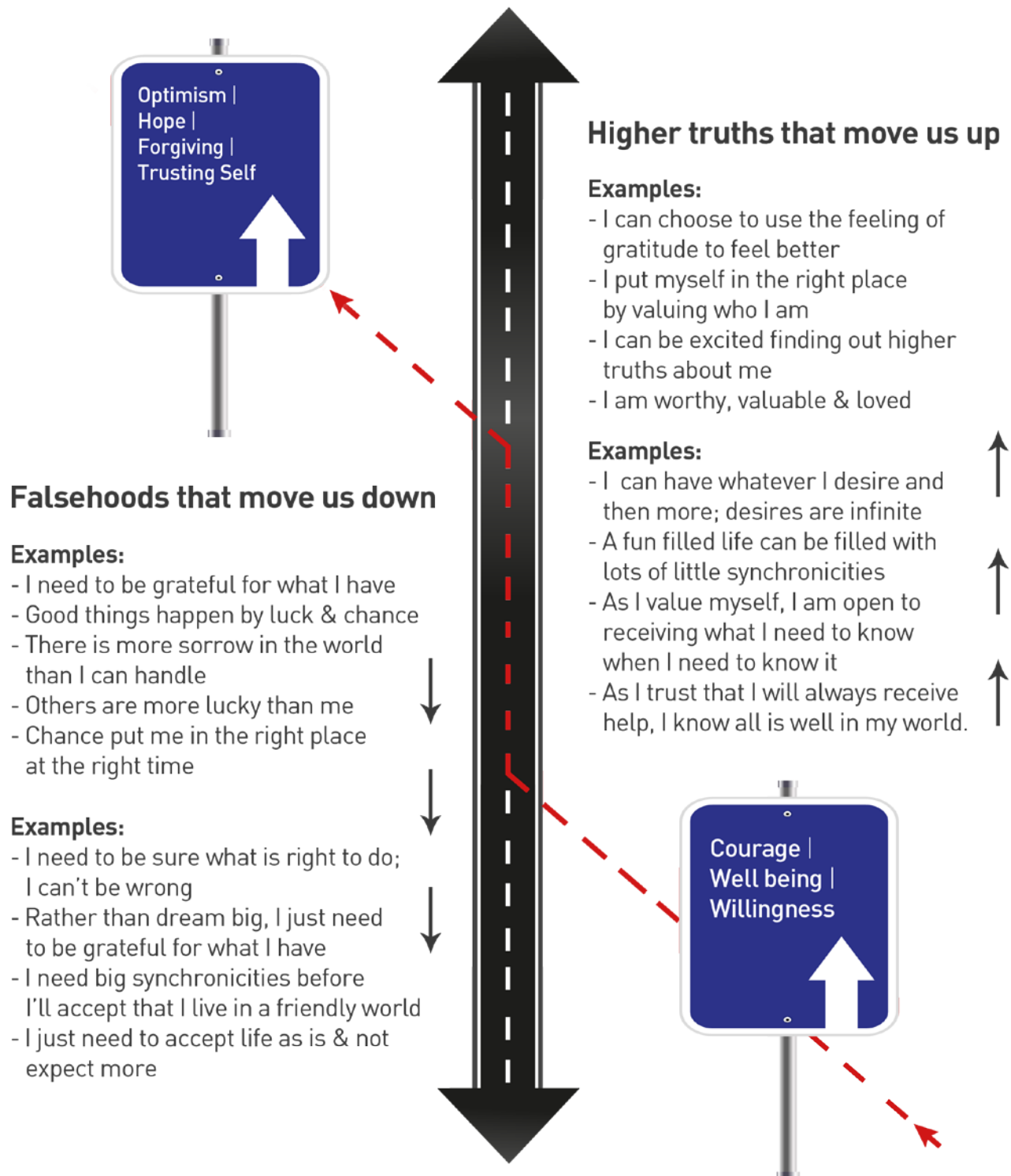
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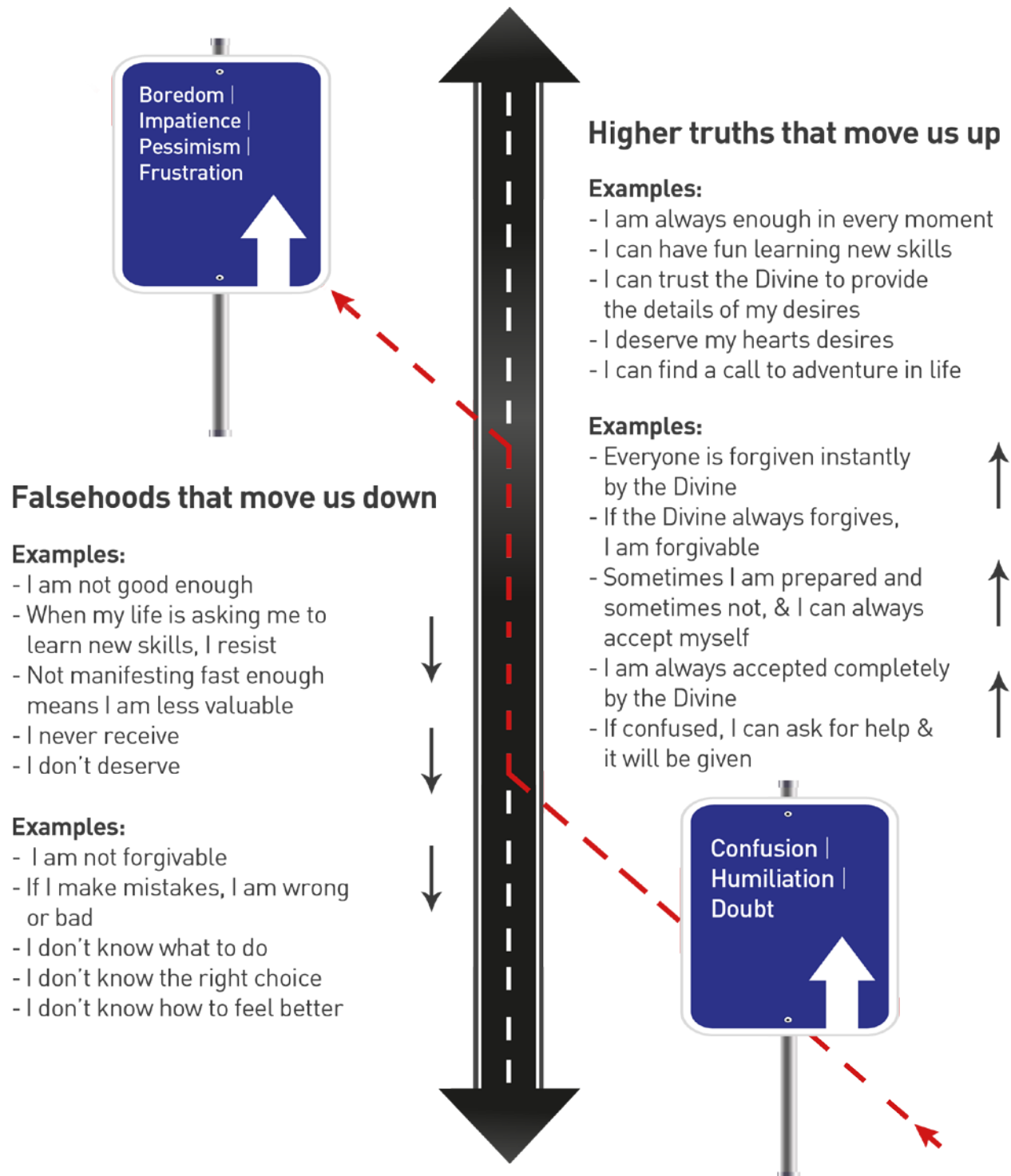
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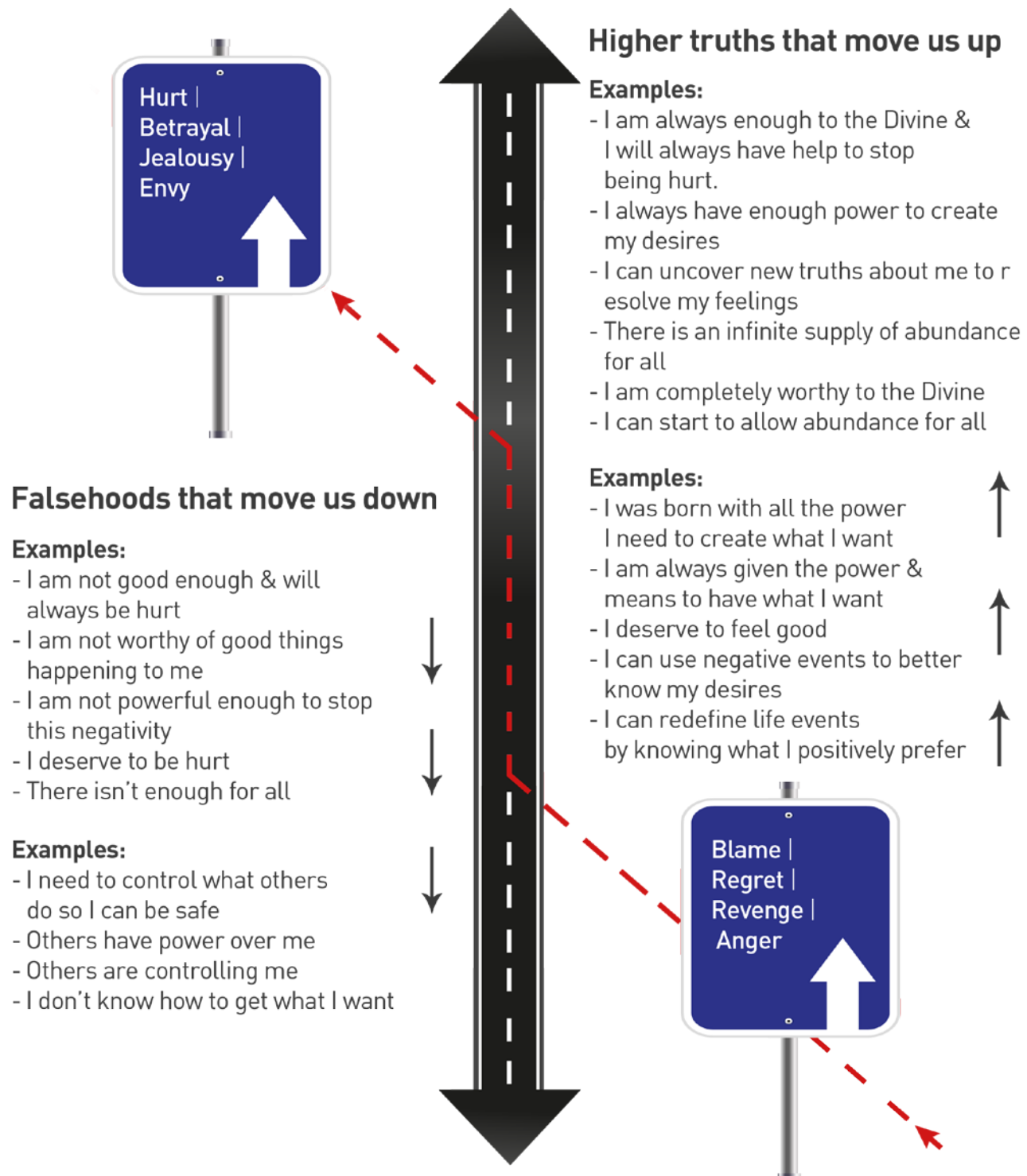
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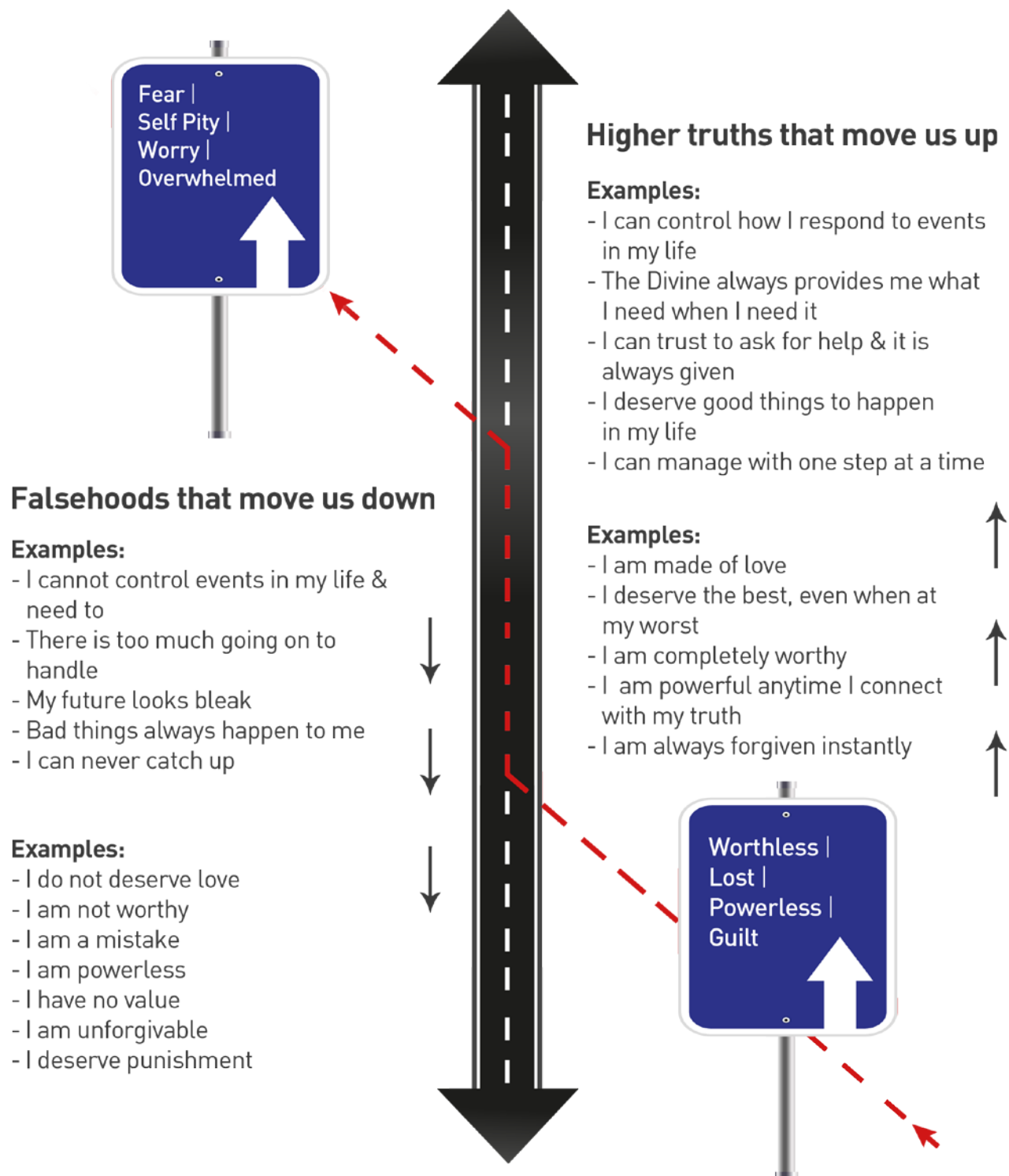
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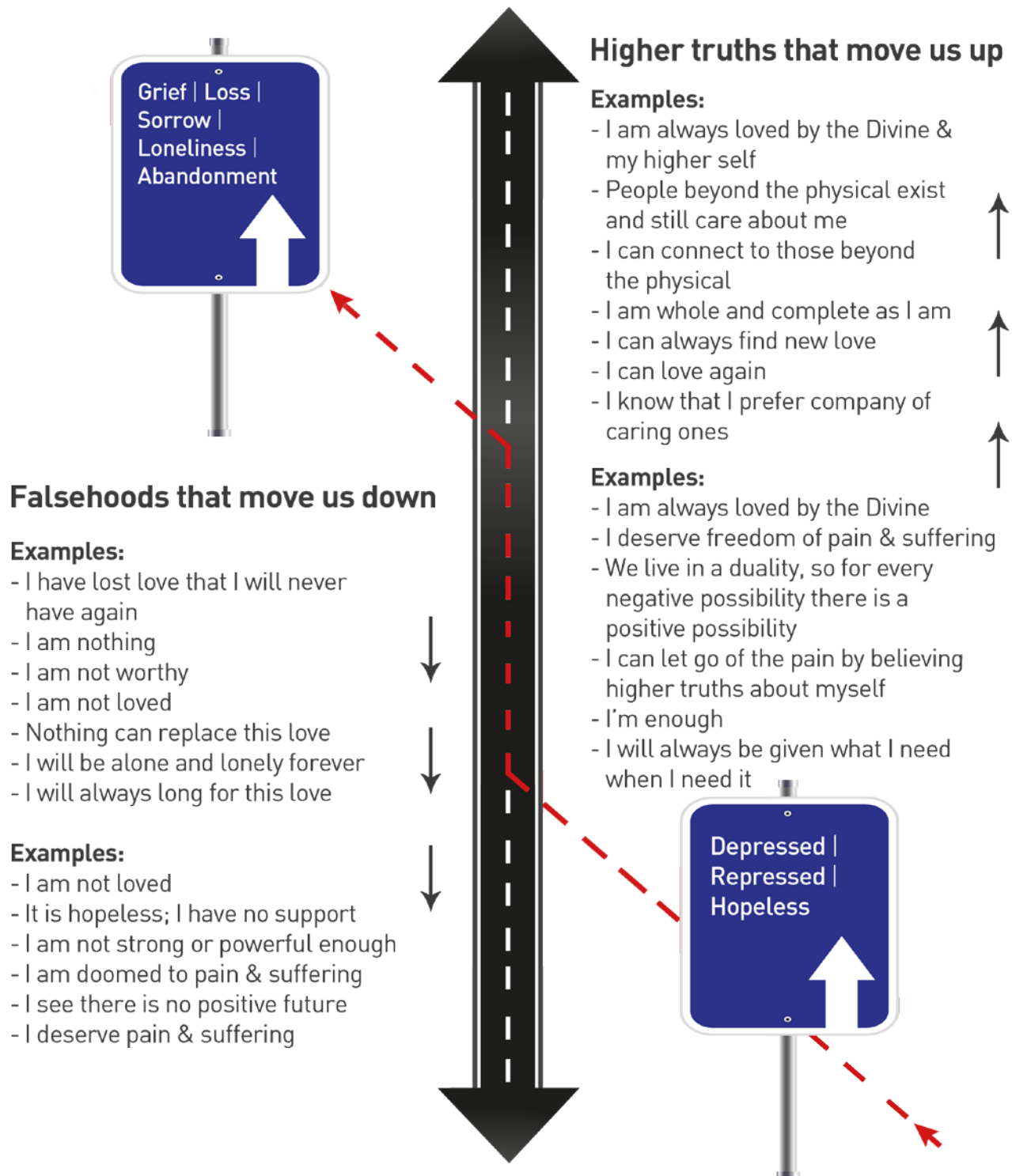
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I hope you have enjoyed my roadmap to feeling better.

I remind you that where you are emotionally is not as important as to where you are headed.

You will naturally move up the scale of emotions with healing as you point yourself in the lighter direction.

Real healing comes from pointing to the light. That is where miracles happen.

Susan Suehr

Creator of Miracle Grids & Miracle Grids Complete Immersion Meditations

<http://changeyourbeliefsnow.com/>

My site has many wonderful things to explore and a blog that I write about from time to time. I sell my meditations for immediate download in my Miracle Grids Shop.

<http://changeyourbeliefsnow.com/miracle-grids-shop/>

Physical Miracle Grids are sold on amazon.com

http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Dstripbooks&field-keywords=miracle+grids

Check them out!

Drop me a line

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