

Article 268: Thoughtless Emotions and Actions

In the first few milliseconds of sensing something, you immediately comprehend, or believe you know, what that is ...and whether or not you like it. In other words, even before thinking or rationalizing about the event or your sensing, you have an immediate opinion about that event and its impact on you ...even if you have to “assume” what you sense in order to form an opinion about what happened ...or about your assumptions. This offers you an immediate “fight or flight” reaction ...so you can think about it later when you feel safe.

This immediate response ...or short-circuiting of your brain’s normal minding or thinking processes was, at one time, absolutely necessary, for an animal that could not sense or assume danger and react immediately could not stay alive ...at least not for long. This short-circuiting of your *think about it process* is “instinctual” ...which offers safety before consideration, ...how are you still doing that today? This “safety before consideration” is the *good part*, ...the *bad part* is that your instinctual•emotional reactions are frequently “wrong”, which are then stored in memory ...and offered again and again, which means that they grow stronger and stronger in your memory and reactions until they dominate, control, and limit your self and life.

Events you charge with emotion give rise to additional impact ...and are stored in your memory with greater intensity ...which offers easier access ...such that when a similar event occurs later and you search your mind for a memory that will enable you to identify this current event, these previously intense memories are quickly available, in fact, they *pop up in your memory almost immediately* because they still carry much of the same charge and impact as before, so you immediately rely on these stronger memories as being “true and right” ...even if the old memory matches the present event in just a few ways. In other words, emotionally, you tend to make “very hasty” judgments and decisions based on scanty, frequently vague information.

These hurried conclusions and responses were vital and wise in ancient times ...in the jungle filled with wild animals which required you to *seek safety or get ready to fight*, but in today’s environment where this isn’t so necessary, you tend to jump much too quickly and too strongly to unconsidered emotional-conclusions which are vague ...yet intense, but frequently false and unreasonable ...or at least unnecessary. Are you still reacting on paltry, often incorrect information or sensing ...and create a

crisis out of nothing? Unfortunately, follow this process in living by dubious outdated information.

Since this short-cycling emotionally reactive part of the brain is more-fully formed at birth, early emotionally-stirring events are stored in memory without thoughtful consideration ...and are quickly recalled to awareness and acted upon with little if any understanding, ...but do not blame your childhood for problems and reactions today because you brought many “emotional memories” with you from previous lives. A life of “**emotional freshness**” requires new, thoughtful emotional memories which serve you today ...so you won’t call up and rely upon previous, thoughtless emotional memories.

An odd circumstance of human existence is that you pursue closeness with others and all things and simultaneously seek individuality and independence. You live alone and separate ...which satisfies your desire for a particular identity ...or uniqueness. But you cannot stand being alone ...or truly outstanding. You seem to want emotional intimacy and emotional distance. Can you be unique and separate ...and intimately one with all others? ...and simultaneously experience intense feelings of uniqueness and intimate feelings of oneness?

The short cycle in your brain which enables you to make immediate “emotional decisions” based on vague, sketchy information illustrates the power your brain offers you to act quickly in emergencies even before you have to fully consider the situation and decide what to do. While this emotional reaction to crisis has a limited purpose for humans, much of the life of animals centers around these reactions being repeated again and again without much consideration being given to the “why and purpose” for these continued actions.

Several years ago, while installing a new exhaust fan in the kitchen of our hot springs resort in Alaska, I climbed into the attic to cut a hole in the roof ...and discovered three inches of bread pieces covering the ceiling. It took only a moment of consideration to realize that the squirrels were taking bread from our guests ...and from the dumpster and “squirreling” it away in the attic. Obviously, this had been occurring for years, from one emotional moment to the next, from one generation to the next without any real consideration of “why”, ...it was just their emotional over-reaction to long Alaska winters. They had stored-up enough bread in our attic to survive the *ice age*, because they had programmed themselves in this way.

Such an emotional reaction of acting quickly and continuously without thought ...and storing things up certainly protected the squirrels and probably gave them a great sense of security and wellbeing, but these same or similar responses in your life can be destructive and unsatisfying ...and quickly ruin one personal-relationship after another.

Are you constantly storing up emotional memories
and reacting too quickly? ...Thoughtlessly?