

SUPEREGO & BADHAS NOTES

Although the body is very intelligent, it cannot tell the difference between an actual situation and a thought. It reacts to every thought as if it were a reality. It doesn't know it is just a thought. To the body, a worrisome, fearful thought means "I am in danger," and it responds accordingly. The heart beats faster, muscles contract, breathing becomes rapid. There is a build-up of energy, but since the danger is only a mental fiction, the energy has no outlet. Part of it is fed back to the mind and generates even more anxious thought. The rest of the energy turns toxic and interferes with the harmonious functioning of the body.

The voice in the head tells a story that the body believes in and reacts to. Those reactions are the emotions. The emotions, in turn, feed energy back to the thoughts that created the emotion in the first place. This is the vicious circle between unexamined thoughts and emotions, giving rise to emotional thinking and emotional story-making.

The past lives in you as memories, but memories in themselves are not a problem. In fact, it is through memory that we learn from the past and from past mistakes. It is only when thoughts about the past take you over completely that they turn into a burden, and become part of your sense of self.

Because of the human tendency to perpetuate old emotion, almost everyone carries in his or her energy field an accumulation of old emotional pain, which it can be called "the *pain-body*." Any negative emotion that is not fully faced and seen for what it is in the moment it arises does not completely dissolve. It leaves behind a remnant of pain.

The remnants of pain left behind by every strong negative emotion form an energy field that lives in the very cells of your body. This energy field consists of all painful emotions throughout life, much of it created by the voice of the ego.

Any emotionally painful experience can be used as food by the pain-body.

That's why it thrives on negative thinking as well as drama in relationships. The pain-body is an addiction to unhappiness.

Other person's pain-body wants to awaken yours so that both pain-bodies can mutually energize each other. Some couples who may think they have "fallen in love" are actually feeling drawn to each other because their respective pain-bodies complement each other.