

Global Emotional Warming

Why your emotions are responsible for global climate chaos!

In an extract from his latest book, BEING Your Self, MIKE GEORGE makes a clear connection our 'emotional patterns' and 'weather patterns'.

Human emotions are responsible for climate chaos. It sounds like a big leap from emotion to our weather systems, but if you follow the trail the connection becomes clear. It's all to do with entropy. The entropy of the physical energy that makes up the eco and biosystems of the world is directly related to the entropy of the energy of our consciousness.

The second law of thermodynamics, often referred to as the Law of Entropy, is roughly defined as: *in a closed system all energy moves from an ordered state to a chaotic state.* Set fire to a table and the trapped and ordered energy in the wood of the table is released into a more chaotic state as heat and light. That energy then spreads to fill the room. If we wanted to get that energy back to its previously ordered state in the form of wood, we would need to use more energy than was released. We would have to take that energy from somewhere else. Thereby creating entropy elsewhere. Set fire to all the tables and chairs in the room, and soon the temperature of the room rises. The plants start to die and the wallpaper starts to curl off the walls!

Hence the conclusion of entropy, according to the scientific community, is something called 'heat death.' Only a source of energy from outside the enclosed system, in this case it's a room, can restore the energy within the system to an ordered state.

The Suns UP!

Now think of the eco/bio systems of our physical world. For thousands of years the entropy of the natural energy forms within the enclosed systems of the physical world has been slow. So slow as to go unnoticed. Why, because every day a source of energy from outside the system injects new energy into the system, which then restores, refreshes and reorders the energy within the system. Otherwise known as the sun!

However, during the last hundred years we have been releasing the trapped energy from it's many natural 'forms' within the eco/bio system faster than the sun can restore and re-order. There is now an exponentially increasing level of chaos of the energies within the closed eco/bio systems of planet earth. One symptom of that chaos is increasing climate instability and extreme weather events, which seems to include a gradual overall rising in temperature.

Physical Forms and the Formless Spirit

There is another clear distinction between the physical energy of matter and the spiritual energy of consciousness. In the physical world physical energy takes many natural forms. When physical energy is in its many natural material forms it means the energy is in a state of order. Form equals order. It is in a balanced, harmonious and unchaotic state. Whereas the energy of consciousness, in it's most natural state, takes no form!

In consciousness, formlessness equals order, while form equals disorder! Spirit (consciousness) does not take the form of a body, it occupies and animates a body. It can guide and influence the form of the body as it grows, but consciousness, what some call the soul or spirit, is not the form of the physical body! The energy of consciousness is in its most natural state when it is formless and radiating freely outwards from its source, which is itself, the self!

When we do that we are giving of our self unconditionally and in an unlimited way. Sometimes it's called love! It feels consistently good because it is our natural state. We are radiating the energy of our consciousness from a state of complete inner 'formless' freedom.

We don't have to decide to do it, or think about doing it. It just is being done! However, as human beings we have learned to attempt to trap the energy of our consciousness in 'form.' Not physical forms, but in the mental forms of ideas, images, memories, concepts and beliefs. In other words whenever we create 'thought forms' and try to 'preserve' those

forms, hold on to those forms, we trap our consciousness, which is our self, within those forms. We are then what is known as 'attached.' Then, when whatever we are attached to (an image/idea in here in our mind) is threatened, moved, damaged or lost we create an energetic disturbance in our consciousness called 'emotion.'

Emotion is chaos in consciousness. Emotion is the equivalent of an extreme weather event in the environment of our consciousness. Some emotional events are more extreme than others. Emotional chaos is the 'heating' of consciousness.

Quick summary.

Physical energy, in its most natural and ordered state, takes many forms. These forms make up what we call our physical environment. Spiritual energy, the energy of consciousness, in its most natural state, takes no form. It is (i.e. you are) formless and 'designed' to freely radiate outwards from its source, the self (you again), in all directions at all times. Release the physical energy from the many material forms and the energy moves to an entropic state of chaos. Try to trap the energy of consciousness in the form of any idea, image etc. (attachment) and the energy of consciousness moves into an entropic state known as 'emotional chaos.'

Quick reminder.

Love is not an emotion. You are not emoting when you are genuinely caring, compassionate, kind and giving – just a few of loves many expressions. Authentic happiness is not an emotion. You are not emoting when you are content or joyful – the two main states of human happiness.

Now, here's the key point. Emotion is addictive. Excitement, fear, anger and sadness are primary emotions, and they are all addictive. While emotion is an unnatural and chaotic state for the energy of consciousness to be in, it is both addictive and exhausting. We have seen how all emotion arises when the self creates a mental form within consciousness, within the self, and then tries to 'preserve it' by becoming attached to it.

So emotional chaos within the energy of consciousness is the result of trying to give the energy of consciousness a permanent form. As a result the most common emotion is excitement. When you are excited the origin of the excitement appears to be in the world. But

it's not, that's an illusion. The origin of excitement is within your consciousness, within your mind. What 'triggers' you to create the emotions of excitement, sadness, anger and fear? It could be a person or an event out there in the material world. They don't 'cause' your emotional disturbance, but they are 'triggers.' You pull that trigger and you recreate an 'emotional flaring' in the environment of your own being.

Two Examples: Two football fans of the Red Team are walking down the road on their way to the game. They both have two children, so they are talking calmly and sensibly about how beautiful their children are. Then, around the corner comes a group of fans of the Blue Team. This triggers the two Red Team fans to create an image in their minds of the Red Team and the thought form, 'I am Red Team'. They attach to, and identify with, that thought form.

They create a little fear and perhaps a little excitement or even anger, because they see the Blue Team fans as a threat to their identity as Red Team. From a state of calm they disturb themselves with the emotions of fear and excitement. Why? Because they recreate an image of the Red Team in their minds and attach themselves to that image thereby identifying with that image. They use the Blue Team fans as a trigger to create animosity (anger) and tension (fear).

Two women walking down the high street are chatting warmly about their husbands going to get their weekly emotional fix at the game! They pass the handbag shop. One says, "Look aren't those Gucci handbags just the best?" The other, who already has three Prada handbags at home, brings up the image of Prada in her mind. She sees herself as a 'Prada person', and says defensively, "Nah, Prada is much better." A friendly argument ensues which then escalates into a little exchange of anger in the form of frustration and irritation with each other. They are also giving themselves their emotional fix! Why? Because they are recreating the image (forms) of the brand names in their minds and then attaching themselves to that image.

In both cases they tried to give the energy of their consciousness a form - an image of a team and image of a brand. As a result they created the emotions of... well, you get the picture! This is why when you create forms in

your consciousness and hold on to those forms you will inevitably generate emotional heat.

Creating Chaos in a Safe Space

Watch all the emotions you create when you go to a movie. Then see if you can see why you 'feel' those emotions. It's always because you create a form in your mind – the mental form of an image or an idea. Then you become attached to that 'mental form' as you try to hold onto it, preserve it. You cry with sadness when someone in the story loses something. You create frustration and even anger when someone does something that you decide you don't like in the story. Why? Because they are not doing or being according to an image that you have created in your mind of how they 'should' do/be. You create fear when someone in the movie is about to lose something, usually their life, or a pain free state! So many movies and they all give you a reason, a stimulus, the raw material, to create the chaos of emotion in your consciousness. They are triggers but not causes.

We create these emotions in the safe space of the movie theatre or our own lounge. It's the unnaturalness, the edginess, of these emotions of excitement or fear or anger that we then believe makes us feel vital and alive. To believe and perceive them to be natural suits us, as it allows us to indulge in our emotional drugs without threat or conscience. One dictionary defines emotion as agitation of mind. Excitement is agitation. It's unnatural to be agitated. But before you know it you are craving more agitation, so you are waiting for the next movie, the next episode, the latest, more shocking, more sorrowful, more fearful movie. Then along you go to indulge your addiction in the belief that it's the movie that is making you 'feel' these emotions. But in truth it's you that creates these moments of chaos in your consciousness.

Even the so-called 'feel good' movies are usually sentimental stories at which you create the sentimental emotions of sadness and sorrow. Sometimes you use the movie to trigger a catharsis of accumulated sadness, after which you feel lighter. Until it builds up again and then it's off to the next movie for another good cry.

Over time we require ever more shocking, graphic, crude and disastrous images in order to give us the raw material with which we can generate the emotions and will satisfy our

addiction. Rather like a drug addict who progressively requires a more powerful drug to achieve the same high. Add to that the marketer's dream world where the vehicles of entertainment and people's ability to 'plug in' to other people's lives, increases exponentially in the space of two decades. Technology reigns. It delivers instantly, the stimulations (images and ideas) that we use to generate our emotional fix. It streams directly into our minds 'idea forms' and 'image forms' which we then re-create and attach our self to within our consciousness. Then when something happens to those forms we create the agitation, the fears and the angers, the sorrows and the relief, in other words the 'entropic chaos of emotion' within the system of our consciousness.

People's attention span is reduced to seconds as they keep looking at their phones for the latest email, text and tweet which, when read, is a great excuse to create a little moment of excitement, sadness, anger or fear. Hence the exponential rise in the development and use of technology in the last twenty years. Hence the rapid increase in the production of movies, videos, websites, twittering, facebooking, emailing, texting and all the other ways to deliver examples of thought forms that we then re-create and attach our self to.

Technology is a syringe for the soul!

For some people just a two-line text message can mean emotional devastation for the rest of the day. It's exhausting yet addictive. Then, after months of emotional exhaustion it's time for a break, for a holiday, for a rest. But we then take our sophisticated machines, our ipads and ipods, epads and tripods, to the beach and we up the speed of our texting and tweeting and surfing and facebooking.

Developers and Deliverers

To sustain this exponential explosion of emotional stimulation requires we manufacture faster and better technology... every year! That necessitates the release of more and more physical energy from its natural forms. The developers require more physical energy to design and develop more clever gadgets with which to deliver more sounds, images and ideas to an ever expanding and thirsty audience.

The entertainment industry requires more physical energy to increase the sophistication and the output of movies and games. The social media platforms need more physical

energy to receive, store and deliver more 'entertainment,' more efficiently. We all need more energy to plug in, recharge and interconnect more machines for our daily fix! The airlines require more fuel to take more emotionally exhausted people to more places more frequently to supposedly rest and refresh. It ALL requires that we extract more physical energy faster from the natural world around us.

Thereby increasing the rate of entropy, the rate of chaos in the environment.
Global Emotional Warming

The emotional heat within the environment of our consciousness, which is both addictive and exhausting, is a direct result of our attachments i.e. our attempt to 'give form' to the energy of our consciousness and then hold on to those forms.

The increasing number of people who have access to the images and ideas delivered by modern technologies can only be sustained by the use of more and more physical energy. This means that it's the habit of giving form to the energy of our consciousness so that we can generate emotion that is the underlying cause of our releasing more and more trapped energy from its natural physical forms in the world.

Global 'emotional warming' is responsible for global environmental chaos. The ego and the resulting emotions within human consciousness, are slowly killing the planet. Like those solar flares we sometimes see in pictures of the sun, our consciousness flares outwards or inwards when we are emotional. We tend to let our self be carried along on the flare. So when we create anger or sadness we go *with* the emotion, we go *into* the emotion, into the flaring. Even saying, "I am very angry" or "I am so depressed" or "I am so excited". This is why staying cool isn't about looking cool. It's about detaching from the forms we are trying to create and preserve in our consciousness. Being cool means learning to come out of the emotion and just watching the flaring, knowing it will, like a bushfire, eventually recede and die. Staying cool is staying in your centered state, where you are not attached to any mental form.

Open to the Source

The physical energy of the material world is meant to take many forms, but the energy of consciousness is meant to open and unformed. The external source of energy that

maintains the formed and ordered energies of the physical world is the sun. Each day it gives of itself as light and heat and almost every living creature and plant in the world absorbs that light and is sustained and strengthened. Entropy is kept at bay until we interfere and release the energy faster than the sun can replace it.

It is also an external source of energy that restores the openness and unformed state of our consciousness. This source of spiritual energy is sometimes referred to as 'The Source.' Just as the flower draws light and heat from the sun and creates a form that is beautiful, fragrant and colorful, so the 'self' draws the warmth of pure love and the light of enlightenment from 'The Source.' It does so to create a state of being that is free, spiritually beautiful with a fragrance of character in which others may perceive that beauty. When the flower connects to the sun, it knows it is a flower and does not try to be a bush or a tree. When the soul, the self, connects to the energy of the source it ceases trying to create, adopt and identify with any form. It is restored to its most natural state of formlessness. It knows itself only as the 'I' that says 'I am.' Which is no one! And that is enough.

Extracted from Mike's latest book BEING Your Self

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