

## Emotional Wholeness



a message from [Jennifer Hoffman](#)  
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The aspect of our presence we are most aware of, even more than the physical, is our emotions. We judge everything in our life, including our body, by how we feel. When emotions are the predominant aspect, we can be completely oblivious to anything that is occurring around us. We believe we are emotionally whole when we have healed the emotions but one additional step must happen. Our emotions must be balanced with the other aspects of our presence or we will be out of balance and ruled by the emotions.

When our emotions dominate, we can be blinded by anger, depressed by sadness, overwhelmed by joy (or pain), focused on a goal to the exclusion of all else and immersed in drama. Emotional domination is driven by a need to feel our way through the world, believing this is how we can be grounded, instead of balancing the emotions with the other aspects of our presence. Can we be aware of our place in the world other than through the emotional senses?

Emotional wholeness is achieved through detachment but this does not mean that won't feel any emotions. Detachment allows us to pause and in that moment, choose the emotions we wish to express in a situation. So instead of a response of anger or sadness, we wait to see what else will happen and in that moment, anger can turn to laughter, pain into joy, and satisfaction into elation. With detachment we allow other aspects to contribute their balancing energies and our emotional response is grounded in all of our aspects.

Through our emotions we express our karma, soul wounds and fears. Through emotional domination we are bringing forward everything that we need to heal, without the helpful contributions of our other aspects, especially those of spirit. To be emotionally whole is learn to balance the emotions with our other aspects so we are in a place of power, choosing our emotions carefully with consideration as to what we are feeling, why and how we can best use that experience to learn, grow, heal and ascend into our mastery.