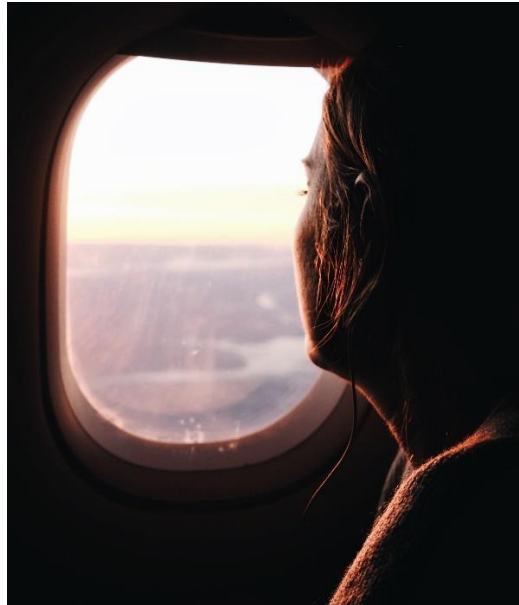


Sadness is a Form of Focusing to Gain Self Awareness



Mushiba: The earth plane is a training ground that emphasizes emotion ~ whether we consciously feel or consciously try *not* to feel. Sadness is a strong emotion and one that can control our life, if we allow it. A flipside to sadness is joy, which is also a powerful emotion. Below, is Waith's counsel on how we can use joy and sadness to learn more about Self:

Waith: *“If you view sadness as a source of growth in which strengthening occurs, then it is a joyous occasion, because you have taken on something very concrete in your path that you recognize. You can say, ‘I am sad and I am going to feel the joy in being sad.’ Even though there is pain that you would feel emotionally or physically from sadness, there is joy because you are feeling a particular emotion that will give you tremendous strength and growth.*

“In sadness comes introspection. If sadness is viewed in that manner, when you become sad, go within Self to learn the reasons for it, to look at your path and to then come out of that sadness with greater insights about Self. Sadness is joyful. Sadness is a form of Focusing to Gain Self Awareness.”

In my early life, when I felt sad, it controlled me. As I have learned to use sadness to learn more about Self, I feel the joy. And, a great benefit is that now I rarely feel sad, and when it does happen, I can flip it very quickly ~ for me, this is a most liberating sense of control of my own destiny.