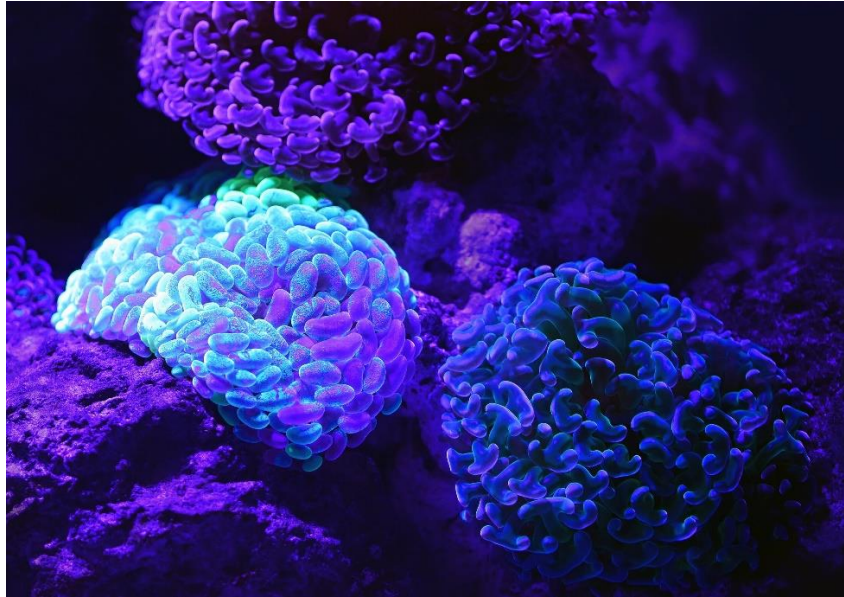


# Emotion, Controlling Intellect



**Mushiba:** Many people attempt to control their emotions, thinking that it is negative to allow emotion. There are also those at the opposite end of the Spectrum of Emotion who are highly emotional. Most people, however, are somewhere in between, sliding back and forth between highly emotional to highly unemotional.

Waith has counseled that emotion is the main way through which our lessons are learned:

**Waith:** *“Emotion, as understood on the earth plane, is a way in which the lessons can be learned. Emotion is present in all dimensions and exhibits itself in different ways in other dimensions and training grounds, and thus, it is a vehicle by which lessons are learned.”*

*“Emotion is the controlling factor at the intellect level. For example, an issue needs to be learned, and during the actual learning, the emotions enter in and creates the stage in a way to help assist in the learning, and perhaps, present the reality that surrounds the entity in a different way than others.”*

*“The degree of emotion that is needed for the learning of a particular lesson is controllable and planned at the Soul Level by each entity. Some entities will have a higher percentage of emotion during a particular situation than they would during another situation, and they would also have varying degrees of emotion than other entities.”*

Emotion is different for each person. Yet, while it is important for each of us to understand our own point on the Spectrum of Emotion, it is just as important to recognize and acknowledge that every entity is at their own point on the same Spectrum ~ which gives us a further opportunity to learn to not judge!

And, as we move back and forth on our Spectrum of Emotions, *Focus on Lightheartedness and the Spreading of Light!*