



## Breaking Up Congested Energy and Emotional Addiction

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Time does NOT heal all wounds. The AMA suggests 80% of physical illness is caused by stress. Stress is generally the results of trapped emotions. Trapped emotions are emotional energy that is congested anywhere within our bodies. Since organs and glands are frequency generators, they hold the same energy we hold in our bodies and if that energy is stressful and negative, we are creating a harmful situation in our body that may cause illness and disease.

We may be pinned to our past by trapped or congested emotions which distort normal energy flow and impedes health and healing. Trapped emotions can cause chronic pain and illness. Past emotional experiences filter our ability to see possibilities available to us therefore limit what we perceive as our options to change our lives or reach our goals. In order to reset and recover from the effects of stress from emotional congestion, the trapped energy must be discharged, and the emotional addiction and resulting congestion released.

Once these trapped emotions are released, we want to “break the circuits” in our brain that led to the congestion in the first place. One way to break the circuits is by adjusting how we think, what we feel and what we ultimately do requires a rewiring of our brains. The more we wrestle with our limitations, the more we free ourselves from negative emotional charges. Keep in mind the only actions we can control are our own. The outcomes of our actions are not within our control but our reactions to them are. When we decide to change, it is important to invest in the process of changing ... not the outcomes.

Mental models are our perceptions of how we believe the world should be and how we should respond to it. For many, a significant investment of emotional energy and mental resources have been made in the mental models we have been conditioned to accept and believe. Lifetimes are spent attempting to control others in a futile attempt to “demand” our belief systems and values are the standard others must adhere to. The more invested we are in our mental certainties, the more we stick to it. This is an ineffective attempt at happiness and satisfaction.

Overcoming hard wired emotional inclinations (emotional addictions) are challenging at best. Any addiction is the result of an overuse of a substance or behavior that relieves discomfort. In the case of emotional addiction, our brains have become so accustomed to responding in an established pattern, our responses have become automatic. When we are faced with new

information, a challenge to our regular way of thinking or a change in routine, we feel discomfort (cognitive dissonance). In order to calm down the uncomfortableness, our brain releases a chemical, the same one it has always released to calm us down which generates the same reaction with which we are very familiar. This calming release makes us feel better, so we stay with it in order to not be uncomfortable. This contributes to further congestion in our energy body.

In order to heal from our emotional addictions, it is important to break the routine in how we self-soothe. Hesitation to change exists because an individual's identity is so closely tied to one's belief system. This makes it harder for new or updated information to get into our thinking and therefore benefits from newer models are non-existent or extremely limited. That said, it is important to at least try.

We can become "hooked" on feeling a particular way in every life situation. To unhook, practice "unlearning" at least one behavior you have heard over and over and is perceived by others as negative. Practice conscious thinking and try feeling different about anticipated new ways of being. If you are tied to complaining and controlling, try blessing others and allowing others the freedom to make choices that may lead to their desirable outcomes. Find new ways to soothe yourself during an emotional upset. Try taking a walk, meditation, a hot sea salt bath, do some gardening or dancing or spend time with loved ones. Finally, try working with an energy healer to help you begin the process of clearing the congestion in your energy fields to support your new behavioral goals.

Dr. Dispenza said "on the other side of your pain is freedom and on the other side of sadness is joy". When one is freed of "congested emotional energy" more positive energy is available for love, joy and peace at a new level while the effects of emotional addiction dissipates until it is gone. Try it and see what happens.

#### About the author

*Dr. Linda Burrs is the President and Principal Consultant of the Step Up to Success! consulting firm that focuses on executive coaching, organizational diversity, inclusion and engagement strategies and development for teams and individuals. For more than 25 years, Dr. Burrs has brought her rich dynamic approach to the corporate and professional training arena as an executive coach, inclusion and engagement tactician and a diversity strategic designer.*