

SECRETS OF EMOTIONAL HEALING

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1. The secret of overcoming **anger** is relinquishing personal desire, by relating your emotions to a broader arc of feeling: love for a friend; or joy in inner freedom from external circumstances; or respect for the right of others to make their own decisions, and their own mistakes.
2. The secret of overcoming **anxiety** is to do your best in the present, without attachment to the outcome, knowing that whatever is yours by right must come to you sooner or later, and that all else, even if acquired, will prove evanescent.
3. The secret of overcoming **depression** is useful activity, devoted selflessly to helping others.
4. The secret of overcoming **depression** is not to try reasoning your way out of the slump, but vigorously to raise your level of energy from the heart to the brain, then channeling it outward in creative activity, or in useful service to others.
5. The secret of overcoming **depression** is to affirm mentally, "I am not my moods, and I am not subject to the moods of others. I am ruler in my kingdom of thoughts and feelings!" In everything you do, strive to be a cause, not an effect. [*Secrets of Life*: Don't allow yourself to be manipulated by circumstances.]
6. The secret of overcoming **discouragement** is working to instill courage in others.
7. The secret of overcoming **discouragement** is not to brood: instead, act! Uplift your heart's feelings. Stand upright; inhale, and with the inhalation draw courage upward from your heart to your forehead; then exhale, and cast out of yourself all mental weakness and negativity.
8. The secret of overcoming **loneliness** is to develop the company of inner "friends"—creative thoughts, high ideals, and noble aspirations. Visualize your mind as a nation, and its thought-population as happy, self-motivated citizens.
9. The secret of overcoming **loneliness** is to practice the presence of God [as Heavenly Father or Divine Mother], and share with Him every thought, every feeling, every action.
10. The secret of overcoming **unkind thoughts** is to reflect that the person you hurt most, when you are uncharitable, is yourself; but that the principal recipient also of your blessings, when you are kind to others, is yourself.
11. The secret of overcoming **hurt feelings** is to expect nothing of others; thus, their words and actions will always find you inwardly at peace.
12. The secret of overcoming **hurt feelings** is to direct your attention outward, in giving of yourself to others, instead of dwelling self-centeredly on your expectations of them.
13. The secret of overcoming **cynicism** is to concentrate on the needs of others, and not to dwell on the thought that life, or other people, owe it to you to be different from what they are.
14. The secret of overcoming **bitterness** is not allowing yourself to feel that you deserve more from life than you are getting. For life will always mete out to you exactly what you earn from it.
15. The secret of overcoming **dependence** on others is to reflect: Can a person gain anything from anyone that doesn't resonate with something he already possesses in himself? Live more from within. From that center, radiate your own special strength and courage to all.
16. The secret of overcoming **discontentment** is to realize that conditions are always essentially neutral: Whether they please or displease depends on the attitudes we hold in our hearts. Practice, therefore, being ever happy in yourself.
17. The secret of overcoming **doubt** is to concentrate on your reasons for gratitude to life, and not to focus on all those things which seem to you imperfect. Love other people. Love truth. *Love!* Fill your heart with generous sentiments, and doubts will flee like shadows before the sunrise.

18. The secret of overcoming **mental dullness** is to train yourself to say “Yes!” instantly, whenever your impulse is to grumble, or to cry, “No!” Welcome life in all its variety and challenges. Like the petals of a daisy, keep your heart open to life’s experiences. Overcome within you the tendency to rejection and withdrawal.
19. The secret of overcoming **fearfulness** is to seek peace at that calm center within where nothing can touch you: neither fire, nor flood, nor loss of any kind—not even death.
20. The secret of overcoming feelings of **guilt** is to relinquish the past; for whatever has been done can’t be undone. Resolve, instead, to do better from today onward—and ever better, until that “better” becomes the very best that is in you. View your mistakes as prods, merely, to ultimate victory.
21. The secret of overcoming **greed** is contentment! Harmonious feelings in the heart. Affirm mentally: “I am complete in myself. I am whole! I am free from all anxiety and need! Contentedly I accept whatever comes, at the same time doing my best to achieve my valid goals.”
22. The secret of overcoming **irritation** is to view life in terms of its longer rhythms: not the fleeting ripples of pleasure and pain, but the broad waves of long-term loyalties; and not emotional commitments merely, but the great swells of dedication to high aims in life.
23. The secret of overcoming **negativity** is to understand that what you behold in the world reflects back to you what you are in yourself. Work at self-transformation. Stop thinking that the world owes it to you to grant your every wish! [*Secrets of Life*: Concentrate, rather, on what you have to give to the world.]
24. The secret of overcoming **insecurity** is to visualize yourself as seated at the heart of infinity. For the universe, as far as your own awareness is concerned, is centered in yourself. Send forth rays of faith and good will to all, and life will sustain you in every difficulty.
25. The secret of overcoming **jealousy** is to realize that no human being ever owns another; each stands alone before eternity. That man or woman most truly loves who is inwardly free, and who grants perfect freedom to all. Everyone must grow at his own pace, to find his rightful position in the great scheme of things.
26. The secret of overcoming **conceit** is to view the universe as center everywhere, circumference nowhere. Each human being lives at the heart of a vast reality. Remember, the need of everyone to seek his own approach to truth is quite as important as your own. Above all, see God’s presence at that universal center as the true causative factor.
27. The secret of overcoming **resentment** is to affirm, “I am free in myself!”—and to wish the same freedom for all. Radiate kindness outward from your heart. Be a source of happiness to others if you, too, would know happiness.
28. The secret of overcoming **self-pity** is to recognize that this kind of self-indulgence only limits your ability to overcome your difficulties. Become a conqueror! Remember, whatever any human being has ever achieved, *you* can achieve! All that is necessary is patience, sensitive insight, and determination. Every seeming limitation is in fact an opportunity for shining victory!
29. The secret of overcoming **low self-esteem** is to realize that you are an integral part of everything that is—sustained forever by that Power which brought the very universe into existence. Open your heart to life! Cease seeing yourself as a lonely plant, waterless on an empty desert!
30. The secret of overcoming **fear of failure** is not to be attached to success. Concentrate on will power and energy, which bring success. Even your failures, then, will become steppingstones to ever-greater achievements.
31. The secret of overcoming **fear of death** is to deepen your awareness of that central part in your being which never changes, but weaves like a thread through life’s tapestry of apparently unrelated circumstances. The consciousness of change is allied to the fear of death. But to see changelessness at the heart of change is the secret of immortality.

