

## The Emotional Guidance System

By Ryan Ashton

The Emotional Guidance System is a tool all humans are organically endowed with. The premise of this system is simply that one's experience of emotions is purposeful and, most importantly, *guiding* in nature. That is to say, human emotions are a communication device designed to yield useful information to the one experiencing the emotions. The source of this information is *spiritual intelligence*—non-physically focused aspects of consciousness that each and every one of us is a part of. This article will begin by explaining the nature of consciousness and spirit whereby the basic framework of communication will be established. Then the nature of emotions will be discussed as the medium by which spiritual intelligence and human intelligence can communicate. Finally, the mechanics of the Emotional Guidance System will be explained so that the reader may begin interpreting their own emotions effectively. My view of the Emotional Guidance System will draw on the work of Abraham-Hicks,<sup>1</sup> which itself is based on the *Law of Attraction*.<sup>2</sup>

### *The Nature of Consciousness and Reality*

To begin to understand the Emotional Guidance System, it is important to first understand the nature of consciousness and reality. This is no small task of course, but I will briefly sketch the necessary features of consciousness and reality that will provide a foundation for exploring the Emotional Guidance System.

It is common for individuals to separate the concepts of consciousness and physical reality as if they were two distinct substances that exist in their own realms, relatively unaffected by each other. This view descends from René Descartes' philosophy of mind-body dualism, where the physical world was thought to operate as a great machine according to natural, deterministic laws, while the mind was more or less a detached observer of this great machine with no physically causal powers of its own. The model I will articulate here deviates from the commonly held dualistic model; instead of dualism, I will posit a monistic theory of consciousness and reality that I term *spiritual monism*.<sup>3</sup> This model intimately unifies consciousness and physical reality in such a way that there is only one substance that explains both, and that substance is spirit. In short, spiritual monism says that all aspects of reality are fundamentally spiritual and what we believe to be the objective physical world is actually a

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<sup>1</sup> Abraham-Hicks has published extensively on the Emotional Guidance System and the Law of Attraction. Abraham is a collective, non-physical consciousness who is channeled through the medium of Esther Hicks. More information on Abraham-Hicks is available at <http://www.abraham-hicks.com>.

<sup>2</sup> For more information on the Law of Attraction, see [Foundations of the Law of Attraction](#) article by Ryan Ashton available at <http://www.inspirationaldifferences.com>.

<sup>3</sup> For an expanded discussion of spiritual monism, see [The Nature of the Human Spirit](#) article by Ryan Ashton available at <http://www.inspirationaldifferences.com>.

manifestation of non-physical spiritual elements.<sup>4</sup> On such a model, physical reality is a subset of spiritual reality—the physical depends upon the non-physical, but not vice versa. The implication of this is that spiritual (or conscious) existence outside of physical time and space is not only possible, but inevitable. Further, a conscious outside-of-time-and-space perspective would provide a context for unique knowledge, wisdom and understanding unavailable to conscious inside-of-time-and-space perspectives. This spiritual monism model, therefore, provides the context upon which lines of communication can be established between physically-focused consciousness and non-physically-focused spiritual consciousness.<sup>5</sup>

### *Two Aspects of Consciousness*

The Emotional Guidance System makes use of this division of focused consciousness by positing that non-physically-focused spiritual consciousness (hereafter referred to as “spiritual intelligence”) has the capacity to communicate unique pieces of information to physically-focused consciousness (hereafter referred to as “human consciousness”) for the purposes of guidance. Human beings, then, are ultimately much grander beings than what we see in these physical bodies and what we experience with everyday human consciousness. What emerges from this is that each of us has what Abraham calls “two aspects of self”—the physical and the non-physical.

By its nature, human consciousness is necessarily limited in knowledge and range of perspective. Human consciousness is contained (some may humorously say “trapped”) within the limits of three dimensional space and time. At any moment, human consciousness has direct access only to the *here* and the *now*. In contrast, spiritual intelligence is free of time and space restraints, as it is non-physical, and thus has access outside of time and space restraints. This entails that spiritual intelligence has broader knowledge and perspective than human consciousness does, and provides the framework by which spiritual intelligence can *guide* human consciousness. My preferred analogy is to imagine that human consciousness is navigating itself through a maze where it can only see the immediate corridor it is in at that moment; similarly, spiritual intelligence is like a third party observer looking from the top down on the maze and thus has an “all-knowing” perspective on the maze. Any advice the third party observer offers to

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<sup>4</sup> For an interesting discussion about the possibility that the physical world is actually holographic in nature, see Michael Talbot’s [The Holographic Universe \(1992\)](#). Also, for a theory of reality that says physical particles are fundamentally vibrating strings, see Brian Greene’s [The Fabric of the Cosmos \(2004\)](#).

<sup>5</sup> Note, however, that the division I’ve drawn between physically-focused and non-physically-focused consciousness is not a reiteration of Cartesian substance-dualism; instead, I maintain that consciousness, as a whole, is more like a continuum of “levels” or “states” that can be focused in any number of ways. My preferred analogy is to liken consciousness to the electromagnetic (EM) spectrum: Different levels of EM radiation produce different kinds of effects (e.g. radio waves, infrared waves, visible light, x-rays, etc). Likewise, different levels of consciousness can focus into different varieties of conscious experience—physical human experience is only one such form of focus. For more information on this continuum model of consciousness, see [Irreducible Mind: Toward a Psychology for the 21<sup>st</sup> Century \(2007\)](#) by Edward and Emily Kelly et al.

the maze dweller would be valuable because it is motivated from a place of broader knowing—guesswork would no longer be necessary for the maze dweller. Following this analogy, spiritual intelligence can see and know far more than human consciousness can see and know. By accessing this broader knowing, human consciousness could more successfully navigate the unknown terrains of the physical plane. Certainly, working with this kind of intelligence is in any human's best interest.

In sum, to understand the Emotional Guidance System, it is best to understand that each human being is really a continuum of conscious states, which is, for simplicity's sake, divided into two loose categories of human consciousness and spiritual intelligence. Each human being has two aspects of consciousness. So how does spiritual intelligence communicate with human consciousness? One answer, predictably, is through emotion.

### ***Emotions: The Language of Spiritual Intelligence***

Emotions are subjective experiences that are characterized primarily by the way they *feel*. Human beings are clearly endowed with the capacity to feel different qualitative states of consciousness throughout their physical experiences. Humans feel worry, fear, excitement, humor, joviality, etc., and each human is intimately familiar with the emotional state he or she is having while having it. Emotions are thus intensely subjective, private, and personal; there really is no way to communicate to another person *exactly* what one is feeling. This is the unique realm of emotions, and it is exactly what one needs to understand in order to utilize the spiritual guidance coming forward from spiritual intelligence.

There are really only two kinds of emotions, but humans give different emotional experiences many different names depending on the intensity of the emotional state and the context around which the emotional state arises. It is best to interpret the range of emotions as a continuum of emotional states that vary in intensity between the following two extremes: good-feeling and bad-feeling. Therefore, at one end of the continuum, we have the worst feeling emotional states; and, at the other end, we have the very best feeling emotional states. Everywhere in between then fits in the rest of the human emotional spectrum, where indifference or contentment might mark the transition between bad-feeling and good-feeling states. The key to understanding this emotional language, then, lies in one's familiarity with this emotional spectrum (see appendix A for an example of this spectrum).

To familiarize one's self with the spectrum of human emotion, one must, naturally, pay attention to how one feels. Speaking the language of emotions entails that a person introspects and focuses awareness on the subjective experience of an emotional state. Only by engaging with emotions in this way can a person truly learn this language. Due to the intrinsically subjective nature of emotional experience, no one can teach this language to another, because no one can *feel* for another. Learning emotions, therefore, is an utterly independent affair and each individual has to assume the responsibility of speaking the language fluently if he or she is interested in accessing spiritual intelligence. No amount of reading books or listening to experts

(even Abraham) will teach a person how to feel. Fortunately, though, emotions are such intense, attention-dominating states of mind that it is not difficult to study them; all that is often necessary is a little more diligence in monitoring one's emotional states.

Now, one may ask why emotions (as opposed to, say, verbal or visual stimuli) are the language of spiritual intelligence. The short answer is that, in fact, emotions are *not* the only means of communication between human consciousness and spiritual intelligence (Abraham is an example of spiritual intelligence who, through the translator Esther Hicks, is able to communicate in English), but emotions are the most convenient and therefore the most common forms of stimuli. Emotions, in general, require no translation. This means that emotions are direct, immediate stimuli that can provide in-the-moment information to human consciousness. Many who have had “close calls” in traffic, for example, understand the value of base emotions when split-second maneuvers are necessary to avoid catastrophe. It is this immediate accessibility that makes emotions so effective.

### ***Using the Emotional Guidance System***

So far, we have established that there are two aspects of consciousness—human and spiritual—and that these two aspects of consciousness can communicate via the spectrum of human emotion. This final section will discuss how this knowledge can be used to enhance a person's navigation through his or her physical experience.

One key feature of being human is that we have desires. Each one of us, right now, has an unfulfilled desire of some kind swirling around inside of us. It could be anything from a relationship to an improved state of health to a bigger salary. The odds are most of us also spend most of our lives trying to figure out how to make those desires happen. Often we take classes, join groups, or read books about how to be, do or have something desired. With relatively rare exceptions, most humans feel as though obtaining their desires is quite challenging and, unfortunately in some cases, even unattainable. This is where humans might feel like they are lost in a maze, turning arbitrarily left or right at impasses hoping *this* path will take them where they wish to go. As might be expected from a sort of trial and error approach to achieving life desires, most humans live a life of rather mixed results—sometimes things work out, often times not. To achieve more consistent results, one would benefit from the assistance of spiritual intelligence—that broader, non-physical perspective. To do that, utilization of the Emotional Guidance System is essential.

Given that spiritual intelligence is exceptionably knowledgeable about the physical world (i.e. the maze), it is in a position to guide a physically-focused human consciousness through the physical route that will yield the desired result. The role of the human consciousness, then, is to train itself to tune into the guidance offered from spiritual intelligence, and then to follow that guidance.

Now, as mentioned earlier, there is a spectrum of emotional states which ultimately fall under either good-feeling emotions or bad-feeling emotions. The premise of the Emotional

Guidance System is quite simple: If one is experiencing good-feeling emotions, she is, in that moment, on the path toward fulfilling a desire; if one is experiencing bad-feeling emotions, she is, in that moment, deviating from the path that will yield the desire. The guidance system works something like a game of hot and cold. As a person gets closer to a desired end, the emotions reflect whether the person is getting closer (warmer) or farther away (colder). To work with the Emotional Guidance System, one simply need follow her positive-feeling emotions and, by virtue of spiritual intelligence's broader knowing, will end up following her desired physical path.

This seems simple enough on the face of it, but there is a subtle piece that most people miss. This missing piece likely accounts for the majority of unfulfilled desires people experience in life. It is the reason why most people are not effectively using their Emotional Guidance Systems. The missing piece is this: *Emotions respond to thought, not action*. That is to say, the emotional state one is in is a result of the thoughts she is thinking. Put another way, the Emotional Guidance System is actually designed to guide the way a person *thinks*. This turns out to be rather counterintuitive to many people because humans have, for whatever reason, become intensely physically-oriented creatures. Humans do not generally believe that thoughts, nor for that matter, emotions, have any real power aside from the way thoughts and emotions influence *behavior*. In essence, humans mostly believe that it is through their *action* that they affect the attainment or non-attainment of a desire. It is by virtue of this action-oriented belief system that guidance from spiritual intelligence is ineffective or ignored. To effectively utilize emotional guidance, then, one would be well-off to attribute more importance to her mental content.<sup>6</sup>

The link between thought and emotion is crucial for understanding the Emotional Guidance System for the following reason: When one finds himself in the midst of negative emotions, he may not understand *why* he is feeling the negative emotions and thus will not know *how* to navigate away from those emotions. In fact, many humans even tend to reverse the sequence of cause and effect—they believe that the emotion comes first (usually in response to some environmental circumstance) and the thoughts then follow. This inversion of cause and effect further hinders their chances of successfully navigating into better-feeling emotions. It is understandable that this confusion takes place because environmental stimuli, emotions and thoughts all happen very close together in many cases; but, nevertheless, it is of tremendous value to realize that everything follows from *thought*. Therefore, when one is experiencing negative emotions, and therefore negative *guidance*, he instantly knows that it is the nature of his *thought*, in that exact moment, that is causing the negative feedback. From that realization, he can begin playing the hot and cold game with his Emotional Guidance System by trying new thoughts and checking them against his emotions. Once he finds a thought that is “on the desired path,” he will experience an improved emotion, and thus be oriented in a favorable position once again.

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<sup>6</sup> For more information on the power of thoughts, see [Foundations of the Law of Attraction](#) article by Ryan Ashton available at <http://www.inspirationaldifferences.com>.

Now, it is important to note the nature of this guidance system again. Emotional guidance is more like a compass than it is a map. Just like a compass, the Emotional Guidance System can point a person in the right direction, but, unlike a map, it cannot tell him the entire path all at once. The fact that it operates like a compass is worth knowing so one does not misunderstand how to use the guidance, but it should also be noted that a compass is really all a person needs to successfully navigate through physical reality. If one keeps their emotional compass pointed in the direction they wish to go, then nothing other than arrival at the desired destination is possible. Emotional guidance is, fortunately, utterly consistent, law-like, and systematic.

So, to become adept at using one's Emotional Guidance System, one only needs to ask the following question in any moment: Does the thought I'm thinking right now feel better than the thought I was thinking previously? If the answer is yes, then the person should continue that line of thought. If the answer is no, then the person should drop the thought they are thinking in that moment and try a new thought. Eventually, by playing this game, a person can get the hang of the kinds of thoughts that consistently generate positive-feeling responses, and likewise which thoughts do the opposite. Essentially, what a person is doing is training their conscious mind to think thoughts that are consistently in harmony with their own desires. And, once this is achieved, by the Law of Attraction, the person will begin manifesting the physical equivalents of the desires they hold.

### *Summary*

The Emotional Guidance System is a natural mechanism built into human beings for the purposes of guiding humans through physical reality, toward individual desires or destinations. This guidance is possible because every human is really a composite of two varieties of consciousness—physically-focused and non-physically-focused—and these two unique perspectives can therefore communicate information to each other. A physically-focused human consciousness inevitably creates personal desire out of her interaction with the physical world, and non-physically focused spiritual intelligence knows precisely how that person can realize her desire. The Emotional Guidance System was designed to communicate in-the-moment emotional guidance to human consciousness from spiritual intelligence. This guidance is meant to signal to a person whether the thought she is holding in that moment is in harmony with her desires or out of harmony with her desires. As the person tries thinking new thoughts, her Emotional Guidance System will provide “warmer” or “colder” emotional feedback so that she knows, unequivocally, whether she is navigating herself through physical reality favorably or unfavorably. Continuous and proper use of the Emotional Guidance System must yield to every human consciousness the subject of his or her desire, every time. This guidance is law-like and operates in unison with the universal Law of Attraction. Humans are far more powerful than they realize.

## Appendix A

### *A Spectrum of Your Emotions*<sup>7</sup>

Emotions arranged in order from best-feeling (1) to worst-feeling (22)<sup>8</sup>:

1. Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. “Overwhelm”
12. Disappointment
13. Doubt
12. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

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<sup>7</sup> Adopted from Esther and Jerry Hicks, [Ask and It Is Given](#), © 2004, p. 114.

<sup>8</sup> Note that this spectrum is not absolute. Some emotions may feel differently to different people. This spectrum is meant to be an illustration of how different emotional states can feel better or worse compared to other emotional states. The point of arranging emotions in this way is to familiarize the reader with the process of always searching for a better feeling thought.