



Emotional Intelligence Master Proficiencies

These Are The Core Competencies Of All Enlightened Masters

1) Prioritizing Energy

Everything begins by letting yourself feel. Not burying your emotions or numbing them but feeling all of them in their complexity and glory. Next, you must understand that all negative emotions are your heart and Soul's way of communicating to you that you have false beliefs or low perceptions of a situation. A negative emotion is an alarm that something within the self needs love, attention, and healing. It is an invitation to shift perception to a higher one.

The first thing an emotional intelligence master must learn is how to hold space for others to feel their emotions. Holding space simply means creating a safe space to be vulnerable. An unconditionally loving space of non-judgment. To do this you must be able to see everyone who unburdens themselves in your presence as perfect, a perfect work in progress, or perfectly imperfect. Every problem they unload must be perceived as happening FOR them to get to the lesson underneath it.

When negative emotion is finally seen as an alarm that needs attention immediately, you can begin to prioritize how you feel over what you need to do today or your 'production.' You cannot let yourself push through the pain and stress any longer because it will cause too much suffering. When painful emotions cannot get your attention, they will become stronger and more aggressive until they do. Eventually ending up in a triggering event or a mental and emotional breakdown.

You cannot heal your subconscious mind of fear if you ignore your emotions. It doesn't take strength to ignore emotions, it takes insanity. It is far more courageous to feel all your negative emotions than to ignore or suppress them. Numbing negative emotions only works so long until



coping mechanisms slide into addictions. Processing emotion brings you to what the heart needs to heal through Unconditional Love. There is nothing from your past that Unconditional Love cannot heal.

2) Listening To The Heart

The more you prioritize the way you feel, your inner guidance or heart's wisdom will reveal itself. It will begin to speak to you through feeling, image, or word. To hear your heart the constant mind chatter must be quitted through meditation. Meditation can come in many forms from flow states to play to sitting quietly in nature but all forms of meditation are intended to gently let thoughts go that distract you from the present moment. Only in the space between your thoughts can the heart be heard.

Strengthening the connection to the heart takes practice and time. It is like building a muscle. The more you ask your heart questions with a calm mind the more it will communicate with you. The more it will direct you where to go and what to do through excitement or feeling. You will have to find your own communication style and your own vocabulary. Simultaneously this will cause your mind to panic. The mind is controlled by the ego until it is dethroned to put the heart in control. Putting your heart in charge of all decision-making is commonly known as full surrender and will eventually lead to ego death after all wounding within the subconscious mind is healed.

3) The Energy Of Creation

The energy with which you create anything is the energy that it needs to sustain itself. If you create something with hard work, most likely it will need hard work to maintain. If you create a life with hard work you will be working hard until your body finally gives out or your



mind gives up. If you create a business with workaholism it will take a workaholic to maintain it. During the healing process of prioritizing how you feel it will become apparent that hard work drains too much life energy and is not easy to sustain. If you want to create something that is easy to sustain it would have to be created with ease.

If relationships are difficult in the beginning, rarely do they get better as time goes on. Most people cling to difficult relationships they did not choose for themselves called family. The addiction to approval must be unbrainwashed out of anyone who is following their heart over their ego's control. The ego's control over your mind was implanted by your parents even if it was unintentional. The process of defeating the ego in large part is about reparenting yourself to align with the truth of who you are, not the lie of being human.