

# Paul Solomon Lectures

## Emotions

### HOW TO GET WHAT YOU WANT

The only point of reference you have for being alive is your ability to respond and relate. It is the pleasure and the privilege of mankind to assign meaning to feelings, and we are not suggesting it is inappropriate to give meaning to people's facial expressions, words, the good or bad in life. If you know the meanings that you have given and know that it is your choice to live with them, you will enjoy and thrive upon the responses to those meanings when they come back to you. Now sow the seeds that you want in life and reap the harvest that they bring.

### THE PURPOSE OF 'WANTS'

The secret of being prosperous in life is instead of wanting what you don't have, want what you do have. When you have sown a seed that returns hurt to you over and over again because you have one little "want" inside that has never been satisfied, reach in and find another thing to want. Look at what you have and decide that you want it. By doing so, you will recognize and increase that value.

You make yourself rich when you enjoy what you have. If there is one little 'something' that is unsatisfied, and you really, really want it, ask yourself, "What am I putting into life and what am I getting from it." Is there a chance of gaining the satisfaction of that want? Is that serving me?" Realize that the only purpose for having wants is to provide a stimulus to action to get what it is that you are wanting, the object of that desire.

### WANT WHAT YOU HAVE

There is a current belief that there is not really anything that you can do about the things that you want. If you want them, you want them, and you can't help it. You either satisfy the desire or burn with desire for the rest of your life and suffer.

Humans are deciding beings and that is what makes us humans. You can decide concerning your wants and desires, and you can decide to want differently. It is the very nature of desire to say, "But I don't want to want differently. If I wanted something else, I would want it, so I'm helpless." You can think that way if you want to, but the results are predictable. What you get to do is be the ultimate victim. If you can't change your wants and desires, you are miserable and doomed to live that way. The problem of life is that it is eternal. Until you can change your wants and desires, you will live in Hell.

With you own decision and your own energy, you can satisfy your own wants and desires, even if it means using your ability to change them.

### THE BIGGEST HURT

Probably the biggest hurt that human beings ever experience is wanting another person to feel or act differently from the way they are. The root of that desire is the need of our ego to say, "I am important enough to make that person satisfy my desire instead of satisfying his or her own desire." It is the desire to be more powerful than another person. Satisfying that desire, however, would be a disaster to yourself and the other person. You are asking for something that never should be in this world. You are

asking to dictate another's feelings, actions, emotion or responses. That doesn't feed life, it feeds death. What feeds life is supporting another person's feelings, another's beingness.

For you to wish or long for another person to respond differently than they do is to wish that person dead. You may have some convoluted idea that that would make you more alive, but inflicting your will on another is not the way life is produced.

If you can, instead, experience the delight of life through his experiencing delight, then you have truly experienced another person. If you make him wrong "You should love me, but you don't," -- If you could somehow force him to act the way you want him to act then you will have forced your will against his. The only thing you can get from that is a dead person.

This even applies to wanting to change another person's responses that you perceive are not in his own best interest. If, for example, someone you love is experiencing fear about something you know has no power to hurt him and that fear is projected as anger, hurt, or jealousy, the only thing that you can do is act as you would act toward a child. The only way to help a child who is scared is to try to reassure him and give him a feeling of strength.

You can't take his emotion and bend it to your own will. If you could force a child not to be scared, you would erase the child's experience of the moment. If you can, instead, reassure the child with support, convey a feeling that there is security in the world and lead the child to a more positive experience, he will replace his fear with another emotion. It will make him more alive.

Don't force a change, encourage a change. When you react with punishment, or anger if he doesn't change, you are attempting to enforce your will on the world. What you need to do instead is to try to provide security, alrightness, a sense of comfort, a sense that another person cares and supports the way that he is and the way that he feels.

## **A BATTLE OF WILLS**

To pit your will against someone else's will and to require that their will match yours, is wanting to own somebody. For example, if you say, "I love so and so," it means one of two things: you either love that person for who they are, loving what they love and what they are doing, or it means you want that person to respond to you with the feeling that you have for them to the exclusion of everybody else. If that person doesn't do that, you promise to be hurt for the rest of your life. If it means that, it is not love. It is possession. It is wanting to impose your will on somebody else.

If you love someone, really love them and that person falls in love with somebody else, you will want your lover to be with that other person. Now if, on the other hand, you say that the only way for your love to be fulfilled is for your lover to love you, then what you want is to stifle his or her will, to make your lover perform according to your desires and expectations. That isn't love.

The biggest problem in discussing love on this planet is that people call love the opposite of what love is. People think that love is forcing another person against his will to respond to you in a particular way that satisfies your appetites. That isn't love. It's imposition of your will upon another, making the other person a puppet on a string. It's all too often done with a license and sufficient economic manipulation to say, "If you don't perform according to my expectation, I can sue you for child support or alimony and make you pay for the rest of your life to remind you that once you said you loved me." That means he voluntarily went behind the bars of your prison. It has nothing to do with love. It is the imposition of will upon others.

## **BECOMING 'AS GODS'**

We do that because we want to be 'as gods.' If you can get me to jump when you say 'jump', to let your will be mine, then you are very important and very powerful. And I am nothing more than an extension of your ego, a piece of flesh jumping around on the end of a string. If you are angry, hurt, or afraid, I feel it. I am at the mercy of your every emotion and feeling.

- Wants

When you want to have family, friends and lovers at the mercy of your feelings constantly, it is the same as wanting to make yourself a king on a throne who is so powerful he can rule everyone around him. It's a parody of love. It comes from love-starved people who haven't met their own needs for being important without having to rule the actions of others.

## **IS A LOVE RELATIONSHIP POSSIBLE**

Does that mean we can never have a love partnership that is a life-long bond and feel loved? No. We can both make a choice in which our wills come together and not because you didn't want it, and I somehow manipulated you until I overruled you.

There is partnership and there is ownership. Ownership is destructive and should never happen with another human being. A partnership is putting together two wills. It stays together not because you have a license, a promise, or a vow, but because you still want, today, to be together, putting your energy side by side into a thing that you mutually want to do. You may want to raise children, have a wonderful home, have a career, or a creative endeavor, but you are together today because you want to be and for no other reason.

Does that mean the relationships can't be lifelong. Where two people meet and put together their wills and are not forced to, they can choose to be together because they want to be for the whole of life. They make a complete marriage.

## **HOW CAN YOU CHANGE WHAT YOU WANT?**

To form that marriage relationship, or any other whole relationship, you need to be a person who knows that what you ultimately want, above all other wants, is to be in charge of your life. You don't want to be 'as gods.' You want to be God in your own life, not imposing your will on anyone else, knowing that is not the nature of God to want anything He doesn't have.

You can have anything that you are willing to claim for your own, but you can cancel that ability if you believe that you are empty because you want things you don't have. If you confirm your lack and create a hole in yourself, you have given something outside of yourself the power to make you sad. You have cancelled your power to fill the gap. The power to fill your wants is the power of prosperity. If you want what you have, what you can claim and accept, then you can bring whatever you want and need into your sphere of influence.

You may have many, many wants, and if you want to be in control of your wants, of your life, you will not let any of the other wants deprive you of the ultimate goal. You will decide it is alright not to have a particular want. You will be alright with yourself and you won't let any desire rule over your life and destroy your alrightness in the moment.

## **ONE BIG 'HAVE'**

You can cancel all of the little wants with one big 'have.' That 'have' is: "I am responsible for what I love, what I desire, what I want, what I will, what I do.. That does not extend to canceling anyone's will or manipulating anyone's will."

-Wants-

You have two choices. If you have an unfulfilled want, you can give it priority and be a victim. Or, you can claim your right and ability to be a deciding being. You can be the God that you are, knowing that your emotions, your feelings, your choices, your decisions, your power is yours.

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